

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

No. 7 December 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 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 Few Great Web Sites:

Reality Shifters – This web site is dedicated to the simple concept of “shifting perception” and changing your life and the world. They offer many useful free exercises and articles as well as selling some products and on-line courses. <http://realityshifters.com>

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/>

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>.

Tools for Transformation features beautifully illustrated pages for many, many forms of personal development. The amount of free information is impressive and you can sign up for a free newsletter that features some of the best of today's authors. Right now, I've been enjoying a free e-mail course on the Positive Approach. I also bought the Tools for Transformation CD little over a year ago. It is incredible how much information he packed onto this CD! <http://www.trans4mind.com>
Email Peter Shepherd - <mailto:shepherd@trans4mind.com>

If you are interested in getting on my personal mailing list e-mail me and I will forward to you the neat newsletters and information on web sites I find, like I do to my best friends. If you'd be interested in some of the products I find, you can let me know that, too, and I will forward to you some of the special offers I get. But only if you ask for that type of information. Marketing flooding into your in-box gets annoying.

A Message from Sharon: Wishing you a Wonderful New Year

When I was a little girl, I made it a point to stay up until Midnight on New Year's Eve writing my "resolutions" for the coming year. I grew up in a rural community in Mississippi, USA, just 30 miles south of Tupelo, where Elvis was born and grew up.

The concept of resolutions has always fascinated me. The whole point of writing them out is to "resolve" to change some aspect of my life, habits or personality. The whole premise of making resolutions is that there is something wrong with you or with your life in some way shape or form.

When I was a little girl, my resolutions were along the lines of doing my homework, keeping my room clean, and minding my baby brother for my mom. As I got older, my resolutions changed to the full-blown "I know I am not good enough as is, so I resolve to change" format. "I will lose 10 pounds this year" (this one when I barely weighed 100 pounds any way), "I will get a job" (this one when I was 15 and went to work in the drive-in restaurant), "I will be an entirely different person..." "I will, I will, I will." And then I would be okay and someone would love me.

In the past ten years, the entire process has changed for me. Maybe I finally did become an entirely different person, maybe I finally grew up, or maybe I decided I liked me just fine the way I am. Maybe.

I still like to spend New Year's Eve paying attention to me. I stay up until Midnight to greet the new year with hope and possibility in my heart. I write about my hopes and dreams for the new year, and I write about what happened in the passing year that was a blessing, that was good and sweet, or that was an opportunity to learn. I write my goals and dreams on a daily basis any way, imagining them coming true and enjoying them in my daydreams. Some of my current goals read like "New Year's Resolutions," like "I now have a regular daily meditation practice," but I no longer demand change from me. I could use to lose 20 or even 30 pounds, but I don't resolve to diet or exercise or any thing else. I set having good health and loving and appreciating myself as my goals.

In fact, if I have a genuine "New Year's Resolution," it would be "in this new year, I resolve to love myself and appreciate myself more in every aspect of my life."

"Every single thing existing in your life is reflecting how you feel about you --- this includes your relationships, your job, your finances, your health, your state of mind, your spirituality --- every thing. Learning to Love yourself is the most critical and urgent factor in transforming your life." Patricia Diane Cota-Robles, "Stargate of the Heart." P. 137.

How about you? How does the New Year look to you?

Sending you Light and Love,
Sharon

New Year's Peace Meditation

From Sanaya Roman and Duane Packer, and Orin and DaBen, here is a new web site page and a wonderful way to bring in the New Year: [New Year's Peace Meditation](#)
"Join us on the inner planes any time you can on December 31st, 2003 and January 1st, 2004 for five or ten minutes of meditation. Add your prayers, thoughts, and positive visions for humanity to those of millions who will be meditating during these times and envisioning a better, more peaceful world. Global peace meditations are seeding the way for great future advances in peace and unity."

<http://www.orindaben.com>

Article: Why Don't I have What I Want Yet?

