

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 9 September 30, 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:

Mountaintop Removal – described as “a cheap, ruthlessly efficient, environmentally destructive means of mining coal from the mountains of Appalachia” by the New York Times [http://www.stopmountaintopremoval.org/docs/nyt_ravaging_appalachia.pdf], mountaintop mining literally scrapes away the tops of mountains, usually pushing dirt and rocks into the valleys and streams thus destroying not only the mountains but the valleys as well. It is an incredibly wasteful way to mine for coal.

<http://www.stopmountaintopremoval.org/>

The Brookings Institute report on The Future of Children focuses on poverty *The Future of Children* has released its latest publication, [The Next Generation of Antipoverty Policies](#) (Vol. 17, No. 2). The volume focuses on eight policy proposals for reducing poverty in the U.S. <http://tinyurl.com/yrfj3w>

We Can End Poverty – A Culture of Peace

<http://www.cultureofpeace.org/quotes/endpoverty-quotes.htm>

ONE: Campaign to Eliminate Extreme Poverty – October 17, Global Action Against Poverty with campaigning for the Jubilee Bill in the U.S. Congress. <http://www.one.org/>

A Message from Sharon:

It hurts to watch loved ones struggling. You feel so sure if they would just listen to you and do as you suggest or ask, they'd feel so much better and things would work out so much better for them.

But you can't make another person live their life according to your plan. It is not possible. Even if it was, it isn't a good idea.

We each must listen to our hearts and our Inner Beings, and live our lives accordingly. If I insist on that freedom for myself, I must insist on it for others.

For me, the reason to have a lot of money is to spread it around, give it as good gifts to my daughters and grandchildren, and use it to make the world a better place, in addition to enjoying it very, very much.

But at a point, giving money to another, or supporting them in other ways, while they basically sit and do nothing, not even contemplate their next fun adventure or avenue of self expression or belly-button, then we have to ask are we crippling the people we love most.

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

*This earth is expanding and evolving and IMPROVING. It is not shrinking and disintegrating and declining. It is not. Life is eternal and your balanced Earth is in good stead. Worry not about it.

But [applause interrupts] BUT it's not wrong for you to EXPLORE your Earth, and see things that are of concern to you. That's what you said you would do. So you see something that is of concern to you, immediately you ASK for an improvement. And immediately the rocket of desire shoots out of you and Source Energy is on the case.
San Rafael, 7-22-07

*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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Article: How do we fight poverty?

It has been said that if all the money in the world was divided equally between all the people, that within a year it would all be once again focused in the hands of those who had it to begin with.

As we look around our world, we see emerging nations trying to adopt a Western lifestyle and going deeply into debt to do so. Entire nations become debt slaves, just like so many middle class people in the United States, with too much of their national gross product going to service debt. Their own culture and lifestyle becomes impoverished as they adopt attitudes and value systems at odds with them.

The ONE organization is an international group that advocates global debt forgiveness or refinancing of these enormous debts that keep these countries from moving forward into the great Western pursuit of more-more-more stuff (and fries with that). The Jubilee Act has been winding its way through the U. S. Congress, urging the

supposedly richest nation in the world (if you don't count enormous unserviced debts) to do more to help these countries, supposedly committed to a better life for their people, get out from under these crippling debts. Who better than the United States, given the huge load of debt the nation carries, to advise other countries on how it's done. But how will this help the people rise above poverty if they continue their pursuit of the least meaningful of our Western values and culture?

Robert Kennedy said, "As long as there is plenty, poverty is evil."

Poverty is evil. It is evil because it is the epitome of a belief in separation from the One Source, from All That Is. Source Energy is all we need to live a life of fullness, health, safety, and value.

Does this mean that it is sinful to be poor? Poor, like rich, is a relative term.

