

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 12 December 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:

Gifts of Divinity - Dallas Hodder Franklin is a gifted author and intuitive. She gives Angel Card readings, using the work of another of my favorite spiritual teachers/authors, Doreen Virtue. She also offers tons of free information, and tips on developing your intuition. And she has a nice monthly e-zine.

<http://www.GiftsOfDivinity.com>

Holistic Prayers: Healing the Mind, Body and Spirit through Prayer

Subscribe to this (no fee) uplifting Self-Healing Expressions e-course and get a sense of how our self-paced delivery system works while being inspired by interfaith prayers.

Enroll [here](http://www.selfhealingexpressions.com/free_course_enroll.php): http://www.selfhealingexpressions.com/free_course_enroll.php .

The Legend of the Rope – Read this timeless story against backgrounds of stunningly beautiful pictures: <http://www.ticz.com/homes/users/bob/The-Rope/The-Rope.htm>

Path of Healing, a web site by Dr. Michael Meredith. Long, detailed, and inter-related articles on healing in various forms. <http://www.lovehealth.org/index.htm>

Read the full text of the book, “Science of Mind” by Ernest Holmes on-line. The full text version, including the meditations and affirmative prayers from the back of the book.

<http://www.sacred-texts.com/eso/som/>

The Abraham-Hicks book, “Ask and it is Given” is now available! Check it out here:

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

A Message from Sharon:

I went to a bonfire celebration on the Winter Solstice, a tradition at the home of some friends who built a special area in the wilderness of their property just outside town to celebrate the Solstices and Equinoxes. The lady of the house passed around scrolls of paper, explaining that we could put on the paper whatever baggage or limitation or belief that we did not want to carry with us in to the new year. Then we cast the paper scrolls into the flames.

It was a way to release limitations, “problems,” sadness, loss.

I wish it was that easy to release long-held beliefs.

I would inscribe on the paper the fear-based beliefs of our culture – that there is lack, poverty, disease, even death. I would gather up all of our fears that there is not enough, that the resources of Mother Earth are running out, that it is a limited physical world instead of the ever expanding, limitless expression of Universal Life Force Energy. And death is a transition of the eternal Soul from physical expression into spirit.

I would write out the beliefs that we are not enough, not good enough, not rich enough, not spiritual enough, not beautiful enough... and I would cast it all into the fire, turning them all into harmless smoke that wafts into the starry night sky and dissipates.

I would release hatred and fear and tears. Most of all the self-hatred we struggle with from time to time, expressing as depression, abuse, and withdrawal. We are not flawed creations – we are perfect in Divine Mind and we are beloved of All That Is.

Maybe we can do this in our life each day. Maybe at the end of the day, during our meditation practice, we can shine light on these issues and release them, let go of any beliefs that block our connection to Well-Being, to All That Is, and just for a few moments before we fall asleep we can relax in the Abundance and Love that is our Source.

Perhaps through prayer, through handing it over to Divine Mind, through “letting go and letting God”, we can. And we will create paradise on Earth.

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

Sending you Light and Love,
Sharon

“We're asking you to trust in the well-being. In optimism there is magic. In pessimism there is nothing. In positive expectation there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing.

“What you're wanting to do is redefine your relationship with the Stream. We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is. What we ask you to do is practice moving your gaze. Practice changing your perspective. Practice talking to different people. Practice going to new places. Practice sifting through the data for the things that feel like you want to feel and using those things to cause you to feel a familiar place.

“In other words, we want you to feel familiar in your joy. Familiar in your positive expectation, familiar in your knowing that all is well, because this Universe will knock itself out giving you evidence of that well-being once you find that place.”

*Abe -- 3/4/98, San Rafael, CA

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Article: Trusting

My Higher Power I envision as Universal Life Force Energy. Universal Life Force Energy is the substance that the Universe is made up of. It not only permeates all that exists, all that is, in the universe, it literally is All That Is in the universe. It is Spirit, God, Universal Intelligence. There are no limits to All That Is. There can be no lack, no poverty, no sorrow as long as we are experiencing our clear connection and allowing the free flow of Universal Life Force Energy in our lives.

