

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

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

No. 6 November 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](mailto: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 Few Great Web Sites:**

**Mom and her Money** - Make more, Spend less, Be Happy! Look for the links for money saving ideas and craft supplies including free doll patterns.

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

**Earn A Living Online** – Ginger Geracitano is a successful on-line entrepreneur and success coach. She offers a free e-zine called “Portal to Success.”

[www.earnalivingonline.com](http://www.earnalivingonline.com)

**Spiritual Approach** – sign up for the free Weekly Planet newsletter. This site also has links to several “sister sites” for astrological charts, books, and coaching. Look for the free e-book **Building Your SpiritualTool Chest™**

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

### **A Message from Sharon: Give yourself and your world good gifts**

The Winter holidays are around the corner, and the occasions for gift giving are here. Because we love others and want to express our love, we are easily tempted to overspend on presents.

We see something our child or grandchild would like and before we realize what we have done we have purchased yet another material possession to give to a child who might have far too much “stuff” as it is. Not that it won't please the child, no doubt it will for a while. But in most of our worlds our children will receive so many things they won't know what to do with it all. With twelve or twenty toys, gadgets and games spread out before us, how could any of us truly enjoy them? Satisfaction and pleasure requires the investment of time.

My precious grandson is 4 years old. He is a delight. At Christmas, the gifts are piled higher than he is tall because he has been blessed, or cursed, with multiple sets of grandparents, step-parents and parents. He is a bright energetic little boy but he will be exhausted and frustrated trying to open every gift and explore it.

The other side of this story is – we are tempted to get out our credit cards and go deep into debt to pay for all this stuff. Creating debt is no gift to this world. Very few gifts are worth the feeling of being in debt.

In her article, "[The Dynamics of Debting and the Shame it Creates](#)," Joan Sotkin writes "... If you owe money, think about the feelings that it brings up for you. Rarely does debt create uplifting feelings of joy. Debt usually creates feelings of heaviness, darkness, fear, longing, sadness -- and shame." [Read the article, or download it free, at [http://prosperityplace.com/biz/debt\\_shame.html](http://prosperityplace.com/biz/debt_shame.html) ]

Think about this. Feel your inner feelings about it.

One year, my daughter was having financial worries and I asked her not to give me the lavish gifts she'd usually give at Christmas. She replied, "Shopping for and getting just the perfect gifts for the people I love gives me the greatest pleasure." This broke my heart because it was such a catch-22 position. How could I enjoy the treasures she gave me when I knew she could not afford it and probably put it on a credit card that she would now be paying for over the next several months? People who truly love you do not want you to hurt yourself financially in order to give them a gift. (This, of course, does not apply to teenagers or children who are utterly oblivious. But I do think children won't really mind not getting EVERYTHING on their list as long as they get something from the heart.)

### **My challenge to you**

For this one blessed holiday season, see if you can give heartfelt gifts without the pain of debting. If you've visited my web page on handling credit and debt (<http://www.swroadsigns.com/debt.htm> ), then you know I am living in credit card hell. As I work to repay this debt and deal with faceless companies who see me as a "bad debt" instead of a grandmother, single mother, intelligent, caring, living breathing human being, my friends, I wouldn't wish this on any one.

I am not saying that the banks and credit card companies are manifestations of Evil. When I was unemployed, newly divorced and trying to rebuild my world the credit cards were life-savers more than once. I am the one who misused the credit by going more deeply in debt than necessary. I truly thought I'd be back on my feet and would be able to pay it all off without any problem. So why not spend extra? Put this or that extra thing on the credit card to make my life temporarily more pleasant.

Our culture of consumerism encourages us to go deeply into debt for luxuries and a lifestyle built upon excess. We don't even think of our car payment or our mortgage payment as "debt." As long as we make a minimum payment, we believe we are doing okay.

When you are in credit card debt, you have leveraged your future. You have placed limitations on your choices. You become a slave to debt. The finance charges add up. The minimum payment insures that you will be paying the debt forever. God forbid you are late with a payment because you will be paying high late charges. If something happens that you can't make the payment that month it is pretty much downhill and hard to put on the brakes.

