

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

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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:

Paula Languth Ryan – Abundance podcasts – <http://cosmiccast.libsyn.org/>

Visit her [Art of Abundance](#) web site and subscribe to her great newsletter.

<http://www.artofabundance.com/>

[eat GRUB – healthy, local, sustainable food for all!](#) and other sustainable food projects.

<http://eatgrub.org/about-projects.cfm>

Article about tactics and false news stories on pharmacy scares to prevent people from getting drugs from Canada or using alternatives: <http://www.newstarget.com/019406.html>.

A Message from Sharon:

I have been involved in expanding my consciousness, learning more about myself, and learning how to live my dreams for most of my adult life. Sometimes I have effectively used Law of Attraction to co-create my life in ways that I enjoyed, and sometimes I have created real problems by default through not paying attention to what I wanted and instead focusing intense energy and attention on what I feared or what I REALLY, passionately did NOT want.

Over the past couple of decades, and then especially in the last four years, I have experienced incredible personal growth and development. I have reached one goal after another, one dream after another. In the past couple of years, I have created a career that I love as well as my Web site and this e-zine, and many more opportunities to write. Recently, I saw a dream job take shape. The series of “errors” that kept it just out of reach was almost comical. And I created the stumbling blocks, unconsciously of course.

I began to recognize the fears and the anxiety that were keeping me from accepting this wonderful gift with joy and excitement... old programming coming up to be released. As I used several techniques to feel better and to relieve my fears, I felt better, stronger, more capable, and more in alignment with my good. As I felt better, everything fell into alignment and the job and a much higher salary than I expected were mine.

I was very pleased to see the salary I was being offered. And yet, in anticipation of my first paycheck at the higher level, I was astonished to find even more fear and anxiety coming up! I was about to have in hand the results of my visualizing, my dreaming and planning, and I felt afraid. What if it still wasn't enough? What if I mishandled the money? What if I lost the money? What if I threw it away or wasted it all?

But this time I used the tools that had made me feel better, including EFT, that odd little practice of tapping on meridian points and releasing blocked energy, allowing myself to be in the flow of Universal Life Force Energy, and feeling that connection as Joy. I did, in fact, spend the money liberally. But that's okay. Another paycheck is on the way, and money from a number of other sources, too. In fact, I've noticed that money has started flowing to me in fun and easy ways. And it is becoming more and more familiar.

You can learn more about EFT at www.caroltuttle.com, www.mercola.com, and www.emofree.com, and you can learn about EFT as related to issues around money from Joan Sotkin's Web site Prosperity Place. When I first learned of it, I thought it was silly and I didn't feel like I got results. But this time around, I felt relief immediately. And that's what I needed to acknowledge my alignment with Source.

I simply needed to release the fears and get in the flow of Universal Life Force Energy.

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

Affirmation to use when fears, anxieties, and other difficult feelings come up:
"I am releasing this uncomfortable emotion. I am letting this energy go. I am free of this emotional pattern."
from *Remembering Wholeness* by Carol Tuttle

"Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. Relax and breathe." And you can, in seconds, bring yourself back into comfort."

Abraham-Hicks.com

Article: **In the Flow of the Moment**

Get in the flow...

The word "flow" is an image of water in a stream or in a wide river, water in motion heading for a destination that is out of sight, water at peace with where it is now, water rushing against rocks in a huge hurry.

Mihaly Csikszentmihalyi wrote a popular book titled *Flow: The Psychology of Optimal Experience* (Csikszentmihalyi, 1990) describing "optimal experience" or "flow" as a condition of heightened focus, productivity, and positive feeling that applies in whatever life experience we are engaging in at the moment – working, playing, creating, or interacting with loved ones. Csikszentmihalyi found that people reported the greatest sense of well-being while pursuing challenging activities that engaged attention and expanded mindfulness.

In the flow, mentally and emotionally

"In the flow" is used to describe a mental state where our ideas are flowing, solutions to any rocks in the stream come easily, and we are expressing ourselves creatively.

Mentally and emotionally, we are creative, expressing ourselves and our dreams with an ease that is almost miraculous. The ideas flow from our hearts and minds, and we tap into that blissful stream of creativity and well-being. We feel alert, attentive to detail, really "on our game," and the results are astounding.

When we are in the flow emotionally, we feel steady, grounded, at peace with ourselves, our world, and everyone in it. We are at peace even waiting in traffic or in line at the grocery

store. We experience our loved ones from a place of appreciation and peace, even if they are in the midst of drama, even if they are doing any one of the little things that could, if we chose, drive us nuts. We are at peace, therefore we can, from that place of peace, simply love those who are in our world and allow them to do what they are doing without taking it personally or letting it upset us, and without trying to “fix” it or them.

