

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 8 August 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:

<http://www.spiritualpartnering.com/projectprosperity/> - Since September of 2002, thousands of people across the globe have participated in Elyse Hope Killoran's automated email version of "The Prosperity Game". On September 15th, 2004, they will celebrate by unveiling a new version of this prosperity experience. Visit <http://www.choosingprosperity.com> and register to play the new deluxe version of "The Prosperity Game" online. It's fr*ee.

Sign up for Elyse Hope Killoran's newsletter "Prosperity From the Inside Out" at <http://www.spiritualpartnering.com> or by sending an e-mail message to Prosperity@spiritualpartnering.com putting Subscribe in the subject line.

The September issue of You Evolve Newsletter at <http://www.youevolve.com/disappointment.htm> focuses on what to do when you have been disappointed in your life, and how to not let that feeling get in the way of future creating and life success. This is a great article by Lori Hamann.

Law of Attraction Info <http://law-of-attraction-info.com> Informational site about the Law of Attraction. Learn how to attract what you want in life using this Universal Law. Fr*ee e-books, articles, free e-zine, Magnetic News! and quality resources.

A Message from Sharon:

I watched one of my favorite movies, Star Trek V: The Final Frontier (1989) earlier. The movie features the original crew of the starship Enterprise and their adventures in search of God. A renegade Vulcan mystic (Spock's long lost brother) has a vision that God can be found in the center of the Universe, beyond the Great Barrier in a world of light. The Great Barrier turns out to be an illusion separating sentient beings

from this omnipotent being, the Source of All Life. The search “out there” for the Divine is futile. At the end, when the crew has been tested and been found to be heroes again, Spock, Kirk and McCoy are standing in the forward observation deck watching the beautiful planet bathed in swirling heavenly blue light slipping away.

McCoy wonders, “Is God out there?” and Kirk taps his captain’s jacket over his heart center and replies, “perhaps not out there, perhaps in the human heart.”

This movie, which was written and directed by William Shatner (Kirk), got some incredibly bad reviews at the time, and it is still trashed as one of the worst of the Star Trek movies. None the less, I liked it. It was funny. Kirk, Spock and McCoy obviously had a blast together. Okay, maybe Shatner tried too hard to be funny.

I loved the lights. I loved that the Great Barrier was an illusion. I loved the humor and the fun. And I loved the premise, that we are continually going “out there” to find God – we boldly go where no man has gone before – but the Source of All Life (as the Vulcans referred to God) is within, in our own hearts.

Life is good. It just keeps getting better and better.
Sending you Light and Love,
Sharon

There is no limit to the nonphysical energy, and so there are two factors: how much of it are you summoning through your desire to know and how much of it are you allowing. And the allowing factor mostly -- not entirely, but mostly -- has to do with your own self-love.

-- Abe -- Houston, TX, 1/13/01 (Tape B)*

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Article: Loving and Appreciating My Self is always the answer

The very crux of Law of Attraction is that we attract more of what we are putting our thoughts, beliefs, and attention on. The more energy, feeling, and thought we put on any thing, the more it expands in our lives. This is why (and how) our thoughts create our reality. And therefore it makes sense to be aware of our thoughts and proactive in choosing what we put our thoughts, energy, and feeling on. Where will we invest our energy? And what will be our return?

Feelings as Guides

If our thoughts bring up painful or unpleasant feelings, then we know we want to change our thought and create better feelings, in order to create a better feeling present and future.

The Law of Attraction mantra is “I want to feel good.” This is the theme of Dr. Wayne Dyer’s new book the Power of Intention, and it is the perennial message from Abraham-Hicks.

Let your feelings be your guide and constantly chant, “I want to feel good.”

Enlightened Selfishness

To most of us raised in our culture, a life philosophy of “I want to feel good” is the epitome of selfishness.

Sometimes people worry that if a person is really encouraged to satisfy their own sense of self and really be selfish enough to care first and foremost about how they feel, that maybe they will lose their moral compass and that maybe

they might be guided by something that is less than wonderful. And what we really want to reassure you is that when you are selfish enough to care about the way you feel, then you are wise enough to be in alignment with that which is truly your Source Energy.

No one who has learned how to consistently feel good would ever be in a place of doing anything that is inappropriate to others. In other words, you can trust that that guidance comes forth from the very best of places.

-- Abe -- Chicago, IL, 5/22/04*

Remember that when we are living in Joy, Love, Abundance, and Radiant Good Health – when we feel good – that is when we are most in alignment with All That Is. When we love and appreciate ourselves we are in alignment with Divine Love. Since we are all a part of All That Is, we can raise the vibration of all that come near us simply by feeling good and living in Joy. And if I want to feel good, and the desire comes from my heart, then I want others to feel good, too, even while I recognize that it is a choice that they will have to make for themselves.

If I realize that the Source of my good is All That Is, which is truly unlimited in every way, then I will realize also that we can all have every thing we want and there will still be “enough” for all of us. Enough Love. Enough Joy. Enough Freedom. Enough money, prosperity, power, gas for our automobiles.

All That Is is absolutely unlimited. It is not possible for me having my good to limit you in having your good in any way.

Chances are that if I truly want to feel good, if I am living in Joy and Love and connection with my Higher Self, I would not choose to deliberately hurt or cause pain or lack for another. In addition to the fact that we cannot create for another, it would not be in alignment with All That Is and therefore it is highly unlikely to bring me Joy or Peace or happiness.

