

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

No. 4 September 30, 2003

Welcome to this issue of my ezine 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 loving and accepting myself more, living a happy and fulfilled life, and expressing my life's purpose.

This newsletter should not have come to you unless you requested it or graciously agreed to review it for me. If it has come to you by mistake, please send me an e-mail at Sharon@swroadsigns.com and I will take you off my mailing list. On the other hand, please read it first just in case it came to you for a reason and a purpose. I welcome your feedback.

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A Message from Sharon:

Last week, I was writing a message to my friend. I often write long soul-searching letters and e-mails to my friends or to my journal. Often I start by writing about something that happened, giving all the details of what he said and what I said and how I felt about that. Then I dig deeper, asking myself and my friend, why did I create this situation in my life? What is the lesson here? What would I have to believe to have experienced this or to have felt this way about it?

As I pour my heart out, holding nothing back, I find my answers. When I go back and read through my letter, I see the insight I was longing for. I see patterns. I realize that this situation reminds me of another time and another place.

I wrote about a reoccurring depression, a sense of heaviness and sadness. I wrote about how lost I felt and how tired. As I finished, I read back through it, printed it, then edited it a lot. After all, I was writing mostly for myself and even after editing it heavily it was still a few pages long. There really wasn't any need to send all of those words to my friend. Then I sent my message and went upstairs to bed.

I love books, it goes without saying if you've visited my web site. Books serve as a window on the world for me. I am always, at any given time, reading two or three. I keep several stacked on the table by my bed. As I went to bed that evening, one fell off and landed on my toe. It was "The Care and Feeding of Indigo Children," by Doreen Virtue, who also wrote "Healing with the Angels." I picked it up and glanced at it and even though it might seem to have been an act of Spirit to throw the book at me, I was tired and it was late and I had no intention of starting a new book.

However, I found myself glancing through it. And one part particularly caught my eye: a section on "life purpose." Dr. Virtue's premise was that much of the depression, fear, anxiety and restlessness of Indigo Children grow from a lack of knowledge or connection with their life purpose. And as I read, I realized that this was, also, a root of my current depression, my dissatisfaction with the way life was going. I wasn't focused on my vision, on my sense of what my life purpose might be. I was focused on worry and sadness and my weight and my health and my finances. I wasn't seeing past that to

remember that God loves me, that I am here on this beautiful planet at this point in time for a reason, that there is meaning in my life just as it is in everyone's life.

I prayed the prayers Dr. Virtue wrote for remembering life purpose and for courage to make the changes needed to live on purpose. I did get some strong hints as to what I need to be doing and I also received encouragement from good friends, from my wonderful children, in my dreams and from my heart.

Thank you, God.

Sending you Light and Love,
Sharon

[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.”

“Guard your speech. Never speak of yourself, your affairs, or of anything else in a discouraged or discouraging way. Never admit the possibility of failure or speak in a way that infers failure as a possibility.

“Never speak of the times as being hard or of business conditions as being doubtful. Times may be hard and business doubtful for those who are on the competitive plane, but they can never be so for you. You can create what you want, and you are above fear. ...

“Always speak in terms of advancement. To do otherwise is to deny your faith, and to deny your faith it to lose it.” Pg. 60

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.

Article:

The Power of our Words

In the beginning was the Word, and the Word was with God, and the Word was God made manifest.

This is one of the most beautiful verses in the Bible. And God said, “Let there be Light.” And there was Light, and God saw that it was good.

Our words are our thoughts, beliefs and emotions made manifest. And our words have power.

Prayers are words. Prayer is powerful, life changing, healing. Prayer is connection to Spirit.

Magic spells are words, intoned with cadence and rhythm and usually a bit of theatre to focus our attention and intention. Magic is powerful, life changing. Magic is connection to Spirit.

Meditation chants vibrate to a certain frequency, lifting our consciousness upward or inward. Mantras are words, often in a different language, used as focal points in meditation, as chants or litany. Meditation is connection to Spirit.

