

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 11 ~~November 30~~ 12-12-2004

Welcome to this issue of my newsletter for [Road Signs for self help and personal development](#). Let me share with you the road signs and guide posts that help me on my Journey loving and appreciating myself, living my dreams, and creating a joy-filled spiritually connected 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.

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A Few Great Web Sites:

<http://iusedtobelieve.com/> I used to believe... the childhood beliefs site. A collection of cute and sometimes scary things that grown-ups have sent in about things they believed as a child.

<http://www.ishaah.com/Believe.cfm> Believe in your heart... a beautiful poem and graphics with music.

<http://ibelieveinangels.com/> I Believe in Angels - the title says it all. Read others' stories or post your own.

Read the full text of the book, "Science of Mind" by Ernest Holmes on-line. The full text version, including the meditations and affirmative prayers from the back of the book.

<http://www.sacred-texts.com/eso/som/>

The Abraham-Hicks book, "Ask and it is Given" is now available! Check it out here: <http://www.askanditisgiven.com/>

A Message from Sharon:

I had most of my newsletter ready to go just after Thanksgiving (USA) with a message on gratitude and the Pilgrims and trusting in Source... and I just did not have an inspiration for the longer article. I had a few ideas for topics –and I was not inspired.

Of course, that is the way I write my articles, newsletters, talks, and meditations... I wait for the AHA moment. It always comes and I trust in that. Sometimes I wake up in the middle of the night with the "right" words or a burning question that sparks more questions that sparks thought and ideas.

In this instance, it seemed that I might even miss an issue... after all it is almost mid-way of the month and I am behind schedule-wise. I also wanted to create a Christmas or Solstice gift for you and I wanted to add some pages to my web site to showcase some articles I have written about some wonderful people I know and have gotten to know better by interviewing them. So maybe it just wasn't to be.

But I did get the AHA moment... and it seems this issue will be out before midnight tonight... which brings me to another AHA moment.

Last month, another gateway of energy, Light, Love, and Empowerment opened on November 11, the eve before the New Moon. November's energy followed upon two energy occurrences in October – beginning with a Grand Quintile planetary alignment on the New Moon, coupled with a partial solar eclipse, and culminating with the Full Moon/second Grand Quintile formation/full lunar eclipse on October 28th. October was one of the most powerful months in a year of powerful months.

November 11, on the eve of the New Moon, marked the opening of the 11:11 stargate between the Earth and the Higher Dimensions... in other words, or looking at it another way, more and more Love and Energy is flowing into our world because we are looking to our Source, opening to this power and the great shifts in our perceptions of reality, of God, of our world. We human beings are calling in the Light and seeking transformation of our thoughts and our beliefs.

In this cycle, the stargate stays open, allowing for waves and waves of Light and expansion, through January 11. 11:11 through 1:11. This beautiful expansion of Light, Love, and beauty for our world is another step in our Transformation. We have the opportunity to live in Peace, Beauty and Love... We have the choice.

And this day, 12:12, the New Moon in December, is mid-way of this cycle. May you experience first hand the Light, the Love, and the expansion of your consciousness through these days.

Life is good. It just keeps getting better and better.

Sending you Light and Love,
Sharon

You can read more about the 11:11 through 1:11 energies here:

<http://www.crystalinks.com/11.11.html> and <http://mayamania.faithweb.com/eleven.html>
and <http://www.Awakening-Healing.com>

“Faith is believing in things when common sense tells you not to.” Doris Walker, played by Maureen O'Hara in Miracle on 34th Street (1947). “If things don't turn out exactly the way you want them to the first time, you've still got to believe... “

“I believe. I believe. It's silly, but I believe.” Susan, played by Natalie Woods in Miracle on 34th Street.

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!

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 your Higher Power adores 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.

Think of something that All That Is has brought into your life that you cherish... something for which you feel deep gratitude. Perhaps it is a child you adore, work that satisfies your soul, a life partner you cherish, or a special place where your heart feels at

home. Or maybe you think of something smaller – a trinket, a book that moved your soul or nourished your mind, a piece of jewelry that reminds you of a loved one. Or maybe you think of something even grander – a view of exquisite beauty that takes your breath away, a spectacular sunset, an untouched field blanketed in snow.

In each of these things see the Power and the Beauty and the Love of Divine Mind, Universal Love. Feel, as deeply as you can, the gratitude welling up to fill and enrich your Heart, your Mind. Allow your thoughts to rest on these things, this deeply felt sense of gratitude.

Now consider something that at first blush you might not feel very grateful for. Something small, but something that snags your attention with a twinge of annoyance. See if you can flow some of your feelings of gratitude toward this small but annoying thing. See if you can turn it or look at it in a different way and flow gratitude toward it.

Imagine that there is well-being in every situation. Imagine that there is good in every thing great or small. Imagine that every thing in your life is a gift from an Inner Being who adores you and wants nothing but that you feel good.

Enjoy the feeling of soul-deep gratitude filling your Heart and Mind. Look for more things to feel grateful for as you move through your day and let yourself experience gratitude.

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

Remember this feeling of gratitude, connection and love as you go through your day.

My Recommendation:

[The Science of Getting Rich](#) – “The person who owns all he wants for the living of all the life he is capable of living is rich, and no person who has not plenty of money can have all he wants.” Wallace D. Wattles.

This book is a step by step guide to creating the wealth and beautiful life we dream of. Download it for free. Read it over and over again. Watch the changes in your life.

I have become passionate about changing, updating and renovating my web site, **Road Signs for self help and personal development**. Please let me know what you think or what you'd like to see more of by e-mailing me at Sharon@swroadsigns.com. Thank you.

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. To subscribe, just e-mail me.

Sending you Light and Love,
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Sharon: Road Signs for self help and personal development

A painful divorce was a road sign for me to take another direction and create a new life. I have studied self help and personal development, as well as spirituality, all of my life and these tools have seen me through dark times and helped me on my journey to self fulfillment, empowerment and joy. Now I am living many of my dreams and dreaming of more. I have never experienced more Joy than I do today and Life just keeps getting better. At Road Signs I share tools, ideas and information, books and resources that helped me along my way.

<http://www.swroadsigns.com>