

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 7 July 31, 2004

Welcome to the first anniversary 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.

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>

In this issue:

A Few Great Web Sites

A Message from Sharon

Article: Why You Cannot Make Others Happy

A Quiet Moment Meditation

Opportunities: My Recommendations

A Few Great Web Sites:

www.roadSIGNS.ca - Betty Healey, roadSIGNS- Travel Tips for Authentic Living newsletter. Betty is a personal development consultant and spiritual life coach. Her philosophy is so similar to mine: "The way I approach it is that the road represents the journey of life while **SIGNS** are those **S**ignificant **I**nsightful **G**old **N**uggets that inform our **S**oul and **S**pirit" ... enjoy the web site and the newsletter. <http://www.roadsigns.ca/> -

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

[What A Nice Web Site](http://www.whatanicewebsite.com) – This is David Gordon and Connee Chandler's web site.
<http://www.whatanicewebsite.com>

A Message from Sharon:

Tonight, July 31st, is a Blue Moon.

Really wonderful things come along "once in a Blue Moon" and when it does you have to jump on the opportunity.

My grandson was born on the first full moon in a Blue Moon March; then there was another Blue Moon in October in that year. His addition to my world was truly one of those lovely occurrences that only come along once in a Blue Moon.

The astronomical implications of a Blue Moon are a bit more prosaic but no less wonderfilled. According to *Sky and Telescope* magazine, a Blue Moon is the second full moon in a single calendar month. Interestingly, *Sky and Telescope* actually created this definition in 1946; before that the Blue Moon was based upon farming and earth-based phenomenon. Using either definition, the occurrence of a Blue Moon in any given month is equally “unlikely.” About 41 months have two full moons in every century!

{<http://www.obliquity.com/astro/bluemoon.html>}

Tonight I am enjoying a beautiful Blue Moon and feeling joy-filled and content. I have loved ones around me and I feel so alive and radiant with pure positive energy. I watch this lovely globe rising over the trees and simply rest in the moment.

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

Sending you Light and Love,
Sharon

Even when we are encouraging you to selfishly seek your own joy, we are actually saying to you: Your joy is the greatest gift that you can give to anyone. Because unless you are in your joy, you have nothing to give, anyway.

G-12/11&12/99

All quotes are copyright Abraham-Hicks Publications.

Visit the official Abraham site at: www.abraham-hicks.com/

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

Article: Why You Can't Make Others Happy

“Most folks are as happy as they make up their minds to be.”

Abraham Lincoln

<http://www.brainyquote.com/quotes/authors/a/abrahamlin125100.html>

The first time I heard this famous quote from Abraham Lincoln, my last ex-husband was explaining to me why it was futile to so desperately wish I could ease my daughter's unhappiness. She was 10 at the time and utterly miserable. As it happens, she was highly interested in sharing her misery with me. And I was buying in.

As loving, caring human beings we wish we could make our loved ones happy. We wish we could give them all the things they want, from some absurdly expensive perfume endorsed by the celebrity du jour to a warm loving relationship that fulfills their Cinderella fantasies.

But we can't. And even if we gave them every thing they asked for, there is no guarantee that it would make them happy. The things, the thoughts, and the feelings that bring deep and lasting joy are those that come from our Inner Being, from our own Hearts and Minds and Dreams.

Nothing exterior to our Inner Self can make us happy

Happiness is a state of mind. It is not a function of any thing exterior to us. There is nothing “out there” that can make us happy, or unhappy for that matter.

“Happiness Is A Choice,” writes Barry Neil Kaufmann. That is the sole message of this 1991 classic from the author of “Son Rise.” Question any thought that “makes” you unhappy, because you can just as easily see it another way.

If our attitude is “poor me,” and our focus is on how unhappy we are now, or if our belief runs to, “when I have the job, mate, body, car, house... then I'll be happy!!!!” we are condemning ourselves to a life of disappointment. If we want to be happy, we must simply choose to be. “I want to feel good.”

If our thoughts and beliefs focus on the negative – not enough, lack, pain, loneliness, sickness – then we will have more of the same. As long as we focus on what we don't want, we will feel bad, unhappy, miserable, depressed.

We cannot think, feel, nor believe for another. We cannot live for another, we cannot dream for another.

Others are Entitled to live their own lives and have their own experience

We all come here with free will, choice, and perhaps even a blue print of what we want our lives to be about.

If I insist on looking at my cup as half full and being “unhappy” about it, that is my choice. It is my life. No one else has the right to deny me my feelings.

When we are children, our loving parents tell us there is nothing to be afraid of when we are sure there is a monster under the bed. In a million ways we deny our little kids their experiences, the validity of their feelings, rather than teach that the feeling is a result of thought. Change the thought, and the feeling changes. Hm. Is there a monster under the bed? I will be glad to look for you. I don't see any thing. Do you want to take a look now? Maybe it is a funny monster. Maybe it has frizzy red hair like your monkey toy. Maybe it is hiding under the bed because it is scared of you. Maybe having a monster under the bed is kind of fun and interesting.

Change the thought, change the feeling. You choose.