Affirmations are words written or spoken to program or reprogram our minds and our thoughts. Affirmations are our thoughts, beliefs and emotions made physical.

Goals are words stating our desires and our intentions.

Songs are words set to music, communicating our feelings. Poetry is the beautiful expression of our thoughts, beliefs and emotions in rhythm, cadence, rhyme or not. These words, vibrating with our Heart energy, are connections to each other and to Spirit.

There is power in the spoken word. With our words we connect to each other, to our Higher Self, to All That is.

How, then, can we justify using our words so carelessly? The things we say to each other, the words we use in every day speech, the words we listen to on the television or radio, all of these words matter and have power for good or for harm.

The effect of our words is easily seen in our relationships, in our connection to each other.

We have all had the humbling and painful experience of saying something stupid or hurtful by blurting out whatever came to the tip of our tongue. Sometimes this occurs when we are “talking and we can’t shut up.” Sometimes we experience the Freudian slip – we say what we were thinking instead of the polite lie we planned.

We have seen heartbreak in a friend’s eyes and been at a loss for the right word to say to renew her hope, and give her encouragement and reason to go on when her strength is almost gone.

We have been on the receiving end, too. Some one whose opinion matters to us gives us a left-handed compliment. Our boss criticizes our work. Our mother fusses at us for something we did or said. Our sister tells us, for our own good, that we really don’t need that piece of chocolate cake. Our child tells us that we are ruining her life if she cannot go to the dance on Friday night. And these are innocent examples of how words can hurt, even in casual exchanges.

Not by bread alone do we live but by every word out of the mouth of God.

Words are extremely powerful in our interpersonal relationships and no where as important as in our relationships with our children. Our children teach us this early on and if we will listen to them we can easily learn the lesson to guard our tongue, watch our words, and discipline ourselves to say only what we truly mean from our heart, to avoid words that hurt, that cut, that tear down.

Parenting is a crucible for learning the power of our words. Just in our every day nagging we run the risk of discouraging and bruising feelings. I say to my teenager, clean up your mess. She picks up one or two items. I come back and tell her again, clean up your mess. I did, she replies. No, pick up this, this, this, and this. I walk away. I come back and it is still there. And I feel such frustration welling up.

“Why can’t you ever do what I say? How can you be such a slob? We are living in our own filth! Look at this. Look at this. Look at that! You should take better care of our home and our things. This is no way to live! Why do I have to always be the one who has to clean up the messes? This isn’t fair! If you loved me, you wouldn’t do this!”

Well, that seems pretty mild, doesn’t it? So how does it happen that her big brown eyes fill up with tears?

“You are never happy with me. I can never do enough to please you,” she wails.

Have I won any thing at all here? Next time I tell her to clean up, is she going to do it? Ha! If I insist on keeping on this way, I will always end up cleaning up the mess and resenting it, and hurting her feelings in the process.

How easy it is to use our words to nag, to try to make others do what we want them to do, to bully. And how useless. Negative, faultfinding criticism and personal attack does nothing constructive and it creates an atmosphere of negativity and judgment. If there is one thing we craved as kids, I can bet it was acceptance and love, appreciation of us as we were.

We want to live in a home where every one feels wanted, accepted, respected and appreciated. We want our homes to be our haven, our castle, our refuge. We want peace. We want to be the best that we can be, to express our life purpose and our highest possibilities and we want the same for our children if we have them. We want to be happy with our children.

To experience being wanted, accepted, respected and appreciated, we have to speak words that express that experience. We cannot entertain thoughts or say words that express the opposite – criticism, judgment, negativity. If we want peace, we cannot speak about war, or anger, or resentment.

So how do we break our habits and patterns of negative communication and verbal abuse of our children?

Step 1: Remember our vision. Remember what we do want.

