

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

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

No. 3 August 31, 2003

Welcome to this issue of my newsletter for **[Road Signs for self help and personal development](#)**. Let me share with you the road signs and guide posts that help me on my Journey toward loving and accepting myself more, toward living a happy and fulfilled life.

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

This issue of my e-zine is late. Exactly seven days late. Why is that? The creation and development of my web site promoting self help and personal development has long been a dream of mine, and writing and publishing my own e-zine is another dream coming true one issue at a time.

So why did I let this issue slide?

In my on-going personal study of prosperity consciousness, I've come up against a serious block: I seem to be about a quart low on faith.

It is very difficult for me to "let go and let God." Faith. Trust. Belief.

In almost all "prosperity consciousness" programs I have investigated, one of the first steps is to put your trust in a Higher Power. It is one of the first steps in twelve step programs.

We learn that in Spirit, in Universal Life Force Energy, we live and move and have our being. Spirit is our one source of supply – because Spirit is all there is, literally. We are all vibrations of Universal Life Force Energy – atoms vibrating to the pattern of DNA, infused with the breath of God. In this life force energy we exist so why is it so hard to trust?

You have probably heard the story of "Pennies from Heaven" and if you are a friend of mine I've probably either told it to you or sent you the forward. If so, please bear with me. It is one of my favorite inspirational stories.

A woman and her husband went to dinner with her husband's new boss. The man was one of those individuals who are such a pleasure to be around. Confident, successful, joyful, warm, and generous. They drove to a fashionable restaurant in a luxury sedan. The man quickly made the woman feel at ease.

As they walked across the parking lot to the restaurant, the man stopped and looked at the ground in front of his toes for several minutes. He seemed to be lost in meditation or prayer. Then he reached down and picked up a penny.

The woman was surprised that such a wealthy, successful man would bother to pick up a penny in a parking lot.

The evening continued with a wonderful meal and good conversation. Finally the woman could not restrain her curiosity any longer. She had to ask the man about the penny.

He replied, "Every time I see a penny, I am reminded of the One Source of all my supply. You see, on every penny we inscribe this affirmation, 'In God We Trust.' So every time I see a penny, I stop and thank God for my supply."

In God we trust – really.

Sending you Light and Love,  
Sharon

Click here for more information on Joan Sotkin's [Build Your Money Muscles](#) program. This is one that I am working through now and it helps me sleep at night. Visit her web site at <http://www.prosperityplace.com>

### **Article:**

#### **On a Path to Prosperity Consciousness – More Steps**

Prosperity consciousness is a cellular, soul-deep certainty and experience of Oneness with the Divine creative power of the Universe. It is a basic trust that all of my needs will be met and it is the expectation that life is good, that I can live my dreams and that all of the material possessions desired to live my life to the fullest and express myself will be provided for me, either through the money to buy them or through the manifestation of them.

I have been studying developing a prosperity consciousness, creating my reality as I want it to be and living my dreams for many years now. Creating my reality fascinates me. I believe that with my thoughts, beliefs, and emotions I create my life. The thoughts I entertain and choose to think over and over again become my beliefs, particularly if I link the thought with an emotion. I act from my beliefs, even those that are buried so deeply they are no longer conscious. Maybe especially those that are buried. When I uncover my beliefs, I can question them. I can make a choice rather than act unconsciously doing the same old thing and getting the same old results. If I want to know what I am thinking or what I believe, all I have to do is look in my life. What are the results? What would I have to believe to act this way or to create this situation in my life?

"We create our own reality with our thoughts, beliefs and emotions (TBEs)," wrote Joan Sotkin in her book *Build Your Money Muscles*. "In order to change our lives, we have to change our TBE's and the habits we have developed over the years. In order to create prosperity, we have to change our thoughts, beliefs and emotions as they relate to money and wealth and the concept of our self-worth." [from Joan Sotkin's [Build Your Money Muscles](#) program]

That our thoughts create our reality is hardly a new concept.

The Dhammapada says: "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."

In the Old Testament, Solomon wrote: "For as a man thinketh in his heart so is he," in Proverbs 23:7. This Bible verse is the basis of the James Allen classic. In Chapter One, Allen wrote, "The aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally *what he thinks*, his character being the complete sum of all his thoughts." (You can download a free copy of this book at <http://www.asamthinketh.net/> )

This concept is a basis of Unity School of Christianity thought. Eric Butterworth, author of “Spiritual Economics,” and J. Douglas Bortorff, author of “A Practical Guide to Prosperous Living,” are both Unity ministers and writers.

