

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 7 July 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](mailto: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:

A gift from Carol Tuttle – “My hope is that after you receive it, you will be inspired to share this gift with others.” It is beautiful, it is moving, it will help you REMEMBER.

Please accept this gift by going to <http://www.rememberingwholeness.com> and view the presentation.

Susan Jeffers' Web site – <http://www.susanjeffers.com> – Her books and other products, a free newsletter, and a really beautiful free screensaver.

A tribute to our heroes from World War II - <http://www.managedmusic.com/beforeyougo.html>

From: Rebecca Marina [www.celebrationhealing.com](http://www.celebrationhealing.com)

'Safety Prayer for Travelers'

Dear Heavenly Mother and Father...all my Angels and Guides, (Substitute what feels comfy to you)

Please make all aspects of this trip safe and easy for me.

I ask for a bullet of light One mile ahead of me,

One mile behind me, and One mile on either side of me.

I intend to arrive at my destination with good speed and total safety.

I attract to myself ONLY those travelers with the same intentions of safety and pleasant journey.

I ask for special Angels to watch over each and every mechanical part of this vehicle for total safety.

(special addition if flying, I ask for special Angels to command safety in every aspect of the plane, pilots and all airport personnel)

I ask to see clearly every road sign, every direction indicator, to make every phase of my travels smooth and easy.

I relax in confidence and gratitude that my prayer is answered.

Amen

Please forward this powerful prayer to all you feel will use it.

Love, Rebecca

If someone forwarded this to you and you would like to get complimentary updates of Celebration Healing news, click the link and put Subscribe in the title.  
[rebeccamarina-131840@autocontactor.com](mailto:rebeccamarina-131840@autocontactor.com)

### **A Message from Sharon:**

I went on a week-long business trip to co-facilitate a training seminar.

It was the first such trip for me, and it was quite an experience. For a week, I lived an alternative schedule in a different time zone with little contact with my family, eating more food than I normally would, and a different type of food as well. I was reading books on nourishment of the body, mind, and heart, and listening to meditations from *Perfect Health, Perfect Wealth* by Dr. Luanne Oakes. So it was a very interesting week-long experiment.

The seminar was designed to train new managers in a specific field of expertise and to give them the confidence to do their jobs. It helped them learn the basics of their profession at the managerial level, and it helped them see that no matter the challenge (and there are many in this particular profession), creative solutions can be found. The seminar not only gave them encouragement but also a ton of resources including books, software, and Web sites for even more help – and then the practical, hands-on exercises gave them the sense of accomplishment to start them off right.

It was interesting to think about just what part of the total experience was of most benefit to the participants: the training, the resources, the activities, or the connecting with each other and with experts in the field such as my co-worker who designed and executed the week-long seminar. In the end, they received encouragement and a solid knowing that they would be able to handle their jobs and the challenges they can expect to encounter.

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

\*Your environment comes in response to your thoughts. So often, humans play it the other way around. Their thoughts come in response to their environment. That's why you're quite often wanting to control your environment. You say, "Let's get the bad stuff out, and the good stuff in. Let's vote it out. Let's bomb it out. Let's boycott it out. Let's penalize it out. Let's find some ways of punishing enough that the bad stuff stays away." You can't punish enough that the bad stuff stays away. You're wanting to adjust your vibration, so that you become a Vibrational Match to that which you, personally, have identified as that which is good.

<http://www.abraham-hicks.com/Knowledge/Abraham/Newsletters/QJ26/article.html>

\*Start taking pleasure from your inner reality. Most people are approaching this backwards. Most people are saying, "Okay, I want that, and I am not fulfilled until I get that manifestation." The reason for that promise of manifestation out there, to begin with, is that it gives you the reason to play the game in the inner reality. It is your imagination, it is the feeling of Energy flowing through you that is life."

Abraham-Hicks From the Quarterly Journal Apr/May/June 1999

<<http://www.abraham-journal.com/pdf/none.html>>

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

**Article: When You Need Encouragement...**

Growing and expanding in this physical existence means moving out of our comfort zone, stretching ourselves just a little bit further than we ever have, and reaching for more of our dreams.

