

Road Signs for the Journey ***Articles from 2003*** ***newsletters***

By Sharon Walls

For

Road Signs for self help and personal development
<http://www.swroadsigns.com>



Road Signs for the Journey Articles from 2003 newsletters

September 21, 2004

Happy 49th Birthday to me!

I have been blessed in my life to live many of my dreams, including the creation of Road Signs for self help and personal development and the accompanying monthly newsletter/e-zine, Road Signs for the Journey.

The web site and the e-zine combine to give me the opportunity to write and create. I love to research self help, personal development, and spiritual subjects on the web as well as in books, tapes, and courses. Then I like to talk about and write about what I've found. This is richly satisfying and Joyful for me.

This book is a compilation of my articles from the first six issues of my e-zine, June through December 2003. It is my gift to you on my 7 x 7 birthday. May it inspire you to reach for your dreams, to seek within to find what your Divinely inspired dreams might be, and to have the courage to pursue them as Divine Intelligence wishes you to do.

Neither Love nor Dreams are put in your Heart to stay... bring it forth and share with the Universe, with All That Is, with the rest of Us.

Today is the first day of the rest of your life, and the moment is NOW!
Happy Birthday to all of Us!

Wishing you Light and Love, and most of all Joy
Sharon

Article:

Our Heart's Desires

June 2003 newsletter:



When I watch a favorite performer singing or performing in a video on television, I think, what a wonderful talent. I enjoy listening and watching and have pleasure in their gift. How lucky for me that this talented artist did not ignore the gift given him or her.

When I consider the talents and gifts Divine Intelligence has given me, though, I am not so sure. Who am I to be a writer? Who am I to teach Reiki or to promote it and practice it? Who am I to claim the status of a Reiki Master?

Any of these gifts can and probably have brought blessings to others. We are not given our talents and our dreams to hide them in our hearts, to bury them and ignore them. Exploring and sharing these gifts and dreams are very much a part of our reason for being, our Divine Purpose.

A lot of us wander around wondering why on earth we are here? What is the meaning of life? Why was I ever born? Every thing has a reason and a purpose; every living being is here for a reason and a purpose. Me no less than you, and no more than any one else.

If you have a child, you understand how sad it can be to see a beloved child ignore a special gift or talent. You can encourage him or her, you can offer him opportunities to express it, you can praise her every effort. But unless he or she embraces her gift, his talent, and pursues its expression, there is nothing more you can do. Imagine our Divine Mother-Father-God watching beloved children hiding the talents given to them.

I have learned to honor my heart's desires, my dreams, because I can see that they can come true, just a little at a time maybe, but they can, and, like my precious children, they are truly God's Gifts.

Article:

On a Path to Prosperity Consciousness - First Steps



July 2003 newsletter

One of my deepest heart felt dreams is to experience and to live from my heart, prosperity consciousness – a cellular, soul-deep certainty and experience of Oneness with the Divine creative power of the Universe.

Prosperity Consciousness – a simple basic trust that the Universe is a friendly place, that Divine Intelligence loves me and wants me to live my life in its fullest expression, in abundance, in joy, in peace, and in love. A deep inner knowing. A soul-deep certainty.

The first step is to develop awareness of my connection with Spirit, with All That Is.

Universal Life Force Energy is the substance that the Universe is made up of. It not only permeates all that exists, all that is, in the universe, it literally is all that is in the universe. It is Spirit, God, Universal Intelligence. It is All that Is. In this substance, in Spirit, we live and move and have our being. We are this energy in expression in the physical world. Science has proven that the universe is composed of microscopic specks of light or energy vibrating at different rates. Now I have this knowledge. How do I make it my own?

I begin with prayer and meditation. The Bible says “pray without ceasing.” Make every moment a prayer in motion. Ask. In a quiet meditative state, ask for understanding. Ask for greater consciousness, greater awareness. Ask for whatever gifts we wish to manifest – personality traits, psychic gifts, inspiration, talent, or material blessings. “Ask and it shall be given; Seek and ye shall find...” these are some of the most beautiful words in the New Testament. In meditation, through prayer I ask Divine Intelligence for this deep inner knowing, this greater connection with the Universe.

Every thing – every single thing – in my life reflects how I feel about myself.

If I accepted that God loves me and wants only the best for me and if I opened to receive that Love I know that my life would be a constant miracle of abundance and prosperity and blessing. I put blocks between my self and Spirit – I shut down before I receive; I am afraid that I am not worthy or deserving.

God is Divine Love. God, Spirit, wants only the best for us – Spirit has rich gifts waiting for us to simply open up and accept, co-create, bring in to expression.

