

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 5 – May 31, 2004: June 11, 2004

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 accepting myself more, living a happy and fulfilled life, and expressing my life's purpose.

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 Quiet Moment Meditation

A Few Great Web Sites:

Sanaya Roman's Orin weekly meditation –

<http://www.orindaben.com/db/dbmeditation/meditation.php>

An article on the recent Venus Transit – June 6-10, 2004

<http://www.kachina.net/~alunajoy/2004june.html>

www.experiencefestival.com/venus_transit for further information on the Venus transit (after April 12, please see www.globaloneness.com). This will be a continually updated interactive website. For more information on the Venus Transit and the next 8 years until the second in the pair.

“Venus is the planet of Love and Abundance. She is often called the Morning Star and the Bringer of Light. According to astrologers, Venus transits the Sun in an unusual series of 105- to 243-year cycles. These transits occur in pairs approximately eight years apart. This pair of Venus Transits will take place on June 7-8, 2004, and again on June 6, 2012. During the eight years the Earth is held in the embrace of the Venus Transits, we will experience an amazing transformation within Humanity and all life evolving here.”

THE MIRACULOUS VENUS TRANSIT by Patricia Diane Cota-Robles

www.1spirit.com/eraofpeace

A Message from Sharon

My computer crashed the weekend before this was due out... taking with it my lovely newsletter. I had back up copies of my older stuff, like last month's e-zine, but the new stuff was lost. No doubt it was really brilliant, too. About the time my computer was back up and running, my second grandchild, a lovely little girl, made her appearance, just a couple of days before the Venus Transit.

So this is going to be a short, sweet newsletter.

What a lovely gift! Little girl energy coming into my world which is already rich in feminine energy, feminine power. I have written about my mother who epitomized strength as a young mother running a household and farm, raising four kids, and living with depression essentially on her own while my father worked away from home. I have two strong, intelligent beautiful daughters. Both are brilliant and creative in very different ways. They bring to my daily life such joy, so many learning experiences, so much that is good and sweet. I have already been blessed with a wonderful grandson who is going to make a great big brother.

I also have a small close circle of strong female friends... strong visionary women who deal with intense personal growth and old issues with grace and beauty, and open to expand their consciousness. We encourage and inspire each other in the way we live our daily lives. In the past two years I've reconnected with friends and roommates from college and my cousin that I stay in touch with via e-mail. There is so much joy for me in having these women in my life. There was a lovely e-mail message going around about the value of having girlfriends. It is one of the truest statements of our time – we need these connections.

Additionally, I am blessed with a strong male friend who is in touch with his feminine side as well as being balanced and comfortable in his male skin. Yin and yang. Ladies, it is a wonderful gift to have a male friend like this.

I can see the beauty and the power and the love in these incredible people and it reflects to me these qualities within myself. What we value in others, what we admire in others, are really our own qualities that we too often fail to acknowledge. Our relationships show us parts of ourselves and others that we may neglect or overlook until it comes up with another. Our relationships also call upon us to be our best and to give our best, particularly when it is with someone who has seen our worst.

One thing about relationships – no matter what you look for in it you can find. No matter what kind of relationship we have, it simply mirrors how much we love ourselves. When we can look at our relationships, even with perfect strangers, as mirrors, we can see how we are feeling about ourselves.

I have a great life, filled with wonderful loving relationships with my children and grandchildren, loved ones, and friends. If I am feeling bad about any thing in my life, it is due to where I am putting my attention. I have a great life if I simply focus on the joy.

Sending you Light and Love,
Sharon

“The ancients believed not just the soul, but *intelligence*, resided in the heart. They meant it quite literally - they thought with their hearts, not with their heads. They *lived* from the heart.

The bottom three chakras are your female energy, *yin*, and the top three are your male energy, *yang*. The heart chakra stands between the two. Centering yourself in the heart creates a unified whole, uniting the creative and intuitive female energy with the intellectual and realistic male energy. When the male and female energies are united, there is no conflict. When you feel no conflict, there is nothing to hold you back. So follow your heart! “ **Living Sun Tarot**

<http://www.livingsun.wejees.net/id2.html>

"The basis of your life is FREEDOM. The objective of your life is JOY. The result of your life is GROWTH." Abraham-Hicks

This is the secret to creating what ever we want in our lives:
Ask and you shall receive!

I'm Rich Beyond My Wildest Dreams. I am. I am. I am.

by Tom and Penelope Pauley

[I'm Rich Beyond My Wildest Dreams...](#) Deliberate Creation in action. If you can make a grocery list, you can use this straight forward system to manifest your most cherished dreams.

