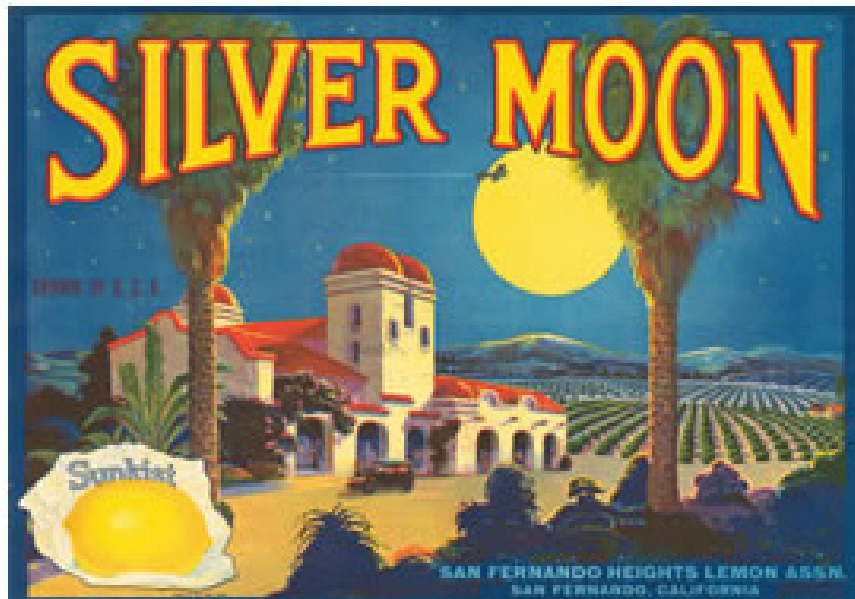


Road Signs for the Journey Articles from 2004 newsletters

By Sharon Walls

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



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Road Signs for the Journey
Articles from 2004 newsletters

Here is a collection of my *Road Signs for the Journey* newsletter articles from 2004.

The past four decades of my life have been ones of continuing growth and expansion. All of my life I have been drawn to learn and discover more about myself and others, more about a rich spiritual life, more about living and learning in my society.

More and more I have come to see that we are all connected in Universal Life Force Energy. My most profound growth has been in relationship to others and to Divine Intelligence.

I hope you find bits and pieces to your own puzzle in my words, because the more Light and Love we draw into this world, the more Light and Love and Joy there is for all of us to share. We are all in this together. Your highest and best good is mine, too.

All is Well,
It really is.
Wishing you Light and Love, and most of all Joy!
Sharon

“I Have A Dream...”
Martin Luther King, Jr.





January 2004 newsletter

Article:
On Loving Myself

“Every single thing existing in your life is reflecting how you feel about you --- this includes your relationships, your job, your finances, your health, your state of mind, your spirituality --- every thing. Learning to Love yourself is the most critical and urgent factor in transforming your life.” Patricia Diane Cota-Robles, “Stargate of the Heart.” P. 137.

I kept this saying on the refrigerator, over my workspace, and in my journals since I first read it in 1996. It speaks to my heart, as well as being common sense. If I don't think highly of myself, I will not accept that any one else does. If I believe I do not deserve good things in life, that I am unworthy, a “sinner”, unlovable, etc., I will actively reject good things that come my way.

If I desire a warm, loving relationship, but believe I am unlovable, I will not have it. I will attract others who treat me the way I feel about myself. No matter what the others in my life do or say to me, I will interpret it based on my own thoughts, feelings and beliefs.

In the Abraham-Hicks material, there are 3 basic universal laws:

- 1) The Law of Attraction – like attracts like
- 2) The Law of Deliberate Creation – what you put your energy into, what you think about and focus upon grows
- 3) The Law of Allowing – be open to what comes your way and receive your desires and your good

These three universal laws surface in different ways in different schools of thought, but the central thought is the same.

Applying these laws, I can easily relate how loving myself is the key to living my dreams and doing, having and being what I want in my life.

When I love myself, and I am loving and kind to myself, I attract more of the same. When I fill myself with love and radiate it out from my heart center, I attract and create a world filled with love.

When I keep my heart and mind focused on love, then love fills my life. When I put my focus on experiencing love and acceptance, it expands and I will experience more of it. When I make it a point to be happy, to experience bliss and joy in my daily life, it expands and I have more of that.

The easy way to allow good things to come to me is to be grateful for all that is in my life now and be grateful in advance for the good things I have asked for and know are coming my way.

How do I love me? Let me count the ways...

I have often read articles that suggest I love myself by treating myself to movies, or special treats I would normally deny myself, or bubble baths, or candlelit dinners...

Puh-lease!

These are nice little things to do for my self or for others that I love. After all with Valentine's Day coming up, my thoughts do turn to roses, chocolates, and silky nighties as special gifts for those I love. I'll probably get myself roses and chocolates, too.

But how do I show my self that I truly love myself? How do I want others to show me that they truly love me?

When I love some one, I feel honored when they share their hopes and dreams and feelings with me. Because I love them, I want to know and understand as much as I can about them. I love to listen to them and I keep their confidences and I cheer for them as they go about pursuing their dreams.

I can love myself by listening to my deepest inner hopes and dreams and feelings. I can pay attention to what is going on in my heart and mind. I can give voice to this by journaling, by writing down my dreams, or by recording my thoughts and listening to them. I can meditate. I can pray. I can practice what ever it takes to get centered, calm, and connected to my Inner Being.

I can honor my self and express love for my self by being true to my self: by pursuing my dreams, by cheering my self on to reach my goals and desires, by choosing to act and think in alignment with my Higher Self.

When I sabotage my self, I can look within and see why. I can heal and release whatever triggered this. Then I can forgive myself for any time and every incident in which I did not honor myself, for every time I was not true to myself, and for every lie I told or every injury I did to myself or others.

When I love someone, I want them to take care of their health. I am not so concerned about their appearance but if they are concerned, I will encourage them in what ever choices they want to make about it.

To love my self, I must love and honor my body temple. I will choose to eat the foods that are best for me. I will choose a form of exercise that appeals to me. I will use strategies for reducing stress.

When I love someone, I accept them exactly as they are now. I love them now. I may wish that things could work out differently, but I can accept my loved ones as they are now. I appreciate who they are and the things they do.

I can do no less for myself. I can accept myself exactly as I am now. I can appreciate who I am now and the things I do.



