

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2004 No. 9 September 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 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:

I have been enjoying playing "The Prosperity Game" on-line. Check it out at <http://www.choosingprosperity.com> .

Law of Attraction Info <http://law-of-attraction-info.com> Informational site about the Law of Attraction. Learn how to attract what you want in life using this Universal Law. Fr*ee e-books, articles, free e-zine, Magnetic News! and quality resources.

A Good Read. Wishing you always "a good read," [Judith Tramayne-Barth](#)

You will find 14 fiction and non-fiction books to download for free, and you can join Judith's book club for more benefits. Check out her 4 information packed links pages for more information than you can imagine! <http://www.agoodread.com/>

Anne Marie Michaels has a fun new book out, a humor/dating cookbook called Cooking to Hook Up: The Bachelor's Date-Night Cookbook. It's to teach men how to cook for women! Here is the web site that Anne Marie created: <http://www.cookingtohookup.com>

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

I've had mine pre-ordered for months from Amazon.

"The new book summarizes all that has been taught since 1986, plus introduces new processes and approaches to having it all NOW!

"Align yourself with well-being and everything becomes possible!"

A Message from Sharon:

I hope you got the birthday gift I posted for you. I had a lot of fun putting together the e-book and enjoyed sharing the photographs with you.

I had a wonderful birthday, spent with loved ones doing fun things. I asked for and got messages, cards, and kind wishes from a lot of people, some I had not heard

from in years. I had a wonderful dinner with my daughters, and then spent the evening with my boyfriend. It was a wonderful day.

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

Sending you Light and Love,
Sharon

Where you are now is just a platform...

We don't want "where you are" to be anymore significant to you, than a diving board is to a diver who is bouncing and flying, or a trampoline is to an acrobat who is using it as the platform from which to leap. We don't want "where you are" to be anymore important to you than the runway is at the airport as the plane takes flight. The platform is important. The plane couldn't take flight without it, but the flight is so much more than the short taxi on the runway.

And so many humans want to talk about the runway so endlessly that they never take flight. And that's what your now reality is. Your now reality is just the runway from which you are taking flight. But your life is about your flight. Your life is about where you are going. Your life is about what you are going to do. Your life is about the joy that you are reaching for. It's not about where you are or where you have been.

You are creators; you are not historians. You are focusers of energy; you are not regurgitators of what has been. You are not documentarians of what has been or what is. You are creators of that which will come.

But the platform of your desires and dreams is born from where you stand. We just want you to stop letting the now reality play such a big role in your vibrational balance.

There it went again. Did you feel it? There it went again. There it went again. There it went again. There it went again. There it went again. There it went again. There it went again. There it went again. There it went again. There it went again. For an hour we'll do this. There it went again. There it went again. There it went again.

We would really like to make the point.

Now is gone. Now is gone. Now is gone. Now is gone. Now is gone. Now is gone.

Which means:

Cancer gone. Cancer gone. Cancer gone.

Poverty gone. Poverty gone. Poverty gone.

Confusion gone. Confusion gone. Confusion gone.

Confusion is gone, poverty is gone, cancer is gone, diabetes is gone. Anything that is bothering you can be left in the past if you will look to the future. But if you keep looking at the now and looking at the past, you hold yourself right here. You keep making your future experience just like your past and present has been. And sometimes that's a good idea. Because many of you have many wonderful, wonderful, wonderful things in your past and present. And those wonderful things you want to keep talking about. Those wonderful things you want to keep active in your vibration. You want to keep all of the things that you would like in your future to be active in your vibration now.

But if there's anything in your now that you don't want in your tomorrow, then don't activate it in your now by taking score of it, by describing it, by explaining it, by remembering it, by activating it.

**Abraham-Hicks, San Antonio, TX - 4/12/03*

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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.

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.

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. 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 connection and love as you go through your daily life.

Opportunities – My Recommendation:

I am starting the Prosperity Game at <http://www.spiritualpartnering.com/projectprosperity/prosperitygame.htm> on September 15, 2004. This is the new updated second anniversary edition. Come play with me and let's be partners in Deliberate Creation together. Did I mention it is Free?

[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.

Joan Sotkin's [Build Your Money Muscles](#) program. Visit her web site at <http://www.prosperityplace.com> Our thoughts, beliefs, and emotions create our experience of life. Learn to know yourself and the TBEs that run your life, then use the information to make conscious choices. Live the life you want to live, consciously.

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,
Sharon Walls Martinez

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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 studies, 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>