

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 1 January 31, 2006

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.

Road Signs for the Journey 2004 - a collection of the articles from my newsletter. Click to my Web site at <http://www.swroadsigns.com> and click on the link to read the collection, illustrated with Dover Books samples, or download the PDF and print it. My gift to you as we start another year!

In this issue:

A Few Great Web Sites

A Message from Sharon

Article: A Season of Non-Violence

A Quiet Moment Meditation

My Recommendations

A Few Great Web Sites:

The Indigo Evolution - a documentary on the Indigo children. Are we fooling ourselves or are today's children evolving? Impatient with b.s., determined to live their lives to the fullest, are they just difficult, or are they the future?
<http://www.theindigoevolution.com/>

The Beloved Community – an ideal envisioned by Dr. Martin Luther King Jr. Read about it here: <http://www.thekingcenter.org/prog/bc/index.html>
The King Center was established in 1968 by Coretta Scott King to continue the work of her husband. <http://www.thekingcenter.org/>

The Association for Global New Thought – home of the 2006 Gandhi & King: A Season for Nonviolence - *Compassionate Activism for Global Healing*. <http://www.agnt.org/>

M K Gandhi Institute for Nonviolence – founded by the grandson of Mohandas K. Gandhi on the campus of Christian Brothers University in Memphis, Tennessee, USA, the Gandhi Institute studies and promotes the principles of nonviolence that Gandhi taught.
<http://www.gandhiinstitute.org/>

A Message from Sharon:

I will never forget the sinking feeling that descended on me as I realized the meaning of that Y-shaped plume of thick white smoke.

I think it was a Monday morning. I had just been laid off from one of the most fun, most interesting and best paying jobs I'd had, and I was kind of at loose ends. I had some ideas about the future, even thought about freelancing as a writer and had sent some queries, but no firm goals or plans, or even dreams.

It was still early that morning. I had taken my daughter to the Montessori School where she was in kindergarten. It was a few days before her sixth birthday. We had planned a party at McDonald's the upcoming Saturday.

I marveled at the shuttle launches. So breathtaking! Such daring, such freedom as the shuttles, piggybacking on rockets, swept into the sky. This launch was special because one of the crew was the first teacher in space, Christa McAuliffe. She had been giving interviews and her excitement and enthusiasm was contagious.

It was January 28, 1986. I turned on the television to watch the launch of the space shuttle Challenger. Effortlessly, the shuttle and rocket soared into the sky. And then the thick Y-shaped plume of smoke...

My heart rose into my throat as I watched it. I understood what it meant, and I watched as bits and pieces of Challenger vaporized and fell into the sea. And my heart sank with them.

This event marked the beginning of a period of financial and emotional hardship for me. Having lost my good job with no real plans for other work, I was soon in financial trouble. As a single mom, I was lonely. My spiritual practices kept me afloat, eventually helping me find direction, and in about 18 months I turned it around. I learned so much during that year and a half of intense and powerful changes. I went back to work in the field I loved; I met and fell in love with a wonderful man; soon we were married, bought a home, and had another beautiful daughter. My spiritual path took some interesting turns and bit by bit I found more direction, more Joy, and more love in my life.

That morning it felt like my dreams and hopes were going up in smoke like Challenger. It was the beginning of another cycle on the journey of life; it only felt like an ending.

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

You must be the change you wish to see in the world.

Mohandas K. Gandhi

Article: A Season of Non-Violence

Mohandas K. Gandhi, also known as the Mahatma, was a powerful and charismatic civil rights leader in India after World War I. He taught and practiced non-violence in his protests against the British occupation of his country, in his efforts to gain the freedom of his country. He was assassinated on January 30, 1948.

Dr. Martin Luther King Jr. studied Gandhi's teachings on nonviolence, truth, agape love, and absolute equality of all people without regard to gender, social class, or race. He drew upon these teachings as a source for many of his sermons and speeches. He advocated nonviolence and the ultimate creation of what he termed "the Beloved Community." He was assassinated on April 4, 1968.

