

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 2 February 28, 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.

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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.

In this issue:

A Few Great Web Sites

A Message from Sharon

Article: A World that Works for Every One

A Quiet Moment Meditation

My Recommendations

A Few Great Web Sites:

Rebecca Marina at <http://www.celebrationhealing.com> offers a free EFT technique for healing issues around money that is great. Try it here: <http://preview.tinyurl.com/2ycjht>. Here is her EFT treatment for sensual pleasure: <http://tinyurl.com/ywnu2q> - or look around Rebecca's site for several other free EFT treatments in both audio and text.

James Arthur Ray has created a series of beautiful e-cards, lovely meditations on affirmations for using the Law of Attraction wisely. Visit his web site here:

<http://jamesray.com/resources/wisdom/>

A Message from Sharon:

Earlier this evening, I watched the lunar eclipse. As a beautiful white gold glowing orb rose about the treetops on the eastern horizon, against a darkening backdrop, slowly the shadow of the Earth passed over the face of the Moon.

Lunacy, from staring at the Moon, from finding meaning and beauty in this slow, elegant dance of light and shadow.

Years ago I stood outside a bungalow beside the ocean and watched a similar dance. Light and shadow. It took my breath away. I knew, standing in the deepening darkness that then gave way to expanding moonlight once more, that I wanted more than anything to live my life in Joy and in Love, from prosperity consciousness, and in self-expression, creativity, and expanding knowledge.

This lunar eclipse brought to my mind the dreams and drives from that night years ago. I am again pleased that so many of my dreams have come true and I am dreaming many more. Lunacy. And so it is.

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

"... in seeking and finding joy, you not only find perfect alignment with your Inner Being and with who-you-really-are, but you also find vibrational alignment with all things that you desire. When joy is really important to you, you do not allow yourself to focus upon things that do not feel good – and the result of thinking only thoughts that feel good would cause you to create a wonderful life filled with all things that you desire. When you hold the desire to be joyful and you are sensitive to the way you feel, and therefore guide your thoughts in the direction of things that feel better and better, you improve your vibration, and your point of attraction becomes one that will only attract – through the Law of Attraction – things that you desire. Deliberately guiding your thoughts is the key to a joyful life, but a desire to feel joy is the best plan of all because in the reaching for joy, you find the thoughts that attract the wonderful life you desire. The Law of Attraction, page 63-64.

*"You are worthy, you are valued, you are loved and life is supposed to be good for you."
Abraham Hicks 10/15/2005 Washington DC

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"Imagine a world that works for everyone...where poverty, hunger, homelessness, disenfranchisement and war no longer prevail.....where forgiveness, compassion, non-violence, respect, appreciation of beauty, and the generous sharing of resources are the norm"...its possible...it takes courage to be in and of this world...it takes each of us being the "change we wish to see in the world" M. Gandhi

Article: A World That Works for Everyone

A global study of personal wealth, based on data from the year 2000, shows that the richest 2% of adults own more than half of global household wealth. The researchers found that the richest 1% controlled 40% of global assets, and that the richest 10% owned 85% of all assets.

This study also reports that at the other end of the spectrum, the poorest 50% of the population own barely 1% of global wealth.

The study was conducted by the World Institute for Development Economics Research of the United Nations University in Helsinki, Finland, and reported in Yes! magazine (Spring 2007; www.yesmagazine.org).

Is it economic injustice at work? Or a colossal error in mindset?

Far too often we see our world as one of scarcity, with a finite amount of riches, resources, wealth, even basic necessities needed to survive.

The truth is we are unlimited beings experiencing life on this world in an ever expanding way. The One Source of every thing is God. God is our Source and our Supply. God is the Energy field within which we all live and move and have our Being. God is Divine Mind, Universal Intelligence, and Divine Love. There can be no limit in All That Is. And there can be no limit for us, as expressions of that Energy, except the limits we place upon ourselves.

It has been said that if we took all the wealth in the world and divided it all evenly between all the people, within a few years at most, wealth would once again be in the same hands... and the same hands would be empty.

Sadly, that may be true, for some people seem to attract wealth and some seem doomed to poverty. Is it really the action of Law of Attraction, the effect of where we place our attention, the underlying thoughts, beliefs, and emotions that drive our choices? I believe it is.

A Few Inconvenient Truths

Having made the bold statement that there are no limits, now I need to step back a bit and acknowledge a few caveats to living as a physical being in a physical body on this Earth. Obviously, there are a few limits placed on our existence. We breath. Blood flows. Energy follows attention. Bodies move. Hearts beat.

But how real and rigid are the perceived limitations we have learned and accepted about our physical reality?

Can the steadfast focus of our thoughts, beliefs, and emotions shatter limitations and create miracle after miracle?

And what is the social climate needed to support such life?