February 2004 newsletter

Article:

The Law of Attraction in Action

The Abraham-Hicks material describes three universal laws:

- 4) The Law of Attraction – like attracts like
- 5) The Law of Deliberate Creation – you create what you put your energy into, what you think about and focus upon, so choose your focus deliberately and create consciously
- 6) The Law of Allowing – be open to what comes your way and receive your desires and your good

These three universal laws surface in different ways in different schools of thought, but the central thought is the same.

The first of these, the Law of Attraction, states simply like attracts like. You create in your life the experiences, situations, and objects that you focus upon.

Does this mean that my teenage daughter's current desire to meet Johnny Depp is likely to become a reality? Maybe, maybe not. But she was watching this evening when another young woman lived her fantasy of meeting Johnny Depp at the Academy Awards and for a few minutes got to pretend she was in her shoes, as did thousands of young and not so young females across the country.

We see evidence of the action of this law every day, many times a day. The parking spot that almost miraculously appears just as we hope for it; the harried and inattentive cashier in the drive through that screws up our order moments after we "just know" she is going to. The interview for a great job we have been visualizing. The money to create another web site; the software to build it effectively.

Day in and day out, like the sun rises and sets, like the moon moves from new to full and back again. What we think about, what we imbue with our energy and our emotion, what we focus on... this creates our experience of life. With our thoughts, beliefs, and emotions we create our life.

We are one with the power that created us and the entire Universe. There is no where in the Universe that this Divine Power is not. It is in the Wind, in the Water, and in our Hearts and Minds. We are co-creators with All That Is by virtue of being a part of All That Is. By being thinking, feeling, dreaming Beings, we co-create our life.

But how about the bad stuff?

"Nothing is good or bad, but thinking makes it so."

Every thing we have created in our lives to this point, whether consciously or unconsciously, has made us who we are and has brought us here. I am who I am because of my life experiences and what I learned from them, how I grew from them. If I do not particularly like a certain aspect of my life, if it doesn't make me feel good, if it doesn't please me... I will learn a way not to have it again.

If I am broke now, and I don't like this, I will figure out a way to create a better income. I will look for a better paying job. I will decide what kind of work I want and I will pursue it. I might take a part time job if the job I have doesn't pay as much as I like. I might be inspired to investigate the Law of Attraction and create ways to have "wealth

beyond reason” or “a happy pocketful of money.” Thus the otherwise “bad” experience of being broke has actually stimulated a new way of thinking for me. It has inspired me to look for better paying, more enjoyable work. So it is no longer “bad.”

And why waste time judging an experience? Why focus on an experience or situation that is painful or makes you feel bad, when focusing on it is likely to create more of the same? Has worrying about something ever made it better for you? No. Worrying only muddies the waters of your mind and makes it impossible to think clearly. It is not until you can relax, release the worry, maybe even put your mind on something else that is pleasant, that your mind can come up with a solution and can discover a way to win. For almost any situation a solution appears once you have cleared your mind and allowed it to come to you.

Use the Law of Attraction consciously

Choose where you will put your focus and attention. Choose the thoughts you will entertain and the feelings you will hold on to. If something does not feel good to you, choose a better feeling thought. The thought and the feeling come first. Choose the thought, feel the feeling, and ask for more of the same.

Decide what you want to experience in your life and put your thoughts there. How will you feel when you have this experience, this object, this career, this relationship?

The thought and the feeling come first. The thought is the stimulus and the feeling is your guide.

Some times our lives out-picture deep seated fears from trauma and the socialization we receive as children.

Many psychotherapists recommend uncovering childhood traumas and beliefs learned growing up. But why ask why? We all did the best we could, including our parents, teachers, and other caregivers... as well as our friends, romantic partners, and co-workers. If we dig into why we persist in seeing ourselves as unworthy or unlovable, the only point can be to let that thought go and choose another one.

As Louise Hay writes, “It is only a thought, and a thought can be changed.” She wrote that even self-hatred was a only a thought we hold about ourselves and we can choose a better feeling thought. We can consciously choose to put our minds and our emotions and our energies into some thing else.

This is the power of the Law of Attraction.

When we understand and live our lives from the understanding that our thoughts, beliefs and feelings create our world, we will truly choose a better feeling thought.

March 2004 newsletter

Article:

Article: Deliberate Creation

Whatever we put our thoughts and attention on, we get more of. We create what we put our energy into, what we think about and focus upon. Choose your focus deliberately and create consciously.

This is the principle behind creative visualization.

If what we focus on, we get more of, let's focus on what we truly want rather than wasting time and energy focusing on what we don't want... and getting more of that.

When we worry, we are putting our creative thought and energy into what we do not want. Thoughts and beliefs plus emotions create our experience of reality. Our minds will create the circumstances that we fear much faster than a neutral circumstance to which we have given little thought and very little emotion. Consider how frequently the appearance of lack, loneliness, and rejection follows upon our worry, fear and anxiety.

In this unconscious way, we go about creating our lives in chaotic fashion.

Rather than putting our thoughts, beliefs and emotions into what we don't want, we can focus instead on what we do want and create the lives we dream of.



Great idea!!! How?

First of all, we must be clear on what we do want. When some thing enters our experience that does not feel good, we see immediately what we do not want. Our feelings give us guidance. If I do not feel good when I suspect my bank account is nearing the empty mark, this is a strong clue that I do want more money in the bank, or the money in hand to buy something, or simply the feeling of an abundance of money to do and have what I choose without worry or fear. If I feel hurt when my significant other gives more time and attention to his friends than to me, it is a sign that what I want is a significant other who will be more available to spend time together.

If we have a good grasp of what we don't want and what does not feel good to us, then (it's a miracle!) we know by contrast what we do want.

So the first step is to be very clear about what we want.

I strongly urge you to write it down. Most programs for creating what we want in this life tell us to write it down... write out what we want. For one thing, writing it makes it real and makes it clear. We can cross out the awkward words if it doesn't express what we want very clearly. We can erase if we change our minds. The act of putting pen or pencil to paper is something we can "do" in the physical world to bring our dreams to reality. Our minds flow and we think as we write. We build pictures in our mind and the words on the paper bring back the pictures every time we read them.

Another fun way to get clear is to find pictures of what we want in magazines, catalogs, or on-line. The treasure map technique uses pictures that represent what we want placed on a large piece of paper and then posted where we will see it and be reminded of our dreams.

Add to our visualizations and to our wish lists, "this or something better for the Highest Good for all concerned." Leave the door open for the Source to give us something even better than we can imagine, even better than we have dreamed so far, even better than we dared to ask. There is One Source, All That Is, and we are the expressions of All That Is in physical form. All That Is has big plans for each of us.

Focus on what we do want, not on what we don't want

Spending time thinking about what we want is a significant part of the creative visualization process.