This is where the healing and the clearing begins. Most of the healing work we do for ourselves is simply to release the blocks that our socialization has

created. These blocks are learned, taught to us at an early age by well meaning parents, teachers, and preachers who only wanted us to be able to “get along” and function well in the society in which we found ourselves.

Some techniques for releasing these blocks are: using affirmations, energy healing work focusing on releasing such as Reiki or qi gong, 12 step programs, creative visualization, or therapy. I have used all of these at one time or another. They work to the extent that you are willing to be open, to release these blocks which your ego may tell you are in place to protect you and keep you safe, and to delve deeply to let them go.

You must make a commitment to honor your connection to the Divine, to honor yourself and your path, and to honor your dreams as an expression of Divine Love.





Article:

On a Path to Prosperity Consciousness - More Steps

August 2003 newsletter

Prosperity consciousness is a cellular, soul-deep certainty and experience of Oneness with the Divine creative power of the Universe. It is a basic trust that all of my needs will be met and it is the expectation that life is good, that I can live my dreams and that all of the material possessions desired to live my life to the fullest and express myself will be provided for me, either through the money to buy them or through the manifestation of them.

I have been studying developing a prosperity consciousness, creating my reality as I want it to be and living my dreams for many years now. Creating my reality fascinates me. I believe that with my thoughts, beliefs, and emotions I create my life. The thoughts I entertain and choose to think over and over again become my beliefs, particularly if I link the thought with an emotion. I act from my beliefs, even those that are buried so deeply they are no longer conscious. Maybe especially those that are buried. When I uncover my beliefs, I can question them. I can make a choice rather than act unconsciously doing the same old thing and getting the same old results. If I want to know what I am thinking or what I believe, all I have to do is look in my life. What are the results? What would I have to believe to act this way or to create this situation in my life?

“We create our own reality with our thoughts, beliefs and emotions (TBEs),” wrote Joan Sotkin in her book *Build Your Money Muscles*. “In order to change our lives, we have to change our TBE’s and the habits we have developed over the years. In order to create prosperity, we have to change our thoughts, beliefs and emotions as they relate to money and wealth and the concept of our self-worth.” [from Joan Sotkin's [Build Your Money Muscles](#) program]

That our thoughts create our reality is hardly a new concept.

The Dhammapada says: “We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”

In the Old Testament, Solomon wrote: “For as a man thinketh in his heart so is he,” in Proverbs 23:7. This Bible verse is the basis of the James Allen classic. In Chapter One, Allen wrote, “The aphorism, “As a man thinketh in his heart so is he,” not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally *what he thinks*, his character being the complete sum of all his thoughts.” (You can download a free copy of this book at <http://www.asamanthinketh.net/>)

This concept is a basis of Unity School of Christianity thought. Eric Butterworth, author of “Spiritual Economics,” and J. Douglas Bottorff, author of “A Practical Guide to Prosperous Living,” are both Unity ministers and writers.

Butterworth wrote, “The starting point in realizing prosperity is to accept responsibility for your own thoughts, thus taking charge of your life.” He explained, “All that is required is that you keep yourself centered in the creative flow, keep in tune through positive thoughts, keep responsive by your faith, and as Thoreau would say, ‘Keep moving in the direction of your dreams.’” He eloquently affirms the concept of God as All That Is, “The word Universe, in its literal meaning, is ‘the whole body of things,’ the basic unity of all life. Actually, we are implying a larger thought of God. The words God and Universe can be used interchangeably, referring to the whole of things, of Allness, which is present in all and through all.” [from “Spiritual Economics”]

Bottorff wrote, “ When Jesus said, ‘Seek first his kingdom and his righteousness, and all these things shall be yours as well,’ he was pointing out that the condition we describe as material prosperity is the natural result of spiritual understanding. ... A materially prosperous life is the natural and inevitable consequence of your spiritual evolution.” [from “A Practical Guide to Prosperous Living”]

Using our thoughts to create prosperity is the basis of the book [The Science of Getting Rich](#) by Wallace Wattles. Both “As a Man Thinketh” and “The Science of Getting Rich” set out programs for controlling our thoughts, for choosing the thoughts that will guide us to riches, and for clearly defining our thoughts through setting goals and getting in touch with our heart’s desires. In [The Science of Getting Rich](#) Wattles points out that it shouldn’t be a great effort to focus our thoughts on something we truly desire and want to see manifested in our lives. But let’s face it. For whatever reason, it is so much less work to focus

on what we don't want and what we fear, thereby creating exactly these situations and circumstances instead.