As we grow, as we reach out, inevitably we get to a spot where we ask, “Can I do it?” “Can I succeed in this? Can I handle this? Am I capable of accomplishing this goal? Who am I to dream this great big dream?”

In these moments, we could all use a little encouragement. Paradoxically, these are also the moments when we are the most vulnerable. If we are pursuing a dream and we encounter a patch when we feel insecure, when we feel afraid, it is very important to be careful who we share our doubts and fears with, who we go to for encouragement.

### **I’ll always be here for you when you need me**

When our children are growing up and moving out, getting on with their own lives as they are intended to do, how often do we say, “I’ll be here for you if you need me.” And what is wrong with that? We want our children to know they have a safe harbor when life gets rough. We want them to know they have a safety net of sorts, a place to sleep, and a place to get a meal and a comfy shoulder to cry on, or to lean on.

Unfortunately, sometimes we go too far in promising the shoulder to lean on. By over-helping we communicate that we don’t have faith in the child’s ability to handle the situation. By doing things for our children that they are perfectly capable of doing for themselves, we put them in the position of being less capable than they can be.

Another set of programming we receive from well-meaning parents is “Be careful. The world is a scary place and you may not be able to handle what comes along.”

We are not trying to scare our children when we urge caution, fear, uneasiness. We are simply communicating our own fear. When we are afraid, either for ourselves or for our children, we are afraid that something will happen that we are not capable of handling. We don’t trust ourselves to be able to handle what comes our way in life.

### **Was this true for us when we were small?**

How many of us are carrying around the suspicion that we are not capable?

It is natural to have doubts. Even great big doubts can give us that rush of adrenaline that accompanies something new, something outside our comfort zone, as we continue with our growth and expansion in this world. Doubts are a part of life – it is when we allow doubts and fears to stop us from moving forward that they become a roadblock to our journey.

In any given effort in life learning takes place when mistakes are made. We try out a solution to a puzzle, adjust it a bit here, and adjust it a bit there. Tweak it some more. Each time we apply our ideas, from the bit that doesn’t fit perfectly we learn. From the bit that does fit perfectly, we learn. From coming up with the idea, we learn. There are no right or wrong answers – there are simply solutions to be applied and then tested to see if they do for us what we want.

And then we try again. We never get it right; we never get it wrong; and we are never finished. We continually learn and grow and expand our experiences and our consciousness. There is always a new adventure, a new unfolding of events, another step in our journey.

So rather than to be feared, mistakes are to be learned from. Mistakes are to be expected as part of the learning, expanding, evolving process. Mistakes are no big deal. The person who does not make mistakes is a person who is not open to expanding their experiences.

Expect to make mistakes when trying on something new. It is part of the learning process.

### **“Whatever happens to me, given any situation, I can handle it.”**

“All you have to do to diminish your fear is to develop more trust in your ability to handle whatever comes your way,” wrote Susan Jeffers in her landmark self-help book *Feel the Fear and Do It Anyway* (1987).

“From this moment on, every time you feel afraid, remind yourself that it is simply because you are not feeling good enough about yourself.”

Build your tool box of ways to recharge your trust in yourself and in the One Source. See the fear and doubt for what it is – a call to you to reconnect with your inner strength and vision, with your Source of Light, Life, Love, and Power. Encourage yourself by reminding yourself, in any way you need to, that you can indeed handle whatever comes your way. Focus on the good that you want. Meditate on your dreams actualized. Visualize your ideal world, your ideal experience. Imagine how it feels to live your dream, how it feels to stand before a roomful of people and say who you are and what you want to see expressed.

When what you are thinking about does not feel good, it is a sign to think about something else. When fear comes up for you, see it for what it is – encouragement to focus on your dreams, to put your thoughts and your energies into what does feel good for you. Dream your dreams, take inspired actions, and live the life you are meant to live.

More and more people are being called to remember their dreams, to remember their desires. More and more people are being called to inspired action.

We are all making choices every day. As we tune into our Inner Being, to our hearts, we find ourselves taking inspired action that takes us far beyond where we have been before, outside our comfort zone. To expand our experiences, to advance toward our dreams, we have to be ready to handle fear and doubt – not stuff it down, but use it to see where we need to build trust, to connect with All That Is, and to tap into our Source.

### **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. 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.

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. 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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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>