Set aside time each day to imagine what we want and pour into our imagining as much detail, energy, and emotion as possible.

“See” what you want. Get as much detail as possible. Put yourself in the picture. Fill your imagining with Light. Generate enthusiasm for having or experiencing what you want. Get the feeling you expect to experience when you have what you want. Be grateful that Divine Intelligence is bringing this to you even as you imagine it.

Spend 15 or 20 minutes a day in this happy pursuit. Twice a day if you have time, and after all, isn't this a more pleasant way to spend time than watching television or doing laundry?

But what about the rest of the day and night? If I spend 15 minutes in the morning visualizing a fat bank account, then spend the rest of the day feeling sorry for myself because I don't like my job or worrying that there just isn't enough money to pay my bills, or fretting over some imagined slight from a friend... what will I create? A fat bank account or even more reasons to dislike my job? Or more bills? Or more hurt feelings?

All day, every day, we must put our attention on thoughts that make us feel good, thoughts that draw us closer to our Source, thoughts that are filled with Light, Love, and Joy.

Worrying never made any thing better. Worry distracts us and keeps our minds busy in the wrong direction. If there is a challenge that needs a solution, worry will keep us from finding the solution. Creating solutions to problems requires clear thinking. So take a walk. Turn your mind to something else. Laugh. Sing. Dance. Hum. Chant. Put your thoughts some where else. Put your thoughts on something, any thing, that makes you feel good.

This is the essence of Deliberate Creation. Get clear on what you want. Ask for it; write it down to make it real in your mind. Put your thoughts and emotions on what you want. Spend quiet time visualizing and enjoying what you want, and keep your thoughts high, joyful, and light through the day.

What you think upon grows (Phillippians 4:8)

“*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*.

April 2004 newsletter

Article:

What Do I Really Want, Anyway?

Whatever we put our thoughts and attention on, we get more of. We create what we put our energy into, what we think about and focus upon. Choose your focus deliberately and create consciously. Focus on what you do want and create the life you dream of.

This is the essence of deliberate creation. Get clear on what you want. Ask for it; write it down to make it real in your mind. Put your thoughts and emotions on what you want. Spend quiet time visualizing and keep your thoughts high, joyful,

Add to our lists, “this or something better concerned.” Leave the door something even better than we we have dreamed so far, even



enjoying what you want, and and light through the day. visualizations and to our wish for the Highest Good for all open for the Source to give us can imagine, even better than better than we dared to ask.

How do we know what to create?

The first step in having your heart’s desires is to be very clear about what you want. Realize that the desires that come to you come from Source. What you are seeking is seeking you, too. Think of the beautiful creed, “And it harm no one, do as you will.” So many of us grew up being lectured, put down, and punished for asking for what we wanted. But it doesn’t have to be that way now.

Want what you want. Feel it. Imagine it. Explore it. When a desire comes to you, spend some time enjoying it. Imagine what having it would be like. Get enthusiastic about it. Experience the joy!

If your daydreaming about your desire doesn’t give you real joy, it isn’t really worth a great deal of effort.

Your desires can be as big as the world – world peace, mission service, divinity school – but don’t forget the every day desires like getting the air conditioning fixed in your car before summer gets here or experiencing reading the latest book before you buy it or getting your hair cut in a salon instead of doing it yourself this time. Little things and big things make up the fabric of our lives.

A good way to get clear is to write it out. Our minds flow and we think as we write. We build pictures in our mind and the words on the paper bring back the pictures every time we read them.

Our feelings give us guidance. As Wayne Dyer in his new material, *The Power of Intention*, our mantra must be “I want to feel good.” In the Abraham-Hicks material, Abraham says that “Nothing is more important than that I feel good.” We are in touch with Source when we experience joy and bliss. This then serves as our guide. The highest and best thought is the one that brings us joy, or a closer connection with Source. The highest and best dream or goal is the same – the one that brings us joy.

The technique for learning what you truly want in life that is outlined in the *I Am Rich Beyond My Wildest Dreams* book is this: write down brief, barebones list of what you want. Put this in a 79 cent wirebound notebook and add to it often. Then, choose an item and describe it in great detail including the feelings having it will bring.

Mark Victor Hanson wrote in his book *The Aladdin Factor* about the 101 wishes technique. Using this technique, write out 101 wishes. Put as much detail into them as you like. Take your time. Take several hours or several days and write it down.

Using either technique, write about the things you want to have, the experiences you want to have, and the relationships you want to have. Write about the things you want to be and do and see.

Just keep writing. Keep desiring. Keep asking Source.

Your dreams don't have to be BIG...

They just have to bring you joy.

One dream that I have is a home place of my own. I've been visualizing for that and for the income and the support team to help me take care of it. At this moment it would be a huge responsibility. So that is a "6-months out – maybe even next year or the next" kind of dream. Right around the first of the year, my goal was to find a nice place to live that was easily affordable. I did that. Now I have the perfect apartment. Big dream. Smaller, first step dream. See?

I have a dream of working for social justice in my home state. That is a huge dream. There are many things I would love to see changed, even in the community in which I live as well as the world. I do spend time thinking of how I want things to be here and around the world. I think of every child safe, loved, cared for. I dream of every person believing in their own worth and value, believing in their dreams. That feels good! I imagine our communities filled with prosperity, equality, honesty, and joy. Try it! That feels really good. This is a huge dream. I am one rather small person. But guess what? I just shared that dream with you and if we all dream it, it isn't impossible.

One small thing I am doing is taking part in a social justice group called the Amos network. A chapter is forming here in Oxford, Mississippi, and I am pleased to be a part of it. To express my dream, I am willing to practice speaking in public. This is so funny. Now I stammer, blush, and forget what I want to say. But I am going to keep doing it until I am perfectly comfortable. This is a small dream.

Let your dreams and desires well up and ask for it all, nothing too great, nothing too small. Ask for the little things that bring you joy in this moment. Ask for the big things that will bring you joy for a very long time. Your dreams and desires are gifts from Spirit and you are honoring Spirit within you when you acknowledge them.

"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.



May 2004 newsletter

Article:
The Importance of Feeling Good

“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

"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

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 anything, 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.



June 2004 newsletter

Article:

Love the One you are with

“Every single thing existing in your life is reflecting how you feel about you --- this includes your relationships, your job, your finances, your health, your state of mind, your spirituality --- every thing. Learning to Love yourself is the most critical and urgent factor in transforming your life.” Patricia Diane Cota-Robles, “Stargate of the Heart.” P. 137.

This saying speaks to my heart. Every single condition or situation in my life is reflecting how much I love myself.

