

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 3 ~~March 31, 2007~~ April 15, 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](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.

In this issue:

A Few Great Web Sites

A Message from Sharon

**Article: Educating Girls**

A Quiet Moment Meditation

My Recommendations

## **A Few Great Web Sites:**

[Communities United for Action Now – April 14<sup>th</sup> Step It Up 2007](#) organized a National Day of Climate Action rallies to urge Congress to take action to reduce carbon emissions. One such rally was held on the Square in Oxford, Mississippi.

<http://stepitup2007.org/>

[AlGore.com](#) – features a blog, video clips from testimony before Congress, and links to ways to be active in the journey to better care for the Earth. <http://www.algore.com/>

[Global Days for Darfur](#) - a week of rallies, marches and vigils, April 23<sup>rd</sup> to April 30<sup>th</sup>, will focus world-wide attention on the plight of the people of Darfur.

<http://www.savedarfur.org/page/content/globaldays/>

[MomsRising.org – Breadmakers and Breadwinners](#) – a grassroots organization of moms and others who stand for open flexible work, maternity and paternity leave, excellent child care and children's healthcare. <http://www.momsrising.org/>

## **A Message from Sharon:**

As I drove home through the night, the luminous full moon rose before me, peaking from behind shredded clouds. Behind me, a storm gathered strength, flashed lightening, and rumbled with thunder amid huge, deep purple clouds.

The extraordinary beauty of the evening touched me. I had not been home 5 minutes when the thunderstorm caught up with me. For the next few hours, it thundered and crashed around me with the kind of driving rain that gives meaning to the word "torrents."

Incredible beauty and incredible power like this is available to us just because we exist here and now, just being in this world.

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

You are joy, looking for a way to express. It's not just that your purpose is joy, it is that you are joy. You are love and joy and freedom and clarity expressing. Energy—frolicking and eager—that's who you are. And so, if you're always reaching for alignment with that, you're always on your path, and your path will take you into all kinds of places. ... (W)e can't get away from the acknowledgment that you are Pure Positive Energy that translates into the human emotion of joy.

Boca Raton, FL, December 13th, 2003

\*All quotes are copyright Abraham-Hicks Publications.

Visit the official Abraham site at: [www.abraham-hicks.com/](http://www.abraham-hicks.com/)

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

(to get Abe Quotes delivered in your in-box, go to:

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

### **Article: Educating Girls**

In many places in the world, educating females is scandalous; in some of those places, it is dangerous.

Information is the currency of our day. To prohibit girls from acquiring it is to limit their participation in our world. Without access to information and the skills to put that information to use in the context of their lives, girls around the world end up on the bottom of the economy. No access to education means no access to jobs, to vital information about healthy living, to a full-filled life.

To deny any child, any human being, the fullest expression of their God-given talents and dreams is tragic. For girls, it is particularly tragic, because they grow up to bear children and they are their children's first educators even before the child is born. The more education a girl has, the more information she has about her body, good health, and caring for babies, the greater the likelihood that she will be able to make good choices based on sound information rather than be battered about by circumstances and dominated by others. The more information she has the greater the respect that she has for herself and others, including her parents and her own children. Complete information from which a person can draw conclusions, evaluate beliefs and opinions, and support choices in no way diminishes a person's respect for tradition or culture or religious belief. Information enhances respect.

We get our earliest impressions of the world from our mothers, unless we have been deprived of her. If she is depressed, sick, malnourished, or struggling to survive, the level of nurturing she can bring to her child is diminished. The child learns that it is not likely his needs will be met. He may grow up hungry, if he survives at all – hungry in spirit and in heart, as well as physically hungry.

We learn our value from our mothers. This is why a culture that devalues the feminine devalues us all. No boy child can grow up mentally and emotionally healthy in a home where his mother is debased, mistreated, beaten, or emotionally abused. If his mother is nothing but a house servant in his home, how can he be of real value in the

world? And of course the situation is worse for a girl child – her mother is the same gender as she is and she can see she has been born to this kind of life.

Children are resilient and there have been countless success stories of both men and women who have come from impoverished backgrounds and no education to live their dreams and express the best of who they are. How many of those had the encouragement of their mother or another mother-figure who believed in them? How many children have simply repeated the cycle or died along the way?

## **Keeping the Promise**

*Keeping the Promise: Five Benefits of Girls' Secondary Education*, published by the Academy for Educational Development (AED), reports research findings on the importance of educating girls in developing countries.

[www.aed.org/News/pressreleases/keeping\\_promise.html](http://www.aed.org/News/pressreleases/keeping_promise.html) (Download the book in PDF format from this Web page: <http://www.aed.org/Education/International/girls.cfm>)

The author, May Rihani, senior vice president and director of the AED Global Learning Group, outlines five main social and economic benefits for society as a result of educating girls at the secondary level:

- \* The presence of more secondary schools will increase primary enrollment and completion and improve overall education quality.
- \* Education beyond primary school results in an increase in civic participation and lower rates of youth violence and human trafficking.
- \* Health benefits from educating girls are immense, including significant decreases in infant mortality, lower teen birth rates, smaller families, and higher immunization rates and improved nutrition for children.
- \* Rates of HIV and AIDS decrease when girls are educated.
- \* Poverty is reduced as educated girls command higher wages and increase agricultural productivity.

