

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 9 September 30, 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:

A free money clearing from Carol Tuttle, brought to you on mercola.com:

http://www.mercola.com/2006/oct/3/understanding_and_clearing_your_issues_with_money.htm

Here is a new spiritual video for you to see, by Dr. Patti "Diamondlady" Diamond, DD.

<http://www.youtube.com/watch?v=iuGQKvFUoDA>

Where There Is No Doctor, the international classic community health care manual, is now available online. Published by the Hesperian Foundation (www.hesperian.org) the manual provides practical, easily understood information on how to diagnose, treat, and prevent many common illnesses.

A Message from Sharon:

Tomorrow will be the first anniversary of my father's transition to spirit, and it seems appropriate to honor him now. He died October 1, 2005. He was born August 6, 1922. And in between he lived some amazing adventures.

He grew up literally dirt poor, the oldest child of tenant farmers. His mom was 16 when he was born, his father 26. Eventually, he would have 2 sisters and 4 brothers. Rather than settling on one piece of land, they moved around like a traveling gypsy band, with my grandfather's brothers and their families.

He didn't get to go to first grade when he was 6 because they were too far away from a school, but a few years later, he, his sister, and his brother started school together in Chickasaw County; then the family moved to the Wren Community in Monroe County, where they tenant farmed. He quickly made up the years he'd missed and was a senior in high school at Wren when the U. S. A. joined World War II. On a cold day in February, he joined the Navy, expecting to be called up after the end of the school year, but was sent for basic training immediately. He did 3 tours of duty in the Pacific, serving as a SeaBee because he had some experience operating heavy equipment like tractors and the old fashioned grain harvesters from a couple of summers spent as a migrant farm worker in the Kansas wheat fields.

After the war, he could not find work in Mississippi so he began traveling to different places, finding work in heavy equipment operating – building roads, bridges, and dams all around the country. He joined the operating engineers union, and in those early days stood shoulder to shoulder with union brothers facing violence on work sites. He met my mother while in Texas to relocate a railroad around a manmade lake that flooded her family's farm. He moved his young family back to Mississippi to create a home, a nest to return to, while he continued to travel around the country finding work.

I got my appreciation of the meaningful work of labor unions from my father. He was proud of the engineering union. He believed in people working together to create better working conditions and better pay for all, despite his own fierce independence and refusal to ask for help himself.

I got my desire to improve living conditions for my community from my father. He himself was very "class conscious," very aware of his social status based upon where he had come from and financial status. Interestingly enough, he had a really good income, but it required a lot to pay his living expenses while he was working away from home.

I got my early appreciation of education from my father. At one point, he taught a vocational-ed class at a local college that was designed to help poor people learn a trade (heavy equipment operating), and he was tickled to say it was funny that he taught college when he had not quite graduated from high school. He expected my older brother to go to college, and hoped my other 2 brothers would go as well, but he discouraged me from going, expecting that I would find a husband at the local community college and have someone to take care of me (of course, that was not my dream!)

My father was 5 ft. 5 in. tall. He was physically very strong. He was hot tempered and opinionated. He was a wonderful story teller, a skill that diminished in his later years as his memory and speech declined.

In the days before he died, I stood in his hospital room and saw him as in a split screen... the frail man before me and the dashing, daring young man with his hat tilted at a rakish angle leaning against his hot car, arms folded across his chest and his chin tilted up, ready to take off.

He was an adventurer, and he is on to his next great adventure.

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

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

Article: Goal Setting as a Plan for Living Our Dreams

The first step in living our dreams is to acknowledge them. Write them down as goals, as intentions, as guiding lights.

I personally do not advocate attaching a timeframe to accomplishing goals. A goal is like a destination, and the destination is not the end-all be-all – the journey is the thing. I like to set a goal and turn it over to the Universe. My job is then to enjoy daydreaming about this desire,

visualizing and affirming it, nurturing it with pure positive energy, and to listen to guidance from my Inner Being, taking inspired action.

If I skip the steps of writing down and clarifying my desires, scripting about them, visualizing them, affirming them, and pouring nourishing pure positive energy into them, my dream will most likely remain unfulfilled, or it will be a long time coming.

Here then are the steps for living my dreams.

1. Articulate my dream – acknowledge it, write it down.
2. Turn it over to the Universe in full faith and confidence that it is mine. Have no doubt. The Universe always says yes!
3. Having turned it over to the Universe, script about it, visualize about it, and nurture it with pure positive energy – pure joy, pure bliss. This is supposed to be fun! If it isn't fun, if it doesn't bring me joy, then I am definitely out of vibrational alignment with my dream and seriously need to release resistance.
4. Listen to my Inner Being for guidance. When I feel inspired, act on that inspiration. Follow the little nudges from the Universe.

Setting goals means having a target destination in mind as you set out on the journey, but the journey is the thing and each destination is a new starting point as the journey continues. Living life in freedom and in joy is the real goal: feeling good and living in alignment with Bliss, i.e., with the Source, with All That Is. A goal should not be so set in concrete that you cannot be easy about it, and take side-trips when so inspired, even if it doesn't look like it will take you where you want to go.

Being Open

In Shakti Gawain's classic *Creative Visualization*, she gives four basic steps for effective creative visualization (p. 29):

1. Set Your Goal
2. Create a Clear Idea or Picture (image)
3. Focus on it Often
4. Give it Positive Energy

Simple.

Shakti adds another aspect of creative visualization – be open to what comes.