If I desire a warm, loving relationship, but believe I am unlovable, I will not have it. I will attract others who treat me the way I feel about myself. No matter what the others in my life do or say to me, I will interpret it based on my own thoughts, feelings and beliefs.

If I don't think highly of myself, I will not accept that any one else does. If I believe I do not deserve good things in life, that I am unworthy, a “sinner”, unlovable, etc., I will actively reject good things that come my way.

I have often worked from the belief that I had to love myself before I could love others. But I have been rethinking this lately. It seems unfair to demand that I love myself first, that I believe I deserve good things before I begin to receive them. After all, most of us have lived with criticism, negativity, fear, and doubt all our lives. We have been programmed from birth that we had to struggle and earn and deserve every thing that appeared in our lives. Then to be told that that very programming is what is blocking our allowing and receiving of our hearts' desires is rather cruel. I do not believe that the Universe works that way.

While it seems obvious that I cannot give what I do not have, since in Divine Love I live and move and have my being an unlimited supply of Pure Perfect Love is always available to me. When I put my attention and consciousness on Universal Life Force Energy, which is Divine Love, then I am experiencing and opening to this unlimited source of Love.

There is nowhere that God is not. There is nowhere that Love is not.

If we are all expressions of Divine Intelligence, Divine Love, then we are all one. We are all part of All That Is. Therefore, if I consciously radiate God's Love from my heart to you, I am consciously loving myself as well as loving God.

I have been meditating on loving God, loving the Universal Life Force Energy that is my perception of the Higher Power. I take a few moments to put my attention on my heart center and I imagine my Self filled with Divine Love. I connect with this Joy intentionally and I whisper prayers of gratitude to my Higher Power for giving me this wonderful gift. I express love for my Higher Power, radiating it out from my heart center, and then as it comes back to me I imagine that I am sending it to my loved ones, to those who come so easily to mind and to heart when I think of loving others. And then in this fullness of Love, I consciously send Love and acceptance to myself – as I was as a small child, questing teen, struggling young adult, and most of all to myself as I am now. I may be able to hold this Light and Divine Love, drinking it in and radiating it out, for as much as five minutes or as little as a few seconds. As I do, it becomes easier to love others and most importantly it becomes easier to love myself.

To love is to come from a place of deserving, accepting, opening up to receiving, allowing all good in my life, in my heart, in my soul. Then Love is truly All That Is.

July 2004 newsletter



Article:
Why You Can't Make Others Happy

"Most folks are as happy as they make up their minds to be." Abraham Lincoln <http://www.brainyquote.com/quotes/authors/a/abrahamlin125100.html>

The first time I heard this famous quote from Abraham Lincoln, my last ex-husband was explaining to me why it was futile to so desperately wish I could ease my daughter's unhappiness. She was 10 at the time and utterly miserable. As it happens, she was highly interested in sharing her misery with me. And I was buying in.

As loving, caring human beings we wish we could make our loved ones happy. We wish we could give them all the things they want, from some absurdly expensive perfume endorsed by the celebrity du jour to a warm loving relationship that fulfills their Cinderella fantasies.

But we can't. And even if we gave them every thing they asked for, there is no guarantee that it would make them happy. The things, the thoughts, and the feelings that bring deep and lasting joy are those that come from our Inner Being, from our own Hearts and Minds and Dreams.

Nothing exterior to our Inner Self can make us happy

Happiness is a state of mind. It is not a function of any thing exterior to us. There is nothing "out there" that can make us happy, or unhappy for that matter.

"Happiness Is A Choice," writes Barry Neil Kaufmann. That is the sole message of this 1991 classic from the author of "Son Rise." Question any thought that "makes" you unhappy, because you can just as easily see it another way.

If our attitude is "poor me," and our focus is on how unhappy we are now, or if our belief runs to, "when I have the job, mate, body, car, house... then I'll be happy!!!!" we are condemning ourselves to a life of disappointment. If we want to be happy, we must simply choose to be. "I want to feel good."

If our thoughts and beliefs focus on the negative – not enough, lack, pain, loneliness, sickness – then we will have more of the same. As long as we focus on what we don't want, we will feel bad, unhappy, miserable, depressed.

We cannot think, feel, nor believe for another. We cannot live for another, we cannot dream for another.

Others are Entitled to live their own lives and have their own experience

We all come here with free will, choice, and perhaps even a blue print of what we want our lives to be about.

If I insist on looking at my cup as half full and being “unhappy” about it, that is my choice. It is my life. No one else has the right to deny me my feelings.

When we are children, our loving parents tell us there is nothing to be afraid of when we are sure there is a monster under the bed. In a million ways we deny our little kids their experiences, the validity of their feelings, rather than teach that the feeling is a result of thought. Change the thought, and the feeling changes. Hm. Is there a monster under the bed? I will be glad to look for you. I don't see any thing. Do you want to take a look now? Maybe it is a funny monster. Maybe it has frizzy red hair like your monkey toy. Maybe it is hiding under the bed because it is scared of you. Maybe having a monster under the bed is kind of fun and interesting.

Change the thought, change the feeling. You choose.

We learn to deny our feelings as children, and we grow up denying them instead of using them as road signs to tell us which way we are heading. We have all experienced interacting with another who is in denial of their feelings – “I am NOT angry” spoken through clenched teeth, or a half-gallon of butter rum ice cream on a lonely Saturday evening, or “I don't mind” when so obviously they do.

We have no right to try to make others happy.

We have no right to judge their experience.

We have no right to attempt to control another's choices or feelings, even if we believe it is for their own good.

The influence of our good wishes and prayers

While it is true that we cannot create for another or heal another or control another's experience, our prayers and good wishes do influence others. The energy we send in our loving thoughts, prayers, and healing bathes the other in pure positive energy vibration. Sending positive thoughts helps the other person be open and receptive to the good we are wishing them. It will always be up to them to accept their good, and we must be careful not to try to impose our ideal outcome on another while wishing them well.

The power of prayer is well documented. Visualizing and wishing the best for others and actively working with healing energy helps the other to raise their emotional level to vibrate in resonance with the highest and best for them.

Then they still have their free will to make choices. Since the abundance of choices was there all along, we are not giving them something that was not already there. We are just helping them be in a place where they can see the choice and where they can make that choice.

What if the other cannot or does not accept it?

There are reasons why people live in poverty when others are praying for them, why people don't heal despite the intercession of healers, why people remain lonely and alone when others want to share their lives with them. It is called living their own lives.

We have the right to live our own lives, and so does every one else.

We are all living our lives based upon our thoughts, beliefs and emotions. That is all there really is. Our life is *literally* what we think and believe it to be. Literally.