I have been reading the book "The One Minute Guide to Prosperity and Enlightenment" by Sri Siva, the Tamil Siddha master from India also known as Shri Guruji who taught the "Ah Meditation" to Wayne Dyer described in his book "Manifest Your Destiny." Sri Siva writes, "Everything that happens in your life depends upon how you spend your thought energy. Everything starts with your thinking process. So you should constantly be absorbed in looking at what you are thinking. ... You have to become very, very careful about what you think, because what you think is going to manifest as reality." [from "The One Minute Guide to Prosperity and Enlightenment"]

I have researched many prosperity consciousness programs and controlling my thoughts and applying my thoughts to create what I want is a cornerstone to those programs that work best.

Meditation and awareness are the best methods of bringing my thoughts and beliefs in to conscious mind that I have found.

Journaling is another good technique, because when I write out my thoughts, feelings, and observations I always get some insight into what I was thinking that created my experiences. I love to write long soulful e-mails to my friends because I always see something in my thoughts and beliefs, perhaps a long-standing pattern of choices and behavior or an "aha" moment revealing a motivation. However, I need to be careful who I write my revealing messages to; not every one will keep my revelations in confidence.

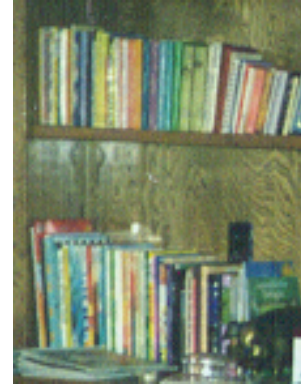
Next issue, I plan to write about the power of our words.



Article:

The Power of our Words

September 2003 newsletter



In the beginning was the Word, and the Word was with God, and the Word was God made manifest.

This is one of the most beautiful verses in the Bible. And God said, “Let there be Light.” And there was Light, and God saw that it was good.

Our words are our thoughts, beliefs and emotions made manifest. And our words have power.

Prayers are words. Prayer is powerful, life changing, healing. Prayer is connection to Spirit.

Magic spells are words, intoned with cadence and rhythm and usually a bit of theatre to focus our attention and intention. Magic is powerful, life changing. Magic is connection to Spirit.

Meditation chants vibrate to a certain frequency, lifting our consciousness upward or inward. Mantras are words, often in a different language, used as focal points in meditation, as chants or litany. Meditation is connection to Spirit.

Affirmations are words written or spoken to program or reprogram our minds and our thoughts. Affirmations are our thoughts, beliefs and emotions made physical.

Goals are words stating our desires and our intentions.

Songs are words set to music, communicating our feelings. Poetry is the beautiful expression of our thoughts, beliefs and emotions in rhythm, cadence, rhyme or not. These words, vibrating with our Heart energy, are connections to each other and to Spirit.

There is power in the spoken word. With our words we connect to each other, to our Higher Self, to All That is.

How, then, can we justify using our words so carelessly? The things we say to each other, the words we use in every day speech, the words we listen to on the television or radio, all of these words matter and have power for good or for harm.

The effect of our words is easily seen in our relationships, in our connection to each other.

We have all had the humbling and painful experience of saying something stupid or hurtful by blurting out whatever came to the tip of our tongue. Sometimes this occurs when we are “talking and we can’t shut up.” Sometimes we experience the Freudian slip – we say what we were thinking instead of the polite lie we planned.

We have seen heartbreak in a friend’s eyes and been at a loss for the right word to say to renew her hope, and give her encouragement and reason to go on when her strength is almost gone.

We have been on the receiving end, too. Some one whose opinion matters to us gives us a left-handed compliment. Our boss criticizes our work. Our mother fusses at us for something we did or said. Our sister tells us, for our own good, that we really don't need that piece of chocolate cake. Our child tells us that we are ruining her life if she cannot go to the dance on Friday night. And these are innocent examples of how words can hurt, even in casual exchanges.

Not by bread alone do we live but by every word out of the mouth of God.

Words are extremely powerful in our interpersonal relationships and no where as important as in our relationships with our children. Our children teach us this early on and if we will listen to them we can easily learn the lesson to guard our tongue, watch our words, and discipline ourselves to say only what we truly mean from our heart, to avoid words that hurt, that cut, that tear down.

Parenting is a crucible for learning the power of our words. Just in our every day nagging we run the risk of discouraging and bruising feelings. I say to my teenager, clean up your mess. She picks up one or two items. I come back and tell her again, clean up your mess. I did, she replies. No, pick up this, this, this, and this. I walk away. I come back and it is still there. And I feel such frustration welling up.

"Why can't you ever do what I say? How can you be such a slob? We are living in our own filth! Look at this. Look at this. Look at that! You should take better care of our home and our things. This is no way to live! Why do I have to always be the one who has to clean up the messes? This isn't fair! If you loved me, you wouldn't do this!"

