

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](#).

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A Message from Sharon:

Things don't always turn out the way we plan. In fact, sometimes life can be disappointing. When I am disappointed in a goal or a plan, I have choices about how to respond. Because I have asked the Universe for certain things and situations, it does not mean that there is only one right avenue through which it must come. If I invest too much in just one avenue, I cannot be open to the many different ways my good can come to me. And I will be devastated if that one avenue that seemed so right to me does not materialize.

I was listening to an Abraham-Hicks tape on "Dollars and Abundance." The Teachings of Abraham give a simple formula for deliberately creating our lives as we would love to have them: be clear about what you want and ask for it, put your energy into and your attention on the qualities and experiences and feelings that you want from your desires (get into vibrational alignment with what you want), and allow what you want to come into your experience. Accept it. Receive it. Ask and it is Given, as Abraham would say.

If we are one with All That Is, one with the source of our abundance and one with our desires, we can easily relax and "allow" our good. As I have said somewhere before, if I accepted that God loves me and wants only the best for me and if I opened to receive that Love I know that my life would be a constant miracle of abundance and prosperity and blessing. I put blocks between my self and Spirit – I shut down before I receive; I am afraid that I am not worthy or deserving.

These are thoughts that I have repeated so often that I don't even hear them any more – they are beliefs hidden deep below my conscious thought. They have been my beliefs for almost 50 years, and, even though I can refocus them for a while, when something wonderful is right outside the door for me I often clutch onto these beliefs as if I were dying and they were lifesavers. And they are not – beliefs in lack and limitation and unworthiness suck the life out of my dreams and drain the joy from my life. These beliefs reduce me to tears of frustration and hopelessness. And it still happens even

after decades of studying prosperity consciousness, creative visualization, and deliberate creation.

Well, not exactly decades. More like on again, off again, every once in a while... like when I wanted a new home when I was first married; like when I wanted a job as a paralegal and had no training but I got the job any way; like when I dreamed of a home and a family and the perfect mate and got my first husband and my oldest daughter; like when again I wanted a home and a family and got my second husband and my youngest daughter... So I would study and write affirmations and visualize – and I got all of those things. I also attracted and enjoyed spiritual studies, personal development, and a number of tools that I could use to live my life in joy and abundance and perfect health forever.

But in between, I would sink into a “business as usual” mundane daily life in which I reacted more than I made deliberate choices, in which I routinely thought of God (Source) as something “out there” separate from me and from my job or my family life or my health. Then I would find myself in painful relationships, poor health, and (my specialty) financial problems.

So of course when these painful problems arose I would instantly go back to using the spiritual tools, prayer, affirmation, visualization, and deliberate creation choices that I had learned, right?

Well, no. Sometimes I have to wallow around in the muck for a while. Sometimes I have to be afraid for a while. Sometimes I have to feel lonely, frightened, and hopeless for a while.

And I always come back to reaching for that connection with All That Is, because it feels good. It feels right. It resonates with me to feel that the Universe adores me (no less than you) and the Source is just waiting and longing to give me everything I desire. And my life works better when I am in that place, and my Heart sings and is filled with Joy when I am in that space of connection, and I am Worthy and I know it.

And that is why I come back to seeking that Joyous connection with Source time and again.

A few days ago, I was “web seeking” for Unity School of Christianity. I found some very bizarre attacks on this “New Thought” “New Age” organization from ultra conservative fundamentalist Christians. They were calling Unity a cult, and attacking it as “unchristian.” I was shocked at the virulence of the attacks, particularly from a writer in Christianity Today magazine, who also wrote a piece on prosperity consciousness that blew my mind. The basis of these attacks was the assertion that God is separate from humanity as well as from all other living beings; that Jesus must be worshipped as God incarnate but other human beings are contemptible “sinners” unworthy of God’s love and undeserving of His goodness. This very narrow limited definition of God and Jesus was held up to be the Only Truth, and any thought that isn’t in line with that definition is a lie and is evil according to this writer. So even though a huge element of Unity School of Christianity is love of God and love of Jesus, supposedly it is unchristian. Hmm.

I thought how very sad it is to believe that. I acknowledged that a lot of the sadness I often feel is related to thoughts of being separate from All That Is (as if that were possible, but we are all free to think that we are separate and consequently feel bad). How very sad it is to think that we are separate from God, separate from Love, separate from All That Is – and then to denounce a thought that offers hope of living in Joy, in Peace, and in Love, hope of living in connection with Source. In a system of belief such as this, one has to be right, and if one is right then all else must be wrong. And that is where Joy, Peace, Respect, Co-creation, and even Love go right out the window. Humanity is lost and the world divided into True Believers and Other. Since all Others are wrong, they are fair game; they deserve inhuman treatment.

I just feel better believing that I Am One with All That Is, God is the Source of All, and the Universe adores me. And You are One with All That Is, and the Universe adores you, too. Since the Universe is unlimited, that is not a problem. You can be loved, cherished and adored, too, and there is still plenty for me. Our good, our Joy, our Love, and our Abundance is unlimited. And so it is.
Wishing you Light and Love, and most of all Joy,
Sharon

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.

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Sending you Light and Love,

Sharon Walls

Road Signs for self help and personal development

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