

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 1 January 31, 2005

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:

[The I AM Foundation](#) - For every dollar received at The I AM Foundation, a book is donated to a child or adult somewhere in the world. They offer a wonderful selection of books for the cost of postage, media mail! <http://www.IAMFoundation.org>

[The Legacy of the Cauldron – Make A Difference](#): Looking for a way to make a difference? Here is your chance!

<http://www.legacyofthecauldron.com/MakingADifference.html>

Support these causes in your heart, even if you are unable to support them financially! Your LOVE and honest care WILL make a difference!

[Network for Good – Bridging the Digital Divide](#): your help can provide computers and internet service to those who need it.

<http://www.networkforgood.org/topics/education/digitaldivide/>

[The Ozark Research Institute, Inc. \(ORI\)](#) is a research institute conducting research into the "Power of Thought" as it pertains to spontaneous remission, miraculous healing, and research into all manner of mind phenomena. <http://www.ozarkresearch.org/>

A Message from Sharon:

I found this wonderful web site that offers print books for the cost of postage, The I AM Foundation at <http://www.iamfoundation.org> For every dollar received at The I AM Foundation, a book is donated to a child or adult somewhere in the world. They have a fabulous selection of Catherine Ponder books.

Catherine Ponder's little book *The Prospering Power of Love* has been a constant companion and a great comfort to me for many years. I carry a copy in my purse and re-read it often, reflecting on the beautiful affirmations she wrote.

In all of Ms. Ponder's books on prosperity, healing, and living a spiritual life in connection with All That Is, she writes about tithing or giving as a key step in her formula.

I was raised in a rural, very conservative Southern Baptist church and my mother loved to watch the televangelist Oral Roberts before church on Sunday mornings. When I heard the preachers exhort the congregation to tithe – give one-tenth of their income or possessions – to the church, it struck me as wrong. I was pretty sure God did not need the money. The charge to give to the church seemed troubling because the church seemed rich enough. And then there were troubling stories of poor elderly widow ladies sending their last pennies to unscrupulous televangelists. Surely this was not God's work. So I have never been comfortable with the concept of tithing.

However, Catherine Ponder's ideas for tithing or giving are intriguing.

One of the reasons I want to live a wealthy, prosperous life is in order to give away lots of the wealth I create. I want to give rich gifts to my family and my loved ones. I want to contribute richly to the social causes that I believe in. I want to give to my spiritual teachers, to the churches and schools that encourage and develop New Thought concepts, to the social institutions that help others live their best life.

Nothing feels more prosperous than being able to give the gifts that we crave to give... whether it is money, talent, or encouragement.

Think about it. When you feel prosperous, when you feel that you have more than enough money, time, etc., you immediately want to give some of it away, don't you?

In Catherine Ponder's book *Open Your Mind to Receive*, she describes three types of giving. First give back to God (to the Source of your Spiritual nourishment), second give to yourself, and third give to others. In each giving, bless the gift and bless the one receiving the gift. It does not have to be money – it can be time, something special you've chosen for the other person or for yourself, honor and praise, song, talent... In giving to God, you can give to the place where you receive your spiritual nourishment like a church or study group or teacher. You can give to God by supporting a cause such as caring for Mother Earth, shelters for abused children, or whatever social cause moves you to inspired action. Or you can give to God through prayer and gratitude, through using the talents you have been given and thanking Universal Mind for them.

Give, expecting to receive.

This surprised me. I've often heard, give without thought of getting something out of it, or receiving something in return. But Ms. Ponder exhorts us to Give, Expecting to Receive. Give, knowing that somewhere, somehow you will receive a blessing in return for your gift ten times over what you have given.

Give, because it feels good, and then open to receive... let the receiving feel good, too.

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

Sending you Light and Love, and most of all JOY!

Sharon

The main event isn't the destination; it's my joyous journey.

You did not come forth seeking assignments to complete. You came forth for reason to flow, and to love and enjoy life.

Even though you will return home at the end of any vacation, the idea of your holiday is not to complete it as quickly as possible so that you can check it off your list. The idea of your vacation -- and of this life experience -- is to have a joyous experience.