Living in the New Age can be a bit tough. We learn about creative visualization, manifesting, living our dreams, prosperity consciousness, healing, and connection with

All That Is. We learn that our thoughts, beliefs and emotions create our reality. We learn that Like attracts Like, that the energy we send out in our thoughts, feelings and actions returns to us multiplied. What we focus our energy and attention on, we create.

Okay. So why don't I have what I want yet?

I have been studying New Age and New Thought principles for the past thirty years. I have a good grasp of the concepts. It resonates in my heart. I know deep down to the marrow of my bones that this is truth.

But in the practice of my daily life, I must confess that I have not created the great wealth, beautiful home, perfect relationship, or slender sexy body I want now. Oh, I've had some stellar successes in the past. I have created jobs that were just fabulous and money to burn. I've attracted the perfect home several times and the perfect husband – twice! I've enjoyed moments in my relationships that were absolute bliss. Currently I am blessed with a circle of friends I adore. My web site is really expanding and taking form as the perfect vehicle for me to express what I believe is my life purpose. I have many inspirations for writing and I truly love to write.

But I am struggling with financial problems that feel overwhelming. My health isn't perfect and my weight is setting new records for all time "highs." My love life is non-existent. Why?

It seems that when I shine the Light on my hopes and dreams, when I dare to ask for what I want, especially when I want it with all my heart, the Light disturbs the darkness. Giving energy and attention to fulfilling my Life Purpose and living my dreams stirs up fears and feelings of unworthiness and low self esteem.

Who do I think I am to declare that my Life Purpose is to be a Healer/Teacher and Messenger? What do I think I am doing by creating and expanding a web site and e-zine to fulfill that lofty Higher Purpose? How dare I declare to the Universe that I want great wealth to support my Life Purpose, to flow like Light through me to support social justice causes like living wage and affordable housing, to give good gifts to my loved ones, to support others in living their dreams!

Just daring to dream stirs up old subconscious beliefs in lack, in not deserving, in not being good enough. And these beliefs create feelings of fear, doubt, confusion. And the fears and doubts leap out at me, waiting like shadow monsters under the bed so when I wake up at 3 a.m. in a cold sweat they are there. Because they come from my deepest subconscious mind, they know me intimately. What are my deepest fears? They know. What thought is guaranteed to pull me into the muck and turn my focus away from my dreams and desires? They know.

If I allow them to do it, these shadows will suffocate my dreams and block the manifestation of my good.

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]

When our subconscious fears and doubts get stirred up, we have a wonderful opportunity to release them. Although it doesn't feel like a great opportunity, it is. Healing cannot occur, change cannot occur when we are not aware of the thoughts, beliefs and emotions that are running our lives on autopilot. "What You Feel, You Can Heal" is the title of one of John Gray's early books (Heart Publishing, 1984), and he dedicated it "To

those strong people who are willing to feel and open their hearts, creating a better world for us all.”

It does take courage to feel the fear and the pain, and heal it. It takes great courage to shine the light on the dark corners of our subconscious self and face what ever we find there. And here is more news – you can't just do it once, release it, and be done with it! Another layer will come up later. The stakes will be higher and it will resurface to be released again. In her book “Take Charge of Your Life,” Patricia Diane Cota-Robles suggests releasing and transmuting these thoughts, feelings, beliefs and shadows “moment by moment”, on a daily and hourly basis.

Releasing or transmuting these shadows is the key. There are many methods to do this and the first step in each one is to become aware of the thoughts, feelings or beliefs that are causing us pain.

One of the most ancient and reliable methods is prayer. Simply say to your Higher Power, “I release this thought-belief-emotion to you and I am thankful for your healing.”

Patricia Diane Cota-Robles gives several elaborate meditations for transmuting these feelings in her book “Take Charge of Your Life.”

Joe Vitale discusses several methods of “getting clear” in his wonderful little book “Spiritual Marketing,” from working with an energy healer, to techniques learned from other authors and programs.