Have you ever had a significant other who felt you did not give them enough affection or attention, no matter what you did or said? I might love my mate with all my heart but his experience will be his own, and if he doesn't not believe I love him then that will be his experience of our relationship. And the same for me. If I believe no one loves me, all my loving friends, family, and lovers will not be able to convince me otherwise. I will literally not see it, no matter what they do.

A few years ago I worked with a wonderful young woman. She was warm and caring; and she worked very hard at her job. However, she felt undervalued and unappreciated. All who worked with her were impressed with her abilities, including me. But she "knew" otherwise. I witnessed instances when our boss, who I experienced as a warm generous and appreciative man, would say, quote, "I really appreciate the work you've done on this project..." unquote. He gave her generous raises, sent her for any training she wished, and praised her to other employees. Still she was convinced he did not truly appreciate her.

Luckily, we cannot make another person "unhappy" by our choices

The flip side of this shiny penny is simply this: if we cannot make someone happy, we cannot make them unhappy either.

Just as our efforts to please others seldom work as we hoped, our actions and choices do not make others unhappy, as we have been trained to believe.

One thing I learned at a young age was that my choices and behaviors could make my mother angry enough to spank me, make my father proud enough to brag about me, or make my grandmother frustrated enough to yell at me.

And the rules change, too. If my mother was tired and frustrated, feeling depressed and overwhelmed, just about anything could get a spanking response, while the same behavior might be ignored or even smiled at if she was in a positive upbeat mood.

We tell each other things like, "You make me so angry!" What we really mean is whatever the other did or said triggered a response within us, activating a thought which activated a feeling. Sometimes an action or word that we responded to with fury in one instance has no impact at another time. If we were aware enough of our thoughts and feeling responses, we could catch the thought, question it, and choose our response. We could deliberately choose to be happy no matter what.

And so can the other person.

They have the right, and they have the power. They have the same connection to All That Is that we have, and are entitled to it.

I must live my own life, too.

I can never make another person happy – their life and their feelings and their experiences are their own. Therefore, I am not helping any one if I deny my dreams, my self, my feelings, and my experiences in a futile effort to make someone else happy or spare them discomfort.

Yet, how we try! We tell ourselves that we cannot risk following our dreams when our family is depending on our paycheck. "My family needs me to continue to be

who I have always been and to continue to do for them and provide for them as I always have.”

“My (parents, significant other, role model) have/has always wanted and expected me to be a _____ (fill in the blank). How can I disappoint them when they’ve done so much for me? It might break their heart!”

We allow ourselves to be stuck in jobs that don’t fulfill, in roles we are outgrowing fast, and in relationships that no longer fit. We would rather stay tightly shut off from our dreams and our potential instead of risking hurting the significant others in our lives.

Selfishly seek joy

The greatest gift we can give to others is to “selfishly seek joy” [Abe Quotes]

When we are happy, when we are seeking our joy, living our dreams, in love with our lives – we are radiant guiding beacons to the world. The more joy there is in the world... the more Joy There Is In The World!

Let our prayer, our mantra, and our words of power be, all ways, “I want to feel good!” Let our feelings be our road signs. If we are not happy, if we are not feeling joyful, connected, and at peace, we need to follow the sign and turn off the path that is not bringing us bliss.

What can we give another?

So what can we give to another? We can give our love, our time, our attention. We can live in Joy and Grace and Abundance and model this for our children. We can share information, wisdom, truth, and our own life stories so that others can see how this worked for us, how we came to live in our Joy.



August 2004 newsletter

Article:

Loving and Appreciating My Self is always the answer

The very crux of Law of Attraction is that we attract more of what we are putting our thoughts, beliefs, and attention on. The more energy, feeling, and thought we put on any thing, the more it expands in our lives. This is why (and how) our thoughts create our reality. And therefore it makes sense to be aware of our thoughts and proactive in choosing what we put our thoughts, energy, and feeling on. Where will we invest our energy? And what will be our return?

Feelings as Guides

If our thoughts bring up painful or unpleasant feelings, then we know we want to change our thought and create better feelings, in order to create a better feeling present and future.

The Law of Attraction mantra is “I want to feel good.” This is the theme of Dr. Wayne Dyer’s new book the Power of Intention, and it is the perennial message from Abraham-Hicks.

Let your feelings be your guide and constantly chant, “I want to feel good.”

Enlightened Selfishness

To most of us raised in our culture, a life philosophy of “I want to feel good” is the epitome of selfishness.

Sometimes people worry that if a person is really encouraged to satisfy their own sense of self and really be selfish enough to care first and foremost about how they feel, that maybe they will lose their moral compass and that maybe they might be guided by something that is less than wonderful. And what we really want to reassure you is that when you are selfish enough to care about the way you feel, then you are wise enough to be in alignment with that which is truly your Source Energy.

No one who has learned how to consistently feel good would ever be in a place of doing anything that is inappropriate to others. In other words, you can trust that that guidance comes forth from the very best of places.

-- Abe -- Chicago, IL, 5/22/04*

Remember that when we are living in Joy, Love, Abundance, and Radiant Good Health – when we feel good – that is when we are most in alignment with All That Is. When we love and appreciate ourselves we are in alignment with Divine Love. Since we are all a part of All That Is, we can raise the vibration of all that come near us simply by feeling good and living in Joy. And if I want to feel good, and the desire comes from my heart, then I want others to feel good, too, even while I recognize that it is a choice that they will have to make for themselves.

If I realize that the Source of my good is All That Is, which is truly unlimited in every way, then I will realize also that we can all have every thing we want and there will still be “enough” for all of us. Enough Love. Enough Joy. Enough Freedom. Enough money, prosperity, power, gas for our automobiles.

All That Is is absolutely unlimited. It is not possible for me having my good to limit you in having your good in any way.

Chances are that if I truly want to feel good, if I am living in Joy and Love and connection with my Higher Self, I would not choose to deliberately hurt or cause pain or lack for another. In addition to the fact that we cannot create for another, it would not be in alignment with All That Is and therefore it is highly unlikely to bring me Joy or Peace or happiness.

It takes a great deal of self-appreciation to embrace this idea

If we are living in a place other than self love and appreciation, it will seem wrong or bad to seek our own joy. If our beliefs (beliefs are thoughts that we repeat until we think they are truth) tell us there isn't enough for all, then we will question whether we deserve to feel good, to have the loving relationships we want, to be wealthy, to have our good. We will worry that by having what we want and doing what feels good to us we will deprive someone else or hurt someone else. We think that we are not good enough to have our desires.

