

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

No. 5 October 30, 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 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.

Have a safe and joyous Halloween!!!

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A Few Really Cool Web Sites:

[I checked with my 15-year-old daughter and she assures me it is still okay to say "cool." I love searching the web and forwarding the interesting things I find. Here are a few I found in the last couple of weeks.]

First a few Ghost Stories before Halloween passes us by: The Moonlit Road – fabulous ghost stories from the Deep South (USA); be sure to check out the cultural background of the stories. That adds a lot. <http://www.themoonlitroad.com/>

LocateaCoach.com – here you can find a personal coach in a variety of areas. If you are a coach you can list your services here. But even if you are not looking for a coach, there are hundreds of free articles on many self-help topics.

<http://www.locateacoach.com/>

Self-Healing Expressions – a web site for spiritual healing, self help, and holistic healing. Plenty of free articles here, too, including links to "writing your new life story"

<http://www.selfhealingexpressions.com/>

A Message from Sharon:

"I love money and money loves me." Say that 3 times out loud. No? How about to yourself? Feels funny, doesn't it?

I subscribe to a neat little e-mail motivator called the Millionaire Minute, from the authors and marketers of "The One Minute Millionaire." The other day, the Millionaire Minute e-mail was a list of affirmations like that one... "I am a money magnet," "I like money and money likes me," "I am forever enjoying more and more money."

When I first opened the e-mail, I thought, “Yeah, I like that!” But as I began working with the affirmations, repeating them, writing them out, I began to squirm.

Read carefully through these affirmations. Take particular notice of how you feel as you say them, either out loud or silently. If any one really strikes a nerve and makes you edgy, put a mark by it and come back to it later.

I am a money magnet.

I like money and money likes me.

I attract money.

I know that I will always have more money in my future than I do now.

The money that I create keeps multiplying, duplicating and replenishing itself.

I am forever enjoying more and more money.

I have infinite money—more than enough for my every want and need.

I have lots and lots of money.

I have money in my mind, in my future, in my pocket, in my wallet, in my safe, in my bank accounts, in my businesses, in my investments, and wherever it keeps growing.

I enjoy money and money enjoys me.

Money and all its equivalents are attracted to me.

Money is forever making me infinitely better off.

All that I do creates surplus, abundance, and plenty for myself and everyone else.

(Extracted from *The One Minute Millionaire* by Mark Victor Hansen and Robert G. Allen) To subscribe to the Millionaire Minutes, go here: The Enlightened Millionaire Institute www.oneminutemillionaire.com or send e-mail to: MillionaireMinutes@OneMinuteMillionaire.com

These affirmations bring up any programming we have about money. We aren't supposed to “love money” or want money. That isn't spiritual. That isn't nice. That isn't polite. Root of all evil, eye of the needle and all of that.

Try this. Write out one of the affirmations that annoyed you the most. Then write out what ever came up for you. This will give you some insights into your negative beliefs about money. Take a good look at the information you get. Then keep working with the affirmation – maybe until you are comfortable with it?

Sending you Light and Love,
Sharon

[The Science of Getting Rich](#) – “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.” Wallace D. Wattles.

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 Magic of Goal Setting

Goals are words stating our desires and our intentions. By putting our desires into words we make a great stride toward seeing them realized.

The act of writing down our goals puts them into physical reality. We can see them, rewrite them, polish them, and check them off when they are accomplished.

Lately I've been journaling and meditating on life purpose, creative visualization, and manifestation. Repeatedly, the concept of writing out goals and desires has surfaced in my research. I believe there is a power in writing out or stating our intentions and desires. The act of writing them gives us a road map toward what we truly want.

Some people believe in writing their goals down and reviewing them every day, or using their current major goals as affirmations and in visualization. I have also read stories where a person has written down a list of goals and desires, lost the list only to find it years later and realize that they had accomplished many of the goals written on the list.

In the 80's I used a book on goal setting in which I was to write out about 100 goals in each of the major areas of life: physical body and health, spiritual, creative expression, finances, living arrangements, relationships. The idea was to think about it for a while, then take a day or a weekend when I could have some space to myself, then set the mood with pleasant music, relax, get into a meditative relaxed state of mind... and write them out.

In the past few weeks, I found descriptions of the same or a similar goal setting exercise in three different places.

101 Goal Rush Challenge

Mark Victor Hansen presented this idea as his "101 Goal Rush Challenge." You can find it on his web site at http://www.markvictorhansen.com/goal_mining.php

Here are the basics:

"Turn on some relaxing music. Sit back and relax. Close your eyes. Take a deep breath. Now, open your mind to ALL the possibilities. Limitations and restrictions have NO place in your life anymore. They don't exist. As you begin to visualize EVERYTHING you want, write your goals down."

