

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

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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:

Explore Faith – series on simplicity by Renee Miller - A lovely series of articles on simplicity, abundance and the sacred in daily life.

http://www.explorefaith.org/steppingstones_Simplicity1.html

Save The Mothers - Did you know that thousands of women die each year from easily preventable complications of childbirth and pregnancy? In the 20th century, pregnancy and childbirth killed more than tuberculosis, suicide, traffic accidents and AIDS, combined, according to this web site. Isn't so hard to believe, when we disrespect and disassociate ourselves from Mother Earth, and have poor relationships with our own mothers and other women. <http://www.savethemothers.org/>

Common Dreams. org – Breaking news and views for the Progressive Community: a good source of news that you may not get in your local newspaper. A little something with a different media view. <http://www.commondreams.org/>

EarthLight Magazine and Online Library - Empowering individuals and communities to live and work in touch with Earth and Spirit. A beautiful magazine featuring articles from leading authors. <http://www.earthlight.org/> Visit their "links" page at <http://www.earthlight.org/links.html>

Heartwood - An activist organization making an effort to protect and restore the "majesty, mystery, and biological diversity" of America's hardwood forest. "They sought to remind the region's inhabitants of their common forest heritage, to replace an ethic of waste and exploitation with one of reverence and care, and to protect their forest home without regard to the arbitrary political and administrative boundaries that have been imposed on the land. The 15th Annual Heartwood Forest Council is meeting near Oxford,

Mississippi, USA, at the Camp Yocona Boy Scout Camp Memorial Day Weekend. Look for me and my daughter in the picture on the flyer! <http://www.heartwood.org/>

A Message from Sharon:

I have been working with Heartwood on the Forest Council meeting that is planned for Memorial Day weekend here in Mississippi. Heartwood is an organization of many local groups whose intention is to protect the public forests and wilderness lands in the United States.

If you live in the United States, you've heard that logging has become more prevalent in our national forests. This is a short-sighted idea that puts a quick buck for some corporations ahead of the good of all, including smaller companies. It is a plan based in greed and in the belief that there is not enough. The national forests are sometimes managed as giant tree farms, with old growth forests that provide habitat for wild life and stability to the biodiversity of an entire region destroyed, clear-cut and replanted in one type of commercially viable tree rather than replanting in a mix of hardwoods as well as pines.

This is an attitude that America has unfortunately exported around the world... the fast buck no matter what the long-term effects.

Most people, if they knew how, would welcome healthy techniques for caring for the forest, the fields, the streams, and the atmosphere. Most individuals love the world around them, and truly want only the best for themselves and for all of us. The problem is that we've come to believe that we must have the money now, and whatever makes the most money in the shortest period of time is the "best". This attitude totally negates the idea that All This Is is our Source and we don't have to destroy anything to enjoy all the goodies this Universe has to offer.

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

Whatever you're thinking about is literally like planning a future event. When you're worrying, you are planning. When you're appreciating you are planning...What are you planning? G-4/19/97 --Silver Spring, MD

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Article: Simplicity and Abundance

We live in an abundant world.

To understand and appreciate just how abundant our world is, contemplate the abundance in nature. Millions of leaves on trees, millions of blades of grass in your yard, millions of grains of wheat or corn in the field. More than enough for everyone.

And yet so much of our culture of consumerism and commercialism is based on belief in lack and fear that there will not be enough. Our entire social structure is based upon measurements of the worth of a living being in monetary terms, based upon the idea that "more is better," "there isn't enough for everyone," and "I have to get mine before someone else does."

It might appear at first glance that rampant consumerism is the logical outgrowth of the assumption of abundance. After all, aren't we devouring everything in sight with the blasé attitude that there is always more where that came from?

Not exactly.

When we are in connection with Source, we feel joy, we feel alive, and we feel peacefully confident that there is always more than enough. Because of this real security, we can relax. We can ask our Inner Being just exactly what do I want in this moment, and expect an answer. When we are living in this way, we get real satisfaction from whatever it is our guidance directs us to reach out our hand to accept.

Imagine that we are standing before a beautiful banquet, a buffet spread out before us with every imaginable delicious morsel presented upon beautiful plates and trays edged with gold. We can have whatever we wish, whatever speaks to us. Imagine that our Hostess stands ready to replenish the buffet constantly and, in fact, if we don't see what we want, or we want it prepared a little differently, all we have to do is ask and we can have what we imagined and desired. Standing before this buffet, we see an item that seems desirable, we decide we want it and we reach out for it.

What happens if belief in lack, despite the evidence of plenty before us, takes over our minds? We suddenly think, "I'd better snatch this before someone else does, after all, when it is gone it is gone. I want it now, I'd better rush over and get it even if I have to push someone out of the way, after all there is only so much and I cannot wait or I might lose out. I'd better pile my plate with this because if I want more later it might be gone." Then in fear and in lack, I pounce upon the beautiful tray filled with the item that I've fleetingly decided I want, or must have, NOW! I grab as much as I can, quickly devouring it, shoving it into my mouth like Lucy in the candy factory, hastily chewing and swallowing, gobbling more and more. What has happened? I probably feel sick, over stuffed, and definitely not satisfied. I haven't enjoyed the process. I've barely tasted the food, if at all, and heaping it on my plate and shoving it into my mouth was probably not much fun either. I have turned an elegant buffet into an exercise in gluttony. I don't feel satiated. I feel stuffed and anxious and my tummy hurts.