"When you become so determined that you want to feel good --- you have become as your Inner Being is, in such a pure place of Positive Energy --- then that which is "negative energy" simply can't mix with you. It defies Law. If you are very strong and clear about your positive wanting, and feeling it, then "bad" things simply cannot get in."

Abraham --- G 2/23/91; copyright Abraham-Hicks. www.abrahamhicks.com

Article: The Importance of Feeling Good

Wayne Dyer says, "I want to feel good" in his PBS special promoting his new book, The Power of Intention.

Is this more "feel good" New Age hype? What is the point?

The point is being in the flow of Universal Life Force Energy. The point is living in connection with Source, with All That Is.

I have been making it a point to put my mind and energy and time into thoughts and actions that feel good to me. It helps me increase the joy I feel and that helps me clear my connection with Spirit. Meditation helps me get in touch with my Higher Self, with Spirit.

Other things that help me get into that good feeling space are appreciating and gratitude. When I start getting too serious or too depressed about any thing, I remember that it is only a thought and I can choose to think something different - even if I have to put my mind on something else entirely if I can't find a better feeling thought about what ever it is I am "observing."

Louise Hay says, "It is only a thought, and a thought can be changed."

"What you think upon grows. Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thoughts be good or bad, the law works and the condition grows." Emmet Fox, *Make Your Life Worthwhile*.

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." *The Dhammapada*

If what we think upon grows, if we "make the world" with our thoughts, doesn't it seem really appealing to put our thoughts upon something that makes us feel good? that brings us the feeling and essence of Joy? that brightens our world?

I am not going to tell you that I am fully centered in the Now moment and that I do not get down, frustrated, or upset about things. But I am a lot better about it. I am a worrier by nature and by training from early childhood - I have been programmed to "observe" "reality" and be realistic. I have learned to look to exterior mundane sources for every thing including interpretation of my experiences. The truth is All That Is is the one Source, and my connection with All That Is is most open and clear when I feel good. God is Love, Spirit is All That Is, and God is Good - When I am Love, when I am Joy, and Bliss, and Peace, and when I feel Good, then I am expressing more of the Spirit, the All That Is, the Source.

[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.

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. Open to more and more Light, more and more Love. Release any resistance to receiving this beautiful white Light and Divine Love. Allow It to flow into you, into every cell of your body, all bodies, all selves. Allow the Light and Love to increase your awareness of your connection to All That Is. How good does this feel? How good are you willing to feel in this moment?

And breathe.

Know how much God loves you. Imagine Divine Love filling every cell of your body, every thought in your mind, every emotion. Experience the feeling of being loved completely and unconditionally. Realize that you are filled with this Light and Divine Love.

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.

And breathe.

Enjoy the feeling of being loved and of radiating this love to all who come in contact with you, radiating it out from your Heart. Imagine a stream of this beautiful Light and Divine Love going out to your loved ones, surrounding them and filling them as it fills you. Imagine the beautiful white sparkling Light flowing out to your community, and expanding into the whole world. Imagine the Light and Divine Love flowing into any situation you may be experiencing. Fill the situation with Light, Divine Love, and Peace. Bless the situation and all those involved for providing you with a wonderful opportunity for healing and learning. Imagine the Light and Divine Love filling your goals, your dreams, and your desires.

Contemplate the idea that the Universe is our Source, and the Universe is unlimited. Consider that, if this Universal Life Force Energy is truly the source of your life, your breath, your health, your love, your energy... then the Source is unlimited. Therefore, consider that your life, your breath, your health, your love, your energy... is unlimited. Consider whether you can release the thought of limitation. Consider whether you could release the belief in lack. Contemplate the Unlimited Life and Abundance there is here for you. Think of what you would do if you knew you were unlimited.

And breathe.

Experience the deep inner peace that connection with Universal Mind, with Divine Love gives. Breathe deeply and allow your self to be supported by All That Is. Rest and be Peace.

Remember this feeling of connection, peace, love and joy as you go through your daily life.

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Sending you Light and Love,

Sharon Walls Martinez

Road Signs for self help and personal development

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Sharon: Road Signs for self help and personal development

A devastating divorce followed by months of intense depression, unemployment, and financial hardship found me in a dark space in the woods. Over time, through meditation and prayer, and a ton of "self help" techniques, the Light increased in my life. I have studied self help and personal development, as well as spiritual development, all of my life and these studies, these tools, have seen me through dark times and helped me on my journey to self fulfillment and empowerment. At Road Signs I share tools, ideas and information, books and resources that helped me along my way. <http://www.swroadsigns.com>