The credit card companies and banks are interested in making money. It does not really matter to them what debt does to your quality of life as long as their profits increase. The banking interests have powerful lobbies – after all every one including our law makers and the U.S. government itself is in debt or has a vested interest in a bank

somewhere. A bad credit report can prevent you from getting telephone service, insurance, or a home or vehicle.

Debt does not contribute to our quality of life or to the Light in our world. Bring more freedom and more Light in to your world and into our world by giving gifts that do not require you to hurt yourself with more debt. We need more gifts of love and less debt slavery in our world.

Sending you Light and Love,  
Sharon

p.s. If you are already in credit card hell, visit my web site for a few road signs out.

<http://www.swroadsigns.com/debt.htm>

Joan Sotkin's [Build Your Money Muscles](#) program. Visit her web site at <http://www.prosperityplace.com> Our thoughts, beliefs, and emotions create our experience of life. Learn to know yourself and the TBEs that run your life, then use the information to make conscious choices. Live the life you want to live, consciously.

### **Article: Peace on Earth, Goodwill to All**

All religions of the Earth have a Winter holy time – a time of joy and celebration, a time of contemplation and renewal, a time of Light and Love.

In ancient times these times coincided with the darkest and shortest days of the year. In the northern hemisphere, these days were in December. People huddled together around fires for warmth and companionship and light. So they would come together and celebrate Light, celebrate family and tribe, as an act of faith in the changing of the seasons, in the turning of the wheel of the year. They celebrated the coming Light as a way to release fear of the darkness, fear of being alone, fear of not surviving until Spring.

Faith in the coming Spring, faith in Divine Light, faith in having a place in the orderly plan of Universal Mind brought Peace.

This sense of Peace is rarely nurtured by current events. Many U.S. soldiers will spend the holy season on duty around the world and most particularly in Iraq. Soldiers and freedom fighters in all lands will be poised to fight if they are not actively fighting. In our streets there is on-going violence. In our financial life there is uncertainty of survival, or fear of lack and poverty. There is debt, bills to pay, mouths to feed, work that may or may not nourish the soul. There is fear. There is uncertainty. There is violence. There is loneliness.

Where is the Peace?

Peace comes to us in recognition that we are not separate from All That Is. We are each a part of the greater whole, a part of the Universe, of Universal Mind. In Universal Mind we live and move and have our being. We cannot be separate from the Universe. At the most basic level, we are energy. Our bodies are dancing motes of Light vibrating in a Sea of Universal Light, and we are in it together.

Here is a no-fail recipe for Peace:

1. Know that we are not separate from All That Is. We are not separate from our Higher Power, nor from each other, nor from Love, Joy, and Light.
2. Forgive. Forgive every one and every thing and know Peace.
3. Be grateful for the blessings and for the thorns in our lives now.

### **We cannot be separate from the Universe**

We know that we cannot be separate from All That Is. Therefore we cannot be separate from each other or from any thing existing in the Universe. There is no place where Universal Mind is Not.

How can we lack any thing if there is no lack in Universal Mind and we are part of Universal Mind? It is our ego that tells us there is lack. We create our ego in fear; we are taught to create an ego to protect and serve us by our parents and our society when we are still small and vulnerable. But then the ego tries to take on a life of its own and convince us that we are separate, that we are small and vulnerable rather than a part of the Whole, that we need protecting. If we listen to the ego, and we always have that choice, we will live in fear and lack and loneliness.

We know we are listening to the ego when we are experiencing fear, emotional pain, loneliness or lack. Doreen Virtue advises that we adopt a “zero tolerance for pain” policy. She writes, “When you are aware of pain, release it. Face the pain without fear, since it is not real. Do not judge the pain, but simply notice it. Say to your higher self, angels, ascended master, Holy Spirit, or God, “I notice that my ego is engaged right now, and I don’t like it. I fully release this pain to you and ask to see this situation in another way so that I may feel peace instead of pain. I send this pain away and know that only the lesson within it remains behind to help me to grow in love.”” [The Lightworker’s Way, pp. 194-195. 1997: Hay House]

### **Forgiveness**

Forgiveness is a tough issue. We believe that we have been hurt by circumstances, another person’s actions, our selves and our choices, and even by God. Adopting a “zero tolerance for pain” policy can help us release and free ourselves from the pain. By letting go of it we automatically engage forgiveness.