This is what a belief in lack, the fear that there is "not enough," does to us.

Stewardship of our world

When so much of our culture is based upon this belief in lack and the resulting fear, the attitude is, "I have to get all I can before it is gone." If my source of supply is land that I own, if I approach it as a money-maker I will try to grow crops that have commercial value, something that I can quickly plant, raise a lot of, harvest quickly and sell for the most bucks possible. If there are forests on my land, I might cut them down and sell the timber, or lease the forest land to a timber company who comes in and clearcuts it as the most efficient way to turn living trees into cash. If there is pasture, I may try to raise cattle for market and slaughter. On the other hand, if the All That Is is my Source of supply, I will consult my Heart, my Inner Being, regarding the stewardship of my land. Then I can comfortably choose to gently harvest the produce of the land, in such a way that is in harmony, in sync with all of the natural world.

Is stewardship of the land necessary because there is only so much and when it is gone, it is gone? No. Our Mother Earth is a constantly renewing, living entity. There is no lack or limitation in Nature, just as there is no lack or limitation in the Universe. If I clearcut my forest lands, eventually they will be renewed. The time clock for nature is different than the time clock I use. I want to see the lands that have been abused renewed NOW NOW NOW. But to our Earth, what is time? How many centuries by my clock did it take to change the steaming primordial swamps to Southern hardwood forests? How many great cities of the ancient world are dust now, and completely

forgotten? How long did that take? Here in Mississippi, towns are quietly melting away, and that has happened for three centuries – settlements of human beings come and go often leaving no trace on the landscape.

Stewardship of our lands is an expression of abundance, of belief in All That Is as our Source. Stewardship of our life, our possessions, our homes, our lands, our jobs, our money... it is based in checking in with our Hearts, with our Inner Being, and doing what feels right and good. It is not gobbling up lives, possessions, homes, lands, jobs, or money because we are afraid there is not enough to go around. It is living in sync with our Source. It is appreciating the beauty and abundance around us. It is gratitude for the elegant beauty of the forests, lakes and streams, mountains and plains. It is understanding our place within the biodiversity of our home, our Mother Earth. It is living in grace and elegance.

Less can be more.

I heard of a young couple living out on about 80 acres of land near a national forest in Indiana who were living primitively with no electricity, no phone, no television for sure, and {gasp} no internet connection.

This is not a lifestyle I would choose.

However, I am living a modern lifestyle that devalues possessions to the point that we have to have more and more of them... more televisions, more cars, more music CDs, more computers. More, more, more. We are obese because we eat whatever comes to our hands to eat without conscious thought of the value of the food or the satiation factor. We are fat lumpy couch potatoes because we do not give conscious thought to our bodies; we do not ask our Inner Being what to do so that our bodies feel good and are healthy. Our worst habit truly is plopping down in front of the television to be mindlessly entertained rather than checking in with our Inner Being to see what would truly please us and satisfy our hearts and minds. We are in credit card debt because we do not consciously seek to get the things we really want, but often simply buy whatever strikes our fancy in the store and put it on the credit card if we don't have the cash on hand. We blindly pursue sexual adventures without consciously choosing, without asking our hearts or our Inner Beings.

Whatever we acquire or do without consciously choosing too often doesn't satisfy. Because it doesn't answer our hearts' asking, it is empty.

Anyone who has had to move their worldly possessions lately understands this. So many things just are not worth carting about on our backs. So many things are just gathering dust because if they ever did fill a need, or please us, or answer a heart's desire for us – they no longer do. And if it doesn't truly satisfy, doesn't truly please us, why do we want it cluttering up our lives, our apartments, and obscuring the possessions, the living space, the relationships, even the objects that truly matter.

When we abuse credit, money, time, and natural resources to get more, more, more, we are definitely not living in connection with our One Source. Mindlessly pursuing more of any thing – money, prestige, sex, possession – is mindless, heartless, soul-less and it will not, it cannot satisfy.

Our natural resources and our inner resources are infinitely renewable. Even such "limited" items as oil and diamonds can be replaced given enough time.. We label the oil as "limited" and "nonrenewable" so we can put a high value on it. We have to get it and get control of it because there is only so much and everyone knows how much we need it. We even fight wars to get control of it, and sacrifice lives and governments to our "need." This blind pursuit of consumption does not come from the heart or from our Inner Knowing. There are other methods of fuel that are more obviously renewable,

cleaner, easily available – but then, that would “devalue” the oil and reduce the power of those who control the oil. Hmm. And that’s a bad thing because...?

Mother Earth can renew and restore the forests we clearcut, the mountaintops we remove to get to the coal, and the deserts we laid waste to get to the oil. And She just might need to move you and me off that spot so She can renew it without interference, as She did with the ancient cities. Hm. Perhaps it would be better to consult our hearts and our Inner Beings about working with our Mother in stewardship of our lands and natural resources.

Simplicity doesn’t have to mean living in the woods with no electricity, unless that is what speaks to your heart. Simplicity “simply” means living from our hearts with guidance from our Inner Beings and in recognition of the One Source of our supply.

Living consciously and understanding that there is more than enough of every good thing is living in abundance.

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:

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 Martinez

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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.

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