

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 5 - May 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:

Blessed are the Peacemakers. – inspirational site about people who wage peace...

<http://www.peacemakersguide.org/>

National Council of Nonprofit Associations – for a variety of nonprofit organizations and associations and information. <http://www.ncna.org/>

Bread for the World: Their 46,000 members contact senators and representatives about legislation that affects hungry people in the United States and worldwide. Bread supports policies that address the root causes of hunger and poverty. <http://www.bread.org>

Prosperity Power Training - Prosperity is the Power of Freedom There are freebies aplenty on this web site, and a great e-zine. Check out all the options. I just completed the free 7 Day introductory e-mail training course and it was very uplifting. There are sections on working with non-profits, too. Prosperity Power Training is operated by Alexia Alderson Chamberlynn and Pamela Chamberlynn. Alexia is a popular writer and Pamela was a social worker and spiritual teacher for decades. Their insights and articles are wonderful. The newsletter has great articles, inspiring interviews with like-minded people and reviews of products. **Prosperity is the Power of Freedom**
<http://www.prosperitypowertraining.com>

Gifts of Divinity – Dallas Franklin's web site for angel messages based upon the teachings of Doreen Virtue and for developing your own intuition and connection with All That Is. <http://giftsofdivinity.com>

Laser Monks – Real monks. Real savings on office supplies, ink and toner cartridges. Real support for others. <http://www.lasermonks.com/>

Choosing prosperity key points: <http://www.choosingprosperity.com/keypoints.htm>

The Happy Hippy eco-friendly retail directory. Just fun stuff!
<http://www.happyhippie.com>

A Message from Sharon:

Depression. No one wants to talk about it. And yet many of us feel it far too often.

What is it? A chemical imbalance that can be corrected with a pill? Falling into a pattern of thought that triggers a pattern of feeling that triggers a physical response? A habit of thought and behavior? A mental dis-ease?

It is a feeling of sadness, disappointment, numbing pain. It is the thought that I am not good enough, I will not ever be good enough, and it is hopeless to even try.

Some mornings we just don't want to get out of bed. Some nights we are afraid to sleep because of the dreams. Some days everything we touch breaks, every breath is heavy. We can't see a reason to keep on putting one foot before the other. It all seems so hopeless, so endless, so overwhelming.

It can pull us down, down, down until the sunlight shining on our faces seems too far away. The sheer heaviness of it all can suffocate us, our very paralysis feeding the depression. All of us have experienced it at one point or another, at least once. Some of us live there, in the shadows.

And sometimes it is about change, about facing that some things in our lives are different now. We have to accept the change, embrace it, expect wonderful things, trust ourselves to handle it, look for the new adventure! And in change there is very often a sense of loss, a sense of grief.

Many good things have come into my life lately, and many more are coming soon. As I get clear about what I want in my life and what I want to do with my life, some things pass away. Maybe some relationships. Maybe some habits of behavior or thought. Maybe some old limitations. Even though the loss makes way for the new, there is still the sense of loss. I had not even thought of that until the other day, I was walking and talking with a very wise lady who shared that insight. We reach a goal, a dream is realized, a cherished project comes to a successful conclusion – and we are suddenly faced with this huge question – what now?

Just recently I was dealing with these sweeping changes in my life, and feeling overwhelmed, frightened. I felt paralyzed to look into the future and choose what I want next. And the paralysis captured my breath.

I could see myself, my thoughts and feelings, spiraling down and I felt like I was hanging onto the edge of a deep dark well. I attracted some nasty stuff as a reflection of my dark thoughts.

But with the help of the tools that I have, I have pulled it together for moments, heck, even hours at a time! Long enough to dream a bit about tomorrow. Long enough to listen to a good friend, to walk in the cool morning sunshine in a beautiful place, to listen to music, to bring my thoughts to a better feeling place.

The key was to choose Life, to look forward with hope, to expect something better, to be willing to choose Joy. This too shall pass. The key was to be here NOW, to look around and appreciate something, any thing at all, NOW rather than cower in fear from what the future might hold.

