

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 10 October 31, 2007

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:

Sandra Ingerman's home page – visit this page to access Sandra's monthly Transmutation News <http://www.shamanicvisions.com/ingerman.html>

Creating a Human Web of Light with monthly healing instructions - http://www.shamanicvisions.com/ingerman_folder/ingerman03/web.html

A Message from Sharon:

I've been letting stuff get to me. My job, juggling several different projects, interviewing people to join the team and handle some of the details and chores, and my own and other people's attitudes – all of it together, and some times any one thing, can seem like "too much." My "who do I think I am" buttons get pushed and I doubt myself despite the fact that I love my job, my boss, my co-workers, and our mission.

My home life is adding to the stress. I want to come home to the beautiful, peaceful, quiet sanctuary that I've envisioned my home to be. Right now there are people and cats and issues filling my little house.

My relationships, too, are less than smooth right now, and recently I've noticed some health issues that have sprung up.

I worry. The more I worry the more sluggish I feel. Worry is a useless drain of energy.

I have the tools I need to feel wonderful, to live my life in joy, love, peace, prosperity, and beauty. I have no excuse for looking at my fabulous life like this. I have no excuse for worrying.

Life is good. It just keeps getting better and better.

Sending you Light and Love, and most of all JOY!

Sharon

* Understanding the Law of Attraction, and more importantly, understanding the way you feel, will give you creative abilities beyond your wildest dreams. There is nothing that you cannot be or do or have; there is nothing that you cannot reach for and achieve—and there is nothing that needs to take a long time to come to you.

Excerpted from the workshop in Boca Raton, FL December 13, 2003

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Book Review: How to Heal Toxic Thoughts

Simple tools for Personal Transformation

by Sandra Ingerman, author of *Soul Retrieval* and *Medicine for the Earth*

The heart of self help and personal transformation is to find tools that you can easily use to get to know yourself better, learn to love yourself more, and live in awareness of your connection with All That Is. As energetic beings, we want our vibrations to be in alignment with our highest and best good. We want our energy to attract to us the experiences we desire to have.

Sandra Ingerman's latest book, *How to Heal Toxic Thoughts*, is subtitled "Simple Tools for Personal Transformation" for a good reason.

Sandra begins with the premise that we are expressions of Universal Life Force Energy in physical form on planet Earth; at the most basic level we are all part of the whole, dust motes of energy in the Cosmic energy field.

This is the underlying message of Sandra Ingerman's previous book, *Medicine for the Earth* [see my review in *Road Signs for the Journey* V4 n5, May 2006]. By healing and clearing ourselves, acknowledging our connection with Divine Intelligence or Source Energy, and living from that connection, we can extend that healing and clearing to Mother Earth, to the point of literally reversing pollution – pollution of our psyches as well as pollution of the Earth.

As in the new disciplines of Energy Medicine and Energy Psychology, based on the centuries old practices dealing with Chi or Ki life force energy patterns, Sandra writes that we pollute our environment with our toxic thoughts and energy. Because we are usually so oblivious to what we are thinking and feeling, and how that affects our energy, we move about impinging on others with our random energies. Because we are less than conscious of energy, we allow our own energy field to be "polluted" by other people's negative thoughts and feelings.

This is really Reiki considered a different way. Reiki and energy medicines such as that taught by Donna Edens show us ways to work with our physical energy to boost our health and psychological well-being. Through energy practices and exercises, we can clear and free the flow of energy in our bodies.

Sandra says, Yes to that, and takes the concept in a different direction to show how we can use energy practices such as meditation and visualization to clear and free the flow of energy in our minds, hearts, and souls.

Interactions with Others

When we come into contact with others, our energy interacts with theirs. This is a dimension of our selves and our relationships that we are usually not mindful of. Most of us can't see the invisible energy interactions, but we are all sensitive to it.

When I feel angry or hurt or tired or unsure of myself, that energy radiates out from me and into my world. I attract interactions that vibrate on that same level. Isn't it true that when we are feeling bad, we end up having a bad day? We encounter people who are grumpy or irritable or down-right mean. We take offense easily. We get our feelings hurt even more. What goes around comes around.

We have learned that the Universe is made up of energy, and we are a part of that great energetic web of life. We are energy beings. If we can see how important the flow of energy in our physical selves is to our health and emotional well-being, then we can move a step further and come to understand how our energy vibrations radiate out from us and affect the other energy beings who come into contact with those vibrations.

"And every time we interact with others in a visible, tangible way, on the level of the spirit an invisible exchange of energy is taking place too," Sandra writes. [p. 4]

Only recently is humankind remembering that we are all part of the interdependent web of life and our actions affect all living beings; we are all part of the unseen web of spirit (energy), too, and our actions, thoughts, feelings, and beliefs affect all life just as our physical actions and choices do.

It is time we accept responsibility for our thoughts, beliefs, and emotions, as we must for our actions. We already know that our thoughts, beliefs, and emotions create our reality. We know that we can deliberately attract the kind of life we want to live by consciously choosing the thoughts, beliefs, and emotions that we want to focus on and thereby aligning our energy vibration with the joy and love we want to experience.

Now let's deliberately choose the thoughts, beliefs, and emotions that we want to radiate out into our world. It is really part of the same experience. By deliberately focusing our energy, we can radiate positive energy into our world.

Sandra doesn't spend a great deal of time emphasizing these concepts. Her approach is more practical. This little book is filled with meditations and exercises to connect you with your Inner Peace and Light, in other words, with your Inner Being, with Source Energy.

The meditations are astoundingly beautiful. The experience fills every cell of your being with Divine Light. Awareness of this connection is bliss.

"Our mind moves into automatic reactions very quickly. So it's important to learn how to stop these automatic defensive reactions when a trigger creates fear or anger," she writes. [p. 16]

Then she offers techniques to help us derail these habitual reactions – ways to express our anger and frustrations rather than sending the angry energy out like arrows towards others or allowing the anger or fear to simmer like a pressure cooker until we do physical or emotional damage to ourselves. She describes several simple tasks to feed our environment with the rich, loving energy of our core selves.

Sometimes we are in an environment where we must work with others with any number of issues. Sandra offers a chapter on protecting ourselves. These are familiar, tried-and-true tools such as the translucent blue egg of energy and being aware of the positive energy of love filling every cell of our bodies and minds, as well as new ideas.

She describes a number of breathing techniques to transmute energy into light and love – breathing to change our state of consciousness.

This small book (111 pages) is packed with practical tips, techniques, and exercises to help you work with your energy in a responsible way. These techniques help align our vibration to pure positive energy, and that is where we want to be to attract to us the life we want to live.

In Deliberate Creation, there are 3 steps: choose what you want, ask for what you want knowing that the Universe is responding, and accept or receive what you've asked for. This handbook helps us with the accepting and receiving part by helping us align our vibration with our highest and best good.

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.

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.

Now, take this one step further. 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 receiving 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

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>