

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 3 March 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.

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A Few Great Web Sites:

[The Secret](#) - You have absolutely got to see this movie. It is not only incredibly beautiful and breath-taking, but it is a succinct explanation of the Law of Attraction, including how to apply it in relationships, money, and personal development. I loved *What the Bleep Do We Know?* but this movie just blows me away. It features some of my favorite authors: Esther Hicks/Abraham, Joe Vitale, Jack Canfield, John Demartini, and Bob Doyle to mention just a few. It is the most beautiful explanation of Law of Attraction that I have ever seen. <http://www.theseecret.tv/>.

[The Celestine Prophecy movie](#) – Did you read *The Celestine Prophecy*? The movie is coming out soon; this weekend and next weekend many churches and other organizations are hosting a “sneak peek.” To find out more, including a place nearby to view the sneak peek, click here: <http://www.thecelestineprophecymovie.com/celestine/>

[Earth Day 2006 Climate Change Solutions Program](#) – April 22nd is Earth Day. <http://www.earthday.net/>.

On Wednesday morning of this week, at two minutes and three seconds after 1:00 in the morning, **the time and date will be---01:02:03 04/05/06....** This will never happen again.

A Message from Sharon:

Like many of us, I found myself carrying a good 40+ pounds that I did not want, and I was not feeling as fabulous as I'd like. My energy was down. I couldn't climb the stairs without huffing and puffing.

I don't eat much sugar; I don't drink alcohol (by choice, not by religious belief); I don't even think I really overeat in general. In short, I don't really break the rules that "all" of us are supposed to follow to weigh a reasonable weight – except for an occasional entire bag of cookies at one sitting. And yet, here I am, like I said, over 40 pounds above my ideal weight, huffing and puffing, and having frequent headaches.

When it comes to my health, even though most of my original family have several human-created diseases like high blood pressure, high cholesterol, and diabetes type II, I honestly expect that I will never have any of those diseases. However, I realized that I didn't really expect to have perfect, radiant glowing health either.

And yet, if we are all individualizations of Universal Life Force Energy, then perfect, radiant glowing health is as much our divine birthright as Love, Breath, Light, Energy, Inspiration, and Joy.

It is our Divine birthright to be healthy, whole, and complete. There is no illness that we need to fight; no one plan to keep every body healthy, no one body type that is beautiful. We are each like a snowflake – intricate, multi-faceted, radiantly beautiful reflections of light – and literally no two alike.

The only rule to have perfect radiant health is the same rule to have prosperity, love, and fulfilling self-expression – love your Self (and your body temple) and live in awareness of your connection to the One Source. When we live in this principle, we live in Joy, in Abundance, in Well-Being, and in Love.

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

*Physical Well-being is only one good thought away.

You could have every disease known to man within you today, and if you chose different-feeling thoughts tomorrow they would all leave your body.

The key is to not give any unwanted thing much attention. When it doesn't feel good -- turn your attention somewhere else.

"Well-Being Cards"

<http://www.abraham-hicks.com/Knowledge/Abraham/Newsletters/QJ17/quotes.html>

If we were in a physical body, and we found ourselves sick, which means we've pinched off enough Well-being long enough, through our attention to what we do not want, that we have a sort of habit of that going on, even though intellectually we would know that in the next moment we could step into a place and allow the Energy to flow, and that the illness that had been with us even for a long time would leave us in the moment of doing that... the approach we would take is: We would make a new decision to literally pamper ourselves, adore ourselves, coddle ourselves, soothe ourselves in any possible way that we could figure out how to do it, back into Well-being. We would not try to regret ourselves into it. We would not punish ourselves for what we've done wrong. And we would not frighten ourselves by going for constant diagnosis.

Virginia Beach, VA -- G-10/24/00

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

Article: Our Bodies, Ourselves

We are Divine expressions of Universal Life Force Energy, having a grand time in physical form on this earth plane.

At some point in our lives, we probably were taught, and believed, that our body was it – the outer form being all that is in this life. We are in our bodies, but we are not just our bodies. We are Divine Intelligence using a physical form to experience Life, Light, Love, and Joy in the physical realm here on Planet Earth. There are billions of other life forms on Earth, and there are billions of planets in the Universe.

To think that this body is all there is limits us in the range and depth of our expression.

We are spiritual beings having an experience in this body, with this mind and this heart, on this particular earth plane, in this particular time frame.

This is our body, our vehicle if you will, while we are on the earth plane. Jesus said that our body was a temple to God and that as such we should take loving care to treat our bodies as temples.

