Road Signs for the Journey

There is no Destination, the Journey is the Thing. 2006 No. 4 April 30, 2006

Welcome to this issue of my newsletter for <u>Road Signs for self help and personal</u> <u>development</u>. 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 - Have you seen it yet? This movie is an incredibly beautiful and breath-taking, and succinct, explanation of the Law of Attraction, including how to apply it in relationships, money, and personal development. It features some of my favorite authors: Esther Hicks/Abraham, Joe Vitale, Jack Canfield, John Demartini, and Bob Doyle to mention just a few. http://www.thesecret.tv/.

The Master Key System by Charles Haanel is referenced in **The Secret** movie. You can read this book free on psitek - http://www.psitek.net/pages/PsiTekTMKSContents.html - psitek free edition.

Grist magazine - This is environmental muckracking with razor sharp wit and biting insight. There are no sacred cows here. For an introduction and a taste of what is in store, check out the photo essay on Peru:

http://www.grist.org/news/maindish/2006/04/05/peru/index.html?source=muck

Eat Well Guide is a free, online directory of sustainably raised meat, poultry, dairy and eggs. Just plug in your zip code and you will receive information on where to purchase these products locally. http://www.eatwellguide.org/

- Eat Wild is an online sourcing for listing of pastured products in the US and Canada. You may find local pasture raised meat sources through their link: http://www.eatwild.com/products/index.html
- If you are looking for locally grown, organic products, try searching through the **Local Harvest** website at: http://www.localharvest.org/.

A Message from Sharon:

Because I had been feeling overweight and uncomfortable, I have been reading a lot about diet and nutrition. When I was in college in the '70s, I had an interest in nutrition and the effect of supplements, herbal supplements, and a vegetarian diet on physical appearance (let's be honest) and feeling good. So I have that foundation of information on diet, nutrition, and good health.

I have on occasion committed to a "diet" with the goal of losing weight. That hasn't been more than temporarily successful for me, mostly because of my mindset.

I recently purchased Jon Benson's e-book, *Simply Eat!* While it is a book about "diet" – or shall we say, "nutrition choices" – it is really a book about being your best self and leading a full-filled life.

The key thing being obese taught me was that we forge our own prisons out of our beliefs and our consumption. I am not speaking only of consuming food, but of *consuming thoughts*. Our thoughts become who we become. Our thoughts become the foundation for the rules of living that we alone create. If you currently have limiting beliefs, such as *I will never be lean, I will always be fat, I cannot succeed at ________,* and so-on, you must do this right now: Accept full and total responsibility for creating and/or accepting these beliefs into your mind and life.

What if you decided to adopt a lifestyle eating system that empowered you to fulfill your family's needs and become a living role model to your children? What if you chose to eat and move in a way so that your friends and loved ones would only see a powerful, youthful, healthy *you*?

Jon Benson, Simply Eat! http://www.easiestdietintheworld.com

I love my children. I want to feel good and be healthy to enjoy my time with them, not distracted by poor health, a pervading feeling of being too tired all the time, or 20-to-30 extra pounds that drag me down. I want to model exuberant good health, energy, Joy, abundant life and abundant love for my children and grandchildren.

Yes, there are nutrition advice and lifestyle guidelines, but the Mind link is the first link, because if I can't get my thoughts, beliefs, and emotions aligned with my lifestyle choices, I will be doomed to fail at this "diet" as well. Jon is a body-builder, so much of his diet recommendations are out of the mainstream, and I honestly don't plan to commit to all of them. Some require the purchase of special foods and supplements, and I am not likely to purchase that either.

However, if the key to living fully is balance, we can all understand the basics of eating a variety of good, nutritious foods, drinking pure water, and getting exercise, particularly if we exercise outdoors in the beauty of nature. For a whole life and optimum health, I would also recommend a regular meditation and prayer practice, the daily practice of Deliberate Creation, a lifestyle balanced between work and play, and giving of ourselves in relationship to loved ones, family, and community. I also appreciate the Energy work of Reiki, T'ai Chi, or gigong.

Diet is only one part of a full and balanced life, for optimum health. After all, the point is to feel good – in all ways.

Life is good. It just keeps getting better and better. Sending you Light and Love, and most of all JOY! Sharon ...we think that you misunderstand the task because you're looking at yourself as flawed and in need of a cleaning, and we're looking at you as perfect and in need of awareness that you're perfect.*

Honolulu, HI, 12/13/05

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The Worldwatch Institute's State of the World 2000 states,

"Half the world's people, both rich and poor, are medically malnourished, suffering from either obesity or from diets with inadequate calories, vitamins, or minerals. A whopping 55 percent of American adults are overweight."

This paradox doesn't make any sense. As the processed food industry of the developed world makes inroads into the underdeveloped world the result is a diet producing obesity.

