

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 10 October 31, 2005

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:

[Free Halloween eCards](#) – from Dover Publications, the masters of beautiful art books, sticker books, coloring books, history books, and art designs. Dancing jack-o-lanterns, story-telling witches, whimsical original illustrations and vintage picture post-cards from the early 1920s are just some of the spirited holiday eCards that you can send. Beautiful selections for other holidays and occasions, too.

<http://www.doverpublications.com/halloweencards>

[Quaker Earthcare Witness](#) – faith-based initiative for non-denominational practice of Earthcare as a spiritual practice. <http://www.fcun.org/>

[Turn Toward Life](#) - reverence for life as a spiritual path. Features beautiful art work, articles and links to many areas of interest. www.turntowardlife.org/

See the section on Morning Prayers and Meditations for some truly beautiful ways to start your day, with focus on the theme of gratitude:

http://www.turntowardlife.org/morning_prayer_meditation.htm

[Virtual Tour of William Faulkner's Rowan Oak](#) – newly renovated, located in Oxford, Mississippi, USA. Faulkner is one of my favorite authors, such an in-depth, strange man – a heavy drinker, a visionary, a dreamer who saw deep possibilities and wrote eerie prose. Faulkner told some glorious ghost stories – his niece collected some in Ghosts of

Rowan Oak. They say Faulkner's ghost haunts the house, gardens, and Faulkner's Woods. You can't see his ghost on the virtual tour, but it is still neat. Check it out here: http://www.olemiss.edu/depts/u_museum/rowan_oak/interactive.html

A Message from Sharon:

I got a letter today from a friend I graduated high school with in 1973. She enclosed an article I had written for the school newspaper all those years ago. She was the editor and I was a feature writer. We were always trying to get stuff in print that we thought would irritate the administration. This item was three pages of whining! Wow, I hope the principal did prevent us from printing it – I can't remember. It went on and on about how bored high school kids were, how they were programmed to be robots and think along approved lines, how the life and excitement and individuality was drummed out of them. It would have really brought down my fellow students and teachers. Geez!

I remember being depressed much of the time in high school, particularly my junior and senior years, and I was an underachiever. But I did not realize I had such a dismal outlook on life!

No wonder I felt like such a failure in high school, with an attitude like that!

It is so easy to put the responsibility for my feelings on to outside sources. The administration of the high school was keeping us down. The teachers were not inspiring me, the material was boring, and I was being trained to think what I was told and do what I was told...

But the truth is, I was choosing those thoughts. Apparently I was also wallowing in them, delving into them, immersing myself in them, and living them. How much time, energy, attention, and emotion did I put into this piece expressing my frustration and boredom with a situation that I felt was out of my control? And that was the reality that I was creating!

No wonder I was so unhappy!

Have I evolved any at all? Now the last thing I would want to write, or read, is three pages of teen angst and boredom. Now the last thing I want to believe of myself or feel is powerless. I can choose my thoughts. I can use my feelings to tell me when a thought is not in alignment with what I want, with what feels good, and I can redirect my thoughts toward something that does feel good.

I wish I had drawn the correlation between my thoughts about what Life was like and what I was experiencing then. High school would have been a much more interesting place if I'd been a bit more interested; it would have been more fun if I had approached it with a light heart; and it would have been more rewarding if I had dared to focus on my dreams instead of wasting my time whining about what wasn't working for me.

It would have been a different world if I'd understood the power of my thoughts!

Life is an adventure for me now. I am rarely bored. I have seen many of my dreams come true and that gives me hope that the adventure will continue joyfully. With this hope, I dare to imagine new dreams. I can usually find a better feeling thought and that just works for me now.

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

Sending you Light and Love, and most of all JOY!

Sharon

"Whenever you have a consistently focused-upon subject, causing a consistent vibrational activation of it within you, it becomes a practiced or dominant thought. And once that happens, things that match it will begin to manifest around your dominant thought. In the same way that your earlier thought was joined by other thoughts that matched it, now things that match your dominant thought will begin to show up in your

experience: magazine articles, conversations with friends, personal observations...and the attraction process will become very apparent.

“Once your focused attention has sufficiently activated a dominant vibration within you, things -- wanted and unwanted -- will begin to make their way into your personal experience. It is Law.”

ASK AND IT IS GIVEN, page 55

“The **only** freedom that exists in all of the Universe - and, it is everything - is in the knowledge that I create my own reality. And, that I can feel the way I choose to feel. “Because the only thing - **the only thing** - that anyone fears is that something will happen that will take their good feeling away. Isn't that what is inherent in all negative emotion? Isn't that really the best description of fear that you've ever heard? It is the belief that something will happen that will make me feel bad, that I can't control. And, when you know and demonstrate that you can always choose the way you choose to feel, now everyone's off the hook and you are, for the first time, utterly free.”

