

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 12 December 31, 2006

Wishing for you a new year that finds you more in touch with the truth of who you are and more aware of your connection with All That Is..

Happy 2007!

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:

[WorkingMonk newsletter by Adam Kayce](#) – Subscribe to the newsletter and get a copy of "Silencing Overwhelm," an overview of "fundamental teachings of the heart and intuition, designed to help you find your way to freedom from drudgery and stress- laden work." This spiritual teacher and coach has worked with Mark Silver, whose [Unveiling the Heart of Your Business](#) I have recommended below. <http://www.monkatwork.com/>

A business success formula based on opening your heart: <http://www.heartofbusiness.com>. There is a free workbook and an ezine that are great resources. The Sufi method for opening your Heart given in the book [Unveiling the Heart of Your Business](#) is very soothing and beautiful. It invokes living your business life from your Heart for the benefit of all concerned.

David Cameron Gikandi's new book is available now. "How to Live With Yourself and Automatically and Simply Love Yourself to Pure Freedom, Health, Wealth and Relationship Success" - A truly practical how-to guide. David says it is his best book since "A Happy Pocket Full of Money" that I recommend on my Web site. Learn more about it here: <http://tinyurl.com/yfonpc>

A Message from Sharon:

I have decided that spiritual development and enlightenment should be easy. It should not require hard work, or 30 minutes to an hour of listening to a holosync CD every day, or studying sacred texts. I do enjoy a good holosync CD or meditation (especially guided meditations with the rhythmic beat in the background that enhances the experience), and I will

forever love good books. But it should always be a pleasure, not a burden. None of it should be hard. That is counterproductive. Somewhere in the back of my head is that good ole belief that I must work hard to succeed, and I hope it stays out of the way of my fun-filled journey.

In the meanwhile, Beloved Inner Being, please continue to show me how easy and how much fun enlightenment can be!

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

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

Sharon

I mentioned EFT (Emotional Freedom Technique) in my last newsletter. I've been using it on some emotionally charged issues in my life and seeing some positive results. Over the past month, I've had repeated synchronicities around EFT, including having a friend loan me the set of training DVDs (I get the study course for free! Yea!). Here is a description of it from Raven Cox from the Abraham-Hicks list, printed here with permission:

Of all the techniques I've studied, experienced, and used over the years, I find EFT to be the easiest to learn, and most effective at removing the roots of the energetic imprints we've accumulated. I liken it to a Roto-Rooter! Like roots that are under the ground, these imprinted beliefs are hidden in our subconscious mind. We can consciously work away on them, and they seem gone, and then "oops!", something happens, and our energy system is disrupted. It's like when you pull a dandelion out of the ground...it looks like it's gone, yet if a tiny part of the root was left, it grows back, right?

The roots are our 'hidden files' and programs that operate from our subconscious, and are triggering our emotional responses. They are our negative belief systems (BS for short!) that we, as children, absorbed into our little beings, and have unconsciously attracted 'like energy' to us ever since, reinforcing the negative B(elief) S(ystem). EFT allows us to love and accept ourselves, even though we have these negative programs. That's the first step to any process of change. And then, tapping on the meridian points while that particular vibration is consciously being activated by us, releases it permanently. Even if it's a spontaneous, unconscious reaction, like when I'm driving and someone cuts me off, I immediately feel the disruption and say, "Even though that driver really p*eed me off, and I called him a name, I deeply and completely love and accept myself." Then I tap on 8 meridian end points (I use the short cut version when I'm driving), and it's gone. I continue on my way, not even noticing where that other car is. I'm back in MY moment.

I find EFT to be THE quantum healing tool, as it can be used by anyone, anywhere, anytime, and by oneself. I teach it to children in a Pilot Project I'm doing in a (Catholic!) school here in London, Ontario. The effects are amazing. They shift so fast, and are using it spontaneously when they feel upset or physically hurt. They even offer to do it with each other when they notice someone who's hurt or upset!

