

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 3 – March 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 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:

Sun Angel's Abraham-Hicks Links - <http://www.sun-angel.com//abraham/> - This page links to all kinds of great information on the Abraham-Hicks materials, including the main web site at <http://www.abraham-hicks.com> and Connee Chandler's Abraham Processes Classes and Workshops web site at http://www.whatanicewebsite.com/Connee/Lessons_List.htm

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>

getSynergized – John R. Barker's great web site on self help and personal development. Check out the Eight Energies, John's book, and free stuff. <http://www.getsynergized.com/>

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

A Message from Sharon:

If you've been out to my web site lately, you will have noticed some changes. I have added to my list of things I have learned. That is only reasonable since I am always growing and learning and seeking new information.

Here is the way my list looks now:

- God (Spirit, Universal Intelligence) is Love, and Love is all there is. There is only one Source in this Universe. God is All That Is, and this is the Source of all Life, of all health, happiness, thought, wealth, abundance, and Love.
- Like attracts like. This is the Law of Attraction.

- Thoughts, beliefs and emotions create our experience. Thought creates reality.
- Every single condition or situation in my life is reflecting how much I love myself.
- Accept the good things the Source has for you - open to receive.
- There is no waiting until I arrive to be happy, to be fulfilled, to be loving and loved. There is only now, only the Journey.

With the coming of the Spring Equinox on March 20th, the days grow longer in the Northern Hemisphere. It seems that they spin by faster, too. More Light. More activities. More Joy. More Love. More Life. I've been focusing on bringing more Light into my life. I feel a great sense of renewal with the coming of the Spring.

This is a beautiful time of year in Mississippi. The trees are flowering – dogwood, redbud, fruit trees. Wisteria is blooming. Daffodils are every where. There is beauty and new life every where I look. It is good to be alive.

Sending you Light and Love,
Sharon

This is the secret to creating what ever we want in our lives:
Ask and you shall receive!

I'm Rich Beyond My Wildest Dreams. I am. I am. I am.

by Tom and Penelope Pauley

I love this book! It is a well-written description of Deliberate Creation in action. If you can make a grocery list, you can use this straight forward system to manifest your most cherished dreams.



Article: Deliberate Creation

Article: Deliberate Creation

Whatever we put our thoughts and attention on, we get more of. We create what we put our energy into, what we think about and focus upon. Choose your focus deliberately and create consciously.

This is the principle behind creative visualization.

If what we focus on, we get more of, let's focus on what we truly want rather than wasting time and energy focusing on what we don't want... and getting more of that.

When we worry, we are putting our creative thought and energy into what we do not want. Thoughts and beliefs plus emotions create our experience of reality. Our minds will create the circumstances that we fear much faster than a neutral circumstance to which we have given little thought and very little emotion. Consider how frequently the appearance of lack, loneliness, and rejection follows upon our worry, fear and anxiety.

In this unconscious way, we go about creating our lives in chaotic fashion.

Rather than putting our thoughts, beliefs and emotions into what we don't want, we can focus instead on what we do want and create the lives we dream of.

Great idea!!! How?

First of all, we must be clear on what we do want. When some thing enters our experience that does not feel good, we see immediately what we do not want. Our feelings give us guidance. If I do not feel good when I suspect my bank account is nearing the empty mark, this is a strong clue that I do want more money in the bank, or the money in hand to buy something, or simply the feeling of an abundance of money to do and have what I choose without worry or fear. If I feel hurt when my significant other gives more time and attention to his friends than to me, it is a sign that what I want is a significant other who will be more available to spend time together.

If we have a good grasp of what we don't want and what does not feel good to us, then (it's a miracle!) we know by contrast what we do want.

So the first step is to be very clear about what we want.

I strongly urge you to write it down. Most programs for creating what we want in this life tell us to write it down... write out what we want. For one thing, writing it makes it real and makes it clear. We can cross out the awkward words if it doesn't express what we want very clearly. We can erase if we change our minds. The act of putting pen or pencil to paper is something we can "do" in the physical world to bring our dreams to reality. Our minds flow and we think as we write. We build pictures in our mind and the words on the paper bring back the pictures every time we read them.

Another fun way to get clear is to find pictures of what we want in magazines, catalogs, or on-line. The treasure map technique uses pictures that represent what we want placed on a large piece of paper and then posted where we will see it and be reminded of our dreams.

Add to our visualizations and to our wish lists, "this or something better for the Highest Good for all concerned." Leave the door open for the Source to give us something even better than we can imagine, even better than we have dreamed so far, even better than we dared to ask. There is One Source, All That Is, and we are the expressions of All That Is in physical form. All That Is has big plans for each of us.

Focus on what we do want, not on what we don't want

Spending time thinking about what we want is a significant part of the creative visualization process.

Set aside time each day to imagine what we want and pour into our imagining as much detail, energy, and emotion as possible.

“See” what you want. Get as much detail as possible. Put yourself in the picture. Fill your imagining with Light. Generate enthusiasm for having or experiencing what you want. Get the feeling you expect to experience when you have what you want. Be grateful that Divine Intelligence is bringing this to you even as you imagine it.

Spend 15 or 20 minutes a day in this happy pursuit. Twice a day if you have time, and after all, isn't this a more pleasant way to spend time than watching television or doing laundry?

But what about the rest of the day and night? If I spend 15 minutes in the morning visualizing a fat bank account, then spend the rest of the day feeling sorry for myself because I don't like my job or worrying that there just isn't enough money to pay my bills, or fretting over some imagined slight from a friend... what will I create? A fat bank account or even more reasons to dislike my job? Or more bills? Or more hurt feelings?

All day, every day, we must put our attention on thoughts that make us feel good, thoughts that draw us closer to our Source, thoughts that are filled with Light, Love, and Joy.

Worrying never made any thing better. Worry distracts us and keeps our minds busy in the wrong direction. If there is a challenge that needs a solution, worry will keep us from finding the solution. Creating solutions to problems requires clear thinking. So take a walk. Turn your mind to something else. Laugh. Sing. Dance. Hum. Chant. Put your thoughts some where else. Put your thoughts on something, any thing, that makes you feel good.

This is the essence of Deliberate Creation. Get clear on what you want. Ask for it; write it down to make it real in your mind. Put your thoughts and emotions on what you want. Spend quiet time visualizing and enjoying what you want, and keep your thoughts high, joyful, and light through the day.

What you think upon grows (Phillippians 4:8)

“What you think upon grows. Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thoughts be good or bad, the law works and the condition grows.” Emmet Fox, *Make Your Life Worthwhile*.

[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.

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.

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Sending you Light and Love,
Sharon Walls Martinez

Road Signs for self help and personal development

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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>