

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 9 ~~September 30, 2005~~ (October 15, 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:

The [Unitarian Universalist Association](#) has established a Gulf Coast Relief Fund. You can find out more about how to contribute at <http://www.uua.org> . There is now a \$500,000 challenge grant for continuing assistance to the Gulf Coast that you can take part in. Additionally, go to our Mid-South District website and read the latest updates: <http://www.uua.org/msd> .

[Virtual tour of Beauvoir](#) – one of my favorite places on the Mississippi Gulf Coast is Beauvoir, a beautiful antebellum home that was the last residence of Confederate president Jefferson Davis and had been preserved as an historical site. It also served as a Confederate soldier's home and a hospital. Click here to see what Katrina left. <http://www.beauvoir.org/>

A Message from Sharon:

My 83-year-old father passed away October 1st, following another lengthy illness. I pondered whether I would be able to get out an e-zine this month, indeed whether I would ever be able to do it again.

To be a writer who shares personal growth and spirituality with my readers, as well as sharing my world, has been my dream all of my life. This e-zine, which is very personal, and my Web site, which is also personal, are wonderful expressions of that dream.

It is a dream that was influenced by my father.

A few years ago, I asked for spiritual growth. I wanted a quantum leap in consciousness. I wanted to redesign my life, to pursue my dreams, to make something of myself. I also wanted my father to be proud of me.

I have written quite a bit about my mother, about her courage and strength, about her modeling loving and mothering, and about her influence in my life. But I haven't written a lot about my father.

Catherine Ponder writes that our relationships with our fathers reflect our feeling of connection with God, since most of us have been brought up indoctrinated to see God as the Father. She writes that our subconscious mind confuses our feelings toward our earthly fathers with feelings toward our heavenly Father. I don't really know. I do know that holding resentment against another, particularly one who has had as much influence on our early lives as a parent or grandparent, is counterproductive. Holding resentment short circuits our good; it short circuits the flow of energy through our selves and distracts us from creating the life we love. And when we bring back to mind the incidents that trigger the resentment, we live it again. Our minds don't really get the difference between something that is happening in this point in time and something that we are simply remembering or imagining. We experience the fear, the pain, the thump of our heart in our chest just as if the person is standing before us threatening us or hitting us or saying hurtful things.

My father taught me many things that I wish I didn't hang on to. A belief in a repressive social class structure is one thing: he sorted society into levels and groups based on family heritage, money, and race. He had friends, mentors, and loved ones in every group or social level that he had identified. And he taught me that no matter where you came from you could always behave yourself with self-respect and pride. He was determined that through "good behavior," making a "good name" for himself (and for us) and having a "good reputation," he would overcome a poor socio-economic origin. Even though he expected me to live my life within the very limited and specific role that he believed a woman should have, he taught me to have pride and not to allow myself to be taken for granted, devalued, or mistreated. But of course, I did. I grew up with low self-esteem, questioning my value as a human being, questioning my dreams, my intelligence, my creativity, and my sanity. Many times I've thought, "I am only a girl, only a woman. What can I do? How can I have any real power in living my own life?"

As I mentioned earlier, I asked for a quantum leap in spiritual development, in personal development, in love, in life, in living my dreams and my life purpose... since then, I've had a painful divorce, problems with my kids, challenges and quantum leaps of all kinds. The expansion comes in wonderful, surprising, joy-filled and challenging, challenging, challenging ways. I earned my Master's in Journalism, fulfilling a dream that was decades old. Now what? I am forming in my mind the outline, structure, and purpose of a foundation that would channel energy into my community. How to move forward now? I am studying and practicing Deliberate Creation, living in awareness of the Law of Attraction and looking for the blessing in every situation; and I am still attracting some unpleasant "stuff" – but I am attracting a lot that is wonderful and miraculous and joyous. My life is changing so fast on so many levels in so many ways.

My mother got very sick and I was afraid she would die. I had my 50th birthday while my mother and father were both in the hospital. An incredible hurricane named Katrina took out the Mississippi Gulf Coast where I once lived and worked.

And then my father died after another extended illness. He took with him the hope that we could improve our relationship, that he would eventually be proud of me, that he could ever again be well and strong and smart – that he could tell wonderful stories again, that we could share that once again. But I told him how much I loved him, and how grateful I am to him for all that he taught me, the challenges as well as the love of history and storytelling and the many other strengths he helped me develop.

My dad was at one time a great adventurer with a great need to explore new places and do great works. He is off on another cosmic adventure now and I know he is relishing his freedom and his strength and his peace of mind and the sheer joy of being in spirit. And that is the word that keeps coming to me: Freedom, a blessing, an acknowledgement of the power, the bliss, the strength to be found in freedom.

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

"do not stand at my grave and weep, i am not there, i do not sleep.
i am a thousand winds that blow, i am the diamond glints on snow.
i am the sunlight on ripened grain, i am the gentle autumn rain.
when you awaken in the morning's hush i am the swift uplifting rush of quiet birds in
circled flight, i am the soft stars that shine at night.
do not stand at my grave and cry, i am not there, i did not die."
~dan millman, the peaceful warrior book series

"The **only** freedom that exists in all of the Universe - and, it is everything - is in the
knowledge that I create my own reality. And, that I can feel the way I choose to feel.
"Because the only thing - **the only thing** - that anyone fears is that something will
happen that will take their good feeling away. Isn't that what is inherent in all negative
emotion? Isn't that really the best description of fear that you've ever heard? It is the
belief that something will happen that will make me feel bad, that I can't control. And,
when you know and demonstrate that you can always choose the way you choose to
feel, now everyone's off the hook and you are, for the first time, utterly free."