On January 30, 1998, on the fiftieth anniversary of the death of Mohandas K. Gandhi, the first A Season for Nonviolence was launched, to continue until April 4, 1998,

the thirtieth anniversary of the assassination of Dr. Martin Luther King Jr. Co-founded by Arun and Sunanda Gandhi of the M.K. Gandhi Institute for Nonviolence, synchronistically located in Memphis, Tennessee, USA – the city where King was killed, and a group of ten ministers forming the Leadership Council of The Association for Global New Thought, A Season for Nonviolence is now held annually to further the missions of these two great leaders.

A Season of Nonviolence - Hope for a better world

Our objective each year has been to create an awareness of nonviolent principles and practice as a powerful way to heal, transform and empower our lives and communities. Through an educational and community action campaign, we have recognized those who are using nonviolence to build a community that honors the dignity and worth of every human being. By identifying “what works” in these new models for reconciliation and human harmony, we are demonstrating that every person can move the world in the direction of peace through their daily nonviolent choice and action.

from the Web site <http://www.agnt.org/>

The Vision

Both Gandhi and King held visions of a world in which we could all live together in dignity, in equality, in love, and in synch with the world around us. By studying and practicing the principles of non-violence that these two men espoused, we can contribute to the creation of global peace, prosperity, and love.

There are people everywhere who want to help create a better world – people deeply concerned about widespread suffering, environmental destruction, escalating materialism and the loss of our sense of community. There is a deep and growing hunger for a wiser and more loving society. Ghandhi and King modeled the vision to create such a society.

They claimed the power for social change lies within individual consciousness. That if we really want to create a wise and loving world, we must first become wise and loving ourselves. With a vision of a society governed by love and the common good - - we have a powerful antidote to the violence, distrust and division of today's politics of fear.

from the Web site <http://www.agnt.org/>

The Passing of Coretta Scott King

A Season of Non-violence 2006 is even more poignant because Coretta Scott King, widow of Dr. King and founder of The King Center for Nonviolent Social Change in Atlanta, died in the night on January 30.

Besides standing at Dr. King's side through the 50s and 60s, and raising their four children, Mrs. King was also a social justice activist.

She spoke out "on behalf of racial and economic justice, women's and children's rights, gay and lesbian dignity, religious freedom, the needs of the poor and homeless, full-employment, health care, educational opportunities, nuclear disarmament and ecological sanity," according to her biography on The King Center's Web site.

She founded The King Center the year her husband was killed to further the mission of equality and social justice.

Pledge of Nonviolence in honor of Dr. Martin Luther King, Jr.'s Life and Work

IN HONOR OF DR. MARTIN LUTHER KING, JR.'S LIFE AND WORK, I pledge to do everything that I can to make America and the world a place where equality and justice, freedom and peace will grow and flourish.

I PLEDGE TO MAKE NONVIOLENCE A WAY OF LIFE in my dealings with all people.

I WILL REJECT all forms of hatred, bigotry and prejudice, and I will embrace the values of unconditional, universal love, truthfulness, courage, compassion, and dedication that empowered Dr. King.

I WILL DEDICATE my life to creating the Beloved Community of Dr. King's dream, where all people can live together as sisters and brothers.

<http://www.thekingcenter.org/prog/non/pledge.pdf>

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.

Now, take this one step further. As you breathe in this beautiful Light of Divine Love, say to your Self, "I Love You." Say to your Inner Being, "I Love You." Imagine flowing this beautiful Light of Divine Love to someone you love. Let the Love flow from your heart center and radiate into your world. Imagine sending it to surround someone you love and cherish, someone you adore. Now, let that someone be you. Allow your Self to breath in this Love, this unconditional loving creative Light energy, and say again, "I Love You."

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Sending you Light and Love,

Sharon Walls

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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>