

## ***Road Signs for the Journey***

*There is no Destination, the Journey is the Thing.*

Special Issue – September 21, 2004

Welcome to this special issue of my newsletter for [Road Signs for self help and personal development](#) on the occasion of my 7x7 birthday and on the eve of the Autumn Equinox.

### **To celebrate my birthday...**

For a special gift to you from me, please visit my web site at <http://www.swroadsigns.com> to download my new e-book in PDF format, a compilation of the articles from my newsletter, *Road Signs for the Journey*, from 2003.

### **A Message from Sharon:**

This newsletter is one of my heart's desires. It is part of a dream of mine that I am seeing take shape and form, my web site called "Road Signs", and it expresses another dream of mine, to be a writer.

### **The 7 year cycle of life**

In my first Reiki class, my Reiki Master Teacher Mary McFayden described several patterns of change and growth in our lives. One of the major cycles is the seven-year cycle. Significant changes take place in the year following your birthday which is a multiple of 7 - 7, 14, 21, 28, 35, 42, etc.

Just prior to and the first year following this birthday, significant endings, losses, challenge, and new beginnings in life and relationships often occur. These changes usually signify a dramatic change in the direction or circumstances of our life.

Each 7 years a new lifecycle begins for us all.

Ages 48 and 49 are terminal points for 12 year and 7 year cycles... wonderful points for significant change.

And now is that time for me!

My 48<sup>th</sup> year has been a wonderful time of growth and expansion. As I've studied personal development, many more pieces of the puzzle have moved into place, culminating in January 2004 with my discovery of the Abraham-Hicks materials and a great discussion group on Yahoo.

### **Law of Attraction**

I have known about Law of Attraction for a very long time, including "As a Man Thinketh," "Think and Grow Rich," and "You can heal your life" by Louise Hay. I have also known about creative visualization and am pretty good at it when my heart is in it and I do the work. I have practiced meditation, affirmations, visualization, and energy healing work. Every bit of this was valuable, enriching and growthful.

But I love the synthesis of all this in the simplicity of Abraham's message: Law of Attraction, Deliberate Creation, and the Law of Allowing. Quite simply, nothing is more important than that I feel good.

**In Joy we are connected with Universal Mind, with All That Is**

All That Is is Love, Peace, Joy, Abundance. God is Love. God is Good. And God wants for all of us to live in connection with that eternal, unlimited Love, Peace, Joy and Abundance.

When we live in Joy, when we feel good, when we feel loving and expansive, and happy... that is when we are most connected with our Higher Selves, the spark of Divinity within.

### **The Autumn Equinox**

Ancient religions celebrate the Autumn Equinox as the harvest time, as an ingathering of the fruits of our labor, as a fulfillment of dreams.

In Wicca tradition, Mabon is the celebration of new beginnings, the fruition of one season's planting and creation of the seeds for the next season. And in each seed, the dream of new life. Starting anew. The end of one cycle, the beginning of the next. And the wheel turns.

So it is fitting that my 49<sup>th</sup> birthday comes on the eve of the Autumn Equinox, as I see the joyous harvest of so many of my dreams giving birth to more dreams.

This has been a year of developing wonderful loving relationships with dear friends, family, loved ones. Yes, dear Higher Self, I'll have more of that please.

Sending you Light and Love, and most of all JOY!  
Sharon

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Sending you Light and Love,

**Sharon Walls**

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Sharon and Road Signs - A painful divorce was a road sign for me to take another direction and create a new life. Choosing to create a new life has been a daily process - make a choice, feel how that feels, make another choice, make another decision - moment by moment, day by day. The only time is NOW. I have studied self help and personal development, as well as spirituality, all of my life and these studies, these tools, have seen me through dark times and helped me on my journey to self fulfillment, empowerment and joy. Now I am living many of my dreams and dreaming of more. I have never experienced more Joy than I do today and Life just keeps getting better. At Road Signs I share tools, ideas and information, books and resources that helped me along my way. <http://www.swroadsigns.com>