

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 7 & 8 August 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:

<http://realityshifters.com> – I have become fascinated with the art and practice of changing our past through retelling our personal history. Some of the most exciting discussions on “Retrocausal Reality Shifting” have been through Cynthia Sue Larson’s Reality Shifters newsletter and Web site. Cynthia Sue writes in her August 2007 newsletter:

One of the best known methods for instantly changing our lives for the better has to do with taking time to feel gratitude and appreciation for all that has gone so well for us in the past. Gratitude journals have become well-known, thanks to popularization by television self-help gurus such as Oprah Winfrey and Wayne Dyer... yet even in the midst of this recognition for the power of our mindset regarding our past, few of us realize that what we are actually doing when we keep gratitude journals is that we are actually changing our past.

I documented some of my own experiences with changing the past along with a summary of current research in the field in a paper I presented at a conference last year, [Retrocausal Reality Shifting: Adventures in the Fine Art of Changing the Past](#). Retrocausality encourages us to redefine our sphere of influence beyond simply making changes now and in the future. As I state in this paper,

We may begin to hold as much hope for a positive history as we do for a positive future, knowing we are capable of influencing both.

I consider my gratitude journal to be a "How Good It Has Been" book... a means to acknowledge in written word and sometimes illustration the essence of all that I find most energizing, relaxing, and worthwhile to be aware of. Such memories inevitably conspire to remind me of times of great joy and peace and balance in my life.

Looking back at what I most appreciate transforms my perspective about the past to one of feeling abundant and happy about some of the times I consider to have been

the most upsetting and challenging. I am finding that even the slightest such change in my viewpoint makes a world of difference in my prosperity right here, right now.

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Think of the possibilities for this technique! I had a very unusual childhood – it was rural, mystical, Baptist, miraculous, wonderful in many ways, and it could also be described as a life of struggle and lack. What if I could reprogram that by focusing on the mystical and miraculous? I have so much to be grateful for from my whole life. Could this technique make a difference?

I have to tell you, I have bumped into this concept several times, and you know what that means! More than 3 times is a huge hint from my Inner Being to pay attention.

I am going to give it a shot – I'll report to you the results.

On the 30th anniversary of Elvis's death, Lisa Marie Presley unveiled a duet with her father of his hit, 'In the Ghetto.' Proceeds go to Presley Place in New Orleans, a charity to help poor people get back on their feet post-Katrina. Read the interview with [Spinner](#). View the video of the duet here, and be sure to check out the gorgeous photographs of [Elvis](#) linked below it. <http://tinyurl.com/2pokrk>

Gulf Coast Restoration Network – ways to become involved to protect and restore the wetlands and barrier islands that form natural hurricane protection.

<http://www.healthygulf.org/hot-issues/natural-defense.html>

Click on "Washing Away" to view the Louisiana PBS documentary on the wetlands and what we can do to help now.

http://news.yahoo.com/s/ap/20070826/ap_on_re_us/after_katrina_my_hometown_1 This sad story is about New Orleans as we approach the second anniversary of Katrina (August 29, 2005) – Katrina, when the Crescent City and the Mississippi Gulf Coast changed forever.

Some conservative groups, even some in Louisiana, are now calling for abandoning New Orleans – at least the parts that were devastated by Katrina. But in New Orleans and along the Mississippi Gulf Coast, we have the opportunity to rebuild green and sustainable. We have the opportunity to craft sustainable communities, to cleanse away graft and corruption, to include all segments of society in the process, and to start anew in a way that honors what was good before and builds in what can be great now.

Shadow and Substance – view the cool animation of the August 28 full lunar eclipse.

<http://www.shadowandsubstance.com/>

See photographs of the August 28 full lunar eclipse here:

http://www.spaceweather.com/eclipses/gallery_28aug07.htm

A Message from Sharon:

I just moved into a beautiful house. A few years ago I scripted about getting a house like this with a special private financing arrangement. My collateral was the good word of a friend and mentor. The house is not my ultimate dream home, the one I'll have in 5 or 10 years when I retire and grow organic vegetables and write my memoirs (right now I am having too much fun in my career and my second job and my writing and my Web site!). This one is the perfect "in-town" house – a wonderful master bedroom, beautiful living room, and a great space for my office. And I attracted it in an amazing

way. You see, it looks a lot like the house a friend of mine bought in March. As I was helping her move in, I kept thinking, "this is just perfect for her, and for me! Just enough room. Really lovely. I like this, and this, and this." So I said, "Manager, I'll have something like this." When I first toured my house, I thought, "gee, this feels so familiar!" And then I realized that it is the mirror image of my friend's new house! That was in mid-May. That's pretty quick work for the Universe – a house I'd admired in March with financing that makes me able to get it in May, and I've moved in by the end of July.

Thank you, Universe! I love my new house; I love the easy way it came to me.

I am now in my dream career. It is exactly the way I scripted it 6 years ago. And it is about to get even better. I am working on designing Web sites in my day job and in my second job as an administrative assistant for the local UUA district. I am writing newsletters in my career, in my second job, and here for my Web site. I am writing personal history and rewriting my personal history. My career, my writing, and my finances are all going so well right now. As I script now with more confidence, I immediately feel the optimism. It feels so good to eagerly expect good things and to enjoy the now moment.