Continue writing until you have written out 101 goals or desires.

"As you write your goals, don't go back and read them. If you do so, you'll probably find that you begin judging every goal - and yourself - for wanting them. Just write... then say to yourself: "This is so. I'm predicting and announcing it to myself." Do it NOW! Change your LIFE!"

Hansen does set out guidelines for writing your goals. For example, they must be your own goals and have meaning for you; they must be specific and measurable; they must be believable and realistic; they must be in alignment with your values; they must be exciting and challenging to you; and they must include how you want to make a contribution to your world.

The Aladdin Factor: 101 Wishes

Another place this idea surfaced for me this week was in "The Aladdin Factor" book written by Hansen and his Chicken Soup co-author Jack Canfield and printed in 1995. The topic of the book is "Any thing is possible if you dare to ask!"

In the book, the Genie asks Aladdin to write out 101 wishes. "Before you can ask for something, you have to know what it is that you want and you have to believe it is possible to get it." P. 65.

"First, you have to figure out what you want. Second, you have to decide that you deserve it. Third, you have to believe you can get it. And, fourth, you have to have the guts to ask for it." Barbara De Angelis (quoted in the Aladdin Factor, pg. 64)

I would have, have an intention that you will have it, be it, or do it.

Write fast, dream big. Later, you can take all the time you want to polish, to expand, to edit, or to change your mind. After all, they are your dreams that you are putting into writing as goals.

Write it Down, Make it Happen

This book by Henriette Anne Klausner, better known as the author of "Writing on Both Sides of the Brain," is about creating miracles through writing out your goals and

dreams. She asserts that to write out your dreams and have the intention and the courage to pursue them sets up synchronicity that is irresistible.

A many-times published writer and writing teacher, Henriette Anne uses beautifully written and personalized stories to illustrate her premise. This book is a joy to read. Of course, her very first assignment is to write out your goals.

“Write fast. Do not linger over the page,” she advises. “If you find yourself dismissing a goal as grandiose or far-fetched, write it anyway and put a star next to it. That’s a live one.”

“Do not be afraid of wanting too much. Write down even those ambitions which have no practical means of accomplishment. Keep on writing. Write from your heart and make the list as long as you like.”

She urges you to come up with at least 101 goals and dreams.

Using Goal Setting and Wish Lists in discerning Life Purpose

I have been reading Doreen Virtue’s books since her book on Indigo Children fell off my nightstand and onto my toe last month. I took that as a sign and found a lot of good in the books I have been reading. The theme of finding and living your Life Purpose is central in all of her books: from “The Care and Feeding of Indigo Children” to “The Yo-Yo Diet Syndrome.”

The first part of her book “The Lightworker’s Way” is autobiographical and she describes how writing down her goals and dreams helped her to find and live her vision. At a time when there was no way she could see how she could do it, she acknowledged a yearning from her heart to write about her life and experiences and beliefs, sharing her stories with others to help them and inspire them in finding and living their life purpose and dreams. From the act of writing it down through seeing herself as a published author and visualizing her book on the shelf in the B. Dalton Bookseller’s store through the accomplishment of that dream many times over, she shares with us step by step how it happened, and what she did and thought and prayed to allow it to happen in her life with grace.

I’d love to find my lists from 20 years ago. I wonder how many of those goals and dreams I’ve accomplished and lived? Since it isn’t likely I’ll find those lists, I went through the 101 goals exercise again this week.

I’ve got my 101 goals written down. How about you?

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.

Opportunities – My Recommendation:

Site Build It!

The people at Site Build It! have recently expanded their services. What was already a beautifully complete package is better now, with the opportunity to create your own web site in a program such as FrontPage and upload the files; of course, you can still use their program or even get them to create and update your web site for you.

My web site, Road Signs for Self Help and Personal Development, is a dream of mine that gives me a thrill every time. Self help and personal development is my passion and I believe it is a major part of my life purpose to research, explore, and share with others. What is your passion?

[Site Build It!](#) is a premium way to create a web site that beautifully reflects your passions and helps you share your ideas with others. It even has tools for creating and managing an e-zine or newsletter. If building your own web site is not going to be fun, what's the point? You want to express yourself and share your passions with the world... Site Build It! keeps it fun. Click here to check it out: [Site Build It!](#)

Check out their affiliate program and Ken Evoy's free affiliate e-mail course.

[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.

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Sending you Light and Love,
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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>