The Sedona Method is based on releasing our thoughts, beliefs and emotions using structured meditation and scripts involving a series of questions. Think of the “problem”, feel the emotions attached to it. Now, could you just let that go? Would you let it go? When? There is more involved with applying this very powerful method. You can learn more about it at <http://www.sedona.com> or use my affiliate link here: [The Sedona Method](#). I used the Sedona Method when I first learned that my soon-to-be-ex was unfaithful and through much of the divorce process. Using this method helped a lot in releasing some very powerful negative feelings that surfaced during those dark days.

Now when the fears and doubts wake me up at 3:00 a.m., I use meditation to connect with my heart and then I open to Light and Love from my Higher Self. This Light and Divine Love is always here, surrounding us, filling us and every “space” in the Universe. We cannot be separate from Divine Love, but we can block our awareness. So when I focus on Light and Divine Love, when I put my awareness on it, I am letting go of the blocks and letting the Light fill me.

Once I feel positively radiant with Light and Love, I radiate it out into my world, through my heart center. I think of every one I know, particularly those I love, and I remind myself that I love them. I imagine the Light and Love flowing out to them.

Then I send myself my love and Light. I remind myself that on the deepest heart and soul level, I love me, too. I see myself sitting there in front of me, with the 30 extra pounds and the health issues and the money problems, and I send out a stream of love, White Light and Divine Love from my heart center. I send the Light and Divine Love to any situation in my life that needs releasing.

The infusion of Light allows the shadows to be released, to be transmuted. I cannot feel fear and focus on Light and Divine Love at the same time. 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.

I haven't suppressed the fear or other feelings because I have given them awareness and held them in Light. They are released and transmuted, not shoved down. Will they come back? Yes, because they exist in layers, like ogres and onions. The deeper and the higher we go, the more layers we will come into contact with to shine the Light on and to heal.

Dare to dream. Dare to shine the Light on the corners and shadows. Dare to live in the Light and align your subconscious thoughts, beliefs and emotions with your desires. Release the doubt, fear, and pain into the Light, transmute this energy back into the Divine Energy of the Universe.

Transform your life, and transform the world.

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. Open to more and more Light, more and more Love. Release any resistance to receiving this beautiful white Light and Divine Love. Allow It to flow into you, into every cell of your body, all bodies, all selves. Allow the Light and Love to increase your awareness of your connection to All That Is.

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. Realize that you are now filled with this Light and Divine Love.

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. Imagine a stream of this beautiful Light and Divine Love going out to your loved ones, surrounding them and filling them as it fills you. Imagine the beautiful white sparkling Light flowing out to your community, and expanding into the whole world. Imagine the Light and Divine Love flowing into any situation you may be experiencing. Fill the situation with Light, Divine Love, and Peace. Bless the situation and all those involved for providing you with a wonderful opportunity for healing and learning. Imagine the Light and Divine Love filling your goals, your dreams, and your desires.

And breathe.

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

Remember this feeling of connection, peace, love and joy as you go through your daily life.

Opportunities – My Recommendation:

Every Thought a Prayer:

“Psychic power. We use it every day. We cause things to happen; we shape events with our mind. We can do this, because every thought is a prayer. Thoughts are a powerful form of energy. They are very real and very potent. Look for their energy not just in deep meditation or altered states of mind, but any time! In fact, your life is more likely to be shaped by what goes through your mind during your daily shower, than during meditation,” Link, “Every Thought A Prayer,” <http://www.realmagick.com/articles/30/AnthLink@aol.com>

Higher Awareness

Know yourself, then grow yourself. John and Patrice Robson present materials based on the axiom “Know Thyself”. Workbooks, programs, e-mail support. I mention this web site on my home page, and I have an affiliate link for it. The direct address, by-passing my link, is: <http://www.higherawareness.com>

You can join the web site for a fee and have complete access to a range of information and tools. They send a free weekly Inner Journey newsletter, beautifully formatted, very short, with uplifting commentary that I really look forward to getting and sending on to my friends.

Joan Sotkin's [Build Your Money Muscles](http://www.prosperityplace.com) 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.

[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.

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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>