What is health?

Health is a very physical expression of the desire to feel good. It is recognizing our connection to Source - not reconnecting, because in Universal Life Force Energy we live and move and have our being; we cannot be disconnected or separate, we just think we are - recognizing our One Source and feeling great, living in the Joy that this brings.

Health is the energy and desire to do what ever physical thing we wish to do.

Health is abundant, radiant energy and Joy. Health is enthusiasm. Health is sparkling eyes, laughter, a mega-watt smile – health is feeling good.

Health is in our hands. Our physical bodies are wondrous perfect miracles. We have the ability to heal any disease, to live in perfect health and well-being. We have within us the power, the Universal Life Force Energy, all that is needed for perfect health.

Imagine the miracle that your body is – millions, perhaps billions of tiny cells performing functions in accord with DNA programming so intricate and embedded that we have no clue as these cells go about the business of living. Unless energy is blocked or withheld, unless our thoughts, beliefs, and emotions, and the actions we take that arise from them, block well-being, and prevent the cells of our bodies from performing their work with maximum efficiency and joy, there is no reason not to live in perfect well-being.

But we do create illness, dis-ease, and just plain lack of well-being. We do it by mindlessly moving through our lives.

We eat foods that have been grown with artificial fertilizers and hormones. We consume more fat in our diets now than ever before. We drink sodas, eat sweets and processed foods, and sit in front of our televisions or our computers for hours on end without moving our bodies at all.

We react with anger and frustration to little annoyances. We spend hours dwelling on what we don't want, dissecting every incident of our lives in painful detail, looking for the ways we have been done wrong, or had our feelings hurt, or been disrespected.

We don't catch ourselves in the very act of creating and attracting more of the same. Through Law of Attraction, we are attracting situations that correspond with our sour attitudes. And dis-ease is one situation that corresponds very well with pent-up anger, needless stress, and hurt feelings.

Louise Hay wrote, "I believe we create every so called "illness" in our body. The body, like everything else in life, is a mirror of our inner thoughts and beliefs. The body is always talking to us, if we will only take the time to listen. Every cell within your body responds to every single thought you think and every word you speak." (Hay, *You Can Heal Your Life*, 127 – read more about my experiences with Louise's books here: <http://www.swroadsigns.com/hay.htm>) In her book she goes on to describe many common symptoms and complaints with possible underlying causes and suggested affirmations.

Every cell in our bodies has Divine Intelligence. They are programmed to function perfectly. We can trust in our bodies' innate wisdom. Sometimes our bodies send us loud and clear messages. If we have a heart attack, we will suddenly be faced with some serious lifestyle changes and we will probably come face to face with our vulnerability. Life and our loved ones suddenly seem so precious.

In the movie *What the Bleep Do We Know?* the main character stands in front of her mirror screaming, "I hate you!" at her body. Then she remembers an exhibit of Dr. Masaru Emoto's photography of water crystals when certain emotions were beamed at it. She changes her tune and begins to write "I Love You" and to draw hearts all over her body. If emotions can affect water, then clearly they affect our bodies that are almost three-quarters water.

In this modern world, we suffer from a whole list of essentially manmade diseases, or lifestyle diseases, such as diabetes, high blood pressure, heart disease, and all kinds of allergies and sinus issues. Some of these diseases arise from environmental toxins and poisons; some from over-eating, eating foods that do not serve our bodies well, or eating processed foods with high fat and sodium or cheap corn sweeteners; some from a lack of movement or exercise; some from dealing with stress badly; some from a sense of separation from our One Source; some from poor relationships or from fear or from suppressed anger; some from self contempt or self-hatred.

These are diseases that modern medicine cannot heal. And if you go to a doctor with any of these dis-eases, whether they are of the mind, heart, or lifestyle, the modern Western doctor will attempt to treat the dis-ease with a modern Western expensive medicine. The medicine, or surgery, or hospital stay does not restore health – it makes the body function. Then probably you will be prescribed this expensive medicine and instructed to take it daily. The doctor may suggest that you make some lifestyle changes, but usually the message is clear – you need the medicine to control the dis-ease. You will never again be well enough not to take the medicine, unless the doctor says that you are.