Well, that seems pretty mild, doesn't it? So how does it happen that her big brown eyes fill up with tears?

"You are never happy with me. I can never do enough to please you," she wails.

Have I won any thing at all here? Next time I tell her to clean up, is she going to do it? Ha! If I insist on keeping on this way, I will always end up cleaning up the mess and resenting it, and hurting her feelings in the process.

How easy it is to use our words to nag, to try to make others do what we want them to do, to bully. And how useless. Negative, faultfinding criticism and personal attack does nothing constructive and it creates an atmosphere of negativity and judgment. If there is one thing we craved as kids, I can bet it was acceptance and love, appreciation of us as we were.

We want to live in a home where every one feels wanted, accepted, respected and appreciated. We want our homes to be our haven, our castle, our refuge. We want peace. We want to be the best that we can be, to express our life purpose and our highest possibilities and we want the same for our children if we have them. We want to be happy with our children.

To experience being wanted, accepted, respected and appreciated, we have to speak words that express that experience. We cannot entertain thoughts or say words that express the opposite – criticism, judgment, negativity. If we want peace, we cannot speak about war, or anger, or resentment.

So how do we break our habits and patterns of negative communication and verbal abuse of our children?

Step 1: Remember our vision. Remember what we do want.

Step 2: Pay attention. Serious attention. Notice every word that comes out of our mouths. Listen carefully to what we are saying now.

Step 3: How does that make us feel? How do the words resonate in our selves? What kind of reaction do we get from our children? How do the words we are using contribute to our vision?

Step 4: Practice speaking only those words that move us toward what we want. Bite our tongue when any thing else comes up.

I use the example of a parent dealing with a child because it has a big emotional charge and pay off for us. We have a lot of emotion invested in our relationships with our children. Therefore we have added incentive to put in the time and effort required to change our unconscious habits of speech.

The same theory applies to any area of our lives. If we want to be successful, we must not say unsuccessful things or complain or put ourselves down. We must expect the best of ourselves and say the best about ourselves and to ourselves at all times.

Here is a quote from the "One Minute Millionaire" - called Millionaire Minutes, short inspirational articles by e-mail. Thought you'd enjoy it.

“Watching Our Words

“Words are powerful forces. They have the power to transform in a positive or a negative direction. Therefore it is important that we are careful to choose our words well, so that we only create the positive results that we want. We don’t have to put all our thoughts into action as words. Take a little time to pause and consider before expressing what you are thinking and feeling, especially if those thoughts and feelings are negative.”

The Enlightened Millionaire Institute – click here to subscribe to the Millionaire Minutes:
www.oneminutemillionaire.com

“Words that Heal

“Throughout the ages, mystics have recognized the power of the spoken word to bring ideas into physical manifestation. As the first verse in the Gospel of John proclaims, ‘In the beginning was the **word**.’ This is why affirmations are so powerful. Through the repetition of a word or phrase, you create a magnetic field that attracts the desired condition to you.

“If you knew the power of your words, you would be very careful about what you say. In a moment of discouragement, have you ever thought, ‘Why is it that I can’t succeed? Why can’t I ever seem to get what I want?’ Such negative self-talk creates the very condition you are trying to avoid. As the prophet tells us, ‘Thou art ensnared by the words of thy mouth.’

“When we talk negatively about other people, our words have a detrimental effect on all concerned. Perhaps this is why our parents told us, ‘If you can’t say something positive about someone, then don’t say any thing at all.’

“Words are very potent; they can be used to create a variety of outcomes. There are words that hurt, and words that heal. Take inventory now, and ask yourself, ‘What am I talking up in my life? What am I affirming?’

“There is creative power in your every word. Use that power to draw the very best into your life and into the lives of others.”

Pg. 64, “Words that Heal: Affirmations & Meditations for Daily Living,” by Douglas Bloch.



Reiki Spirit Yahoo Group

Article:

The Magic of Goal Setting

October 2003 newsletter



Goals are words stating our desires and our intentions. By putting our desires into words we make a great stride toward seeing them realized.

The act of writing down our goals puts them into physical reality. We can see them, rewrite them, polish them, and check them off when they are accomplished.

Lately I've been journaling and meditating on life purpose, creative visualization, and manifestation. Repeatedly, the concept of writing out goals and desires has surfaced in my research. I believe there is a power in writing out or stating our intentions and desires. The act of writing them gives us a road map toward what we truly want.

Some people believe in writing their goals down and reviewing them every day, or using their current major goals as affirmations and in visualization. I have also read stories where a person has written down a list of goals and desires, lost the list only to find it years later and realize that they had accomplished many of the goals written on the list.

