

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 4 April 30, 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:

Heartwood - An activist organization making an effort to protect and restore the “majesty, mystery, and biological diversity” of America’s hardwood forest. The 15th Annual Heartwood Forest Council is meeting near Oxford, Mississippi, USA, at the Camp Yocona Boy Scout Camp on Memorial Day Weekend. Look for the flyer!
<http://www.heartwood.org/>

The Rough Guide to a Better World – shows how we can work to create a better world for all; in “developing countries” and in our own back yard. We are truly in this together.
<http://www.roughguide-betterworld.com/index.htm>

A Message from Sharon:

Last weekend I attended a Unitarian Universalist conference in Birmingham, Alabama. I’ve actually lived in a fairly large metropolitan area (Kansas City) and am sort of familiar with interstate highways. I am also very good at following maps and directions, and I deeply appreciate the way the interstates are marked with wonderful road signs.

None the less I got lost and went miles out of my way, adding an hour on to my trip back home. I did this by following the road signs.

The reason I got lost, even though I followed clearly marked road signs and knew where I wanted to go... I did not have a few bits of background information that proved to be key to getting to where I wanted to go.

As I was driving around Birmingham, trying to find the right exit to get to the right highway that would bring me back home, it occurred to me that I advocate looking for the road signs, following the guidance that Spirit has posted along the interstate highways of life. But by focusing my gaze tightly on the road signs that presented themselves without having consulted an accurate map of the area, I took the long way around.

In addition to following the road signs, we need a context, a “big picture” for our choices sometimes.

This issue is a week late – which probably won’t shock you, my friends – but I have to share with you the reasons!

First, I am completing my Master’s in Journalism this semester. I have been absorbed in researching and writing papers, including a series on how to make the world a better place, starting in my own back yard. This is the fulfillment of a long-cherished dream.

Second, in addition to the focus on my studies and on what is an incredibly interesting topic, I have been actively putting my ideals into action by working for the Heartwood Forest Council and for the Unitarian Universalist church in my part of the world. I have found two wonderful, powerful, cultural creative mentors in the two lovely women I have been working for and with.

Third, my oldest daughter, who has already blessed me with her own presence in my life and with a wonderful grandson and a precious granddaughter, is about to have another baby. Although her due date was in mid-June, her doctors agree that she could go into labor any day now. I wait breathlessly for the birth of my second granddaughter.

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

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

Sharon

"ON SOLUTIONS TO SOCIAL PROBLEMS: All solutions have come from connected people flowing energy, not from people pushing against. Whatever cause you want to champion, the best way to make it happen is to envision it done, regularly and in great detail, when you are feeling good and connected to the stream. Then, if you are to DO something to make it happen, you will be inspired to action from your place of well-being, with the energy that creates worlds propelling you with inspiration."

Abraham-Hicks

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Article: On Being Happy

Happiness is an inside job. It comes from deliberately choosing those thoughts that bring about that sensation of joy, bliss, well-being from within.

I like to think of it filling up all the cells of my body, my mind, and my heart – then radiating out from my heart center to fill the world around me.

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 me. 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, health, car, house, club membership ...

then I'll be happy!!!!" we are condemning ourselves to a life time of disappointment. If you want to be happy, choose to be.

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 look at it and focus on what we don't want, we will feel bad, unhappy, miserable, depressed.

No one else is, or can be, the source of our happiness

My daughter is in love. She tells me how happy the boy makes her. I recognize immediately that it is her own feeling of being in love that makes her happy. I could explain this to her, but why? As long as she feels joyful and happy, I am willing to let it be. The only way this could be negative is if the boy doesn't behave as she wants him to and then she feels "unhappy."

Enjoying the exquisite feeling of being in love is so wonderful. It is one of those precious golden moments that we can go back to and experience again when we need a "better feeling thought." How wonderful our days can be when we take the time to remember the bliss of being in love! How easy it is to feel happiness and joy when we think about someone we love!

I've been seeing this saying posted all over the place: "We don't remember days or events; we remember the moments!"

I love that. It reminds me to live in the now and to savor the moment.

As we mature, we, hopefully, realize how precious these moments are. And we, hopefully, realize that our happiness does not depend upon another person.

When we are falling in love, we have the terrible tendency to say, "He/she makes me so happy!" This just isn't true, and I don't believe I am being cynical when I say it.

Placing responsibility for our happiness upon our loved ones shoulders is wrong.

For one thing, it gives them an inordinate power over us that they just don't have. By giving away our own power and responsibility for our feelings, we have created a no-win situation. "You make me so happy" can just as quickly turn into "you make me so mad," "you make me miserable," or "you drive me to drink or drugs because you make me so unhappy."

It is also a tremendous burden on our loved ones. Assuming that the other person loves you back, of course they want to "make you happy." If they agree with the line of thought that it is even possible to "make" another person happy, they will probably try very hard to do that. What if they give up a dream, or put off doing something they really want to do, because they want to make you happy? How long are they going to be willing to put aside their dreams in order to please you? Is it right for you to accept their sacrifice, even if they are telling you they are doing it because they love you and want you to be happy, even if they are saying they want to do it?

Is it right for you to sacrifice something you love, some aspect of your being, or your own peace of mind to try to make someone happy? Lots of times after trying very hard to please others and make others happy, we realize that we really resent it.

We need relationships that fulfill both partners, where individuality is cherished as much as the partnership is, where the dreams of both get equal weight and one person isn't designated as the person who will take care of the other. Mutual love, mutual support, and mutual happiness.

We are the source of our own happiness

No matter how much we love another, no matter how happy we feel when we are with them or think about them, we still remain the source of our own happiness, through our connection with all that is.

When we love ourselves and are connected with Source, we are happy no matter what. That is the Love, the Joy, the Happiness that we are seeking.

This is good because it means no one can take away our happiness, either. If we depend upon the other for our happiness, we are setting ourselves up for disappointment.

That is why it is so important to love ourselves, to be our best self and live our lives to the fullest in our own right. Then we bring a full, happy, self-actualized human being to the partnership, and if it is a partnership of equals we will have a partner who is happy, strong, secure and emotionally healthy.

If we come to the partnership expecting the other to make us “whole,” feeling as if we are incomplete or empty without the other, we are short-changing ourselves and the other.

Sharing love with a beloved other helps us stay in touch with our Joy, our Bliss. And that allows us both to create a reality of beauty, well being, and Love.

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:

Prosperity Place by Joan Sotkin - The one web site about prosperity consciousness that you can't miss: Also find free information on EFT. <http://www.prosperityplace.com>

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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