I grew up in a working class family in the Deep South in the 1950s and '60s. My father did construction work (roads, bridges, dams), and often worked away from home. My mother sometimes babysat children for working families. Our family income was modest; we rented the small farms we lived on until the mid-1960s. By some measures we were poor; by other measures we were rich. We had food to eat – much of it grown in our garden; I cannot remember going hungry. We had shelter – we rented small farms in a rural community where we were kin to many families and attended school or went to church with the others. We had clothing – and yes, sometimes I wore hand-me-downs and sometimes my mother gave clothing we'd outgrown to other children in the community. We had a television, a telephone, electricity, and good water from either the well on the property or from the community well. We had plenty, even though my parents constantly feared that there would not be enough of any one of these elements of life. It certainly was no sin to live this lifestyle; but my parents' fears – that might be something else. It was rare for my parents to relax and enjoy the fruits of their hard work. It was more common for them to worry about the next job for my father, the money to buy the groceries we could not raise or to buy the clothes and shoes growing children constantly need. I cannot recall my mother ever saying, "God will provide," even though we were a Christian family.

We lived in a poverty of spirit in a world of abundance.

Most people do when they live by worldly values.

Generations

Generation Xers, according to references I saw at a recent conference on education, have a more balanced approach to life than did my parents' generation (dedicated, hard-working traditionalists) or my own (Baby Boomers, driven, seeking gratification). Perhaps my children's generation will grow up learning to seek the values of home, family, and relationship, as well as prosperity through self-expression and creativity.

Our time and our individual self-expression are too valuable to waste in a job we hate simply to make the money to pay for a big ole pile of stuff that we do not have time to enjoy or appreciate when we amass it. We are given gifts that come to us from All That Is expressing through us. We are here to express those gifts; and being rich means having all that we need for a full expression of our gifts, of our individuality in connection with the whole web of life, and of our hearts desires.

"That person is rich who has all he needs for full expression of himself," wrote Wallace Wattles in the Science of Getting Rich. Being rich is a blessing.

We were meant to be rich, abundant, and prosperous. This is a blessing from Source; being rich is no more sinful than being poor. But the pursuit of riches at all cost, instead of expressing our inner dreams and visions may be a different story.

Using money and other resources in such a way as to have all we need for full self-expression, for living our dreams, is a blessing, one for which we can express gratitude and appreciation.

While we pursue our full self-expression, and attract the money, energy, resources, relationships, and time that we desire in order to live our dreams, we naturally want to see others enjoy the same level of wealth brought to us through our connection to Source. But we cannot define wealth or poverty for others, particularly others who live in different cultures.

In the [Science of Getting Rich](#), Mr. Wattles describes the situation in which if we give a person in an “undeveloped country” (which is to say a country that has not yet bought into Western materialism – remember the book was written in 1912) a fabulous oil painting in exchange for furs that the man has hunted and gathered, then we have cheated him. The painting, even if worth millions in the Western world, has little value for him. But if we trade a gun so the man can use it to hunt more animals for their furs or for food, then we have given him something of value to him for what he has traded us that is of value to us.

This is the heart of trade and commerce – to give and receive something of value to all parties involved. Because there is plenty, there is no need to cheat or swindle or try to drive the hard bargains, like Walmart in China. We can trade in good faith, respecting the inherent worth and dignity of all people. But both parties need to buy into this belief. No matter what effort I make to provide you with something of equal or greater value for the money or “something” that you give me, I may feel good about the deal, but you may totally disagree. I get a lot of self-help, personal development, and spiritual development products pitched to me, particularly through e-mail marketing; some of them are quite expensive. If in reading through the promotion, I believe I can see value for the cost I may invest the money; otherwise, I won't. And my level of willingness to spend has risen as my income has increased - \$20 used to seem exorbitant for a guide meditation CD, now it seems perfectly reasonable.

