

exercise this divine gift. When you become aware of your natural psychic gifts you open up to new possibilities. <http://www.giftsofdivinity.com/>

Worldwide Center for an Exceptional Life – “It’s not about the good life, It’s about the great life!” This Web site is about loving yourself. It is about two women who discovered this “great secret” to living the great life. It is an open secret and kind of sad that too many of us are not living it. There are plenty of free resources; I just purchased the e-book *Healing Through Love* and so far it is great – a wonderful story of learning to really love yourSelf. <http://www.expandedliving.net/>

About Face for Women - No, it isn’t a cosmetics company - it is about helping women and girls love the body they are in and appreciating their unique and special beauty. If you are a parent of a teenage girl, this site has a wealth of information and encouragement to help you remind her of her beauty - inside and out! And every woman needs to be reminded of how truly beautiful we all are. There is no external ideal that we need to live up to. Love ourselves just as we are right now!
<http://www.about-face.org/>

Excerpt from the Sanaya Roman/Orin book *Creating Money* - Go here to read an excerpt on unlimited thinking from this wonderful book. Follow links to free meditations, music, and more excerpts from their wonderful books.
http://www.orindaben.com/excerpts/cm_ex_08.htm

A Message from Sharon:

I love books! I love reading, learning, exploring... I love books!

It has long been a practice of mine that whenever faced with a new situation or challenge or question in my life, I would seek out information on it, either by Web seeking or by finding books and articles on that subject.

This is one way my intuition speaks to me. Books come to me in many different ways and I’ll discover a message that speaks directly to my heart. Sometimes I’ll get an e-mail suggesting a book; sometimes I’ll suddenly think of a book that I already have on my shelf and go to it; sometimes I’ll find that one of the books stacked on the desk in my bedroom will fall off on my toe to get my attention!

This happened to me over the course of the past couple of months. I was helping a friend edit a paper on the therapeutic benefits of journaling. As I read the materials she had found on this subject, I came upon some bits that really spoke to my heart, and I found myself pulling books on similar subjects from my own overflowing bookshelves.

I feel that my intuition has been pulling on me to learn about loving myself and others, and living in closer connection with All That Is. And so in every book I’ve been lead to pick up, whether from my own library or from interesting web sites or from Amazon.com (my home away from home), I’ve happened upon the admonition to learn to love my Self and others more and to live in connection with All That Is over and over and over again.

I found myself pulling *Conscious Living* by Gay Hendrix off my bookshelf – his prescription for conscious living was essentially the same as the intention I was feeling called to: five lessons that sum up to learning to love our Selves and others more, and living in connection with Source, with All That Is.

Debbie Johnson, in her book *Think Yourself Loved*, writes, "As much as I wanted someone to love me, I had to face an important fact – the only way for others to love me was for me to love myself. To do this, I had to accept the greatest, most unconditional love of all – the higher love of God (or whatever higher power you believe in)." And, "In order to fully accept love from myself or from anyone else, I had to accept God's love as the primary source of love in all. ... Living a life filled with divine love is my greatest gift to God, to all life."

The whole theme of Margaret Paul's *Do I have to give up Me to be Loved by God* is simply to consciously choose to accept our feelings, choose the intent to learn to love our Self and others, and open our hearts to Divine Love. She has detailed plans for getting to know your core self through inner dialogue and for seeking inner guidance.

Gabriele Rico wrote, "reading about what would work no longer worked. (I had devoured books on stress and anxiety – all of which only made me feel worse.) How-to-get-well advice or someone else's "Five Steps to..." only made me more afraid. One day it hit me: to look outside myself was useless. I had to look inside. ... I wrote – out of desperation – to discover where I was, who I was, what I was, what I was feeling, and what I had not been feeling." (*Pain and Possibility*, p. 1)

And that brings me to a point here – I love books. I love to read what others have experienced, what others think, and what others have learned. But above and beyond reading about it, if I can choose the intention to be open to my own experiences, if I can apply the insights of others to my own life and learn through that application to love my Self and others more, to let in Divine Love, and to listen to Inner Guidance... I'll be writing my own life story, my own book.

As I learn to love myself more and more, I am feeling Divine Love and getting to know my core self, my authentic self. This is living in awareness, and sometimes it is not easy to do... but it is so worthwhile. I've come to the point in life where I am reading for pure pleasure rather than to "fix" something about myself - even the self-help, personal development and inspirational books that I adore.

Life is good. It just keeps getting better and better.
Sending you Light and Love, and most of all JOY!
Sharon

A happy life is just a string of happy moments. But most people don't allow the happy moment, because they're so busy trying to get a happy life.

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<<http://www.abrahamjournal.com/pdf/0304.pdf>>

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Article: The Best Gift

The best gift we can give our loved ones, our community, our world – and our selves – is to fill our hearts with Love, learn to love ourselves more, and honor our inner being.

When we choose to do this, we radiate infinite love to all that come near us, and all we think of. We fill the Earth with love. We empower others to open up to the Divine Love that is All That Is.

Love is All Around Us – It's Everywhere!

God is Love, and God is All That Is. Therefore Love is All That Is. It is in everything, it is at the core of everything and everyone, it is the tiniest building block of energy of which we are all made.

By learning to love ourselves more, we add to that energy. We add clarity, beauty, peace and Joy – we expand it. It flows in waves from our Heart Centers, from our souls.

If we can give ourselves just a few seconds of unconditional love and acceptance each day, we can transform the Earth.

And it is everyone of us

When I do this for myself, and live a loving, respectful, joyfilled life, I am giving you permission to do this for yourself, too. When I love and respect myself, I extend that love and respect to you, too.

When I love myself, I trust myself. I honor my inner vision, my gifts, and my dreams. I am more likely to trust you, too, and to trust you to find your own path in this life. I trust myself even if I make a mistake, knowing that I had the best of intentions and that it is a learning process. I can forgive you for your mistakes, too, trusting that you had good intentions, trusting that you are only trying to get the love you need, just as I am. And I can be forgiving because I know that there is only One Source of unconditional, limitless Love – and we all have equal access to it. We are all equally deserving, every one of us.

The love that fills my heart makes me generous and kind. I see Divine Love in you and in everyone else, too. I can give to others from my overflowing heart, because I know there is always more. Divine Love is unlimited, boundless. Divine Love is like the sunshine, like moonshine on fresh snow – immeasurable and immeasurably beautiful.

When I love myself I take responsibility for my life, for my feelings, for my choices. I own my own power. I am honest with myself and with you.

When I love myself, I am Joy-filled and this overflows into my life.

And that is a true gift to the world.

Give the gift that keeps on giving – learn to love yourself as deeply, honestly, and truly as you can, live in joy and in connection with Divine Love, and choose a conscious life of living your dreams and expressing the gift that is within you, within every one of us.

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](http://www.artofabundance.com/bbfb_page.htm) [http://www.artofabundance.com/bbfb_page.htm] 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](http://www.dreamsalive.com/cgi-local/af/b.cgi/719) (http://www.dreamsalive.com/cgi-local/af/b.cgi/719)

[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.

<http://www.scienceofgettingrich.net>

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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>