

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 10 October 31, 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 appreciating myself, living my dreams, and creating a joy-filled spiritually connected life.

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:

Heal Your Relationship With Money by Paula Langguth Ryan. A very concise 33-page fr*e*e booklet that walks you through Paula's Seven Commitments to Healing Your Relationship With Money. <http://www.artofabundance.com/healing.htm>

Law of Attraction Info <http://law-of-attraction-info.com> Informational site about the Law of Attraction. Learn how to attract what you want in life using this Universal Law. Fr*e*e e-books, articles, fr*e*e e-zine, Magnetic News! and quality resources.

Great News!!! The new Abraham-Hicks book, "Ask and it is Given" is now available! Check it out here: <http://www.askanditisgiven.com/>

It is wonderful. I can't praise it enough.

"The new book summarizes all that has been taught since 1986, plus introduces new processes and approaches to having it all NOW!

"Align yourself with well-being and everything becomes possible!"

A Message from Sharon:

The true goal of our lives is to live in connection with our Inner Beings, with our Source, our Co-Creator, All That Is... or God.

Throughout the existence of this earth, sentient beings have had this one longing, this one instinct, and that is to live in connection with their Higher Selves, with the Universal Life Force Energy that inspires, literally, life in this Universe. Even plants and animals, the earth, planets, stars, and the Moon, all live in connection with Source Energy. While Nature instinctively dances the Universal Dance with Source, human beings tend to think too much. We make it difficult when it could be easy. We create "gods" and set up religions and search for answers and internalize rules. We convince

ourselves that it is all “out there” somewhere and we think our life long search is to find it.

Essentially all religions and spiritual practices are designed for one thing: to help the individual connect to Source. Even that is not exactly accurate, since we are a part of Source, since Universal Life Force Energy is what we are made up, since in Spirit we live and more and have our being. We can't really be disconnected from Source... but we can feel disconnected. We can choose thoughts that we are separate and on our own, that we are controlled by mysterious forces “out there” and we have no choice and no power, and these thoughts, repeated often enough, become beliefs.

In the book, *Return to Love*, Marianne Williamson wrote the following:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God."

And she continues:

"We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone."

This was excerpted from the by now world famous quote at one time attributed to Nelson Mandela.

Truly the first step in living our dreams, in living a life of Joy, Peace, Love and Abundance, is simply this: open our hearts and our minds to a clear connection with our Higher Power.

Life is good. It just keeps getting better and better.

Sending you Light and Love,
Sharon

Loving Relationship Spell

2003 Spell-A-Day

2003-05-09

As the saying goes: “Like attracts like.” A beacon of emotional neediness can attract those who may either mirror or take advantage of your needs. Instead of requesting love, you should focus your intent on a more loving relationship—with yourself or with the divine, for instance. Focus your intent today on a red candle. Anoint the candle with rose oil and inscribe with the rune gyfu (g), which is for love, equality, and balance. Light the candle and say:

By the power of land, sky, and sea, I accept the love that the universe sends to me.

Snuff the candle, and repeat the ritual daily until the Full Moon.

By: Karen Follett

<http://www.llewellyn.com/free/spell.php?spellid=1084>

Article: Wiccan Ritual and Deliberate Creation

Wiccan spells and rituals are perfect examples of Deliberate Creation in action. The practitioner works in concert with Law of Attraction, Deliberate Creation and Law of Allowing, as explained by the teacher Abraham. When we break down a Wiccan spell step by step, we find all the elements, including the most important element – connection with All That Is.

Connection to Divine Mind – or Earth Mother and Sky Father...

At the heart of every religion or spiritual practice is making the connection with All That Is. No matter what we name it, when we come to spiritual practice we invoke the one creative power of the Universe, the Universal Life Force Energy that we are all created from, the Spirit, the Energy in which we live and move and have our being.

In the Wiccan religion, in Pagan religions, this Divine Energy, or Spirit, is acknowledged as the essence at the heart of all life. God and Goddess, Earth Mother and Sky Father, Lord and Lady, are considered to be expressions of this Divine Life Force Energy, in a similar fashion that we are all expressions of the Divine. The deities are called upon as expressions of different aspects of All That Is, and it helps to focus the creative thought and intent of the practitioner.

Practitioners use these expressions of Divine Mind as focus points, and in focusing upon them, invoking them in their practice, they connect with Divine Mind.

Law of Attraction in casting a spell

An effective Wiccan, or any ordinary spell-caster whether a devotee or a casual dabbler, will have the awareness of All That Is and our intimate relationship to It as a philosophy of life.

Having established this as our frame of reference and living our lives from this awareness, the next step is to choose our desires. We will want to focus on one thing, situation, or life circumstance at a time for our spell-casting.

Let's say we are interested in attracting a satisfying love relationship.

We want to get clear on what we are casting our spell or working our charms in order to be, do or have. And we acknowledge, "this or something better for the highest good of all" to leave the door open to a relationship even more wonderful than we have imagined yet.

By Law of Attraction, we want to offer a strong love vibration in order to attract a positive love relationship. To amp up our vibration, in a spell-casting or ritual we want to work in the best possible environment, with the best possible vibration.