Brady Barrows, The Rosacea Diet Book

"It is not what you eat that can hurt you. It is what you BELIEVE about what you eat that can hurt you.

"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." Sondra Ray, *The Only Diet There Is*, 32-33.

Article: A Diet for Every Body

As the spring months flow into summer, as we shake off our sluggish winter bodies and look forward to spending time outdoors, many of us become embarrassed about the shape our bodies are in, and decide we must lose X pounds before the summer. We investigate the latest diet – "diet" meaning temporary eating plan usually featuring some form of deprivation - that will allow us to shed body fat and extra weight as quickly as possible.

Wikipedia defines the word "diet" like this:

In nutrition, the **diet** is the sum of the food consumed by an organism. Proper nutrition for a human requires vitamins, minerals, proteins, and fuel in the form of carbohydrates and fats. Imbalances between the consumed fuels and expended energy results in either starvation or excessive reserves of adipose tissue, or body fat. http://en.wikipedia.org/wiki/Diet_%28nutrition%29

Our diet is the intake of body fuel in the form of food and drink. It is a daily practice, not a temporary plan, of taking in fuel so our bodies can function. But food and drink are not the only forms of fuel our bodies need. Our bodies require the free flow of energy through the entire system. This kind of energy flow can be achieved through meditation, prayer, and energy work such as T'ai Chi, qigong, or yoga. Our bodies need positive thoughts and an upbeat attitude. Our bodies need love.

The Role of Nutrition and Lifestyle Choices in Dis-ease

Much research has been done into exactly the kind of diet that is optimum for the human body, and many recommendations have been made. But every body is different and every culture is different. There is no "one recommendation fits all" optimum diet.

I know a beautiful, radiantly healthy young couple – she is vegetarian and he has the metabolism of a nuclear reactor that demands high quality protein in the form of meat. Both are healthy on their disparate diets because they follow the dictates of their individual bodies.

"Diet" means taking in the fuel our physical bodies need to function optimally. It is not a temporary exercise in masochism or flexing of willpower to lose a few pounds; it is part of our lifestyle that makes up how we will operate in the physical world.

Our choices of consumption, as Jon Benson writes in *Simply Eat*, contribute to a number of the dis-eases taking toll in our modern society. Not just consumption of food, drink, tobacco, alcohol, and drugs, but consumption of mindless entertainment, energy, thoughts, and the hurts and slights we all think that we "endure" each day. Consumption means taking it in. We take into our bodies and minds thoughts, images, words, behaviors, and soda pops.

What are we feeding our bodies and minds? High quality, high energy, and joy-filled fuel? or not...

Statistics show that more and more people are developing diabetes, high blood pressure, obesity, and a myriad of ailments that are directly related to nutrition and lifestyle. More and more people use and abuse alcohol, tobacco, and drugs – prescription, over-the-counter, and recreational – with the painful effects. More and more people have migraines, depression, bi-polar disorder, and stress.

All of this can be eased with attention to what makes our bodies feel good, what soothes our hearts, and nourishes our minds and our creativity. There is no need to start a war on obesity! Simply learn to listen to our bodies, to our "gut instincts" and choose the best quality food and drink available.

Health is a very physical expression of the desire to feel good. It is recognizing our connection to Source and feeling great, living in the Joy that this brings.

Good, Basic Nutrition

As physical beings in a physical world, we look to the physical forms of nourishment for our bodies.

It stands to reason that good food, grown as wholisticly as possible would be best for our bodies. We want foods from plants that have been grown without added chemical fertilizers and pesticides, in soils that are rich and healthy, fed by clean water. If we consciously choose to eat meat, we want high quality meats, eggs, and dairy foods from animals that have not been fed a diet of growth hormones and antibiotics, who have been allowed to roam about in open fresh air pastures, not feeding lots or warehouses where the animals are packed so tightly together that they cannot move, breathing in their own feces.

We want fresh, high quality foods, grown in optimum conditions. One way to get good quality food is to buy it fresh from local growers. In addition to getting good quality foods, fresh, without preservatives or a lot of packaging, we support the local economy when we buy foods grown locally.

If we buy most of our foods fresh and prepare them ourselves, we are able to control the content of our meal. We run less risk of consuming the preservatives, cheap fats, high fructose corn syrup additives, or even excessive salt in processed foods. Baked goods made a home rather than cheap cookies with empty calories, fats, and preservatives – there's a thought! Of course, we would have to learn to cook and take the time to prepare our food – mindfully.

Pure foods, pure water to drink, and clean air to breath is obviously the best for our bodies and brains.

Since no one food, or one food group, provides enough of the range of vitamins, major nutrients, and building blocks like protein, carbohydrates, and fats that our bodies need for optimum health, eating a wide variety of good foods makes sense.

Our bodies require calories to produce energy. If we take in more calories than we need for the energy our bodies use, the extra will be stored in fat. Our bodies tell us when they need nutrients – they call out for specific nutrients by sending out cravings that often come in code (we really have to be on good terms listening and speaking to our bodies to understand what our bodies need when we experience a particular craving).