Prosperity Consciousness is living from a soul-deep knowing that Universal Mind (God) is the one Source of every thing. Living from this knowledge, we can trust that all our needs and desires will be met. As we stay in conscious connection with All That Is, ask for what we want, keep our thoughts and our attention on what we want, and open to receive our blessings, nothing is impossible.

Since the Source is All That Is, there can be no lack. We as co-creators with All That Is create our experience of "lack," poverty, and financial hardship by focusing our energy and attention on these concepts and bringing it to ourselves.

Economic and social justice, then, is the holding of a space within which all people can reach their potential, co-create the lives they dream of, and live in a strong healthy body to serve as a vehicle for their self-expression. As the Unitarian Universalist principals state it, "The inherent worth and dignity of every person," and "The goal of world community with peace, liberty and justice for all."

Economic justice is only possible when all people come to believe in and acknowledge their own inherent worth and dignity, as well as the inherent worth and dignity of others, and when all people come to believe that they are each and every one worthy of expressing their dreams and talents, and that they each and every one deserve respect and fair treatment.

The Universal Declaration of Human Rights

At the end of World War II, the United Nations was formed. It was envisioned as a way for the nations of the Earth to be in relationship with each other, in order to prevent the rampant destruction and wanton disrespect for human beings that was witnessed in the war. As a foundation for the ongoing work of the United Nations, the first United Nations Commission on Human Rights, chaired by Eleanor Roosevelt, identified certain rights,

set out in 30 articles in the Universal Declaration of Human Rights, that belong to all human beings without regard to nationality, race, gender, or religion.

The Declaration, adopted in 1948, begins with these words:

“Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,”

<http://www.un.org/Overview/rights.html>

(Read the full Declaration here: <http://www.un.org/rights/>)

Several of the articles of the Declaration deal with the right to work, to expression of self, and to fair pay for the work that is done.

Article 23

Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.

Everyone, without any discrimination, has the right to equal pay for equal work.

Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

Everyone has the right to form and to join trade unions for the protection of his interests.

Human beings have a right to good work that provides an opportunity to express the talents and skills within us, as well as good pay, sustaining pay, for work that is done for another.

To deny workers decent pay, a true living wage, is to uphold the idea that there is only a limited amount of wealth. Most of the human beings on this planet subscribe to this idea. There is only so much, and you better get yours anyway you can before it is all gone, before someone else gets it. This belief is practically evil. It encourages behavior that violates the inherent worth and dignity of others and, in doing so, violates the inherent worth and dignity of the perpetrator.

To sell another into slavery, or to sell another into debt slavery, is inherently wrong. To sell yourself into slavery or into debt slavery is worse.

We must believe that there is enough for every one because the Source of all is Unlimited; and then we must believe that every one of us, including you and me, deserve to share in the unlimited wealth, love, health and beauty of this perfect world.

Article 25

Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing, and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

In the U.S., 35.9 million people live below the poverty line, including 12.9 million children. In the U.S., the leading cause of bankruptcy is uninsured health care costs and the majority of people who file bankruptcy due to these expenses are the elderly. In the

U.S., millions of people, including millions of children, go to bed hungry every night, and millions more will go to bed hungry at least one night this week.

The United States government has in place a number of social programs that could alleviate this situation, and they must be fully funded in the attitude of generosity and kindness. But social programs are not the answer.

The answer is simply this: that every one of us realize our inherent worth and value in the grand scheme of the Universe. Every one of us is here because we have a place. We have value. We are important. We deserve to live a good life, and we deserve to live our lives to the fullest – not at the expense of any one else, because that is based in a belief in lack and limitation – but as the result of our fullest Self expression.

A world that works for all is a world that recognizes this fundamental truth about humankind. A world that works for all is a world that values the inherent worth and dignity of all.

This is not something that can possibly come from government or social programs or a lofty Declaration. It is something that must be felt in our hearts and understood in our minds.

As I come to believe in and treat myself with the inherent worth and dignity that is my birthright as a human being, from the fullness of my heart and my mind I extend the same to you, and to the world. We have to be ready to do our part.

Read more about the Universal Declaration of Human Rights at <http://www.yesmagazine.org/article.asp?ID=1631>.

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 breathe 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 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 new book is available now. "How to Live With Yourself and Automatically and Simply Love Yourself to Pure Freedom, Health, Wealth and Relationship Success" - A truly practical how-to guide. David says it is his best book since "A Happy Pocket Full of Money" that I recommend on my Web site. Learn more about it here: <http://tinyurl.com/yfonpc>

Think Right Now! Use inspiring affirmations with or without music while working at your computer. This is the original! None like it. <http://tinyurl.com/2kl7bb>
And while you are on the Web site, look for the new creating a winning self-image audio program.

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 \(http://www.dreamsalive.com/cgi-local/af/b.cgi/719\)](http://www.dreamsalive.com/cgi-local/af/b.cgi/719)