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

*"Give me an improved condition, and then I will feel better" is what most people are asking for, but what is really required of you is the ability to maintain your balance and your Connection to who-you-really-are, regardless of the conditions that exist. Unconditional love is "maintaining my Connection to my Source - which is love - regardless of the conditions that surround me."

The Astonishing Power of Emotions - page 166

*You need not ever again feel powerless about the achieving of anything - because when you ask, it is given, every single time.

There is no such thing as something that is incurable; there is no such thing as something that is impossible. There's only vibrational discord with the wellness; that's what illness is. There's only vibrational discord with abundance; that's what poverty is. There's only vibrational discord with clarity; that's what confusion is.

Excerpted from Abraham-Hicks Workshop

G-7-30-05 - San Francisco, CA

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

Article: The Big One

I used to think that I needed to know my life's purpose and that I should be working on that one thing. I don't believe that there is just the ONE BIG THING I came here to do anymore.

Every thing we do is filled with purpose; every little action, thought, or feeling is what we are supposed to do. We are here to live and to live expansively, to have great adventures and little bitty adventures every day. We are supposed to have fun with all of this.

When we are so sure there is One Big Thing that is our one true calling, our true purpose, we feel like something is missing, like, 'is this all there is?'

I heard a line in a movie Saturday night that really spoke to this; the fellow was saying, well, he'd had some success in his career but he hadn't done all the really great things he wanted to do (he was only in his 30s so big whoop, ya know!). And his wife said, "I didn't marry you because I hoped you'd be rich and famous." He replied, "I am not talking about rich and famous; I just never thought I'd be so ordinary."

We are so very far from ordinary.

And we can look at it that way, or we can realize how truly extraordinary we really are, and our lives really are. I mean, every little thing.

We as unique individuals have an amazing variety of talents, interests, and skills. If we listed all the things we do well, or find interesting, or want to learn more about, or want to do well, our lists would be very long indeed.

How can we choose just one thing, determine that it is our one true purpose in life, and then proceed to do just that one thing through our entire adult life? Undoubtedly, in the process of doing that one thing, we would learn hundreds of other things. Perhaps we would learn that we have done all of "that One Thing" that we need or want to do. Our perspectives will change as we gain more information and experience.

Was it then a waste of time to take on this One Thing and take it as our life purpose? Absolutely not! For one thing, any moment of time that is experienced at all is not wasted. There is always a nugget of gold – energy, experience, learning – in every experience. Each calling, each passionate idea, each exhilarating experience is for that period of time our life's purpose, deserving of our passion, our attention, and our energy.

Who says there can only be one life purpose? only one career? only one rewarding experience? only one true calling?

In a lifetime that stretches over 80, 90, or more years, how likely is one of anything?

Barbara Sher does an amazing PBS special called "Refuse to Choose With Barbara Sher!" in which she identifies people she calls "Scanners" who have so many talents and interests that they seek constantly the new experience, or enjoy one experience and expression of their talent then move on to the next.

We are all a little bit like that.

For as many of us who do delve deeply over the course of decades into one passion, there are many who never seem to find any One Thing. And for those who do spend decades developing one passion, if we examine their lives closely we will find many other passions and interests and skills and talents – not just one.

A Sense of Purpose – knowing what you want in the Now moment

Purpose can be defined many ways. Suppose we define it not as the One Thing we are here to do, but as the deep knowledge that we matter, that we are an essential, integral part of this Universe. We are not an accident. We are every one of us here for a reason and a purpose. We matter. The Universe would not be the same without that bit of expression that we are.

Then our sense of purpose is knowing what is important to us, knowing what matters to us, honoring ourselves, and valuing ourselves. Living from this sense of purpose and acting as if we matter, as if life matters, and as if everyone else matters, that then is a purpose-full live.

Adam Cayce writes, "If, however, you have a clear sense of purpose — you know what's important to you, what you're aiming at in life, and the kind of person you are when you strip away all the titles, belongings, and personality stuff — then you're aware of what makes you tick, what brings you joy, and what's authentically important to you. You're living a life driven by a clear sense of internal purpose."

<http://monkatwork.com/2007/08/27/how-deep-is-your-rudder/> (accessed September 3, 2007).

This sense of purpose gives us direction and helps us see the meaning in our lives. When we know we matter, it is easier to give more weight to the whisperings of our hearts than to the clamor of advertising, socializing, and peer-pressure.

"What do I want in the Now moment?" becomes our mantra. Our hearts will answer. And if we listen to our hearts, and allow our experience to be guided and informed by the wisdom of our hearts, then we cannot go wrong.

In the original version of The Secret video, Neale Donald Walsch says, "Your purpose is what you say it is; your mission is the mission you give yourself; your life will be what you create it as."

Our purpose is to live life fully, to express the best of who we are, and to remember how to consciously create life of our own design and choosing. And that leads to Joy, Love, Freedom, and Passion. That's a life worth living.

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)

[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

Road Signs for self help and personal development

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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.

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