Our bodies also give us signals when the fuel we have consumed is not compatible with our physical selves. That is what indigestion, food allergies, getting sleepy after a heavy meal, and breaking out in a rash is trying to tell us. We can take some kind of medicine to force our bodies not to send us this vitally important information, or we can listen to our bodies and not eat sweets, heavily processed and packaged foods, or highly spiced foods when our bodies have indicated that they "don't agree with us."

Another result of consuming high caloric foods that lack nutritional value – let's say highly processed baked goods that rely on High Fructose Corn Syrup for that nice brown color and "fresh" light texture that has a long shelf life – is that once the food is consumed and our bodies have taken in the empty calories, our bodies are still hungry for the nutrients they need.

If we consume nutrient dense foods that are jam-packed with vitamins and minerals and the other building blocks our physical bodies need, we do not have to eat so much food to satisfy our bodies. We can continue to consume empty foods that don't satisfy, mindless entertainment that doesn't satisfy, and commercially packaged religion that doesn't satisfy, or we can reach for high quality, nutrient dense, naturally grown foods and pure water, meaningful experiences that enrich us on many, many levels, and connection with our Source through prayer and meditation and within a spiritual community that welcomes us and our own unique expression of All That Is.

"Contrary to popular belief, losing weight is not about counting calories," writes medical intuitive Caroline Sutherland in *The Body Knows Diet*, "It's about knowing what the body wants and how it uses certain foods, even foods a person is allergic to, and translates them into cell tissue." (p. 11)

The Concept of Primary Food

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.

Now think of a time when you were depressed or your self-esteem was at a low. You were starving for primary food. No amount of secondary food would do. No matter how much you ate, you weren't satisfied. Even in good times we come home at night and look in the refrigerator for something to eat, when all we really want is a hug or a friend to talk to.

The more primary food we receive, the less we'll depend on secondary food. From the Institute for Integrative Nutrition http://www.integrativenutrition.com/primaryfood.asp

When we are not giving ourselves the "primary food" that we need, the meaning and sense of purpose, the healthy relationships, the self-esteem and self love that truly nourishes us, we will probably try to feed our "hungry hearts" with "comfort foods:" the ice cream, candy bars, potato chips, and sodas that taste good and slide down with such ease but only satisfy for a little while until our true needs for self-love, connection with Source, and self-expression resurface.

Doreen Virtue writes about the need to listen to our intuitive voice, to our gut instincts, in her books *The Yo Yo Diet Syndrome* and *Losing Your Pounds of Pain*. Paying attention to our intuitive voice is listening to our own inner knowing about what foods our bodies need right now, what action we need to take right now, what thoughts and prayers we should be "consuming" right now, and what we need to feel good in THIS MOMENT – right now!

Our intuition is intimately connected with our spiritual self. Spirituality and prayer are becoming more integrated with traditional methods of healing physical disease and illness. ... It is no different with the condition of overweight and overeating. Prayer heals the anxiety and depression that lead to eating binges. Doreen Virtue, The Yo Yo Diet Syndrome, p. 11.

When we get intuitive nudges to follow our dreams, to express who we truly are, it can be scary. It is much easier to grab a bag of cookies and start munching than to sit down at the typewriter or pick up a pen or turn on the word processor and write. Momentarily sedated by fat and calories, we can turn off the inner cravings of our hearts and Inner Being for a little while. Numbed by too much food, distracted by the extra weight and the pervading sense of being physically too tired all the time, we push away our dreams.

Living in touch with our intuitive voice, with our Inner Being, means living in conscious awareness of our connection with All That Is, with the Source of our health, well-being, abundance, nourishment, and love.

Pure Food, Pure Water, Clean Air

Listen to our hearts. Listen to our bodies. Eat the best quality food, grown in optimum circumstances. Honor the Earth as the cradle of the food we depend on for fuel for our physical bodies. Practice wholistic living. Protect and conserve our soil, water, and air – not just because we are One with All That Is and it is our responsibility to do so, but also because they nourish the foods and produces the water that our bodies need.

Listen to our hearts. Listen to our bodies. Pay attention to what our bodies are calling out for.

Pure food, pure water, and clean air – and conscious connection to the true Source of life, All That Is. That is a diet we can all live with.

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:

David Cameron Gikandi's books including *A Happy Pocketful of Money*, *Diet Liberator*, and *Raising Humans* have been incredibly inspiring to me. This is Law of Attraction explained, delved into, and served up in inspirational prose. lmagesofOne.com.

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. <u>Discover Your Life's Dreams and Purpose</u> (http://www.dreamsalive.com/cgi-local/af/b.cgi/719)

<u>The Science of Getting Rich</u> – "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. http://www.swroadsigns.com