"This or something better, now manifests for me in totally satisfying and harmonious ways, for the highest good of all concerned." Shakti Gawain, *Creative Visualization* (p. 22).

When we set a goal, acknowledge a heart's desire, or set an intention, what we really want is the feeling. We want to feel good and we think that being, doing, or having whatever it is we have set as our goal will contribute to feeling good in some way.

Sometimes we set goals with the intention to not feel so bad. Perhaps having an expensive new car would be a boost to our vanity as we compare it to our neighbor's. Unfortunately, achieving a goal with this as its reason will not be satisfying for the simple reason that as soon as we compare ourselves to another, we will see ways that we do not "measure up." When we are looking for ways that we might be "better than" another so we can feel good about ourselves, we are coming from a place of thinking we are inferior, or less than. If we felt okay about ourselves, we wouldn't waste our time on this whole futile exercise.

So the essence of our healthy goal is to feel good, to live in joyful connection with All That Is. Our good can come in many different ways and in many different forms that can accomplish the same ends. Beginning with the end in mind, we capture the feeling that we are after and then imagine backward to the things, relationships, health and physical appearance, and spiritual learning and personal development that will add to the joyful, joyfilled adventure that is our life.

But what if our Inner Being looks into our heart and sees that having this item instead of that one will add to our joy and well-being? What if our heart identifies someone we had not reckoned on as a soul mate? Our loving Inner Being will draw this experience, person, or object into our lives if we will allow it, if we will keep our hearts and minds open to the experiences that come along and flow with our intuition, flow with the river. Our Inner Beings see the big picture above and beyond what we can see. Our Higher Self knows how much more we are able to enjoy and experience than we realize.

We are unlimited beings, having a physical adventure in this journey of life. We are capable of so much more than we know.

A Goal Setting Exercise that Works

There are many different ways to set goals, from the simple to the elaborate.

Let's keep it simple.

Answer this question: What do I want to be, do, or have in my experience of life?

Answer it in every area of your life: physically, mentally, emotionally, spiritually, materially.

What do I want to be, do, or have in my relationships? What do I want to be, do, or have in my physical experience – health, body shape, appearance, energy? What kind of home do I want to live in? What do I want to experience in that space? What skills do I want to experience? What do I want to be, do, or have in my career? in my finances?

Write them down. Write them using powerful verbs, glowing descriptions, and positive words. Write them as affirmations: I am now enjoying driving my new cherry red Volkswagen Beetle convertible. I now weigh my ideal weight of 118 pounds and I feel beautiful, strong, and radiantly healthy. I love the view from my corner office.

Use the Creative Workshop Process described by Abraham-Hicks in their book *Ask and It Is Given* (p. 155-165).

Simply put, take 4 sheets of paper and on each sheet write one of these headings: My Body, My Home, My Relationships, My Work. Then write the experiences, things, and qualities of life you want to have in each of these areas of your life.

Be unlimited here. Dream big! Don't question your desires as they come bubbling up. Don't squelch them by worrying what your mother would think of that one. Don't consider how you could possibly be, do, or have what you want. That's not what goal setting is about.

Write down everything that comes up from your heart, every thing you imagine or dream of. If you knew you could not fail, if money, time, and energy were guaranteed, what would you wish for?

There is no limit to the number of goals or dreams you can have. Get more paper if you need it.

Now look back over your lists, and as you come to each item ask yourself, "why do I want this?" Keep asking until you get to the core essence of what you want. Think of ways you can give yourself this essence right now. Just think of all the ways you can have that feeling, that ideal, now, in this moment. As you think of this, you will probably feel it. And feeling it brings you into vibrational alignment with your desire.

As you ask yourself this question, you will probably find that some of the items on your list may be there because you know someone that matters to you really would like to see you be, do, or have that item. When you ask yourself, "why do I want this?" if you don't have a feel-good reason, this is probably not your own goal but someone else's dream that you are trying to live up to. Scratch it off your list – these are your goals, your dreams.

Look again at your lists and prioritize the items on them. Some of them really speak to your heart. Put gold stars by those.

So now you have lists of goals and dreams. This should be a fun exercise, by the way. If contemplating a goal or a desire doesn't feel good, it won't feel good should you achieve it.

It should be lots of fun to read back over the lists at least once a week, preferably once a day. This feeling of pleasure gives them pure positive energy and the attention you put on them is magnetic.

And we know the next step – turn them all over to the Universe!

It isn't your job to figure out how you'll ever get a single one of these goals. Your job is to contemplate them, visualize them, energize them, and enjoy them. This brings you into energetic alignment with them, and it is a pleasant way to pass your time.

Be open to your Inner Guidance. If you get the impulse to take action, then listen to your heart and do it. Take a class if you feel prompted. Check out the local university. Call an old friend. Enter a word in Google. Do what you are lead to do – that, too, should feel good, by the way!

The journey is the thing, and the journey should be fun, exciting, and wildly pleasurable. That's what life is supposed to be – Bliss! Joy! Love! Abundance! and above all Fun!

If it isn't, there's your sign (as Bill Engval would say)! Turn around and do something different.

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:

DEPRESSED? ANXIOUS? LAZY? YOU CAN END FEAR, RADIATE CONFIDENCE & HAVE WILLPOWER LIKE STEEL... If your willpower and persistence always seems to fizzle, then join people from 54 countries now using the new paradigm in personal growth. Free Course. Join the single largest personal coaching ezine in the world. Learn more... <http://tinyurl.com/mmda4>

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](#)