The Healer Within

Marilyn Innerfield wrote, in her book *Healing Through Love*, "From this moment forth, you can choose to look at your life in all moments, and recognize that you have the power to live as you want to live." This book is a powerful testament to one woman's journey to curing herself of cancer, through both conventional medical means and the power of Love. "I offer you my life story as an example of how we create illness—and how we can heal from illness. It is always a matter of choice." [Read more here: <http://www.expandedliving.net>]

Roger Jahnke, a Doctor of Oriental Medicine, wrote, Three areas, all based on personal choice and personal action, maximize the activity of our naturally occurring self-healing capability. The first is our choice of attitudes and mental influences. When we choose to think, believe, and act from a position of power, refusing to be a victim of circumstances, the healer within is

automatically strengthened. ...

The second area of choice is lifestyle: nutrition, exercise, rest, relationships, finances, work, spiritual practice, play, water intake, avoidance of alcohol and cigarettes, and so on. ...

The third area of choice is personal self-care – the practice of self-healing and health enhancement methods.

(Jahnke, *The Healer Within*, 8-9) [Read more here: <http://www.healerwithin.com/>]

Jahnke's premise is the same as Louise Hay's and Marilyn Innerfield's – our health is in our hands, perhaps even literally.

In the United States, healthcare is a multi-billion dollar industry. Because healthcare costs are so high, health insurance is expensive as well. The increased costs of providing this benefit to employees, or providing a reduction of cost through group insurance policies, has become burdensome to businesses, but such insurance is essentially necessary if there is any need to access the modern Western healthcare system. And alternative medical paths or treatment options are usually not covered under health insurance plans.

Access to healthcare is a major concern for the less affluent in this country. The poor are pretty much out of luck, and what healthcare subsidies there are face funding cuts at the state and national level every year. What the poor and elderly need is not just access to quality affordable healthcare and medicine, but the knowledge that they can have health and well-being through their own inner guidance, by taking care of themselves in the way that is best of them.

Every body is unique.

Another issue with healthcare and modern Western medicine is the simple fact that each body, and each of the millions of cells within that body, is different. We are all unique. There is no one treatment or healthcare regimen that would suffice for every human being on this planet. What is medicine for some is poison for another. While chocolate does not make one person feel good, it sets off waves of endorphins in another. Some people smoke cigarettes for 60 years without developing lung cancer while others develop it from breathing second hand smoke.

"Americans spend one dollar out of every 14 for medical services, or over \$800 billion yearly - more than the national deficit, the food bill and the profits of all U.S. corporations combined - yet we have little to show for this tremendous drain on our resources. We have almost forgotten that our natural state is one of balance, wholeness and vitality," wrote Sally Fallon, Integrative Nutrition Visiting Teacher, in *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. http://www.integrativenutrition.com/mag/winter06_health.asp

What is Primary Food? published on the Integrative Nutrition Web site at <http://www.integrativenutrition.com/primaryfood.asp>:

"Primary food feeds us, but doesn't come on a plate. Love, hugs, touch, kisses, warmth, massage, meditation, fun, freedom, self-expression, tears, hot baths, nature, downtime, close friends, and play all feed our souls and our hunger for living. ... The more primary food we receive, the less we'll depend on secondary food. The opposite is also true."

There is no one food that nourishes our bodies, our brains, and our hearts. We need a variety. We each need a lifestyle that comes from our hearts, from our Source.

"It is not what you eat that can hurt you. It is what you BELIEVE about what you eat that can hurt you," wrote Sondra Ray in her essential classic *The Only Diet There Is*. "Actually, our true nourishment comes to us from the light of God, not from food. ... love

is the highest thing there is and God is love and God is the highest thing there is.” (Ray, 32-33)

God is Universal Life Force Energy, Divine Light. When we breathe in Light and Love and Joy, we are putting our attention on our connection to Source. When we fill all the cells of our bodies with this Divine Light in meditation practice, we are filling our bodies with Love. We are loving our bodies, as well as our selves.

And that is the key to perfect health and well-being, just as it is the key to living our whole lives in Joy, and Love, and Light.

If we love ourselves, and we love our bodies, and we love the Divine Light that is our Source, then we are living in perfect health and well-being.

We can choose, as Wayne Dyer and Abraham say, to feel good. We can choose to feel great!

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. Imagine that you can see clearly, that your “vision” is crystal clear and that you can clearly see the beauty all around you in your life.

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.

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. 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:

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

The Science of Being Well Network. Dr. Alexandra Gayek. Another take on a turn-of-the-20th-Century book from Wallace Wattles. This focuses on applying the principles to health and well-being. <http://www.scienceofbeingwell.net>

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Sending you Light and Love,

Sharon Walls

Road Signs for self help and personal development

<http://www.swroadsigns.com>

Sharon@swroadsigns.com

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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