What we seek for wealth and prosperity are: work that fulfills us and satisfies us as well as bringing in a good income; creative expressions of our inner ideas and dreams; belief in our connection with All That Is as the Source of our abundance; belief that there is plenty, there is more than enough for all of us, and that by having what I want I am not preventing any one else from having what they want, too; and the determination to generate wealth through creation, not through competition.

You cannot get poor enough or sad enough to help those in poverty

Abraham has said that you cannot get poor enough to help those in poverty.

Wallace Wattles put it this way:

(E)conomics as a study of poverty will fill the world with wretchedness and want. Do not talk about poverty, do not investigate it, or concern yourself with it. Never mind what its causes are; you have nothing to do with them.

What concerns you is the cure.

Do not spend your time in so-called charitable work or charity movements; most charity only tends to perpetuate the wretchedness it aims to eradicate. I do not say that you should be hardhearted or unkind and refuse to hear the cry of need, but you must not try to eradicate poverty in any of the conventional ways.

Put poverty behind you, and put all that pertains to it behind you, and make good. Get rich. That is the best way you can help the poor.

And you cannot hold the mental image which is to make you rich if you fill your mind with pictures of poverty and all its attendant ills. ... You cannot help the

poor in the least by knowing about these things, and the widespread knowledge of them does not tend at all to do away with poverty.

What tends to do away with poverty is not the getting of pictures of poverty into your mind, but getting pictures of wealth, abundance, and possibility into the minds of the poor.

You are not deserting the poor in their misery when you refuse to allow your mind to be filled with pictures of that misery. Poverty can be done away with, not by increasing the number of well-to-do people who think about poverty, but by increasing the number of poor people who purpose with faith to get rich.

The Science of Getting Rich – download the free book here:

<http://www.scienceofgettingrich.net>

To eradicate poverty in your world, use these principles to get rich. Tap into prosperity thinking, realize your unlimited connection with Source and live from that connection. Know that when you need something or even want something, connection with Source can bring it to you through Law of Attraction. This does not mean that Source, All That Is, is like a great vending machine in the sky. This is the creative energy in the Universe. While we may start out trying to connect with Source to fulfill our mundane desires, we are still experiencing connection with Source consciously, and that raises our consciousness and our vibration simply through desiring conscious awareness of the connection.

Evidence of this connection is Joy, it is Peace, it is Love and open heartedness. It is a feeling so sublime that we will choose it, and choose those thoughts, beliefs, and actions that will lead us into this feeling more and more often.

How shall we do away with poverty?

There is a wonderful segment in The Secret movie in which Esther Hicks/Abraham talk about the war on poverty, terrorism, etc., and they state clearly we do not need to fight poverty. We need to spread the belief in abundance and prosperity and plenty for all.

What we need to do is follow Mr. Wattles' advice: use these principles and get rich. Show the way by example. Share our riches and our knowledge and our wealth with all. Know in our hearts that there is always more than enough, that Source Energy is unlimited and that this abundance is never ending and always available to us.

How we can help the poor is simply this: know, firmly, completely, and without doubt that "God will provide."

Here are some ideas I have about how to help the world live in wealth and prosperity:

- Hold the vision that there is plenty – plenty of ideas, creativity, power, money, energy, time, water, food, and shelter – for all of us to have all that we need.
- Provide education for everyone – not to generate a pool of good little worker bees, but to make available resources to our children and all of our people that they can use to create ways to express their God-given gifts, talents, ideas, and creativity, so they can fulfill their potential, right where it is, in whatever way their hearts and their connection to Source leads them.
- Promote the inherent worth and dignity of all living beings, regardless of age, gender, sexual orientation, location in the world, or status as human or animal or plant or planet.

- Check in with your heart. Every day, determine and intend to live in close connection with Source. You'll be glad you did, and you will radiate this love, joy, and abundance where ever you go.
- Be a beacon of light.

Rather than getting rid of poverty, let's create hope and inspiration. Let's expand prosperity and abundance. Let's create heaven on earth.

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.

Sending you Light and Love,

Sharon Walls

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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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