Herein is the beauty, the glamour, and the theatre of magic.

We set the mood. We can choose any and all trappings and settings to focus our desires and our intentions, to increase our vibration.

There are phases of the moon to consider: a waxing moon for increase, a full moon for power, a waning moon to release. Each phase of the moon offers its own vibration, its own particular beauty and power. A wise one will consider this and choose accordingly.

It is no coincidence that the days of the week are named for the Sun, the Moon, and the known planets. So shall we choose Friday, the Venus day, honoring the Goddess of Love? Or shall we choose Monday, the day of the Moon? Or even Sunday, in honor of the bright bold Sun? They offer a vibration, in concert with the aspects of the Gods they honor... if we choose to connect to this knowledge and use it. If we are aware, sensitive to this kind of energy, then we can use it in our spell-casting.

We set the stage. We may choose candles, perhaps of a particular color; incense in a particular scent placed in a beautiful burner or holder; fresh flowers perhaps and again the type and color of flower will have a particular vibration or signature; richly scented oils with their own signature and meaning. A natural vessel of earth, a blue bowl of water, incense for air, and candle flame for fire.

And we will choose a place. Will we simply light a single candle on the top of our dresser in our bedroom? Do we have a special table set up as an altar? Could we cast our spell outside beneath the Moon? There is no end to the stage dressing we can choose. And remember it is all a choice, and the sole purpose is to focus the mind and

the power of our intention. There is nothing dark, arcane, or wicked here but the belief of the practitioner makes it so, and if our heart is pure and our intent is clear we are not miss-behaving. The purpose of setting the stage is simply to be as clear and as focused a channel for Universal Life Force Energy as we can possibly be.

Speak our words, speak our vision

By bell, book and candle, we have our desires clear in our minds and hearts. We have our stage set, the candles lit, the incense sending wisping spirals of blue-gray scented smoke curling lazily toward the heavens.

We have our spell written and at hand. The spell should embody our hearts' desire, our intention. If the cute spell in the paperback book we found at Barnes&Noble does this, use it. Choose it and use it. If we feel inspired, we can write our own. We can find 'em free on-line, as simple or as complex as meets our needs.

We get clear, grounded and centered, perhaps with a short meditation. We can use a prayer to invoke our Higher Power or to honor the Goddess aspect of All That Is. We "go within" as in meditation in order to connect with our Inner Being, our Soul. We imagine what our hearts' desire is. And we speak our word. We ask.

Allowing or accepting our desires

One of the best reasons to use spell-casting or ritual to connect with Divine Mind and express our desires, is the help in releasing blocks and resistance. The real magic is what happens in our minds and in our hearts, as we move through the steps of Deliberate Creation. We conceive a desire. We imagine it, visualize it, experience the feeling of having, doing, or being this desire. We invoke or connect with Divine Mind, with our Higher Self, and we offer a magnetic vibration that matches the vibrations of the desire we seek. We ask.

We release all doubt. We offer a vibration of Love to all we meet but most of all to our self and to All That Is, and we feel gratitude for the fulfillment of our desire. We spend a little time in the spell-casting enjoying the thought-form that we are building, enjoying the expression of our heart's desires in our imagination, in our heart, in our mind. And we feel confident that it is so. We feel the power of the Goddess, of the Creator flowing through our beings. And we end our ritual with the ultimate words of allowing: This or something better for the highest good of all – leaving the door open for Divine Mind to gift us with something more than we can imagine... yet.

And finally, we say, "So mote it be" – the eclectic equivalent of "Amen."

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 your Higher Power adores 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 and love as you go through your daily life.

My Recommendation:

[Silver Ravenwolf](#) – This charming writer has created several books including some novels. Her teen witch series is just darling, and I got a lot of information from reading *To Ride a Silver Broomstick*. There is much to be said for the Pagan Way, living in concert with Nature, with the phases of the Moon and the rhythmic beating of the heart of the Earth.

I personally am not a Wiccan by religious persuasion, but the use of meditation, visualization, and the theatre of Magic to focus the mind and clear the connection with All That Is is truly beautiful and speaks to the heart. No matter what “ritual” we use to connect with All That Is, it doesn’t matter as long as we do clear our connection and live in Oneness with our Creator. With our thoughts and feelings we co-create the world, so let’s keep our thoughts and feelings joyfilled and beautiful.

I have become passionate about changing, updating and renovating my web site, [Road Signs for self help and personal development](#). Please let me know what you think or

what you'd like to see more of by e-mailing me at Sharon@swroadsigns.com. Thank you.

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. To subscribe, just e-mail me.

Sending you Light and Love,
Sharon Walls Martinez

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Sharon: Road Signs for self help and personal development

A painful divorce was a road sign for me to take another direction and create a new life. I have studied self help and personal development, as well as spirituality, all of my life and these studies, these tools, have seen me through dark times and helped me on my journey to self fulfillment, empowerment and joy. Now I am living many of my dreams and dreaming of more. I have never experienced more Joy than I do today and Life just keeps getting better. At Road Signs I share tools, ideas and information, books and resources that helped me along my way.
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