Make the NOW choices... choose to get out of bed. Choose to smile at the reflection in the mirror. Have some compassion. Find something lovely, something sweet, and focus upon that for a little. Savor the morning coffee. Notice the little things and appreciate them. It feels so much better than fear.

And get moving! Get out into the light of day or under the stars at night. Move some part of your body... walk, or dance, or swim. Don't push yourself, or beat yourself up in any way. Just let your wonderful miraculous body move in some way. Do yoga or t'ai chi if you are already familiar with it, and do not judge your performance or movements at all. No competition here, no judgment. Only allowing energy to flow.

And move your hand... take pen and paper and write. Doodle. Engage both sides of your marvelous brain. Draw. Write poems, essays, long letters to yourself. Engage your imagination in a positive way – even if you are writing sad poems the very act of creating them will give you an uplift.

Every one falls into the shadows once in a while. But why live there?

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

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

Sharon

"What makes me happy? What could I do today that would bring me the greatest amount of joy? What places in this city would be of most uplifting nature to me? What programs that are listed in the guide for television would be for my best interest? What books in the great bookstore should I gravitate towards? What is of most uplifting nature to me? I want to find it!" And you will find floodgates opening and all kinds of new experiences pouring in.

Abraham G 1/23/91

Calendar pg. 149

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Article: Unity vs. Uniqueness

Here is a paradox. We are all One and yet we are each unique.

We are all One at the most basic level and yet we are each distinct and one of a kind. As dust motes of energy we come from the same Source and our dust motes of Source energy are assembled in such an absolutely unique way that no two of us snowflakes are exactly alike.

At our most basic level, we are One

Science has shown us that every thing that exists in the Universe is made up of basic building blocks of energy. When we consider this in our high school science classes, as we learn that all matter is made up of atomic particles that vibrate at different frequencies and come together in different ways, we don't really get the awesome implications.

Wow! We literally are all part of the Universe, One with the Sun, plants, water, air, and each other. We are all part of the air that we breath; the same water that composes most of our bodies also flows in our rivers and our oceans; the same minerals that make up our bones make up the mountains; the same energy that infuses us with life is in the soil and the trees.

We are all in this together. Our thoughts, beliefs, and bad moods affect even the potted plant in the corner, not to mention our own and other's blood pressure. Think about the scene in *What the Bleep* that shows the effect of thoughts on water. How miraculous is that! and it is every day stuff. My prayers for world peace send out vibrations that join with your prayers for world peace, and with the other guys prayers for world peace... before you know it, there could be world peace, or maybe peace in my world, in my heart and mind.

We are all made up of the same Source Energy. In all the Universe there is nothing but Source Energy – Universal Life Force Energy – All That Is.

Science shows us that everything is made up of energy and exchanges that energy with everything else at all times in a most complex way. Energy is the building block of all matter. The same energy that composes your flesh is the same one that composes the bricks of your house and the trees outside. There is no 'energy of the tree' and 'energy of the man.' It is all the same energy. Energy is constantly at flow, changing form all the time. (David Cameron, *A Happy Pocket Full of Money*, p. 25)

And yet we are each Unique

Amazingly, these little dust motes of energy come together in myriads of ways, each formation a little different from the other. Even the cells in our bodies are different from each other. This is the Intelligence of the Universe expressing Itself in us and through us – as us.

We each have a special contribution to make to the Universe, or we wouldn't be here. Our dreams, our feelings, our very being contributes to the All That Is.

Because this is true, we have to acknowledge our own and each other's value. And we have to acknowledge that our existence has meaning and purpose – to be here, to experience life on this earth, to learn, to grow, to expand.

Abraham said, "The basis of your life is Freedom. The objective of your life is Joy. The result of your life is Growth."

No other human being can live the life that you live, can be the person that you are, can make the contribution that you make day by day by day, just by being here.

No one's contribution or existence or life is any more important or necessary to the whole than yours.