Butterworth wrote, “The starting point in realizing prosperity is to accept responsibility for your own thoughts, thus taking charge of your life.” He explained, “All that is required is that you keep yourself centered in the creative flow, keep in tune through positive thoughts, keep responsive by your faith, and as Thoreau would say, ‘Keep moving in the direction of your dreams.’” He eloquently affirms the concept of God as All That Is, “The word Universe, in its literal meaning, is ‘the whole body of things,’ the basic unity of all life. Actually, we are implying a larger thought of God. The words God and Universe can be used interchangeably, referring to the whole of things, of Allness, which is present in all and through all.” [from “Spiritual Economics”]

Bortorff wrote, “ When Jesus said, ‘Seek first his kingdom and his righteousness, and all these things shall be yours as well,’ he was pointing out that the condition we describe as material prosperity is the natural result of spiritual understanding. ... A materially prosperous life is the natural and inevitable consequence of your spiritual evolution.” [from “A Practical Guide to Prosperous Living”]

Using our thoughts to create prosperity is the basis of the book [The Science of Getting Rich](#) by Wallace Wattles. Both “As a Man Thinketh” and “The Science of Getting Rich” set out programs for controlling our thoughts, for choosing the thoughts that will guide us to riches, and for clearly defining our thoughts through setting goals and getting in touch with our heart’s desires. In [The Science of Getting Rich](#) Wattles points out that it shouldn’t be a great effort to focus our thoughts on something we truly desire and want to see manifested in our lives. But let’s face it. For whatever reason, it is so much less work to focus on what we don’t want and what we fear, thereby creating exactly these situations and circumstances instead.

I have been reading the book “The One Minute Guide to Prosperity and Enlightenment” by Sri Siva, the Tamil Siddha master from India also known as Shri Guruji who taught the “Ah Meditation” to Wayne Dyer described in his book “Manifest Your Destiny.” Sri Siva writes, “Everything that happens in your life depends upon how you spend your thought energy. Everything starts with your thinking process. So you should constantly be absorbed in looking at what you are thinking. ... You have to become very, very careful about what you think, because what you think is going to manifest as reality.” [from “The One Minute Guide to Prosperity and Enlightenment”]

I have researched many prosperity consciousness programs and controlling my thoughts and applying my thoughts to create what I want is a cornerstone to those programs that work best.

Meditation and awareness are the best methods of bringing my thoughts and beliefs in to conscious mind that I have found.

Journaling is another good technique, because when I write out my thoughts, feelings, and observations I always get some insight into what I was thinking that created my experiences. I love to write long soulful e-mails to my friends because I always see something in my thoughts and beliefs, perhaps a long-standing pattern of choices and behavior or an “aha” moment revealing a motivation. However, I need to be careful who I write my revealing messages to; not every one will keep my revelations in confidence.

Next issue, I plan to write about the power of our words.

### **A Quiet Moment Meditation:**

Take a quiet moment for yourself.

Sit comfortably or lie flat on your back and relax. Be aware of your body resting and make a conscious effort to straighten your spine to ease the flow of energy through your body, all bodies, all selves.

Breathe deeply and relax.

Let go.

Allow the cares of the day to drift away.

And breathe.

If you are in a situation where you can close your eyes, then allow them to close. Allow your eyes to rest and relax.

And breathe.

Think of a place of quiet beauty, of peacefulness, either a place you have been or a place you dream of being one day. Breathe in the beauty and the peace. Know that you are at peace, at rest now.

And breathe.

Breathe in Divine Love in the form of White Light, beautiful sparkling white light that fills every cell of your body, heart, and mind with radiance, with love.

And breathe.

Know how much God loves you, as you allow this Divine Love to fill every cell of your body. Experience this feeling of being loved through and through.

Now focus your attention on your Heart and imagine the white light expanding and radiating out from your Heart, expanding into every area of your life. Feel your connection to All that Is. Realize that in this Universal Life Force Energy, you live and move and have your being. Acknowledge this connection and feel gratitude for it.

And breathe.

Enjoy the feeling of being loved and of radiating this love to all who come in contact with you, radiating it out from your Heart, for as many minutes as you like.

Remember this feeling of connection as you go through your daily life.

### **Recommendation:**

[The Science of Getting Rich](#) – Get a free download copy of this timeless 1910 classic by Wallace D. Wattles. “The person who owns all he wants for the living of all the life he is capable of living is rich, and no person who has not plenty of money can have all he wants....Every person naturally wants to become all that they are capable of becoming.” This book is a step by step guide to creating the wealth and beautiful life we dream of. Download it for free. Read it over and over again. Watch the changes in your life.

Joan Sotkin's [Build Your Money Muscles](http://www.prosperityplace.com) program. This is one that I am working through now and it helps me sleep at night. Visit her web site at <http://www.prosperityplace.com> This series of exercises has helped me uncover some of my thoughts, beliefs, and emotions that have created financial difficulties in my life. Bringing these TBEs to light means that I can look at them, and using the information I can make conscious choices.

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Sending you Light and Love,

**Sharon Walls Martinez**

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Sharon: Road Signs for self help and personal development

A devastating divorce followed by months of intense depression, unemployment, and financial hardship found me in a dark space in the woods. Over time, through meditation and prayer, and a ton of "self help" techniques, the Light increased in my life. I have studied self help and personal development, as well as spiritual development, all of my life and these studies, these tools, have seen me through dark times and helped me plan my journey to self fulfillment and empowerment. At Road Signs I share tools, ideas and information, books and resources that helped me along my way. <http://www.swroadsigns.com>