Here is a meditation/affirmation for forgiveness. Directions for use: apply liberally.

Make this your forgiving prayer: “I forgive everything and everybody who can possibly need forgiveness in my past and present. I forgive positively everyone. I am free and they are free, too. All things are cleared up between us now and forever.” [The Dynamic Laws of Healing, by Catherine Ponder, pp. 47-48, 1966:DeVorss & Company.]

Here is another from Charles Fillmore, co-founder of Unity School of Christianity:

“Bless your problem, whatever it be, with a thought somewhat like this: “I now release you and bless you. Divine Love is adjusting my life and its problems. Realizing this, I abide in Peace...” Every person who thus allies himself with the power of Divine Love creates a bit of heaven on earth.” [From the pamphlet, A Sure Remedy, by Charles Fillmore, published by Unity School of Christianity, quoted in Catherine Ponder’s The Prospering Power of Love.]

So many spiritual teachers have written on the power of forgiveness to bring us peace, I could write a book of great quotes, meditations and prayers on this one subject. This tells you the universal belief and faith in forgiveness to release us from pain and a belief in separation... and bring us peace.

I have found that the one person in my life who needs the most forgiving, some times on a minute by minute basis, is me. I need my own compassion, understanding and forgiveness. I am most ready to condemn myself. Where I can try to see another’s point of view or pain, I will harshly judge myself. But since I am not separate from the Universe, when I forgive myself and offer myself compassion and caring, I am forgiving all others by extension.

### **Gratitude**

“Gratitude unlocks the fullness of life. It turns what we have into enough, denial into acceptance, chaos to order, confusion to clarity.” Melody Beattie

This beautiful quote arrived in an e-mail message from Bro. David Paul of Global Reiki Sharing Circle of Dallas, Texas, U.S.A.

An “Attitude of Gratitude” for every good thing is a wonderful way to peace. When we count our blessings, we are usually humbled and amazed at the good in our lives.

When we focus on our blessings, our energy flows into our good attracting more good into our lives. We can let go of worry and fear by focusing on what is good.

However, in the midst of hardship and fear, can we experience gratitude then?

Last night I felt inspired to read the Book of Job in the Bible. Job was a wealthy, righteous and happy man. Satan said to God, "of course Job is a righteous man. Look at how you have blessed him. Take away his blessings and he will curse you." God gave Satan permission to test that theory. Although he had done nothing wrong, Job's wealth, his children and his health was taken away. Job praised God in the midst of his troubles, saying that he had faith in God's goodness and he was grateful for every thing in his life. Seeing his devotion, God blessed him with even more than before.

Expressing gratitude for every thing that comes our way, every lesson, every challenge, every blessing, every breath of life, every sweet moment and every bitter experience brings us true peace of mind.

When I was going through my divorce, I was really depressed and in a great deal of pain. A friend sent me this e-mail message, "God never gives us more than we can handle, but sometimes I wish He didn't have so much faith in me!" Can I get an Amen?

Use these three methods for knowing peace in your life and bring more Light, Love, and Peace into our world.

Be at Peace, for there is no where that God is not.

### **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. Experience the deep inner peace that connection with Universal Mind, with Divine Love gives. Breathe deeply and allow your entire being to expand. Allow your self to be supported by All That Is. Rest and be Peace.

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

### **Opportunities – My Recommendation:**

You can read more about forgiveness in Louise Hay's books, particularly [You Can Heal Your Life](#) [Buy this book or get more information from Amazon: [You Can Heal Your Life](#)]:

Doreen Virtue's books are available through [Hay House](#) Publishing, as well as [Amazon](#).

[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.

I have been migrating my web site from Yahoo's GeoCities hosting service to Host4Profit.com so forgive any inconvenience in getting to the web site right now. Here is Ginger Geracitano's affiliated link: <http://theportaltosuccess.com/hosting.html> She would earn an affiliate fee if you sign up using that link, so if you would rather NOT do that, you can also find them at <http://host4profit.com>. You can get more information via either link. Ginger wrote, “Either way, they are still the best host I've ever used.”

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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>