It is in your hands to reject the programming of a society that tells you that you are less than another for any reason, for any artificial measurement of a human being's worth. This appears on the surface to be very difficult to reject, for all of our social structures are based on artificial measurements. We learn from the cradle "our place" in our family, in our society, in our culture. We learn to put a value on our being-ness.

I am female; in my culture being male is valued more, therefore I am less valuable. I was born into a family with less material goods than others; therefore in my society I am worth less than one who has more. I am too young, I am too old... my culture places higher value on a certain age range, a physical appearance, a lifestyle...

We can make ourselves crazy contemplating this, much less trying to live our lives by artificial standards. We have to value our own uniqueness, our own individual contribution to the whole.

That is where the ultimate in freedom lies – freedom of choice, freedom of belief, freedom of thought and freedom of creation.

"And it harm none, do as thou will."

We are unique individual parts of the whole

The first principle of Unitarian Universalists is to affirm

- The inherent worth and dignity of every person go here to learn about UU principles:
<http://www.uua.org/aboutuua/principles.html>

First, we acknowledge our own and each other's value.

Jesus said, "***Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me***" (Matt.25:40)

Then we acknowledge that we are each valuable to the whole.

This is where society fails us.

As I was growing up in a working class white family in the deep South (USA) in the late 1950s and 1960s, I was taught that a good education, hard work, and adherence to the moral code of a fundamentalist religion would bring me success and a "good life." There was no thought or realization of the goodness of the life I was living, only a hope for something better far off in the future. There was no respect for my own thoughts, beliefs, and feelings, for my own ideas. I was to respect authority without question.

Contemplate these "keys" to the good life.

Education – our public schools are designed to turn out good little worker drones, people who can work in fields or in factories, who mindlessly support the corporate-friendly policies of our government against their own self-interest, who will accept low wages and be glad to have the job. The schools are not designed to teach us how to use our innate intelligence, how to think for ourselves, how to critically assess the value of the ideas we are exposed to, how to generate and develop our own ideas, how to create. The schools do not expose us to a great wide variety of ideas and opinions and information so we can weigh the value of them in our individual lives. When money crunches, public schools cut art, music, drama, and health classes. Funding for education is frequently on the budget chopping block, because only a rudimentary "basic" education is needed for farm workers or factory workers. Education is more valuable for information workers, but as it exists now in the United States public education for the most part does not offer enough challenge, width, depth, and scope for creatives.

Hard work – we have to have a job. We have to do something and be paid well for it in order to be successful. We have to have skills, not inspiration or a calling, not dreams or ideas. As it happens, so much of our industrial jobs have become automated, or they have been exported to a country where the rights and lives of the workers mean less. Those of us who have the public education and are willing and eager to work in the factory now find a hard time getting jobs. It is said that the Industrial Age has come to an end, and the Information Age has taken over – but even information workers are finding themselves out of jobs. I agree with Daniel Pink, author of *A Whole New Mind: Moving from the Information Age to the Conceptual Age*, "Now comes the Conceptual Age - ruled by artistry, empathy, and emotion." What we must do now is live from our hearts as well as our minds, to express the gifts we have come into this world with – the unique, individual gifts that no one else can bring. We must be the entrepreneurs, the architects of our own working lives. Now we need inspiration, dreams and ideas.

Be "good" – adhere to a "moral code" dictated by an authority outside ourselves, preferably a socially accepted organized religion. Most organized religions have a code or standard of behavior drawn from their teachings or sacred texts. Frequently, these codes are absolutes. Many Christian dogmas hold that the Bible is "absolutely literally true." We can say that is possible because sacred texts are inspired from Source and thus any text holds truth. The problem comes when we insist that our particular sacred text is the only "Truth" and that any thing else is wrong. Further, we each will look at the sacred text with our own eyes and we will interpret it differently. How can any sacred text be universally true for everyone when every one will interpret it differently? The