Abraham, Sacramento 7/27/05

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Article: A New Paradigm on Forgiveness

Of all the things I've learned in my journey, two stand out. 1) We are always where we are supposed to be doing what we are supposed to be doing. 2) Everything happens for a reason and a purpose, and it is always for the highest and best good of all involved whether we can see it or not. In every thing there is a blessing. In everything there is a good gift for us.

Forgiveness is a concept that looms large in healing – forgiving others for a “wrong” real or imagined, forgiving ourselves for not living up to our standards, real or taken on from another. Forgiveness is not condoning what was done or perceived to have been done to us or by us – it is a releasing of resentment, of pain around the hurt, of bearing a continuing weight from the incident.

The old adage, “Forgive and forget” is easier said than done, but many metaphysical writers teach us about forgiveness as a path of healing, of living in love and at peace. But, if everything happens for a reason and a purpose, and it is always for the highest and best good of ALL involved, then what is there to forgive?

What is there to forgive?

Take it a step further.

In Deliberate Creation, or Law of Attraction, we learn that we are all Energy Beings vibrating at certain frequencies, that we attract situations, people, experiences, and things to us based upon our vibration.

We learn that we are 100 percent responsible for the lives we live and with that comes the power to create the lives we wish by the use of focusing our thoughts, beliefs, and emotions on what we want. There is tremendous personal power in this concept. Even if we cannot “get it” 100 percent of the time, it is still an empowering belief. If every thing happens for a reason and a purpose, if it is all for our highest and best good, if all feelings are simply to help guide us to refocus our thoughts and beliefs to attract more of what feels good and less of what does not... Well, what is there to forgive? Looking at this, there was a blessing and a gift in every situation if we can only see it... even if we can't see it, if we can assume that it is there, it relieves us of blaming ourselves or others for anything at all.

What makes it so tough to forgive?

One of the things that makes forgiving self or others so darn tough is, first we name the injury. Non-specific, blanket forgiveness doesn't seem to have the same kick as calling up the specific pain that we are planning to forgive or seek forgiveness for. We name it, and we claim it. The incident comes to mind, with all the pain, hurt feelings, blow to our self-esteem or our self-image, and negativity that is associated with it. We feel it all again and usually it does not feel good. What follows is usually something like, “How could you do that? How could you be so mean, thoughtless, cruel....” etc., etc. In other words, a judgment on the character or personality of the other or of ourselves. Even the sweet little phrase, “We were all doing the best that we could at the moment” doesn't remove the hard judgment of the one involved.

How about if, before we get to this point, we deliberately choose to look for the good that came out of the incident, the blessing, the growth? Again, easier said than done, but isn't just about every thing – “I am going to take a shower,” “I am going to write a popular novel,” “I love you,” “I am taking out the trash...” – easier to say than to do, harder still to believe?

If we revisit the “incident” and deliberately choose to look at the blessing, it doesn't just make forgiveness easier, it makes it unnecessary.

For example: my last divorce was painful. I loved my husband, even though he couldn't feel it or accept it. We had a beautiful home; I had good work and I loved my boss and most of the people I worked with; I was studying Reiki and had a small circle of Reiki friends. I wanted that life to continue; I wanted to be happy with my husband and I wanted him to love me and be happy with me. I also wanted to move back to Mississippi and be closer to my parents, my oldest daughter, and my grandson. My ex-husband had to be very cruel to force me to follow the road signs to the life I live now. At the time, it was extremely painful. I resented him, and I blamed myself for a lot of things I'd done or hadn't done. It has been very difficult to forgive him or myself.

Looking at it now from the distance of a few years, it was a good thing. The blessings in breaking up that rigid relationship that had become so empty and painful, in moving home, in having the growth opportunities that I'd never have had or taken advantage of while I remained in that life and that relationship... they are too numerous to count.

I do wonder what shifts of my deeply held beliefs are needed to make such intense, fast paced growth in my personal life and in my spirituality smoother; and even as I write that, I realize that I simply need to affirm and expect it to be easy, smooth, fun and joyfilled. After all, I know I am on the right path when I feel joyful, happy, and at ease. So that is obviously the way it was intended for us to experience growth.

With rapid growth, we must align our energy with the intense change and accept whatever comes as a gift. Embrace it and receive the blessing.

Resist it, and it hurts. And resistance is futile anyway.

John F. Demartini writes, "If you're still judging yourself, beating yourself up for something you've done or not done, it's time to look deeply and see how it served you and others, and get on with your life. It's impossible to harm someone without directly or indirectly helping them at exactly the same time, because everything is balanced, and everything ultimately serves physically or metaphysically. That's not an excuse, it's the truth, so it's wise to wake up and stop punishing yourself over any illusions." (The Breakthrough Process, p. 44)

When we can look at everything that comes our way and be grateful, we can live in peace knowing that there is good in everything and everyone, and that there is a blessing in it. Forgiveness and releasing is no longer an issue.
All Is Good, All Is 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:

The Art of Abundance - Paula Langguth Ryan

Paula is the best selling author of [Bounce Back From Bankruptcy](#) and other resources for dealing with finances. She is a personal finance coach, author and public speaker and her web site is loaded with free information and a variety of tools such as:

[21 Days to a More Abundant Life](#)

[Break the Debt Cycle For Good](#)

[How to Manifest the Right and Perfect Job](#) - teleclasses

[How to Manifest a Debt Free and Prosperous Life](#) - teleclasses

These are tools you can use to create the life you want to live, with a good relationship to your finances, money, income, and debt.

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,

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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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