[www.aed.org/News/pressreleases/keeping\\_promise.html](http://www.aed.org/News/pressreleases/keeping_promise.html)

"Countries can't move forward economically if girls don't receive an education," said Rihani, a leading expert on girls' education who has developed successful programs in 14 countries in Africa and the Middle East.

The education of girls in developing countries has been identified by world leaders such as United Nations Secretary-General Kofi Annan as one of the most important developmental challenges facing the world.

"Girl's education is one of the most important factors in improving family health and nutrition, enhancing reproductive health, increasing family income, improving the skills and knowledge of women farmers, enabling women to play a more significant role in their communities, ... and democratizing decision-making processes at community and national levels," Rihani wrote. <http://www.aed.org/Gender/upload/Zontian.pdf>

## **The Asia Foundation**

Another international organization that promotes education opportunities for children, especially girls, around the world is the Asia Foundation.

The Asia Foundation has partnered with National Geographic to establish the National Geographic Society Girls Education and Training Center in Kabul, Afghanistan. The climate for educating girls and women in Afghanistan has been notoriously dangerous. It was entirely forbidden under the rule of the Taliban. The center is targeted to destitute and illiterate street girls ages 12 through 17, many of whom beg or scrounge

through garbage to eat, or are kidnapped and sold for sex slaves. As added incentive to attend the school, the girls will be fed two meals per day. The curriculum will include vocational training so they will be able to earn a living.

[http://news.nationalgeographic.com/news/2002/09/0909\\_afghanfund.html](http://news.nationalgeographic.com/news/2002/09/0909_afghanfund.html)

The Asia Foundation has set up similar centers throughout Southeast Asia and Indochina.

## **New Meaning for CIA**

The mission of the Central Asia Institute (CIA) is “to promote and provide community-based education and literacy programs, especially for girls, in remote mountain regions of Central Asia.” <http://www.ikat.org/> CIA projects are in remote mountain villages of northern Pakistan, Afghanistan, Kyrgyzstan and the steppes of Mongolia. Their centers provide learning that encourages the community to take responsibility for their own well-being and vitality. The projects are undertaken through partnerships with the community.

Read about one of the founder’s adventures in developing this particular vision of the CIA in the critically acclaimed, award-winning book *Three Cups of Tea*. About the book Tom Brokaw wrote, “Three Cups of Tea is one of the most remarkable adventure stories of our time. Greg Mortenson’s dangerous and difficult quest to build schools in the wildest parts of Pakistan and Afghanistan is not only a thrilling read, it’s proof that one ordinary person, with the right combination of character and determination, really can change the world.” <http://www.threecupsoftea.com>

## **It isn’t just the Third World**

In the so-called civilized countries, we think that limited access to education is an issue for a place on the other side of the world. It isn’t.

In the United States, the quality of our public education has deteriorated to the point that US children are no longer competitive in the world-wide marketplace of information and ideas. The quality of education and the level of education of our young people are falling. In our intent to turn out good little worker bees to stoke the furnaces of industry, we’ve failed them.

I used to wail that our schools should be teaching our children to think and to solve problems creatively. I was wrong. Our schools should STOP teaching our children not to think. Encouraging creativity, self-expression, and creative intelligence is key. No longer is our world run by rote – the changes are too fast and too furious to be kept pace with, much less get on the leading edge of creation, using turn of the 20<sup>th</sup> century industrial worker bee education. We need innovators. We need fully contributing members of society who can be creative and endlessly adaptable.

Karen Stephens wrote in “20 Ways to Encourage Children’s Resourcefulness and Creativity,” that ...“resourcefulness, the ability to meet challenges in a variety of ways, is a by-product of creative intelligence. As children develop resourcefulness, they learn to trust their instincts and unique abilities. They acquire a positive attitude toward problem solving. Resourceful children mature into confident and industrious people. Just as important, they tap into the multitude of joys life has to offer.

“The capacity to be resourceful stems from our miraculous brain, but not just any brain. No, creativity can only be harvested from a well-nourished brain. It requires a partnership between genetic inheritance and responsive adults willing to nurture and stimulate. With the right greenhouse conditions, creativity flowers to its natural

conclusion — expression of the human spirit! If we raise children brave enough to be creative, we bestow a gift money can't buy.”

[www.ChildCareExchange.com](http://www.ChildCareExchange.com)

These are the children to whom the future is bright and unlimited. They can access and use information, and apply it in a variety of ways to thrive in our world.

This fundamental approach to broad education that supports and nourishes the resourcefulness, creativity, and adaptability of our children, male and female, in every corner of this world, can be our saving grace.

Nourishing, supportive, highest quality education and life-long learning, tapping into the very best of who we are as human beings and the innate genius we barely even touch upon now, can provide a firm foundation upon which to wholistically expand our world, with economic opportunities, high quality lifestyle, and deep care for our natural environment.

That might not be heaven; but it can be our own personal heaven on earth. And that is the way it is meant to be for all of us.

We are the world. One World. One Heart. One Universal Mind. One 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.

[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>  
Look for the new Effective Time Management 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>)

**[The Science of Getting Rich](http://www.scienceofgettingrich.net)** – "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>

