

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 2 - February 29, 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/>

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

“A Happy Pocketful of Money” by David Cameron (<http://www.imagesofone.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 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:

This month's article is on the Law of Attraction in Action. I was first attracted to the Abraham-Hicks material about a year ago when I stumbled upon it while “web seeking.” (Web seeking is when I surf the 'net for spiritual, personal development and prosperity consciousness information). It speaks to me in that it is logical, understandable and aligns with my spiritual beliefs.

I believe we can get guidance and insight from prayer, meditation, journaling, and dreams; we can also get guidance from psychic spiritual advisors, Ouija boards, and channeled teachers or guides. The key to using this guidance is whether it resonates in your heart. If it aligns with your highest and best self, that is aligned with your Higher Power, then it doesn't hurt to listen to it. Ask, listen to your inner guidance, and then go with it. None the less, I do not base my choices or my plans on the guidance from my Ouija board, nor from even the most well-meaning psychic. This is simply because every choice I make affects the road I am traveling. Something as simple as choosing to smile rather than frown can make a huge difference in my direction. So while "future predictions" can point out possibilities, it is up to me to make choices that take me in that direction, or in an entirely different direction.

I asked my Ouija board how much faith I could put in the Abraham-Hicks channeled material ☺ and the answer I got was very telling: We could all get this information if we took the time to meditate and study how the Universe works. It is basic common sense. The entities that are being channeled here are simply making the information available to us in a universal short cut.

In fact, the basic information on how the universe operates and how we co-create with the Higher Power that breathes life into all of it has been given to us in many different forms since this Earth came into Being. In the Old Testament, in ancient religions and cultures, from the words of Jesus and Buddha – now quantum physics and DNA researchers are getting the same information.

There is one underlying Higher Power in every thing that exists, whether you call it Universal Life Force Energy, bio-electromagnetic energy, Light, Love, Divinity, All That Is, Source, God...

Like attracts like. As above, so below.

What we focus our energy and attention on, expands.

In order to have what we desire in our lives, we must open up and receive it. We must accept it. We must be in alignment with it. Whatsoever we ask of Source, believing, we can have, be and do.

I have studied these principles for about 30 years, understanding them a bit more on deeper and deeper levels. I have had some wonderful experiences and manifestations in my life and I have used these same principles unconsciously to create a living hell, living through times of poverty, want, pain, and loneliness because that was what I focused on and believed I deserved and would receive more of.

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: The Law of Attraction in Action

The Abraham-Hicks material describes 3 universal laws:

- 1) The Law of Attraction – like attracts like
- 2) The Law of Deliberate Creation – you create what you put your energy into, what you think about and focus upon, so chose your focus deliberately and create consciously
- 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.

The first of these, the Law of Attraction, states simply like attracts like. You create in your life the experiences, situations, and objects that you focus upon.

Does this mean that my teenage daughter's current desire to meet Johnny Depp is likely to become a reality? Maybe, maybe not. But she was watching this evening when another young woman lived her fantasy of meeting Johnny Depp at the Academy Awards and for a few minutes got to pretend she was in her shoes, as did thousands of young and not so young females across the country.

We see evidence of the action of this law every day, many times a day. The parking spot that almost miraculously appears just as we hope for it; the harried and inattentive cashier in the drive through that screws up our order moments after we "just know" she is going to. The interview for a great job we have been visualizing. The money to create another web site; the software to build it effectively.

Day in and day out, like the sun rises and sets, like the moon moves from new to full and back again. What we think about, what we imbue with our energy and our emotion, what we focus on... this creates our experience of life. With our thoughts, beliefs, and emotions we create our life.

We are one with the power that created us and the entire Universe. There is no where in the Universe that this Divine Power is not. It is in the Wind, in the Water, and in our Hearts and Minds. We are co-creators with All That Is by virtue of being a part of All That Is. By being thinking, feeling, dreaming Beings, we co-create our life.

But how about the bad stuff?

"Nothing is good or bad, but thinking makes it so."

Every thing we have created in our lives to this point, whether consciously or unconsciously, has made us who we are and has brought us here. I am who I am because of my life experiences and what I learned from them, how I grew from them. If I do not particularly like a certain aspect of my life, if it doesn't make me feel good, if it doesn't please me... I will learn a way not to have it again.

If I am broke now, and I don't like this, I will figure out a way to create a better income. I will look for a better paying job. I will decide what kind of work I want and I will pursue it. I might take a part time job if the job I have doesn't pay as much as I like. I might be inspired to investigate the Law of Attraction and create ways to have "wealth beyond reason" or "a happy pocketful of money." Thus the otherwise "bad" experience of being broke has actually stimulated a new way of thinking for me. It has inspired me to look for better paying, more enjoyable work. So it is no longer "bad."

And why waste time judging an experience? Why focus on an experience or situation that is painful or makes you feel bad, when focusing on it is likely to create more of the same? Has worrying about something ever made it better for you? No. Worrying only muddies the waters of your mind and makes it impossible to think clearly. It is not until you can relax, release the worry, maybe even put your mind on something else that is pleasant, that your mind can come up with a solution and can discover a way to win. For almost any situation a solution appears once you have cleared your mind and allowed it to come to you.

Use the Law of Attraction consciously

Choose where you will put your focus and attention. Choose the thoughts you will entertain and the feelings you will hold on to. If something does not feel good to you, choose a better feeling thought. The thought and the feeling come first. Choose the thought, feel the feeling, and ask for more of the same.

Decide what you want to experience in your life and put your thoughts there. How will you feel when you have this experience, this object, this career, this relationship?

The thought and the feeling come first. The thought is the stimulus and the feeling is your guide.

Some times our lives out-picture deep seated fears from trauma and the socialization we receive as children.

Many psychotherapists recommend uncovering childhood traumas and beliefs learned growing up. But why ask why? We all did the best we could, including our parents, teachers, and other caregivers... as well as our friends, romantic partners, and co-workers. If we dig into why we persist in seeing ourselves as unworthy or unlovable, the only point can be to let that thought go and choose another one.

As Louise Hay writes, "It is only a thought, and a thought can be changed." She wrote that even self-hatred was a only a thought we hold about ourselves and we can choose a better feeling thought. We can consciously choose to put our minds and our emotions and our energies into some thing else.

This is the power of the Law of Attraction.

When we understand and live our lives from the understanding that our thoughts, beliefs and feelings create our world, we will truly choose a better feeling thought.

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. Imagine Divine Love filling every cell of your body, every thought in your mind, every emotion. Experience the feeling of being loved completely and unconditionally. Realize that you are 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:

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>