# Road Signs for the Journey

There is no Destination, the Journey is the Thing. 2004 No. 6 June 30, 2004

Welcome to the first anniversary issue of my newsletter for <u>Road Signs for self help</u> <u>and personal development</u>. 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 <a href="mailto:Sharon@swroadsigns.com">Sharon@swroadsigns.com</a> 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.

Download this gift to celebrate the first year of Road Signs for the Journey:

ROAD SIGNS FROM THE UNIVERSE or Principles of the way the
Universe operates. If this link doesn't work, go here:

http://www.swroadsigns.com

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#### A Few Great Web Sites:

Mom and her Money - Make more, Spend less, Be Happy! Look for the links for money saving ideas and craft supplies including free doll patterns. http://www.momandhermoney.com/

SeekingandFinding.com – a new web site that offers a space to find spiritually oriented people, businesses, services, music and art. I just joined yesterday (it's free!) <a href="http://www.seekingandfinding.com">http://www.seekingandfinding.com</a>

Spiritual Approach – sign up for the free Weekly Planet newsletter. This site also has links to several "sister sites" for astrological charts, books, and coaching. Look for the free e-book **Building Your SpiritualTool Chest**<sup>TM</sup> <a href="http://www.SpiritualApproach.com">http://www.SpiritualApproach.com</a>.

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

### A Message from Sharon:

My e-zine *Road Signs for the Journey*, the companion to my web site Road Signs for self help and personal development, is 1 year old today. In my very first issue, I wrote: "This newsletter is one of my heart's desires. It is part of a dream of mine that I

am seeing take shape and form, my web site called "Road Signs", and it expresses another dream of mine, to be a writer."

Over the year, this newsletter has offered me the opportunity to express my thoughts and ideas, to connect with others in a way that has been very meaningful to me. Here, I have wrestled with doubts and fears, told you about some of my triumphs and joys, and asked you to join me in pursuing and living our dreams.

Over the course of the year, I have moved closer to living more of my dreams and I have experienced a lot of joy and happiness along the way. I've experienced some sincere "contrast" along the way, too, but I am luckily discovering ways to use the situations I did not enjoy or want to help me uncover and heal some old wounds, some old blocks to living my best life. Any time there is shadow, I am learning to turn around, because only a great Light could cast a shadow like that!

About six months ago, I re-discovered Abraham-Hicks and their explanation of the way the Universe works. It isn't new. In fact, as I've been inspired to pick up old favorites I've found that these underlying principles are in whole or in part or in essence within the best of them.

I've written a little booklet to express my understanding of the way the Universe operates, and of course I am learning and growing all along. Please download it as a free gift to you for joining me as we journey through this Life.

It just keeps getting better and better.

Sending you Light and Love,

Sharon

Joan Sotkin's <u>Build Your Money Muscles</u> program. Visit her web site at <a href="http://www.prosperityplace.com">http://www.prosperityplace.com</a> 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.

#### **Love Prosperity Prayer**

By Rev. John W. Adams LOVE is my Financial Advisor. My Prosperity is Unlimited. Love fills my Life with Abundant Good. Love is my Golden Key to Infinite Riches. Love guides me in Its Way of Joy, Peace and Prosperity because of Its Nature. Even though I may wander into seeming lack, I shall not fear, for Love is always with Me. Its nurturing Substance Prospers Me. Love provides Abundantly for me to Easily pay all financial obligations. Love fills my Life and my Bank Accounts With Unconditional Money: My Wealth Overflows. Thankfully, Love Prospers Me In every Wonderful way, every day of my Life, And, I forever do business in the Nature of Love. Amen.

http://www.goldenkeyministry.com/prosperityprayer.html

## Article: Love the One you are with

"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.

This saying speaks to my heart. Every single condition or situation in my life is reflecting how much I love myself.

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.

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.

I have often worked from the belief that I had to love myself before I could love others. But I have been rethinking this lately. It seems unfair to demand that I love myself first, that I believe I deserve good things before I begin to receive them. After all, most of us have lived with criticism, negativity, fear, and doubt all our lives. We have been programmed from birth that we had to struggle and earn and deserve every thing that appeared in our lives. Then to be told that that very programming is what is blocking our allowing and receiving of our hearts' desires is rather cruel. I do not believe that the Universe works that way.

While it seems obvious that I cannot give what I do not have, since in Divine Love I live and move and have my being an unlimited supply of Pure Perfect Love is always available to me. When I put my attention and consciousness on Universal Life Force Energy, which is Divine Love, then I am experiencing and opening to this unlimited source of Love.

There is nowhere that God is not. There is nowhere that Love is not.

If we are all expressions of Divine Intelligence, Divine Love, then we are all one. We are all part of All That Is. Therefore, if I consciously radiate God's Love from my heart to you, I am consciously loving myself as well as loving God.

I have been meditating on loving God, loving the Universal Life Force Energy that is my perception of the Higher Power. I take a few moments to put my attention on my heart center and I imagine my Self filled with Divine Love. I connect with this Joy intentionally and I whisper prayers of gratitude to my Higher Power for giving me this wonderful gift. I express love for my Higher Power, radiating it out from my heart center, and then as it comes back to me I imagine that I am sending it to my loved ones, to those who come so easily to mind and to heart when I think of loving others. And then in this fullness of Love, I consciously send Love and acceptance to myself – as I was as a small child, questing teen, struggling young adult, and most of all to myself as I am now. I may be able to hold this Light and Divine Love, drinking it in and radiating it out, for as much as five minutes or as little as a few seconds. As I do, it becomes easier to love others and most importantly it becomes easier to love myself.

To love is to come from a place of deserving, accepting, opening up to receiving, allowing all good in my life, in my heart, in my soul. Then Love is truly All That Is.

## **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 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.

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 as you go through your daily life.

# **Opportunities – My Recommendation:**

<u>The Science of Getting Rich</u> – "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'm Rich Beyond My Wildest Dreams. I am. I am. I am.

by Tom and Penelope Pauley

<u>I'm Rich Beyond My Wildest Dreams</u>... Deliberate Creation in action. If you can make a grocery list, you can use this straight forward system to manifest your most cherished dreams.

I've made a lot of changes to my web site, **Road Signs for self help and personal development**. If you haven't seen it lately, I hope you take a moment to check it out. 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.

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Sending you Light and Love,
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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