

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

No. 2 July 31, 2003

Welcome to this issue of my newsletter for **[Road Signs for self help and personal development](#)**. Let me share with you the road signs and guide posts that help me on my Journey 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 and I will take you off my mailing list. On the other hand, please read it first just in case it came to you for a reason and a purpose. I welcome your feedback.

In this issue:

A Message from Sharon

Article: On a Path to Prosperity Consciousness – First Steps

A Quiet Moment Meditation

Opportunities: My Recommendations

A Message from Sharon:

The word for this month is “perception.” Our reality is what we think it is... our thoughts, beliefs, and emotions create our experience of our lives. So the trick or the key to living a beautiful fulfilling life is “perception.” If I want to have a great day, I have to see it that way. No matter what comes my way, I have a choice in how to see it, how to label it. And the slightest shift in perception can make all the difference.

This is the old “is the glass half full or half empty?” question. I remember when I was a kid the Peace Corps used an illustration of the half-filled glass question as a public service announcement. I was so intrigued with it that I tried to share it with my Sunday School class. I had the visuals, I knew deep down what it meant, how incredibly important this idea was. But my show and tell fell flat, because I was perhaps the only one who considered this a significant revelation. And yet how we look at life, how we look at our glass of life, is of supreme importance. Even the slightest shift in perception, the mere willingness to entertain the idea that the glass is half full, shifts our gaze upward just enough.

Every thing is happening just as it is supposed to. God is taking care of every thing. I don't have to run the Universe, I can trust God to handle that.

Whatever you believe is the truth for you. When ugly thoughts, doubts, fears and insecurities come creeping, notice that it is only a perception, only a thought. Ask yourself whether you want that to be true for you. No? Shift your perception. Label it differently. Call it good or at least okay.

Sending you Light and Love,
Sharon

Click here for more information on Joan Sotkin's **[Build Your Money Muscles](#)** program. This is one that I am working through now and it helps me sleep at night. Visit her web site at <http://www.prosperityplace.com>

Article:

On a Path to Prosperity Consciousness – First Steps

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.

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. Feel your connection to All that Is. Realize that in this Universal Life Force Energy, you live and move and have your being. Acknowledge this connection and feel gratitude for it.

And breathe.

Enjoy the feeling of being loved and of radiating this love to all who come in contact with you, radiating it out from your Heart, for as many minutes as you like.

Remember this feeling of connection as you go through your daily life.

Recommendation:

[The Science of Getting Rich](#) – Get a free download copy of this timeless 1910 classic by Wallace D. Wattles. “The person who owns all he wants for the living of all the life he is capable of living is rich, and no person who has not plenty of money can have all he wants....Every person naturally wants to become all that they are capable of becoming.” This book is a step by step guide to creating the wealth and beautiful life we dream of. Download it for free. Read it over and over again. Watch the changes in your life.

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Sending you Light and Love,

Sharon Walls

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Sharon: Road Signs for self help and personal development

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