

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 4 – April 30, 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 accepting myself more, living a happy and fulfilled life, and expressing my life's purpose.

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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Sanaya Roman's Orin weekly meditation –

<http://www.orindaben.com/db/dbmeditation/meditation.php>

A Message from Sharon: Acknowledging my mother's gift

This will reach you a week before Mother's Day as it is celebrated in the United States. This is such a lovely time of year to acknowledge our mothers. Spring flowers bloom like children bloom. I have two beautiful daughters. One is a teenager. One is a young mom with one son and a daughter on the way. My experiences parenting these two very different, and only somewhat similar, children helped me to learn about myself and to grow and to expand my comfort zone vastly.

When I became someone's mama 24 years ago, I was 24 myself and I was woefully unprepared.

My mother filled her role admirably. She had four children, three boys and one girl. Her husband worked away from home, sometimes for months at a time, leaving her to care for a farm, animals, garden, house, and four children. Her strength and courage in handling these day to day challenges essentially on her own has always inspired me. Our relationship fell within the boundaries of the role she played. She was the Mother, moreover, she was the Good Mother. She was also very busy, depressed, and lonely, and of all that I remember most, I remember that the times we spent together, one on one, were few and precious.

I would never have dreamed of talking to my mother about my hopes and dreams. And of course she never shared with me her feelings, dreams, or wishes either. We did not talk about religious convictions, being female and what that entailed, or the future. She imparted wisdom to me in direct ways; she told me things, conventional

wisdom, folklore. She taught me to do my homework and get good grades, but not to worry about it too much because girls were not expected to be as smart as boys. In some ways this was comforting because I had one of those older brothers who was just too smart to be believable, as well as being a star athlete, and it would have been too much to be expected to do as well as he did in school. Until that point, though, I had been doing nicely and was a straight-A student. I always did my assigned reading and often read ahead in my text books.

Now, I want my daughters to know that good grades feel good as rewards for doing the homework and reading the material. So go for it! And learn the material because you never know when you are going to need it. Most importantly, love learning. Learning is an essential part of living. We will not graduate from Earth Academy in our lifetime.

Although my mother did not encourage good grades or even a college education, she gave me the gift of reading for pleasure as well as for information. She read to us in the precious moments we spent together. She took us to the community library and checked out books for us. When she did not have time to read to me, I would get the book and look at it, remembering the words she'd read. This has been an incredible gift to me. Growing up in a rural community in the Deep South USA, I could travel anywhere, learn about anything, and see the world through different eyes because I loved to read and would read every thing I could get my hands on.

Reading is a joy that I've shared with my daughters, and now with my grandson. It was so much pleasure to sit with my little ones and read our favorite books. My oldest daughter shares reading with her little boy, although he doesn't like to sit still for too long. She incorporated a love of reading into a love of learning and is constantly learning and reading about new things. For my teenager, who grew up with her father helping her with homework and insisting that school was business and not fun, she experiences reading as "fun" but not necessarily "fundamental." Oh, for the day when she realizes it is as much fun to read her history or biology text as it is to read R. L. Stine!

Reading has been such a joy to me and has brought me so much pleasure as well as expanding my world and my mindset. I appreciate my mother sharing a love of reading with me, and it was one of the greatest joys of my life to share it with my children. That is one of the main reasons I created my web site, Road Signs, to share the joy of learning, reading, and expanding our horizons with any one who feels drawn to the site or to this newsletter. I get so much joy from the books I read, so much pleasure. Books have been a source of information, comfort, and especially inspiration. And it has become my mission in life to share the joy.

Thank you, Mama.

Sending you Light and Love,
Sharon

"Give me the 'peace,' boys, and free my soul. I wanna get lost in your rock'n roll and drift away." "drift away" as sung earnestly by my 5-year old grandson.

“The basis of your life is FREEDOM. The objective of your life is JOY. The result of your life is GROWTH.” Abraham-Hicks

This is the secret to creating what ever we want in our lives:
Ask and you shall receive!

I'm Rich Beyond My Wildest Dreams. I am. I am. I am.

by Tom and Penelope Pauley

[I'm Rich Beyond My Wildest Dreams](#)... I got this book a little over a month ago. I have been using the techniques. One thing I listed and described was doing well on my comprehensive examinations in my graduate journalism program. I studied but I did not worry or obsess about it until the last minute when I let fear grip me for just about an hour before the first exam began... I was able to release the fear, take the four exams, and pass easily. Using the techniques described in the book, along with other tools and beliefs I have at hand, I created a positive experience and the outcome I wanted. Could I have done as well through worry, fear, and studying intensely alone? Who knows! But doing it this way was much more pleasant.

Deliberate Creation in action. If you can make a grocery list, you can use this straight forward system to manifest your most cherished dreams.

“...it is our desire that you rediscover the power of your own connection to Source Energy because that’s where clarity is, that’s where wellness is, that’s where joy is, that’s where fun is, that’s where exhilaration is, that’s where all the good stuff is.”

From Abraham's Weekly Tape 1-18-04; copyright Abraham-Hicks. www.abrahamhicks.com

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 enjoying what you want, and keep your thoughts high, joyful, and light through the day.

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.

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*.

[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.

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. Open to more and more Light, more and more Love. Release any resistance to receiving this beautiful white Light and Divine Love. Allow It to flow into you, into every cell of your body, all bodies, all selves. Allow the Light and Love to increase your awareness of your connection to All That Is.

And breathe.

Know how much God loves you. Imagine Divine Love filling every cell of your body, every thought in your mind, every emotion. Experience the feeling of being loved completely and unconditionally. Realize that you are filled with this Light and Divine Love.

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. Imagine a stream of this beautiful Light and Divine Love going out to your loved ones, surrounding them and filling them as it fills you. Imagine the beautiful white sparkling Light flowing out to your community, and expanding into the whole world. Imagine the Light and Divine Love flowing into any situation you may be experiencing. Fill the situation with Light, Divine Love, and Peace. Bless the situation and all those involved for providing you with a wonderful opportunity for healing and learning. Imagine the Light and Divine Love filling your goals, your dreams, and your desires.

And breathe.

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

Remember this feeling of connection, peace, love and joy as you go through your daily life.

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Sending you Light and Love,

Sharon Walls Martinez

Road Signs for self help and personal development

<http://www.swroadsigns.com>

Sharon@swroadsigns.com

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 on 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>