

## ***Road Signs for the Journey***

*There is no Destination, the Journey is the Thing.*

2005 No. 6 - June 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](mailto: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:**

**Prosperity Power Training - Prosperity is the Power of Freedom** Did you check out the **7 Day introductory e-mail training course**? I got a lot out of it, and it was fun, too. Prosperity Power Training is operated by Alexia Alderson Chamberlynn and Pamela Chamberlynn. Alexia is a popular writer and Pamela has been a social worker and spiritual teacher for decades. Their work is really inspiring. Their newsletter has great articles, inspiring interviews with like-minded people and reviews of products.

**Prosperity is the Power of Freedom** <http://www.prosperitypowertraining.com>

**The I AM Foundation** - For every dollar received at The I AM Foundation, a book is donated to a child or adult somewhere in the world. They offer a wonderful selection of books, including Catherine Ponder classics, for the cost of postage, media mail!

**Freedom is being able to access information through reading and thinking for yourself.** <http://www.IAMFoundation.org>

Thom Hartmann (thom at thomhartmann.com) is a Project Censored Award-winning best-selling author, and host of a nationally syndicated daily progressive talk show. <http://www.thomhartmann.com> His most recent books are "The Last Hours of Ancient Sunlight," "Unequal Protection," "We The People," "The Edison Gene", and "What Would Jefferson Do? If you believe that freedom and democracy are in short supply, you may find this interesting stuff. Fascinating, fascinating man.

**SoulfulLiving.com** – an online magazine devoted to personal and spiritual growth, for the experience of the fullness of life, to grow personally and spiritually, and to discover the unfoldment of joy, inner peace and soulful connection. **Freedom means choosing your own spiritual path and following it without interference, as long as you follow the simple rule “and it harm none.”** <http://www.soulfulliving.com/>

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

### **A Message from Sharon:**

I spent most of last weekend at a biker rally. Yeah, it is a long story. This was a civilized bunch of bikers, a motorcycle club for people my age and older and other guest clubs. They had biker games in melting heat. Big men walked around in leather. The ladies walked around in much less. And then there was the stripper.

Now, we are in the Deep South, the Bible Belt of the United States. In the seclusion of the campground, the bike club lived a certain lifestyle and the next week they would go back to polite society, to jobs and businesses away from the freedom to live by a different code, where it is acceptable to wear little or nothing in the hot summer sun, to walk around drinking beer and whiskey, to swagger and strut and brag. Although some of them have tattoos, long hair and beards, and earrings, for the most part they could “pass” in an office somewhere.

And they might or might not talk about their weekend, because life style choices that are not entirely mainstream are not always understood; although whether it is understood or not, differences in choice should be respected. Often they are labeled “immoral” and sometimes laws are written to prohibit personal choices.

When it comes to certain choices, what difference does it make and why do we allow our governments to make laws regulating them? Often these laws are based on the prejudices of a popular religion that is perceived to be powerful, and it is difficult to be the one challenging these prejudices.

Here in the Bible Belt, the divorce rate is high, the teen pregnancy rate is high, the poverty rate is high... there is drug abuse and alcoholism and domestic abuse. Yet, this is the part of the country where Christians supposedly rule. If good Christians who frown upon adultery, drinking, and sex are in the majority here, why are these “sins” so rampant?

It can be a truly brave thing to examine our own beliefs and desires and choose for ourselves what we want, how we want to behave, how we choose to live our lives – particularly if we choose something that isn’t considered to be “moral” by a powerful religion. We don’t think of religion as being oppressive in the United States, because we are operating under the delusion that we have complete freedom; a lot of people do not attend a church or profess a religion, but will still pretend to agree with what is religious dogma rather than say, “I want to make a different choice. I feel lead to do it differently.”

Obviously I am not talking about violence against another, theft, or abuse. I am talking about the role of a woman or a man in a domestic relationship. I am talking about defining “marriage” as between one man and one woman. I am talking about criminalizing alcohol, marijuana, or gambling. These are things that society has an interest in regulating – licensing, health regulations, taxes – but when personal choices like these become criminal offenses, our jails get filled with people who are now “criminals” and are no longer contributing members of our society. Laws that are written to uphold religious dogma are about assuming that people must all behave the same way. They also assume that human beings are born “bad” and, unless controlled and strictly limited, will do “bad” things and make “bad” choices. It is rather immoral, wouldn’t you say, to label someone as a criminal because they disagree with church dogma.

It can be a brave thing to say, "This is what I want. This is how I want to live my life." People are basically good. Most of us are at the very deepest levels motivated by wanting to do the right thing, wanting to live a good life in accordance with our God-given desires and dreams.

