

# ***Road Signs for the Journey***

*There is no Destination, the Journey is the Thing.*

No. 1 June 30, 2003

Welcome to the first issue of my newsletter for **[Road Signs for self help and personal development](#)**. Let me share with you the road signs and guide posts that help me on my Journey toward loving and accepting myself more, toward living a happy and fulfilled life.

*This newsletter should not have come to you unless you requested it or graciously agreed to review it for me. If it has come to you by mistake, please send me an e-mail at [Sharon@swroadsigns.com](mailto:Sharon@swroadsigns.com) and I will take you off my mailing list. On the other hand, please read it first just in case it came to you for a reason and a purpose. I welcome your feedback.*

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## **A Message from Sharon:**

This newsletter is one of my heart's desires. It is part of a dream of mine that I am seeing take shape and form, my web site called "Road Signs", and it expresses another dream of mine, to be a writer.

While I have had some of these dreams for 30 years and some for only a decade, they would still only be dreams if I had not sat down at the keyboard and taken action. The Divine Intelligence of the Universe inspires us, gives us our dreams and provides the aching in my heart when I ignore them, but it is still up to me to take action.

Get in touch with your heart's desires, with your dreams. Spend time meditating on them, look in your heart and find them, write them down, think about them, give them your energy and your attention. Spend time every day visualizing them. It will renew you and replenish you.

And... take action. Do some little something every day that takes you one step closer to your dream, even if it is only a little research on the Internet for more information or inspiration.

Remember the old poem, "Love wasn't put in your heart to stay; Love isn't Love until it's given away?" Apply that to the dreams Divine Intelligence has given you. Living your dream honors God and honors the spark of Divinity in you.

Sending you Light and Love,  
Sharon

## **Article:**

### **Our Heart's Desires**

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.

### **A Quiet Moment Meditation:**

Take a quiet moment for yourself.

Sit comfortably or lie flat on your back and relax. Be aware of your body resting and make a conscious effort to straighten your spine to ease the flow of energy through your body, all bodies, all selves.

Breathe deeply and relax.

Let go.

Allow the cares of the day to drift away.

And breathe.

If you are in a situation where you can close your eyes, then allow them to close. Allow your eyes to rest and relax.

And breathe.

Think of a place of quiet beauty, of peacefulness, either a place you have been or a place you dream of being one day. Breathe in the beauty and the peace. Know that you are at peace, at rest now.

And breathe.

Breathe in Divine Love in the form of White Light, beautiful sparkling white light that fills every cell of your body, heart, and mind with radiance, with love.

And breathe.

Know how much God loves you, as you allow this Divine Love to fill every cell of your body. Experience this feeling of being loved through and through.

Now focus your attention on your Heart and imagine the white light expanding and radiating out from your Heart, expanding into every area of your life. With your attention on your Heart, ask “what is my heart’s desire now, in this moment? What will give me the most joy here and now?”

And breathe.

Enjoy the feeling of being loved and of radiating this love to all who come in contact with you, radiating it out from your Heart, for as many minutes as you like. Listen and pay attention to whatever signs come your way to tell you the answer to your questions.

Listen. And then act.

**Recommendation: from Higher Awareness**

Joy is one of the highest vibrations on this planet. Bring the joy that's already inside you to life with the 16 'Joy Activators' email program. Visit:

<http://www.higherawareness.com/joy.shtml>

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Sending you Light and Love,

**Sharon Walls**

Road Signs for self help and personal development

<http://www.swroadsigns.com>

[Sharon@swroadsigns.com](mailto:Sharon@swroadsigns.com)