Abraham, Sacramento 7/27/05

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<http://groups.yahoo.com/group/AbeQuotes/>)

Article: Gratitude for Releasing

Counting our blessings is a sure way to a peaceful sleep, even better than counting sheep. An attitude of gratitude in our every day life focuses our attention on the good that we already have, lifts our hearts and spirits, raises our vibration, and attracts even more good things to be grateful for.

Gratitude is one of the most uplifting practices we can use to in-joy our lives.

Mining for Nuggets of Gold

By contrast, when we hold on to resentments and tally up how we have been “done wrong,” we lower our vibration. We feel bad as we dwell on them. We attract more of the same.

This is one reason why looking at what we judge to be negative in our lives should be limited. It is only “what it is” – we apply the judgment to it. The more we dwell on how “bad” a thing is, the worse we see it to be. And it gets worse with every re-telling of the sad story. Stuff happens. It is up to us to deal with it. We have to believe that All Is Well, because the Universe is good, is Love, is Divine Intelligence and Right Order. And that is All That Is. So there is some spark of Good (God) in every thing.

So if I want to find a new love relationship, first I need to release the old. As I am contemplating what I want in my love life, I will probably think a lot of, “I know I don't want a lover who does XXX like So-and-so did:” “I don't want a lover who drinks too much;” “I don't want a lover who cheats on me...” And from knowing what I don't want, I can picture what I do want: “I want a lover who enjoys spending time with me, someone who respects me and someone I respect, someone who really wants a committed relationship as much as I do.”

A method used by Paula Languth Ryan in her course “How to Manifest the Right and Perfect Mate,” is writing letters to old lovers, old relationships or even current

relationships, to mail or not, telling the other person what I am grateful for, or the blessing I got in that relationship.

For me, the letters will never be sent, so I can get as heartfelt as I want and whose to know?

The personal letter sharing with another, sent or unsent, is a therapeutic journaling tool sometimes used in counseling or on our own personal path to learning about ourselves. It is a component in the writing exercises included in the book *Write Yourself Thin* by Toni Lynn Allawatt. It is a private and deeply personal way to delve into past and present relationships, with others, with Source, with our Inner Being, or with our selves.

And when the point of the letter is to find the blessing, the gift, in the relationship, it focuses our attention on what was good in this. It helps me see what was good in my relationships, even if the only good thing I can see at the moment is that I learned, beyond a shadow of a doubt, where my boundaries are and how much I can put up with before I say, "Enough! and No More!"

It is about Releasing...

This little exercise is a joy when I am writing about a happy relationship that simply drifted away on a summer's breeze. What fun it is to remember the wonderful treasures I had in those relationships, even if I might have ended some of them badly or clumsily, even if it wasn't one I wanted to stay in for a long time. Still it is easy to be grateful for the Joy that was there.

But it isn't so easy for the relationships that went up in flames, leaving anger and bitterness and hurt feelings behind. I forgot that the man I came to resent, and now am so very glad that we are not together, is the same man who was so easy to talk to when we first dated. When my stomach churns at the thought of running into him at the store, it is hard to remember the gifts, the blessings, the good times we had.

And how about those relationships, probably not with former lovers or friends, that were always difficult? Gosh, it is hard to find the blessing there!

But when we do, we shift our perceptions of the relationship, perhaps ever so slightly, until it isn't a lump of bitterness or resentment in our hearts any more. Now, we can see the tiniest spark of good in it, and we can reaffirm that there is good in every situation, no matter how hard it is to see it at the time.** This is the point where releasing the hard, cold lump of feelings comes easily. This is where we can put down the baggage that we've been carrying around that relationship. This is where we let go of the resentment, hatred, and bitterness.

This is where we are at long last free.

*** Do not try this exercise on your own around situations of violence, rape, incest, or other highly emotionally charged incidents. Find a counselor you can trust to be there with you and support you.*

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.

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 the feeling of soul-deep, heart-level joy and reconnect with it by lightly resting your palm against your heart center. Remember who you are and remember how loved and cherished you are by All That Is.

And so it is.

My Recommendations:

The Art of Abundance - Paula Langguth Ryan

Paula is the best selling author of [Bounce Back From Bankruptcy](#) and other resources for dealing with finances. She is a personal finance coach, author and public speaker and her web site is loaded with free information and a variety of tools such as:

[21 Days to a More Abundant Life](#)
[Break the Debt Cycle For Good](#)

[How to Manifest the Right and Perfect Job](#) - teleclasses

[How to Manifest a Debt Free and Prosperous Life](#) - teleclasses

These are tools you can use to create the life you want to live, with a good relationship to your finances, money, income, and debt.

Dream Minder – get in touch with your dreams

If you don't know what you want, how will you know when you get it? Dream Minder by Paul Bauer is a beautiful software program with great journaling space, beautiful graphics and music. A great start to a wonderful new life. [Discover Your Life's Dreams and Purpose](#)

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

Road Signs for self help and personal development

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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 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.

<http://www.swroadsigns.com>