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

"Do you feel capable of choosing for yourself? Do you feel worthy of getting to choose, in other words, do you think that it is right that you would choose, that your environment would produce for you opinions and preferences and do you think that you are valued enough or worthy enough or stable enough that it's right that you would get to choose? Or do you think that somebody else has already chosen it all from non-physical or other wiser physical beings and now it's your job to just figure out what they think you should do and do your best to do that or do you like the idea of getting to choose? We want you to identify your right to choose. We want you to begin to understand that not only is it something that is all right but it is something that you were born intending to do... You came into an environment of variety and difference and contrast so that you from your unique, oh such a good word, such an important word, from your unique perspective could have your unique experience and you could uniquely put in your two cents worth and it's far more than two cents worth...it is the perspective that causes the expansion of the universe."

Abraham - Asheville, NC 5/1/05

"The purpose of your life is joy. The basis of it is absolute freedom to choose. And the result of it will be growth. - Abraham.

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Visit the official Abraham site at: <http://www.abraham-hicks.com/>

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

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

### **Article: True Freedom**

We come into this world with hopes and dreams, desires and needs. True freedom is being free to express our hopes and dreams, the very best of who we are, and having the resources to do that.

Think of a baby. So sweet and innocent, a little dollop of Love, literally an adorable expression of Divine Love. Innocent, but also vulnerable, helpless in many ways, tender, sensitive. I was a baby like that; you were a baby like that. We were innocent.

We arrive on this Earth expecting everything to continue to be taken care of for us as it was in the womb.

As time passes we learn to feel guilty, ashamed, not good enough or just plain bad. When we do something that our parents, caregivers, teachers, preachers, and others in some position of authority in our lives don't like, when we do something that inconveniences, annoys, or burdens... then we are made to feel ashamed. We are yelled at, punished, sent to our rooms or to the corner, humiliated, even hit.

**Since we are all a part of All That Is, we all share in that "goodness"**

When we see ourselves as good, deserving of good things and lovable, we live a charmed life. We feel good. We do things that make us feel good and uplift every one around us. We radiate positive energy.

We are connected to our Source and we channel the pure positive energy of All That Is. There is no lack in our experience. There are no blocks to channeling our Source. There are no limitations. No Limits!

That is true freedom.

When we take on the guilt and the shame and the feelings of worthlessness taught to us in our society, taught to us to limit us, to protect the artificial boundaries created to give power to some and to convince others that they are powerless, we are in slavery – and it is a self-imposed slavery.

Through forgiveness, we can release the guilt and shame. Forgiving ourselves sets us free. Deliberately releasing sets us free.

With a change of mind the key turns in the lock. When we realize that we alone have the power to choose what we think and what we believe, then we are free. We realize that the door to our jail cell was never locked. We create our prison, and we argue for our limitations.

We are free when we live from our hearts. We are free when we choose and when we settle on our own desires. We are free when we turn away from the constant bombardment of commercials that market to us 24/7 and choose for ourselves what we truly want or need. We are free when we spend our money in ways that satisfy our souls; we are free when we use our money to support causes that speak to us and that uplift us and our world. We are free when we consult the dreams of our heart when we are choosing a career, or work, or lifestyle. We are free when we get in touch with our Inner Guidance and allow our good to come to us. We are free when we feel good.

Prosperity consciousness is freedom. Seeking out and sharing information is freedom. Having enough information to make choices is freedom. Thinking for ourselves is freedom. Choosing a spiritual practice that nourishes our souls and hearts and minds is freedom. Being able to speak our truth, share the information that we have, and give voice to our opinions is freedom. Being able to read is freedom.

We could add to the list freedom from want, freedom from unlawful imprisonment, freedom from debt, freedom from pain or sickness. These are all freedoms that we must claim for ourselves – they cannot be given to us or won for us or taken away without our belief in someone else's power over us.

We in the United States like to claim that we are free, but if we are restricted in any of these areas, then we are not free. And if any one is a slave then none of us is free. But if we stand up and insist on our individual freedoms and allow these freedoms for others, then we are exercising freedom, free will, and personal power. The more it is exercised, the stronger it becomes. We claim it for ourselves, we assert it for ourselves, and then by extension for everyone else.

### **We are the authority in our lives**

When I look at New Thought theology, I can't escape the realization that what these beliefs encompass is the concept that because we are one with All That Is, because our thoughts, beliefs and emotions create our reality, because God is Love and therefore Love is All That Is, then we are the authority in our lives. What I choose to think and believe creates my reality; and I alone have the power to choose what to think and believe.

Then there is not a big scary god "out there" somewhere, looking D-o-w-n on me and judging me as lacking, not good enough, sinful, wicked or evil or bad... Love does not judge.

Then the local church, even if backed up by an international power structure and centuries of dogma, cannot tell me what is right and what is wrong for me... I know in my heart which is connected with Divine Love what is truly right and wrong for me.

Then I do not need a government to make laws restricting what I can and cannot do (except for those "harm no one" type laws), because acting from my heart and listening to Divine Guidance and being basically a good person I can be trusted. I can trust myself to do good. I can be trusted to "harm none." I can believe in my inner knowing and I can ask Divine Intelligence what needs to be done now.

True freedom is trusting myself, and trusting in All That Is. And that may just be one and the same.

### **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 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.

[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](#)

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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 toward 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>