truths I read will not be the same truths that you read. Even when we hand over the authority for interpreting the sacred text to a priest or preacher or teacher, I am still the individual that hears or reads the interpretation, and then I, the individual, will interpret the interpretation... so that is futile. Even if we are born into a religion that tells us it is the only right religion, the only true religion, it is still in our hands to choose. Even if we are taught and believe that we have no choice of religious belief, even then it is our choice to agree – as difficult as it may be to disagree. People who disagree are ostracized in societies, and that is why we have so many laws that are confused with religious dogma. No one wants to say, “I don’t believe that...” “I don’t believe that sex outside of marriage is a sin and should be against the law. I believe that sexual activity between consenting adults is not only okay but downright good for you, and furthermore it is a private part of our lives that should not be subject to government regulation and laws.” These religious codes assume that “man” is flawed, is “sinful” and bad. We are taught that we have to have these rules to govern how people behave because otherwise people would behave badly, hurt each other, and destroy property. Self-interest is considered to be at the expense of all others. We have millions of laws on the books that attempt to control our behaviors and our choices in line with religious dogma, and this is the real threat to personal freedom.

All of these three “rules for success” tell us to look for authority outside of ourselves. In fact all “rules” and laws tell us to look for authority outside of ourselves: how to walk, talk, dress, think, and act; what to think, what to believe, what to do, how to relax, how to entertain ourselves, what is right, what is wrong.

From the cradle we learn to obey the authorities in our lives, and don’t question it. We owe it to ourselves and to our world to question authority.

What if human beings are simply part of the Universe? What if human nature is to learn, to grow, to expand? What if religious dogmas, rules, and laws are not necessary for us to respect each other’s freedom, choices, thoughts, ideas, and being? What if we can balance our Oneness with our individuality? What if “self-interest” is the same as mutual interest? What if by honoring our selves we honor each other? What if I Am the authority in my life? What if I can listen to and honor my Inner Guidance and allow that guidance to direct my actions and choices?

Chances are if we trusted our Inner Guidance and strengthened our Connection with our Source – Universal Intelligence or Divine Intelligence – we would not be guided to hurt each other, destroy property, steal, lie, murder, cheat... All of those negative behavior choices grow from fear that there is not enough, from belief in lack. If I believe I am connected with All That Is and this Infinite Source, I will not see a need to take what another has. I will know that I can have the same or something more closely aligned with my own individualized needs. I will not cheat or lie or physically attack another, because I will know that we are all in this together. My choices, coming from this Connection to Source, will enrich my world and all in it. My choices and behavior will come from integrity and a strong sense of social justice. If it is really and truly in my own self-interest, then it must be in the best interest of the world, for I am a part of the world and all who are in it. The Highest and best choice for one of us will be the Highest and best choice for all. The Highest and Greatest Good.

We must accept responsibility for our lives, for creating the lives that we want to live, for affecting those around us, and for impacting the world we live in. We are the peace that we want to see in the world. We are the prosperity. We are the radiant good health. We are the Love, the Laughter, the Joy. We are the Light.

Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us.

When our community is in a state of peace, it can share that peace with neighboring communities, and so on. When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. And there are ways in which we can consciously work to develop feelings of love and kindness. For some of us, the most effective way to do so is through religious practice. For others it may be non-religious practices. What is important is that we each make a sincere effort to take our responsibility for each other and for the natural environment we live in seriously.

His Holiness the Dalai Lama. The Nobel Lecture, December 11, 1989

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:

Images of One. David Cameron's *A Happy Pocketful of Money*. I recommend this book for a good indepth explanation of conscious creation, of basic Quantum Physics and the Oneness of the Universe, including our place in it. I have been re-reading this book and have found it, once again, uplifting. We know these ideas! We have been exposed to them many times! The truth is we need to re-visit them over and over and over again to get past our programming! There are huge chunks of excerpts from this book and from several others on the web site.

"Discover proven scientific and spiritual evidence, tools and how-to information that's turning ordinary people into powerful, joyful creators of their financial, health and relationship worlds." <http://www.imagesofone.com>

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

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>