When we love our selves and appreciate our selves, we are happy, loving, kind and joyfilled. We vibrate in this high energy of love and appreciation and attract to us others who gravitate to this high pure positive energy and either have their vibration raised or are already a match to this vibration. All prosperity, abundance, fun, joy, love, and health is a result of feeling good, and we can't feel good and feel bad about ourselves at the same time.

What about when our loved ones want something else?

This Universe is big enough and abundant enough for all of us to have what we want. But sometimes it appears that our desires bump into another's.

I want to spend time with my loved one. I could see him Friday night, but Saturday evening I have other commitments. He has made plans to spend time with his friends Friday night. We have to do what makes us feel best. I really want him to choose to spend Friday night with me; he really wants me to choose to spend Saturday night with him.

He chooses his Friday night party. I choose my Saturday evening plans.

I feel a little disappointed because I really wanted to see him this weekend. Through the week we get so busy and spending time with him is one of my favorite things.

Because I love him and I want him to do what feels best to him, I have to honor his choices. I can feel sad and disappointed, but then I can pivot on that, put my thoughts on how much I love being with him and how much I will enjoy being with him the next time we get that chance. There is no need to make either of us wrong, to feel guilty about my choice, or to feel angry with him - as if there is only so much time in the world and he should spend his time with me when I want and how I want. There will be other weekends.

This hypothetical example is a mild instance in which what we want bumps into what another wants.

In this example, I can make a bunch of conclusions about what my loved one feels or thinks toward me. I could decide he wants time with his friends more than he wants time with me. I could feel hurt, I could feel unloved and unappreciated, and I could feel uncomfortable about seeing him next time. This is not only a waste of energy, I will attract more of what I don't want – i.e., times when we won't be together.

I can go into hours and hours of “why does he treat me this way?” and “if he loved me, he'd choose to spend time with me when I am available rather than choosing to be with his friends.” I am sure this simple example, which you have probably experienced many times, suggests many other fear thoughts and thoughts of lack of time, lack of love, and unworthiness.

Why on earth would I want to put any time and energy into these thoughts and feelings when they are guaranteed to hurt? They feel bad now, and they attract situations that vibrate at the same level.

Or I can decide not to make any judgments about it. I can let my hurt feelings and disappointment go, and choose to put my attention and energy into enjoying my life and appreciating my self.

We can take any situation, any feeling, any thought and use it to up our vibration. We can consciously choose not to make judgments about ourselves or our loved ones and we can consciously choose to think about what it is we really want.

If I put too much thought and energy into how hurt I am that he didn't choose to spend the time with me, I may forget how much fun we have together, and how sweet and loving a person he is, and how he makes even simple things like watching a movie on t.v. fun. When I focus on these good feeling thoughts, I am guaranteed to have more of these good times – hopefully with my loved one, but if not then with someone else.

Deciding I don't want to feel hurt and lonely and resentful doesn't mean I have to throw out the baby with the bathwater. His choice may have triggered unpleasant thoughts, but they are my thoughts. They are my feelings, and I am completely in control of my choices and my experience. He does not have the power to make me unhappy. No one does. I can choose what to think and how I want to feel.

It all comes down to how much I love myself

Situations like this reflect to us how much we love our selves. It brings up beliefs (thoughts we have repeated or held for a long time) about our self worth and our value. When something comes up that triggers bad feelings, the thought that triggered the feeling will probably be belief in lack or feeling that we are not enough, not deserving, not lovable. The situation shows us where we need to love and appreciate our selves more. We can then consciously choose to feel loving toward our selves instead.

In the above situation, I can remember the times I felt truly loved and wanted. That is the way I want to feel, so I can spend time dwelling on those times – even if it was for just a second – when I felt that way and instantly recapture the feeling. If I can't think of a time, I can still imagine how I want to feel, and then spend some time day-dreaming and enjoying feeling that way. My feelings are totally of my own choosing.

From my better feeling thoughts, I can build new beliefs, such as I am loving and lovable. I deserve love because I exist. The more I love myself the more I attract people who love and appreciate me.

Coming from a position where I see myself as loving and lovable, where I see myself as a good and loving sentient being, I can love and appreciate myself. Every second of loving and appreciating our selves adds up. Maybe we can't hold it any longer than a second at first, but soon it will be easier. We feel so good in our daydreams of loving and being loved, of radiating Divine Love and Well-Being, we build the new positive belief and we luxuriate in the feeling of being loved which is what we wanted all along.

We think we want someone to love us and adore us... but what we really want is to feel loved and adored. It is not dependent upon the others in our lives. We are the co-creators of our lives.

It is all about how much we choose to love and appreciate ourselves.

September 2004 newsletter

Article:
Don't dwell in disappointment

I had a job that I enjoyed very much. I really enjoyed working with computers, e-mail, web site, and databases. I quickly learned my tasks and created processes that helped me do the work in a few hours a day. I had plenty of time to “web seek”, to research and write my articles, and to take graduate level classes at the University. As long as I got my work done and was conscientious about it, I could put in my 40 hours as I chose – coming in early, staying late, working through the noon hour and leaving in mid-afternoon to pick up my daughter from school. My boss was a great guy who became head of the department at the University, and he was so good at his job as the editor-in-chief of the journal that it was easy for me to be very good at my job as his assistant. Not to mention his calm, good-natured personality. He made it look easy! He did not gush, but I felt appreciated, trusted, and respected.



When the editorial offices of the journal moved, I was soon to be out of a job. I wanted to stay with the University so I began visualizing for another job here.

At first I visualized for a “dream job,” one in writing, researching, and web design that paid much more, that offered flexible hours and a great supervisor and co-workers. I applied for several jobs that looked like they might be this dream job, but as time passed and I did not even get an interview, I began to worry.

I worried that I might not get a job with the University at all, much less one that paid decently. I worried about how I would pay my bills and the rent and whether I would have a roof over my head when my old job ended.

I reached a point where I was thinking, “Any job here will do!” Not a good space to come from in creating a job, or much of any thing else!

Disappointment in disguise

I did get another job with the University, one that on the surface and certainly in the interview appeared to be like the dream job I visualized for, except the money part – it paid just a little more than my old job. I was quite pleased and grateful.

But once I got in to the job, I found it was not what I thought it was. My time is restricted. My choices in my work are limited. So it is not my “dream job” after all. What now?

We've noticed as we've watched all of you that your energy is always pure when you're thinking about what you want and WHY you want it than it is when you're thinking about what you want and how you're gonna get it and where it's gonna come from or whose gonna help you because you don't have answers to those questions. And so all it does is activate the vibration of doubt and worry. Where if you're thinking about what you want and WHY you want it, it's usually a vibration of allowing that allows the Universe to open more doors for you.