The world is a beautiful, peaceful, joy-filled place when we are in the flow. It is easy to feel good and to feel optimistic. It is quiet, calm, strong Joy.

Physically in the flow

Perhaps the most intriguing use of the expression “flow” is found in the physical study of the Earth’s energy patterns – the flow of electromagnetic waves, ocean currents, wind patterns – the flow of life. And equally important for us, the flow, balance, and harmony of the energy systems of our bodies, our minds, our hearts, and our spirits.

We are dust motes of energy in the sea of energy that is the Universe. Universal Life Force Energy pulses in the tiniest microcosm of the cells of our bodies as well as in the air streams in the atmosphere. Everything in the Universe is at its most basic level made up of vibrating universes of life force.

Many forms of Mind-Body wellness are based on this theory of the nature of life, as systems of expression of Universal Life Force Energy, including Qi gong, t’ai chi, and Reiki.

Energy medicine and energy psychology are ways of maintaining and enhancing the flow, balance, and harmony of the energy systems identified in our bodies, such as the meridians, the chakras, the aura, and the basic grid. It is interesting to note that the Earth has corresponding energy flow systems in the meridians, ley lines, light grid, and the patterns of weather and air and water flow.

The value of energy medicine is to keep the body’s energies in clear flow, harmony, and balance that supports overall health and vitality.

Donna Eden, a pioneer and leader in this field, wrote, “You are a latticework of energies. The enormous implications of this single fact are the basis of energy medicine. ... Using the principles of energy medicine, you can optimize your body’s natural capacities to heal itself and to stay healthy.” (Eden, *Energy Medicine: Balance Your Body’s Energies for Optimum Health, Joy, and Vitality* (1999), p. 1)

Energy psychology is the practice of balancing and bringing into harmony the flow of the body’s energy systems to release mental confusion and emotional discomfort.

We really just want to feel good

While we often believe that we want to be healed from this or that physical condition or dis-ease, the underlying desire is really to feel good. Our bottom line in any situation is that we want to feel good.

We can see how ironically that plays out in many of our life situations. The painful or uncomfortable situation may not on the surface “feel good,” but it is familiar and it is comfortable. If we take action to balance and harmonize our energies and release the painful emotions, we are acting in faith that the new situation will “feel good,” if not immediately then eventually. That can be a terrifying prospect! Often, we opt for the familiar discomfort rather than risk that the new situation might feel good.

This is also why when we find a technique for feeling good, for growing personally and spiritually, for expanding and growing our careers or our finances, we will absolutely refuse to use it! We will “forget” that investing half an hour in meditation is so grounding and soothing. We will “not have the time” to do the exercises that clear our minds and energize our bodies and relieve depression, constipation, and overweight. We will “drop the ball” at work or in our creative endeavors, thereby sabotaging our success. Or we will neglect to check on our bank account balance before making an impulse purchase.

Life in our limited comfort zone may not be rewarding, fulfilling, or (God-forbid) exciting, but it is familiar. We know this feeling. We know these fears and insecurities. We have been there and done that, and we have the tee-shirt. That is why Carol Tuttle encourages us to try on

these new feelings and behaviors, while affirming, “I have more than enough (money, love, time, energy), and this feeling is more and more familiar.” Affirm that this good feeling is becoming familiar, that it is familiar and comfortable.

Using energy medicine techniques such as those described in Donna Eden's work, physical energy practices such as t'ai chi or qi gong, meditation and prayer keep our energy systems in free flowing energy, in balance, and in harmony.

The practice of Reiki is another wonderful method of bringing our energy systems into balance and harmony. Reiki self-practice, the healing meditation exercises of Tulku Thondup (*Boundless Healing*, 2001) and the self-massage practices of Roger Jahnke (*The Healer Within*, 1997) are all wonderful ways to bring our bodies' energy systems into balance. And there are any number of chakra clearing and balancing methods.

When our bodies' energy systems are balanced and in harmony, we can expect more frequent experiences of the flow state. When we feel good, when we feel blissful, then we are in alignment with Source Energy.

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 breathe 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:

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.

[IMAGES OF ONE](#), books by [David Cameron Gikandi](#) including the wonderful classic, A Happy Pocketful of Money, and many other books on a variety of subjects, approached from the position that we are all one energy. Look for a beautiful explanation of Law of Attraction and incredible insights [here: \(http://www.imagesofone.com/cmd.asp?af=372980\)](http://www.imagesofone.com/cmd.asp?af=372980)

[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.