In the 80's I used a book on goal setting in which I was to write out about 100 goals in each of the major areas of life: physical body and health, spiritual, creative expression, finances, living arrangements, relationships. The idea was to think about it for a while, then take a day or a weekend when I could have some space to myself, then set the mood with pleasant music, relax, get into a meditative relaxed state of mind... and write them out.

In the past few weeks, I found descriptions of the same or a similar goal setting exercise in three different places.

101 Goal Rush Challenge

Mark Victor Hansen presented this idea as his "101 Goal Rush Challenge." You can find it on his web site at

http://www.markvictorhansen.com/goal_mining.php

Here are the basics:

"Turn on some relaxing music. Sit back and relax. Close your eyes. Take a deep breath. Now, open your mind to ALL the possibilities. Limitations and restrictions have NO place in your life anymore. They don't exist. As you begin to visualize EVERYTHING you want, write your goals down."

Continue writing until you have written out 101 goals or desires.

"As you write your goals, don't go back and read them. If you do so, you'll probably find that you begin judging every goal - and yourself - for wanting them. Just write... then say to yourself: "This is so. I'm predicting and announcing it to myself." Do it NOW! Change your LIFE!"

Hansen does set out guidelines for writing your goals. For example, they must be your own goals and have meaning for you; they must be specific and measurable; they must be believable and realistic; they must be in alignment with your values; they must be exciting and challenging to you; and they must include how you want to make a contribution to your world.

The Aladdin Factor: 101 Wishes

Another place this idea surfaced for me this week was in “The Aladdin Factor” book written by Hansen and his Chicken Soup co-author Jack Canfield and printed in 1995. The topic of the book is “Any thing is possible if you dare to ask!”

In the book, the Genie asks Aladdin to write out 101 wishes. “Before you can ask for something, you have to know what it is that you want and you have to believe it is possible to get it.” P. 65.

“First, you have to figure out what you want. Second, you have to decide that you deserve it. Third, you have to believe you can get it. And, fourth, you have to have the guts to ask for it.” Barbara De Angelis (quoted in the Aladdin Factor, pg. 64)

I would have, have an intention that you will have it, be it, or do it.

Write fast, dream big. Later, you can take all the time you want to polish, to expand, to edit, or to change your mind. After all, they are your dreams that you are putting into writing as goals.

Write it Down, Make it Happen

This book by Henriette Anne Klauser, better known as the author of “Writing on Both Sides of the Brain,” is about creating miracles through writing out your goals and dreams. She asserts that to write out your dreams and have the intention and the courage to pursue them sets up synchronicity that is irresistible.

A many-times published writer and writing teacher, Henriette Anne uses beautifully written and personalized stories to illustrate her premise. This book is a joy to read. Of course, her very first assignment is to write out your goals.

“Write fast. Do not linger over the page,” she advises. “If you find yourself dismissing a goal as grandiose or far-fetched, write it anyway and put a star next to it. That’s a live one.”

“Do not be afraid of wanting too much. Write down even those ambitions which have no practical means of accomplishment. Keep on writing. Write from your heart and make the list as long as you like.”

She urges you to come up with at least 101 goals and dreams.

Using Goal Setting and Wish Lists in discerning Life Purpose

I have been reading Doreen Virtue’s books since her book on Indigo Children fell off my nightstand and onto my toe last month. I took that as a sign and found a lot of good in the books I have been reading. The theme of finding and living your Life Purpose is central in all of her books: from “The Care and Feeding of Indigo Children” to “The Yo-Yo Diet Syndrome.”

The first part of her book “The Lightworker’s Way” is autobiographical and she describes how writing down her goals and dreams helped her to find and live her vision. At a time when there was no way she could see how she could do it, she acknowledged a yearning from her heart to write about her life and experiences and beliefs, sharing her stories with others to help them and inspire them in finding and living their life purpose and dreams. From the act of writing it down through seeing herself as a published author and visualizing her book on the shelf in the B. Dalton Bookseller’s store through the accomplishment of that dream many times over, she shares with us step by step how it happened, and what she did and thought and prayed to allow it to happen in her life with grace.

I’d love to find my lists from 20 years ago. I wonder how many of those goals and dreams I’ve accomplished and lived? Since it isn’t likely I’ll find those lists, I went through the 101 goals exercise again this week.

I’ve got my 101 goals written down. How about you?



Article:

Peace on Earth, Goodwill to All

November 2003 newsletter



All religions of the Earth have a Winter holy time – a time of joy and celebration, a time of contemplation and renewal, a time of Light and Love.

