

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 1 ~~January 31, 2004~~ – February 7, 2004

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>

Center for a New American Dream – a web site dedicated to inspiring, educating and empowering Americans to get more of what matters by taking simple actions to live consciously, buy wisely and a make a difference as citizen advocates.

<http://www.newdream.org/>

Self Healing Expressions - <http://www.selfhealingexpressions.com/>

The Simple Living Network - tools, examples & contacts for conscious, simple, healthy & restorative living. <http://www.simpleliving.net/>

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 for 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:

You probably noticed that my e-zine is a week late. The main reason for that is that my desire for financial security is blossoming. I found a much less expensive and nicer apartment to rent in an area where such things, on the surface, are rare. I got caught up in packing and moving and the e-zine slipped. The e-zine itself is another dream that is coming true.

In my quest for abundance and prosperity, I have recently been lead to concepts, books, and meditations that expand my focus and help me attain my desires. A Reiki friend developed a way of using Reiki for abundance and prosperity with some beautiful symbols and meditations. If you are so inclined, check out the Abundance_Proprosperity Reiki group on Yahoo groups. Through this group, I was introduced to the book, "A Happy Pocketful of Money" by David Cameron (<http://www.imagesofone.com>) which has been interesting and inspiring. Then the Abraham-Hicks information resurfaced for me and I've been studying that. Am I overloading on different stuff? No. Actually, the basic core of all of this is pretty much the same: Like attracts like, what you focus upon and put your energy into expands, and you have to receive the good things that come your way. These universal laws are written in many different ways, but it is good common sense and every one of us can know it for truth if we put the time and attention into finding this out for ourselves.

I personally have always felt a bit uncomfortable with "channeled" information; but the proof of it is in the feeling you get when you read or study it. Does it resonate with your Heart, your Soul, your Higher Self, your Inner Being (what ever you want to call that wise inner part of yourself that is aligned with your highest and best self, that is aligned with your Higher Power)? Ask, listen to your inner guidance, and then go with it.

I am not "special" in that whatever I can do, you can do as well. If I can live my dreams, you can, too. If I can experience greater abundance, prosperity, bliss and joy, so can you. That is what I wish for you – abundance, prosperity, love, bliss and joy.

Sending you Light and Love,
Sharon

Article: On Loving Myself

"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.

I kept this saying on the refrigerator, over my workspace, and in my journals since I first read it in 1996. It speaks to my heart, as well as being common sense. If I don't think highly of myself, I will not accept that any one else does. If I believe I do not deserve good things in life, that I am unworthy, a "sinner", unlovable, etc., I will actively reject good things that come my way.

If I desire a warm, loving relationship, but believe I am unlovable, I will not have it. I will attract others who treat me the way I feel about myself. No matter what the others in my life do or say to me, I will interpret it based on my own thoughts, feelings and beliefs.

In the Abraham-Hicks material, there are 3 basic universal laws:

- 1) The Law of Attraction – like attracts like
- 2) The Law of Deliberate Creation – what you put your energy into, what you think about and focus upon grows
- 3) The Law of Allowing – be open to what comes your way and receive your desires and your good

These three universal laws surface in different ways in different schools of thought, but the central thought is the same.

Applying these laws, I can easily relate how loving myself is the key to living my dreams and doing, having and being what I want in my life.

When I love myself, and I am loving and kind to myself, I attract more of the same. When I fill myself with love and radiate it out from my heart center, I attract and create a world filled with love.

When I keep my heart and mind focused on love, then love fills my life. When I put my focus on experiencing love and acceptance, it expands and I will experience more of it. When I make it a point to be happy, to experience bliss and joy in my daily life, it expands and I have more of that.

The easy way to allow good things to come to me is to be grateful for all that is in my life now and be grateful in advance for the good things I have asked for and know are coming my way.

How do I love me? Let me count the ways...

I have often read articles that suggest I love myself by treating myself to movies, or special treats I would normally deny myself, or bubble baths, or candlelit dinners...

Puh-lease!

These are nice little things to do for my self or for others that I love. After all with Valentine's Day coming up, my thoughts do turn to roses, chocolates, and silky nighties as special gifts for those I love. I'll probably get myself roses and chocolates, too.

But how do I show my self that I truly love myself? How do I want others to show me that they truly love me?

When I love some one, I feel honored when they share their hopes and dreams and feelings with me. Because I love them, I want to know and understand as much as I can about them. I love to listen to them and I keep their confidences and I cheer for them as they go about pursuing their dreams.

I can love myself by listening to my deepest inner hopes and dreams and feelings. I can pay attention to what is going on in my heart and mind. I can give voice to this by journaling, by writing down my dreams, or by recording my thoughts and listening to them. I can meditate. I can pray. I can practice what ever it takes to get centered, calm, and connected to my Inner Being.

I can honor my self and express love for my self by being true to my self: by pursuing my dreams, by cheering my self on to reach my goals and desires, by choosing to act and think in alignment with my Higher Self.

When I sabotage my self, I can look within and see why. I can heal and release whatever triggered this. Then I can forgive myself for any time and every incident in which I did not honor myself, for every time I was not true to myself, and for every lie I told or every injury I did to myself or others.

When I love someone, I want them to take care of their health. I am not so concerned about their appearance but if they are concerned, I will encourage them in what ever choices they want to make about it.

To love my self, I must love and honor my body temple. I will choose to eat the foods that are best for me. I will choose a form of exercise that appeals to me. I will use strategies for reducing stress.

When I love someone, I accept them exactly as they are now. I love them now. I may wish that things could work out differently, but I can accept my loved ones as they are now. I appreciate who they are and the things they do.

I can do no less for myself. I can accept myself exactly as I am now. I can appreciate who I am now and the things I do.

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:

One of the best resources for loving your self and for attracting the love you want is the book “I Deserve Love,” by [Sondra Ray](#). In addition to wonderful instructions for loving your self, it also contains directions, and information, on using affirmations to change your life, to increase your feelings of self esteem and self love, and to attract the love of your dreams.

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](#) 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>