These children are releasing the wounds and negative beliefs they've acquired previously (and keep manifesting through the LOA) at the age of 7 and 8. Their negative, unconscious belief systems, if they keep using the technique, will be gone permanently, and they will step into their "powerful creator" energy at a much younger age than any of us were able to. (Have you heard of Indigo or Crystal Children?)

Wouldn't it have been great to have an understanding of the LOA, and how to apply it in our lives, and how to release the vibrations of lack, and unworthiness, etc. back when we were that age?! :) I love my work/play!

EFT works wonderfully with Abraham teachings, too! For example, when I'm listening to Abraham, and they say, *"...it is our desire that you relax a little more, and try to accept a little more, the worthiness, the deservability of you. We want you to stop acknowledging who you are on the basis of how things have been."* ("Am I On My Path Of Allowance?" Portland, OR 7/14/04)

I used to say, "How, Abraham?! How do I stop acknowledging the crap that seems to pop up even when I don't want it to?! How do I feel worthy and deserving, when I can hear/feel a little

'voice' in my head or body that tells me otherwise?!" Then I came across EFT, and now, as I listen, I can instantly feel when my energy is 'disrupted'. (EFT Discovery Statement: The cause of all negative emotions is a disruption in the body's energy system.) So with the above message from Abraham, I might feel some resistance in my body/energy system (programming from my childhood: the BS), and I use EFT right away. Whatever negativity I feel in my body or hear 'talking back' in my head, I "tap" on it.

"Even though I feel this vibration of unworthiness in my body, I deeply and completely love and accept myself, and choose to relax and feel worthy and deserving now."

Then I tap on the meridians while feeling this 'yucky' vibration, and 'poof', it's removed from my energy body and subconscious mind. I can then move forward much easier, joyously co-creating what I consciously choose to create, without that old programming. I've witnessed it on countless occasions with my clients, which is why I can say, "I witness transformations." Delving deeper is really the key, and when we go back to the first time we remember feeling that way, and tap on that situation, it's getting at the root. Once the root is gone, the situations, etc. that triggered us before, don't affect us anymore.

You can go to the website to read more about it, along with hundreds of examples of how it's been successfully applied for all sorts of issues. Gary Craig, the founder of the technique, wants everyone in the world to know it, so you can download the manual for free, and it shows all the meridian points, and how to do it, etc. He also has a great weekly newsletter, and offers training DVD's at very reasonable prices, which I'd highly recommend. Seeing is believing, and when you experience it yourself, you KNOW!

Raven

<http://www.emofree.com/a/?778>

Raven Cox

EmpoweringSolutions.net

Energy Therapist, Social Entrepreneur

EFT-ADV Practitioner & Instructor

Registered Reflexologist

London, ON

* "The reason you have not already gotten what you desire is because you are holding yourself in a vibrational holding pattern that does not match the vibration of your desire. That is the only reason – ever."

Abraham-Hicks – Ask and It is Given, ch. 4, pg. 15

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

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(to get Abe Quotes delivered in your in-box, go to:

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

Article: Customer Service

I read a fascinating disclaimer on a web site marketing an e-book that I was slightly interested in buying. The price was rather high; the subject was sort of interesting to me but nothing I felt compelled to pursue. There was no guarantee offered; no option for a refund. And this is the explanation given: "If we offer to give you your money back for this e-book, we would be little more than a lending library."

This is an honest disclaimer. Maybe too much information. By spelling out their expectations around the book they made it clear that they expected people would want their money back. I did not buy the book for a number of reasons, but this disclaimer was one of them. I didn't like what it said about the book or its promoters.

I love to Web seek and sample interesting products, services, and ideas. I have purchased many very expensive books and programs that did not offer a refund at all and been very happy. I have purchased many that offered a complete, no questions asked refund on the wildly remote chance a customer was not fully satisfied. Most of these, I have not asked for a refund for because I was a match to it; but for those I did request a refund I was grateful for the option.

What is good customer service? For me, it is understanding what my options are before I enter into a buying relationship.