In ancient times these times coincided with the darkest and shortest days of the year. In the northern hemisphere, these days were in December. People huddled together around fires for warmth and companionship and light. So they would come together and celebrate Light, celebrate family and tribe, as an act of faith in the changing of the seasons, in the turning of the wheel of the year. They celebrated the coming Light as a way to release fear of the darkness, fear of being alone, fear of not surviving until Spring.

Faith in the coming Spring, faith in Divine Light, faith in having a place in the orderly plan of Universal Mind brought Peace.

This sense of Peace is rarely nurtured by current events. Many U.S. soldiers will spend the holy season on duty around the world and most particularly in Iraq. Soldiers and freedom fighters in all lands will be poised to fight if they are not actively fighting. In our streets there is on-going violence. In our financial life there is uncertainty of survival, or fear of lack and poverty. There is debt, bills to pay, mouths to feed, work that may or may not nourish the soul. There is fear. There is uncertainty. There is violence. There is loneliness.

Where is the Peace?

Peace comes to us in recognition that we are not separate from All That Is. We are each a part of the greater whole, a part of the Universe, of Universal Mind. In Universal Mind we live and move and have our being. We cannot be separate from the Universe. At the most basic level, we are energy. Our bodies are dancing motes of Light vibrating in a Sea of Universal Light, and we are in it together.

Here is a no-fail recipe for Peace:

1. Know that we are not separate from All That Is. We are not separate from our Higher Power, nor from each other, nor from Love, Joy, and Light.
2. Forgive. Forgive every one and every thing and know Peace.
3. Be grateful for the blessings and for the thorns in our lives now.

We cannot be separate from the Universe

We know that we cannot be separate from All That Is. Therefore we cannot be separate from each other or from any thing existing in the Universe. There is no place where Universal Mind is Not.

How can we lack any thing if there is no lack in Universal Mind and we are part of Universal Mind? It is our ego that tells us there is lack. We create our ego

in fear; we are taught to create an ego to protect and serve us by our parents and our society when we are still small and vulnerable. But then the ego tries to take on a life of its own and convince us that we are separate, that we are small and vulnerable rather than a part of the Whole, that we need protecting. If we listen to the ego, and we always have that choice, we will live in fear and lack and loneliness.

We know we are listening to the ego when we are experiencing fear, emotional pain, loneliness or lack. Doreen Virtue advises that we adopt a “zero tolerance for pain” policy. She writes, “When you are aware of pain, release it. Face the pain without fear, since it is not real. Do not judge the pain, but simply notice it. Say to your higher self, angels, ascended master, Holy Spirit, or God, “I notice that my ego is engaged right now, and I don’t like it. I fully release this pain to you and ask to see this situation in another way so that I may feel peace instead of pain. I send this pain away and know that only the lesson within it remains behind to help me to grow in love.”” [The Lightworker’s Way, pp. 194-195. 1997: Hay House]

Forgiveness

Forgiveness is a tough issue. We believe that we have been hurt by circumstances, another person’s actions, our selves and our choices, and even by God. Adopting a “zero tolerance for pain” policy can help us release and free ourselves from the pain. By letting go of it we automatically engage forgiveness.

Here is a meditation/affirmation for forgiveness. Directions for use: apply liberally.

Make this your forgiving prayer: “I forgive everything and everybody who can possibly need forgiveness in my past and present. I forgive positively everyone. I am free and they are free, too. All things are cleared up between us now and forever.” [The Dynamic Laws of Healing, by Catherine Ponder, pp. 47-48, 1966:DeVorss & Company.]

Here is another from Charles Fillmore, co-founder of Unity School of Christianity:

“Bless your problem, whatever it be, with a thought somewhat like this: “I now release you and bless you. Divine Love is adjusting my life and its problems. Realizing this, I abide in Peace...” Every person who thus allies himself with the power of Divine Love creates a bit of heaven on earth.”

[From the pamphlet, A Sure Remedy, by Charles Fillmore, published by Unity School of Christianity, quoted in Catherine Ponder’s The Prospering Power of Love.]

So many spiritual teachers have written on the power of forgiveness to bring us peace, I could write a book of great quotes, meditations and prayers on this one subject. This tells you the universal belief and faith in forgiveness to release us from pain and a belief in separation... and bring us peace.

I have found that the one person in my life who needs the most forgiving, some times on a minute by minute basis, is me. I need my own compassion, understanding and forgiveness. I am most ready to condemn myself. Where I can try to see another’s point of view or pain, I will harshly judge myself. But

since I am not separate from the Universe, when I forgive myself and offer myself compassion and caring, I am forgiving all others by extension.