*Abraham-Hicks, Transcribed from Salt Lake City 6/29/02

Dwelling in disappointment.

Okay. I have a decent job that pays my bills, keeps a roof over my head, and covers the hosting fees for my web site as well as providing modest luxuries. It also gives me the benefit of tuition for my graduate courses. It is a rather pleasant job in a beautiful environment.

I feel disappointment and resistance. I am getting a lot of feedback on what I do want by looking at what I don't want.

Rather than dwell on feelings of disappointment, it is important that I return to visualizing and focusing on my dreams... to thinking about what I want and WHY I want it. And imagining how it feels to have it.

The important thing is that I use any disappointment in my creation and attraction of my experience as a "runway" for my dreams, for creation of the experiences I do want.

Another important thing is that I stop telling others when I am feeling disappointed. It doesn't serve any purpose to bring it up, talk about it, or dwell on it – neither in my present experience, nor in creating what I do want.

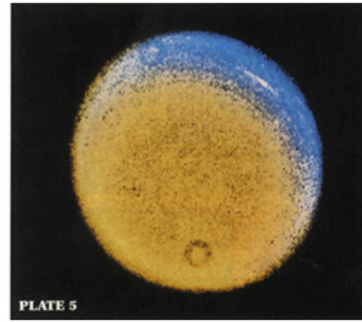
And yet another important thing is that I realize that I have limited the Universe in delivering my desires by specifying how it should be delivered – via a job with the university.

My dream work is waiting for me to claim it. It is up to me to return to visualizing, imagining, and trusting in the Universe, in All That Is, to give it to me in the right time.

October 2004 newsletter

Article:
Wiccan Ritual and Deliberate Creation

Wiccan spells and rituals are perfect examples of Deliberate Creation in action. The practitioner works in concert with Law of Attraction, Deliberate Creation and Law of Allowing, as explained by the teacher Abraham. When we break down a Wiccan spell step by step, we find all the elements, including the most important element – connection with All That Is.



Connection to Divine Mind – or Earth Mother and Sky Father...

At the heart of every religion or spiritual practice is making the connection with All That Is. No matter what we name it, when we come to spiritual practice we invoke the one creative power of the Universe, the Universal Life Force Energy that we are all created from, the Spirit, the Energy in which we live and move and have our being.

In the Wiccan religion, in Pagan religions, this Divine Energy, or Spirit, is acknowledged as the essence at the heart of all life. God and Goddess, Earth Mother and Sky Father, Lord and Lady, are considered to be expressions of this Divine Life Force Energy, in a similar fashion that we are all expressions of the Divine. The deities are called upon as expressions of different aspects of All That Is, and it helps to focus the creative thought and intent of the practitioner.

Practitioners use these expressions of Divine Mind as focus points, and in focusing upon them, invoking them in their practice, they connect with Divine Mind.

Law of Attraction in casting a spell

An effective Wiccan, or any ordinary spell-caster whether a devotee or a casual dabbler, will have the awareness of All That Is and our intimate relationship to It as a philosophy of life.

Having established this as our frame of reference and living our lives from this awareness, the next step is to choose our desires. We will want to focus on one thing, situation, or life circumstance at a time for our spell-casting.

Let's say we are interested in attracting a satisfying love relationship.

We want to get clear on what we are casting our spell or working our charms in order to be, do or have. And we acknowledge, "this or something better for the highest good of all" to leave the door open to a relationship even more wonderful than we have imagined yet.

By Law of Attraction, we want to offer a strong love vibration in order to attract a positive love relationship. To amp up our vibration, in a spell-casting or ritual we want to work in the best possible environment, with the best possible vibration.

Herein is the beauty, the glamour, and the theatre of magic.

We set the mood. We can choose any and all trappings and settings to focus our desires and our intentions, to increase our vibration.

There are phases of the moon to consider: a waxing moon for increase, a full moon for power, a waning moon to release. Each phase of the moon offers its own vibration, its own particular beauty and power. A wise one will consider this and choose accordingly.

It is no coincidence that the days of the week are named for the Sun, the Moon, and the known planets. So shall we choose Friday, the Venus day, honoring the Goddess of Love? Or shall we choose Monday, the day of the Moon? Or even Sunday, in honor of the bright bold Sun? They offer a vibration, in concert with the aspects of the Gods they honor... if we choose to connect to this knowledge and use it. If we are aware, sensitive to this kind of energy, then we can use it in our spell-casting.

We set the stage. We may choose candles, perhaps of a particular color; incense in a particular scent placed in a beautiful burner or holder; fresh flowers perhaps and again the type and color of flower will have a particular vibration or signature; richly scented oils with their own signature and meaning. A natural vessel of earth, a blue bowl of water, incense for air, and candle flame for fire.

And we will choose a place. Will we simply light a single candle on the top of our dresser in our bedroom? Do we have a special table set up as an altar? Could we cast our spell outside beneath the Moon? There is no end to the stage dressing we can choose. And remember it is all a choice, and the sole purpose is to focus the mind and the power of our intention. There is nothing dark, arcane, or wicked here but the belief of the practitioner makes it so, and if our heart is pure and our intent is clear we are not misbehaving. The purpose of setting the stage is simply to be as clear and as focused a channel for Universal Life Force Energy as we can possibly be.

Speak our words, speak our vision

By bell, book and candle, we have our desires clear in our minds and hearts. We have our stage set, the candles lit, the incense sending wisping spirals of blue-gray scented smoke curling lazily toward the heavens.

We have our spell written and at hand. The spell should embody our hearts' desire, our intention. If the cute spell in the paperback book we found at Barnes&Noble does this, use it. Choose it and use it. If we feel inspired, we can write our own. We can find 'em free on-line, as simple or as complex as meets our needs.

We get clear, grounded and centered, perhaps with a short meditation. We can use a prayer to invoke our Higher Power or to honor the Goddess aspect of All That Is. We "go within" as in meditation in order to connect with our Inner Being, our Soul. We imagine what our hearts' desire is. And we speak our word. We ask.

Allowing or accepting our desires

One of the best reasons to use spell-casting or ritual to connect with Divine Mind and express our desires, is the help in releasing blocks and resistance. The real magic is what happens in our minds and in our hearts, as we move through the steps of Deliberate Creation. We conceive a desire. We imagine it, visualize it, experience the feeling of having, doing, or being this desire. We invoke or connect with Divine Mind, with our Higher Self, and we offer a magnetic vibration that matches the vibrations of the desire we seek. We ask.