And it is a relationship, particularly now when you can purchase a book, and if it speaks to your heart you can go to the web site and access tons of additional related information, buy other products, and sign up for a newsletter. For me, buying a book and stopping there means I was not pleased with the book. It will find itself on the “sell your copy” list on Amazon.

So customer service that meets my expectations is good customer service.

Customer Service in Real Time

Perhaps a buying relationship is more honest than personal relationships. The company makes an offer on a product or a service, and spells out the terms and conditions of the exchange of energy. The customer reviews what is offered and then either requests the product or service, exchanging units of energy for it, or respectfully declines or ignores the offer.

In our daily work or personal life, could it be as straightforward? Could we spell out what we are offering – i.e., being ourselves authentically – and the terms and conditions involved in becoming interconnected with us either as co-workers or friends or lovers? Could we review what this relationship would require from us, and then either agree to invest energy in it or respectfully pass? If we did enter into a relationship, could we then request a refund of our investment or cancel our subscription if we think that the relationship was not as advertised, or that there were hidden flaws that we could not have anticipated and are not willing to live with?

Are there times when we are not in touch with the truth of our selves to the point that we do not realize that we are not being honest in how we present ourselves, in how we package or market the quality of our character, personality, friendship, or commitment to work?

Good Customer Service Means Honesty

Good honest marketing of a service or product means a clear description of the item, a description of what is required from you in using the item, and the terms and conditions (if any) under which you can terminate your buying relationship and seek a refund of your investment.

The customer can then review your product or service, and choose whether or not to come into relationship with you through that product or service.

In real time, in the world as we know it, it is good to be honest with yourself about what you want, what you are willing to buy into, and what you are bringing to the table whether in work relationship or personal relationship. If you respect yourself, you will be clear about this both in your own mind and in presenting yourself to others.

It is better to talk about it up front rather than waiting and seeing if you can get your investment of energy and time refunded later – chances are you won't be able to.

Being honest up front is the key to good customer service – then the customer knows what to expect in your relationship. Then both of you can be satisfied with the transaction.

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. Imagine the soft warmth and gentle sunlight of a lovely spring day fills your eyes, bathing them in health, relaxation, and comfort.

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.

Become aware of the Divine Love in your Heart center. See it as Light. Breathe in even more 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 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.

Realize that every cell in your body, mind, and heart is absolutely perfect now. Realize that your heritage is perfect, radiant, joyful health and beauty – pure positive energy. Love every part of your physical body, your toes to the tip-top of your head. Love and appreciate every part of your wonderful body-temple that serves you so well in this life. Send the beautiful Light of Divine Love to every part of your body, to every cell of your body, in Joy, and in appreciation.

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.”

And breathe.

Experience the Joy and happiness that accepting your own unconditional Love and acceptance allows. Feel the bliss, feel the peace that connection with Universal Mind, with Divine Love gives. Breathe deeply and allow your entire being to expand. Hold loving, beautiful thoughts about your Self now. Accept your own Love. Let it in. Just for now, allow your Self to be perfect, beautiful, most beloved in your own eyes. 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. You are capable, you are powerful, and you can handle it. Remember to open to this Divine Light and remember to accept your own Love and approval as you go through every moment of your Life, living your best Life, being your Self, loving your Self, and appreciating your connection with All That Is.

And so it is.

My Recommendations:

I found a website I think you should check out- <http://www.heartofbusiness.com>. It's full of heart, practical information, and lots of resources for people who are in business to make a real difference, but also know they need to make a healthy profit. Especially check out the free workbook and ezine- they're both great.

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](#)

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

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](#) (<http://www.dreamsalive.com/cgi-local/af/b.cgi/719>)

[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.

<http://www.scienceofgettingrich.net>

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WARNING! I do not send attachments via e-mail unless you've requested it. If you get an e-mail with an attachment from my Web site, don't open the attachment! Just delete the e-mail. S
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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. To subscribe, just e-mail me.

Sending you Light and Love,

Sharon Walls

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>