Gratitude

"Gratitude unlocks the fullness of life. It turns what we have into enough, denial into acceptance, chaos to order, confusion to clarity." Melody Beattie

This beautiful quote arrived in an e-mail message from Bro. David Paul of Global Reiki Sharing Circle of Dallas, Texas, U.S.A.

An "Attitude of Gratitude" for every good thing is a wonderful way to peace. When we count our blessings, we are usually humbled and amazed at the good in our lives. When we focus on our blessings, our energy flows into our good attracting more good into our lives. We can let go of worry and fear by focusing on what is good.

However, in the midst of hardship and fear, can we experience gratitude then?

Last night I felt inspired to read the Book of Job in the Bible. Job was a wealthy, righteous and happy man. Satan said to God, "of course Job is a righteous man. Look at how you have blessed him. Take away his blessings and he will curse you." God gave Satan permission to test that theory. Although he had done nothing wrong, Job's wealth, his children and his health was taken away. Job praised God in the midst of his troubles, saying that he had faith in God's goodness and he was grateful for every thing in his life. Seeing his devotion, God blessed him with even more than before.

Expressing gratitude for every thing that comes our way, every lesson, every challenge, every blessing, every breath of life, every sweet moment and every bitter experience brings us true peace of mind.

When I was going through my divorce, I was really depressed and in a great deal of pain. A friend sent me this e-mail message, "God never gives us more than we can handle, but sometimes I wish He didn't have so much faith in me!" Can I get an Amen?

Use these three methods for knowing peace in your life and bring more Light, Love, and Peace into our world.

Be at Peace, for there is no where that God is not.

Article:

Why Don't I have What I Want Yet?

December 2003 newsletter



Living in the New Age can be a bit tough. We learn about creative visualization, manifesting, living our dreams, prosperity consciousness, healing, and connection with All That Is. We learn that our thoughts, beliefs and emotions create our reality. We learn that Like attracts Like, that the energy we send out in our thoughts, feelings and actions returns to us multiplied. What we focus our energy and attention on, we create.

Okay. So why don't I have what I want yet?

I have been studying New Age and New Thought principles for the past thirty years. I have a good grasp of the concepts. It resonates in my heart. I know deep down to the marrow of my bones that this is truth.

But in the practice of my daily life, I must confess that I have not created the great wealth, beautiful home, perfect relationship, or slender sexy body I want now. Oh, I've had some stellar successes in the past. I have created jobs that were just fabulous and money to burn. I've attracted the perfect home several times and the perfect husband – twice! I've enjoyed moments in my relationships that were absolute bliss. Currently I am blessed with a circle of friends I adore. My web site is really expanding and taking form as the perfect vehicle for me to express what I believe is my life purpose. I have many inspirations for writing and I truly love to write.

But I am struggling with financial problems that feel overwhelming. My health isn't perfect and my weight is setting new records for all time "highs." My love life is non-existent. Why?

It seems that when I shine the Light on my hopes and dreams, when I dare to ask for what I want, especially when I want it with all my heart, the Light disturbs the darkness. Giving energy and attention to fulfilling my Life Purpose and living my dreams stirs up fears and feelings of unworthiness and low self esteem.

Who do I think I am to declare that my Life Purpose is to be a Healer/Teacher and Messenger? What do I think I am doing by creating and expanding a web site and e-zine to fulfill that lofty Higher Purpose? How dare I declare to the Universe that I want great wealth to support my Life Purpose, to flow like Light through me to support social justice causes like living wage and affordable housing, to give good gifts to my loved ones, to support others in living their dreams!

Just daring to dream stirs up old subconscious beliefs in lack, in not deserving, in not being good enough. And these beliefs create feelings of fear, doubt, confusion. And the fears and doubts leap out at me, waiting like shadow

monsters under the bed so when I wake up at 3 a.m. in a cold sweat they are there. Because they come from my deepest subconscious mind, they know me intimately. What are my deepest fears? They know. What thought is guaranteed to pull me into the muck and turn my focus away from my dreams and desires? They know.

If I allow them to do it, these shadows will suffocate my dreams and block the manifestation of my good.

We know we are listening to the ego when we are experiencing fear, emotional pain, loneliness or lack. Doreen Virtue advises that we adopt a “zero tolerance for pain” policy. She writes, “When you are aware of pain, release it. Face the pain without fear, since it is not real. Do not judge the pain, but simply notice it. Say to your higher self, angels, ascended master, Holy Spirit, or God, “I notice that my ego is engaged right now, and I don’t like it. I fully release this pain to you and ask to see this situation in another way so that I may feel peace instead of pain. I send this pain away and know that only the lesson within it remains behind to help me to grow in love.”” [The Lightworker’s Way, pp. 194-195. 1997: Hay House]

When our subconscious fears and doubts get stirred up, we have a wonderful opportunity to release them. Although it doesn’t feel like a great opportunity, it is. Healing cannot occur, change cannot occur when we are not aware of the thoughts, beliefs and emotions that are running our lives on autopilot. **“What You Feel, You Can Heal”** is the title of one of John Gray’s early books (Heart Publishing, 1984), and he dedicated it “To those strong people who are willing to feel and open their hearts, creating a better world for us all.”