We learn to deny our feelings as children, and we grow up denying them instead of using them as road signs to tell us which way we are heading. We have all experienced interacting with another who is in denial of their feelings – “I am NOT angry” spoken through clenched teeth, or a half-gallon of butter rum ice cream on a lonely Saturday evening, or “I don't mind” when so obviously they do.

We have no right to try to make others happy.

We have no right to judge their experience.

We have no right to attempt to control another's choices or feelings, even if we believe it is for their own good.

The influence of our good wishes and prayers

While it is true that we cannot create for another or heal another or control another's experience, our prayers and good wishes do influence others. The energy we send in our loving thoughts, prayers, and healing bathes the other in pure positive energy vibration. Sending positive thoughts helps the other person be open and receptive to the good we are wishing them. It will always be up to them to accept their good, and we must be careful not to try to impose our ideal outcome on another while wishing them well.

The power of prayer is well documented. Visualizing and wishing the best for others and actively working with healing energy helps the other to raise their emotional level to vibrate in resonance with the highest and best for them.

Then they still have their free will to make choices. Since the abundance of choices was there all along, we are not giving them something that was not already there. We are just helping them be in a place where they can see the choice and where they can make that choice.

What if the other cannot or does not accept it?

There are reasons why people live in poverty when others are praying for them, why people don't heal despite the intercession of healers, why people remain lonely and alone when others want to share their lives with them. It is called living their own lives.

We have the right to live our own lives, and so does every one else.

We are all living our lives based upon our thoughts, beliefs and emotions. That is all there really is. Our life is *literally* what we think and believe it to be. Literally.

Have you ever had a significant other who felt you did not give them enough affection or attention, no matter what you did or said? I might love my mate with all my heart but his experience will be his own, and if he doesn't believe I love him then that will be his experience of our relationship. And the same for me. If I believe no one loves me, all my loving friends, family, and lovers will not be able to convince me otherwise. I will literally not see it, no matter what they do.

A few years ago I worked with a wonderful young woman. She was warm and caring; and she worked very hard at her job. However, she felt undervalued and unappreciated. All who worked with her were impressed with her abilities, including me. But she "knew" otherwise. I witnessed instances when our boss, who I experienced as a warm generous and appreciative man, would say, quote, "I really appreciate the work you've done on this project..." unquote. He gave her generous raises, sent her for any training she wished, and praised her to other employees. Still she was convinced he did not truly appreciate her.

Luckily, we cannot make another person "unhappy" by our choices

The flip side of this shiny penny is simply this: if we cannot make someone happy, we cannot make them unhappy either.

Just as our efforts to please others seldom work as we hoped, our actions and choices do not make others unhappy, as we have been trained to believe.

One thing I learned at a young age was that my choices and behaviors could make my mother angry enough to spank me, make my father proud enough to brag about me, or make my grandmother frustrated enough to yell at me.

And the rules change, too. If my mother was tired and frustrated, feeling depressed and overwhelmed, just about anything could get a spanking response, while the same behavior might be ignored or even smiled at if she was in a positive upbeat mood.

We tell each other things like, "You make me so angry!" What we really mean is whatever the other did or said triggered a response within us, activating a thought which activated a feeling. Sometimes an action or word that we responded to with fury in one instance has no impact at another time. If we were aware enough of our thoughts and feeling responses, we could catch the thought, question it, and choose our response. We could deliberately choose to be happy no matter what.

And so can the other person.

They have the right, and they have the power. They have the same connection to All That Is that we have, and are entitled to it.

I must live my own life, too.

I can never make another person happy – their life and their feelings and their experiences are their own. Therefore, I am not helping any one if I deny my dreams, my self, my feelings, and my experiences in a futile effort to make someone else happy or spare them discomfort.

Yet, how we try! We tell ourselves that we cannot risk following our dreams when our family is depending on our paycheck. "My family needs me to continue to be who I have always been and to continue to do for them and provide for them as I always have."

"My (parents, significant other, role model) have/has always wanted and expected me to be a _____ (fill in the blank). How can I disappoint them when they've done so much for me? It might break their heart!"

We allow ourselves to be stuck in jobs that don't fulfill, in roles we are outgrowing fast, and in relationships that no longer fit. We would rather stay tightly shut off from our dreams and our potential instead of risking hurting the significant others in our lives.

Selfishly seek joy

The greatest gift we can give to others is to "selfishly seek joy" [Abe Quotes]

When we are happy, when we are seeking our joy, living our dreams, in love with our lives – we are radiant guiding beacons to the world. The more joy there is in the world... the more Joy There Is In The World!

Let our prayer, our mantra, and our words of power be, all ways, "I want to feel good!" Let our feelings be our road signs. If we are not happy, if we are not feeling joyful, connected, and at peace, we need to follow the sign and turn off the path that is not bringing us bliss.

What can we give another?

So what can we give to another? We can give our love, our time, our attention. We can live in Joy and Grace and Abundance and model this for our children. We can share information, wisdom, truth, and our own life stories so that others can see how this worked for us, how we came to live in our 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 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:

[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.

Joan Sotkin's [Build Your Money Muscles](#) 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.

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.

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>

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](#)
Road Signs for self help and personal development
<http://www.swroadsigns.com>
Sharon@swroadsigns.com

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>