Step 2: Pay attention. Serious attention. Notice every word that comes out of our mouths. Listen carefully to what we are saying now.

Step 3: How does that make us feel? How do the words resonate in our selves? What kind of reaction do we get from our children? How do the words we are using contribute to our vision?

Step 4: Practice speaking only those words that move us toward what we want. Bite our tongue when any thing else comes up.

I use the example of a parent dealing with a child because it has a big emotional charge and pay off for us. We have a lot of emotion invested in our relationships with our children. Therefore we have added incentive to put in the time and effort required to change our unconscious habits of speech.

The same theory applies to any area of our lives. If we want to be successful, we must not say unsuccessful things or complain or put ourselves down. We must expect the best of ourselves and say the best about ourselves and to ourselves at all times.

Here is a quote from the "One Minute Millionaire" - called Millionaire Minutes, short inspirational articles by e-mail. Thought you'd enjoy it.

“Watching Our Words

“Words are powerful forces. They have the power to transform in a positive or a negative direction. Therefore it is important that we are careful to choose our words well, so that we only create the positive results that we want. We don’t have to put all our thoughts into action as words. Take a little time to pause and consider before expressing what you are thinking and feeling, especially if those thoughts and feelings are negative.”

The Enlightened Millionaire Institute – click here to subscribe to the Millionaire Minutes:
www.oneminutemillionaire.com

“Words that Heal

“Throughout the ages, mystics have recognized the power of the spoken word to bring ideas into physical manifestation. As the first verse in the Gospel of John proclaims, ‘In the beginning was the **word**.’ This is why affirmations are so powerful. Through the repetition of a word or phrase, you create a magnetic field that attracts the desired condition to you.

“If you knew the power of your words, you would be very careful about what you say. In a moment of discouragement, have you ever thought, ‘Why is it that I can’t succeed? Why can’t I ever seem to get what I want?’ Such negative self-talk creates the very condition you are trying to avoid. As the prophet tells us, ‘Thou art ensnared by the words of thy mouth.’

“When we talk negatively about other people, our words have a detrimental effect on all concerned. Perhaps this is why our parents told us, ‘If you can’t say something positive about someone, then don’t say anything at all.’

“Words are very potent; they can be used to create a variety of outcomes. There are words that hurt, and words that heal. Take inventory now, and ask yourself, ‘What am I talking up in my life? What am I affirming?’

“There is creative power in your every word. Use that power to draw the very best into your life and into the lives of others.”

Pg. 64, “Words that Heal: Affirmations & Meditations for Daily Living,” by Douglas Bloch.

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.

[The One Minute Millionaire](#) is a unique book written by Robert Allen (“Nothing Down”) and Mark Victor Hansen (the Chicken Soup guy). One side is a cute novel about a young mother doing every thing she can to earn a million dollars in 90 days to get custody of her children; the other side is the philosophy and game plan for any of us to become “enlightened millionaires” including inspiration and philosophy.

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> 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.

You can find the book “The Care and Feeding of Indigo Children,” by Doreen Virtue from Hay House at www.hayhouse.com or at www.amazon.com

The book “Words that Heal: Affirmations & Meditations for Daily Living,” by Douglas Bloch is published by Bantam Books.

For other resources on talking to your children:

“The Power of a Parent’s Words,” by H. Norman Wright, published by Regal Books, a division of Gospel Light. This is a strongly Christian based book. You can probably find it in your neighborhood Christian book store.

“Predictive Parenting: What to Say When You Talk to Your Kids,” by Shad Helmstetter, best-selling author of “What to Say When You Talk to Yourself.” This book may be out of print, but the great thing about Amazon.com is that you can find used copies cheap.

Reiki in the New Age:

Yahoo groups: compassionateheartsangha@yahoo.com,
Ra_Sheeba_Sharing@yahoo.com, & globalreikisharing@yahoo.com

Also www.compassionateheartsangha.com
bro. david paul, CHC

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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 on 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>