It does take courage to feel the fear and the pain, and heal it. It takes great courage to shine the light on the dark corners of our subconscious self and face what ever we find there. And here is more news – you can’t just do it once, release it, and be done with it! Another layer will come up later. The stakes will be higher and it will resurface to be released again. In her book **“Take Charge of Your Life,”** Patricia Diane Cota-Robles suggests releasing and transmuting these thoughts, feelings, beliefs and shadows “moment by moment”, on a daily and hourly basis.

Releasing or transmuting these shadows is the key. There are many methods to do this and the first step in each one is to become aware of the thoughts, feelings or beliefs that are causing us pain.

One of the most ancient and reliable methods is prayer. Simply say to your Higher Power, “I release this thought-belief-emotion to you and I am thankful for your healing.”

Patricia Diane Cota-Robles gives several elaborate meditations for transmuting these feelings in her book “Take Charge of Your Life.”

Joe Vitale discusses several methods of “getting clear” in his wonderful little book “Spiritual Marketing,” from working with an energy healer, to techniques learned from other authors and programs.

The Sedona Method is based on releasing our thoughts, beliefs and emotions using structured meditation and scripts involving a series of questions. Think of the “problem”, feel the emotions attached to it. Now, could you just let

that go? Would you let it go? When? There is more involved with applying this very powerful method. You can learn more about it at <http://www.sedona.com> or use my affiliate link here: [The Sedona Method](#). I used the Sedona Method when I first learned that my soon-to-be-ex was unfaithful and through much of the divorce process. Using this method helped a lot in releasing some very powerful negative feelings that surfaced during those dark days.

Now when the fears and doubts wake me up at 3:00 a.m., I use meditation to connect with my heart and then I open to Light and Love from my Higher Self. This Light and Divine Love is always here, surrounding us, filling us and every "space" in the Universe. We cannot be separate from Divine Love, but we can block our awareness. So when I focus on Light and Divine Love, when I put my awareness on it, I am letting go of the blocks and letting the Light fill me.

Once I feel positively radiant with Light and Love, I radiate it out into my world, through my heart center. I think of every one I know, particularly those I love, and I remind myself that I love them. I imagine the Light and Love flowing out to them.

Then I send myself my love and Light. I remind myself that on the deepest heart and soul level, I love me, too. I see myself sitting there in front of me, with the 30 extra pounds and the health issues and the money problems, and I send out a stream of love, White Light and Divine Love from my heart center. I send the Light and Divine Love to any situation in my life that needs releasing.

The infusion of Light allows the shadows to be released, to be transmuted. I cannot feel fear and focus on Light and Divine Love at the same time. When we focus on our blessings, our energy flows into our good attracting more good into our lives. We can let go of worry and fear by focusing on what is good.

I haven't suppressed the fear or other feelings because I have given them awareness and held them in Light. They are released and transmuted, not shoved down. Will they come back? Yes, because they exist in layers, like ogres and onions. The deeper and the higher we go, the more layers we will come into contact with to shine the Light on and to heal.

Dare to dream. Dare to shine the Light on the corners and shadows. Dare to live in the Light and align your subconscious thoughts, beliefs and emotions with your desires. Release the doubt, fear, and pain into the Light, transmute this energy back into the Divine Energy of the Universe.

Transform your life, and transform the world.

Resources

Abraham-Hicks web site - <http://www.abraham-hicks.com>

Connee Chandler - <http://whatanicewebsite.com/Connee/>

Look for the [Abraham Processes Class Materials](#) as well as Connee's [A Gift of Vision](#) e-book and links to her [Science of Mind Materials](#).

Abraham Journal - <http://www.abraham-journal.com/>

Law of Attraction Info - <http://law-of-attraction-info.com>

Informational site about the Law of Attraction. Learn how to attract what you want in life using this Universal Law. Free e-books, articles, free e-zine, Magnetic News! and quality resources.



www.HealingPoole.com

Unity School of Christianity: www.unityworldhq.org

A Course in Miracles® - ACIM <http://www.acim.org/>

Edgar Cayce's A.R.E. <http://www.edgarcayce.org>

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