In this substance, in Spirit, we live and move and have our being. We are this energy in expression in the physical world.

When we live in connection with our Source, we have a basic trust that not only will all our needs be met, but that we share in the abundance, the love, the health, and the creativity that is this Unlimited Universe: a simple basic trust that the Universe is a friendly place, that Divine Intelligence loves me and wants me to live my life in its fullest expression, in abundance, in joy, in peace, and in love. A deep inner knowing. A soul-deep certainty. Faith. Trust..

Let Go and Let God

Step 3 of the 12-Step Programs is: **“Made a decision to turn our will and our lives over to the care of God as we understood God,”** which has become popularly paraphrased as “Let go and let God.”

Let go and let God (“as we understood God”).

If we understand “God” – Divine Mind, Universal Mind, Spirit, All That Is – to be unlimited, to be abundance, love, perfect health, creative expression, and JOY, then we can let go and relax into feeling good, experiencing Joy, loving self and others, and expressing our divinely given creativity.

When we are choosing that nothing is more important than that we feel good, that we feel joy, we are trusting in Source.

When we see only good and well-being in what ever happens in our world, especially when that is so difficult as in a “tragedy” or “disaster”, we are trusting in Divine Intelligence.

When we trust that the rent will be paid when we observe that our bank account is empty, we are trusting in Well-Being, in Source.

When we worry, particularly when we rest in worry and fear and take up living there, we are definitely not trusting in the All That Is. We are falling back to old learned beliefs that God is “out there”, that we are separate from God and must prostrate ourselves at the foot of a great white throne to be judged deserving of blessings...

When we worry, when we are afraid, when we are lonely, we are cutting ourselves off from our Source.

I used to believe it was “human nature” to fear, to worry, to try to control our experiences in this life as much as possible. But now I am coming to realize that if in Divine Mind I live and move and have my being, then it is really human nature to be at one with our world, each other, our Inner Being. It is really human nature to be abundant and to share that abundance with each other, to be love and to share that love, to be radiantly healthy and beautiful and to enjoy sharing with others.

It is really human nature to trust in All That Is, to trust in Source, and to live each moment in that trust and well-being and joy.

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.

Think of something that All That Is has brought into your life that you cherish... something for which you feel deep gratitude. Perhaps it is a child you adore, work that satisfies your soul, a life partner you cherish, or a special place where your heart feels at home. Or maybe you think of something smaller – a trinket, a book that moved your soul or nourished your mind, a piece of jewelry that reminds you of a loved one. Or maybe you think of something even grander – a view of exquisite beauty that takes your breath away, a spectacular sunset, an untouched field blanketed in snow.

In each of these things see the Power and the Beauty and the Love of Divine Mind, Universal Love. Feel, as deeply as you can, the gratitude welling up to fill and enrich your Heart, your Mind. Allow your thoughts to rest on these things, this deeply felt sense of gratitude.

Now consider something that at first blush you might not feel very grateful for. Something small, but something that snags your attention with a twinge of annoyance. See if you can flow some of your feelings of gratitude toward this small but annoying thing. See if you can turn it or look at it in a different way and flow gratitude toward it.

Imagine that there is well-being in every situation. Imagine that there is good in every thing great or small. Imagine that every thing in your life is a gift from an Inner Being who adores you and wants nothing but that you feel good.

Enjoy the feeling of soul-deep gratitude filling your Heart and Mind. Look for more things to feel grateful for as you move through your day and let yourself experience gratitude.

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 gratitude, connection and love as you go through your day.

My Recommendation:

[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 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.

I just shifted the hosting for my web site from Host4Profit back to Yahoo small business web hosting. Host4Profit has so many bells and whistles, tools for Internet marketing, and all kinds of other “gadgets and gizmos” that I just didn't have the skills to use or the time to invest in learning. However, for a top-notch, Internet marketing hosting service you can't beat Host4Profit.

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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 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 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.

<http://www.swroadsigns.com>