It takes a great deal of self-appreciation to embrace this idea

If we are living in a place other than self love and appreciation, it will seem wrong or bad to seek our own joy. If our beliefs (beliefs are thoughts that we repeat until we think they are truth) tell us there isn't enough for all, then we will question whether we deserve to feel good, to have the loving relationships we want, to be wealthy, to have our good. We will worry that by having what we want and doing what feels good to us we will deprive someone else or hurt someone else. We think that we are not good enough to have our desires.

When we love our selves and appreciate our selves, we are happy, loving, kind and joyfilled. We vibrate in this high energy of love and appreciation and attract to us others who gravitate to this high pure positive energy and either have their vibration raised or are already a match to this vibration. All prosperity, abundance, fun, joy, love, and health is a result of feeling good, and we can't feel good and feel bad about ourselves at the same time.

What about when our loved ones want something else?

This Universe is big enough and abundant enough for all of us to have what we want. But sometimes it appears that our desires bump into another's.

I want to spend time with my loved one. I could see him Friday night, but Saturday evening I have other commitments. He has made plans to spend time with his friends Friday night. We have to do what makes us feel best. I really want him to choose to spend Friday night with me; he really wants me to choose to spend Saturday night with him.

He chooses his Friday night party. I choose my Saturday evening plans.

I feel a little disappointed because I really wanted to see him this weekend. Through the week we get so busy and spending time with him is one of my favorite things.

Because I love him and I want him to do what feels best to him, I have to honor his choices. I can feel sad and disappointed, but then I can pivot on that, put my thoughts on how much I love being with him and how much I will enjoy being with him the next time we get that chance. There is no need to make either of us wrong, to feel guilty about my choice, or to feel angry with him - as if there is only so much time in the world and he should spend his time with me when I want and how I want. There will be other weekends.

This hypothetical example is a mild instance in which what we want bumps into what another wants.

In this example, I can make a bunch of conclusions about what my loved one feels or thinks toward me. I could decide he wants time with his friends more than he wants time with me. I could feel hurt, I could feel unloved and unappreciated, and I could feel uncomfortable about seeing him next time. This is not only a waste of energy, I will attract more of what I don't want – i.e., times when we won't be together.

I can go into hours and hours of “why does he treat me this way?” and “if he loved me, he'd choose to spend time with me when I am available rather than choosing to be with his friends.” I am sure this simple example, which you have probably experienced many times, suggests many other fear thoughts and thoughts of lack of time, lack of love, and unworthiness.

Why on earth would I want to put any time and energy into these thoughts and feelings when they are guaranteed to hurt? They feel bad now, and they attract situations that vibrate at the same level.

Or I can decide not to make any judgments about it. I can let my hurt feelings and disappointment go, and choose to put my attention and energy into enjoying my life and appreciating my self.

We can take any situation, any feeling, any thought and use it to up our vibration. We can consciously choose not to make judgments about ourselves or our loved ones and we can consciously choose to think about what it is we really want.

If I put too much thought and energy into how hurt I am that he didn't choose to spend the time with me, I may forget how much fun we have together, and how sweet and loving a person he is, and how he makes even simple things like watching a movie on t.v. fun. When I focus on these good feeling thoughts, I am guaranteed to have more of these good times – hopefully with my loved one, but if not then with someone else.

Deciding I don't want to feel hurt and lonely and resentful doesn't mean I have to throw out the baby with the bathwater. His choice may have triggered unpleasant thoughts, but they are my thoughts. They are my feelings, and I am completely in control of my choices and my experience. He does not have the power to make me unhappy. No one does. I can choose what to think and how I want to feel.

It all comes down to how much I love myself

Situations like this reflect to us how much we love our selves. It brings up beliefs (thoughts we have repeated or held for a long time) about our self worth and our value. When something comes up that triggers bad feelings, the thought that triggered the feeling will probably be belief in lack or feeling that we are not enough, not deserving, not lovable. The situation shows us where we need to love and appreciate our selves more. We can then consciously choose to feel loving toward our selves instead.

In the above situation, I can remember the times I felt truly loved and wanted. That is the way I want to feel, so I can spend time dwelling on those times – even if it

was for just a second – when I felt that way and instantly recapture the feeling. If I can't think of a time, I can still imagine how I want to feel, and then spend some time day-dreaming and enjoying feeling that way. My feelings are totally of my own choosing.

From my better feeling thoughts, I can build new beliefs, such as I am loving and lovable. I deserve love because I exist. The more I love myself the more I attract people who love and appreciate me.

Coming from a position where I see myself as loving and lovable, where I see myself as a good and loving sentient being, I can love and appreciate myself. Every second of loving and appreciating our selves adds up. Maybe we can't hold it any longer than a second at first, but soon it will be easier. We feel so good in our daydreams of loving and being loved, of radiating Divine Love and Well-Being, we build the new positive belief and we luxuriate in the feeling of being loved which is what we wanted all along.

We think we want someone to love us and adore us... but what we really want is to feel loved and adored. It is not dependent upon the others in our lives. We are the co-creators of our lives.

It is all about how much we choose to love and appreciate ourselves.

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.

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 and love as you go through your daily life.

Opportunities – My Recommendation:

I am starting the Prosperity Game at <http://www.spiritualpartnering.com/projectprosperity/prosperitygame.htm> on September 15, 2004. This is the new updated second anniversary edition. Come play with me and let's be partners in Deliberate Creation together. Did I mention it is Free?

[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 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.

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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 studies, 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.

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