We release all doubt. We offer a vibration of Love to all we meet but most of all to our self and to All That Is, and we feel gratitude for the fulfillment of our desire. We spend a little time in the spell-casting enjoying the thought-form that we are building, enjoying the expression of our heart's desires in our imagination, in our heart, in our mind. And we feel confident that it is so. We feel the power of the Goddess, of the Creator flowing through our beings. And we end our ritual with the ultimate words of allowing: This or something better for the highest good of all – leaving the door open for Divine Mind to gift us with something more than we can imagine... yet.

And finally, we say, “So mote it be” – the eclectic equivalent of “Amen.”



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November 2004 newsletter

Article:
Believe

Believe.

Belief is the foundation of our world. What we believe in, we experience.

At this time of year, with Christmas approaching, the messages we are getting in our movies and music is, “Believe in the wonder, the magic” and it will enrich your life.

But what are we asked to believe in?

Underlying it all is the message that there is a Spirit of Christmas, of Love and Peace and Joy and Goodwill to all. When we believe, we connect to this Spirit and we channel it into our lives through our hearts and our imaginations. We become as little children, innocent and joyfilled, waking with our hearts filled with expectation – because when we are connected to the Spirit of Christmas, when we are connected to Love, Peace, and Joy, we are connected to All That Is. We put down our resistance, we release barriers, and we let go of disbelief, of “common sense” and we expect miracles.

The Definition of a Belief

A belief is simply a thought that we have repeated so often that it becomes truth for us. To change a belief, or create a new one, simply repeat a thought, with emotion, over and over and over...

Most of our beliefs play in our subconscious mind, below the level of our conscious thought. Many of these have been playing in our minds over and over in a continuous loop without question for most if not all of our lives. And most were accepted when we were children. As children, we generally accept what we hear, what we see around us, and what we are told about our world by those we look to for authority.

The first belief we learn is that we are not the authority in our world. We learn that something or someone bigger than us, perhaps wiser than us, more powerful than us is in charge of our lives. “They” have authority over us and if we want them to feed us, care for us, and love us, we will remember this and act accordingly. When we are older, we are taught the same thing in our religions – God is “out there” or “up there.” God is the Creator, the All Powerful. We are the created, and powerless. God is often portrayed as a father in whose care and under whose authority we are helpless, powerless. This god rules our world and we must seek to please or appease him. Or maybe it is fate, or luck, or karma. But the “power” and “authority” in our lives is “out there.”

Some of our beliefs are really absurd when we look at them and question them. A bit of advice: look at what you believe consciously with an open mind. Look if a belief

you hold serves you, or limits you in any way. Then consciously pick and choose which thoughts to give your energy to.

Creating New Beliefs that will bring the Spirit of Christmas home year-round

What if God is All That Is?

If that is true, then God – or the Energy or Power that sets the Universe in motion – is within all that is, including you and me. We are inseparable. We are One.

There is not then Creator and Created, there is only Energy. Energy is the Creator and the Created is made from the Energy that is the Creator. So Creator and Created are One. And that One is All That Is.

When we consciously turn our thought to experiencing Joy, Love, and Peace in our daily lives, then we are turning our minds to God. We are connecting with our Source.

The more often we can spend time in this wonderful feeling place, the place where we feel joy and love, and expectation of all good, the more often we can live in the Christmas Spirit, the more deeply we can feel the joy, love and Light available to us, radiating out from others, from angels and Santa and elves, from snowflakes and fir trees and Christmas lights, from the bell-ringing Santa on the corner and the choir in the church. We, too, share our Joy, our Love, our connection with Source – because that truly is our gift. When we are living in Joy, we are radiating it to all who come near us. We cannot help but share the radiance of our Joy. It flows out to others effortlessly, reminding us all that we are One with All That Is, with Love.

Do you believe?

I do.

I believe in Santa. I believe his reindeers can fly. I believe that children instinctively recognize the love in the heart of Santa where ever they meet it, in you and me. I believe the movies that uplift us, lighten our hearts, and make it easier for us to feel Joy-filled and connected give us a wonderful gift.

I believe in Love. I believe in the Light and Love symbolized as a baby. I believe in miracles. I believe that Life is a present.

And I truly believe it is a wonderful life!

December 2004 newsletter

Article:
Trusting

My Higher Power I envision as Universal Life Force Energy. 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. There are no limits to All That Is. There can be no lack, no poverty, no sorrow as long as we are experiencing our clear connection and allowing the free flow of Universal

In this move and have our expression in the

When we live we have a basic trust met, but that we share health, and the Universe: a simple friendly place, that wants me to live my abundance, in joy, in knowing. A soul-deep



Life Force Energy in our lives. substance, in Spirit, we live and being. We are this energy in physical world. in connection with our Source, that not only will all our needs be in the abundance, the love, the creativity that is this Unlimited basic trust that the Universe is a Divine Intelligence loves me and life in its fullest expression, in peace, and in love. A deep inner certainty. Faith. Trust..

Let Go and Let God

Step 3 of the 12-Step Programs is: “**Made a decision to turn our will and our lives over to the care of God as we understood God,**” which has become popularly paraphrased as “Let go and let God.”

Let go and let God (“as we understood God”).

If we understand “God” – Divine Mind, Universal Mind, Spirit, All That Is – to be unlimited, to be abundance, love, perfect health, creative expression, and JOY, then we can let go and relax into feeling good, experiencing Joy, loving self and others, and expressing our divinely given creativity.

When we are choosing that nothing is more important than that we feel good, that we feel joy, we are trusting in Source.

When we see only good and well-being in what ever happens in our world, especially when that is so difficult as in a “tragedy” or “disaster”, we are trusting in Divine Intelligence.

When we trust that the rent will be paid when we observe that our bank account is empty, we are trusting in Well-Being, in Source.

When we worry, particularly when we rest in worry and fear and take up living there, we are definitely not trusting in the All That Is. We are falling back to old learned beliefs that God is “out there”, that we are separate from God and must prostrate ourselves at the foot of a great white throne to be judged deserving of blessings...

When we worry, when we are afraid, when we are lonely, we are cutting ourselves off from our Source.

I used to believe it was “human nature” to fear, to worry, to try to control our experiences in this life as much as possible. But now I am coming to realize that if in Divine Mind I live and move and have my being, then it is really human nature to be at one with our world, each other, our Inner Being. It is really human nature to be abundant and to share that abundance with each other, to be love and to share that love, to be radiantly healthy and beautiful and to enjoy sharing with others.

It is really human nature to trust in All That Is, to trust in Source, and to live each moment in that trust and well-being and joy.

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