* Abraham-Hicks Well-Being Cards

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"Some people see things as they are and ask why. *I dream things that never were-and I say: Why not?*" John F. Kennedy, quoting *George Bernard Shaw*.

Helen Keller was once asked "What would be worse than not being able to see?" to which she replied, "Being able to see without having vision."

Article: On Dreams Becoming

Dr. Martin Luther King Jr. delivered his famous speech on the steps of the Lincoln Memorial in Washington D.C., USA, on August 28, 1963. Boldly before scores of people he declared, "I have a dream today..." It was a declaration of a vision that forever changed the United States.

The thing about Dr. King is, he offered a vision to the world. He invited us to share in his vision, to live in the world he imagined. He could have railed against injustice, and instead he said, "I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." All men. All people.

This is a mighty vision, a great dream, and people of all races, nationalities, genders, ages can embrace it. It is an inclusive dream.

Dream. Vision.

When we have a clear vision of our dream, we move toward it. We spend time imagining it. We focus on it. We give it our energy and our intention. By Law of Attraction, we must have it, create it, be it.

When we have a dream, we add in the key element of feeling. We dream of being, doing, or having something wonderful, something thrilling, something above and beyond our daily lives. We want something with all our hearts.

There is a sad anti-drug public service television ad that shows young people in the grips of drug addiction. The voice over is children talking about what they dream of being. One says, "I want to be a ballerina." Another says, "I want to be a fireman." Then the announcer adds, "No one ever says they want to be a junkie..."

It is when we lose the belief in our dreams that we fall into the kind of despair that makes drugs, alcohol and other life-numbing activities so tempting. Hopelessness does not feel good. If we lose hope, if we lose faith in ourselves and lose sight of our dreams, we are going to reach for something that we can see to help numb the pain. Not just drugs, but television, sex, food, shopping. We go to doctors and get meds to numb our pain. We suffer from depression.

Maybe we were talked out of our dreams as children. "I want to be a ballerina." Maybe that just isn't practical, as far as your mom can see. Often we are persuaded to give up on dreams that don't seem reachable to parents who gave up their dreams in exchange for the security of a small, manageable, practical life. Some well meaning parents just don't want us to get our hopes up, dreaming of something we can never do, be or have as far as they can see. Sometimes, they reason, we just have to accept our circumstances, our limitations, and make the best of our lives.

We no longer have to accept limitations.

If we can conceive it and believe it, we can be, do, or have it.

If we can release the teachings of the past, vision our life the way we want it to be while feeling the joy of our dreams, and expect our dreams to come true, there is no stopping us.

Hold to your dreams.

Sometimes living our dream takes time, sometimes it takes money – and really all our dreams require to be actualized, to be here now is our attention, our desire, and our belief.

If we dream of a wonderful full life of beauty, wisdom, spiritual development... a paradise on Earth... any step that we are inspired to take toward that dream that lives in our hearts and in Divine Mind improves the quality of our life here and now.

Just one step toward it, just a few minutes a day of nurturing our dreams through visualization, attention, focus, desire, brings it closer and closer into our experience.

If it hasn't happened yet, that is no reason to give up on it. Time is relative. As long as we focus on it, believe in it, desire it and take any action we are inspired to take, it must happen. That is Law.

Has Dr. King's vision of equality and respect for all come true in the United States and around the world? Not yet, but the United States of today is a far different place than it was forty years ago. Every step forward is a step forward, toward the dream.

"If a man advances confidently in the direction of his dreams to live the life he has imagined, he will meet with a success unexpected in common hours." ~ Henry David Thoreau

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.

Bring to mind one of your most heart-felt dreams. Remember your dream in great detail. How does it feel to be living the dream?

What are you doing? Who are you with? How are you spending your time?

What does the scene look like? Turn slowly around, all the way around, looking at the beautiful scene you are experiencing in your mind. Take note of what is beautiful. Take note of the rich colors, lovely shapes, décor or natural setting.

Feel the pleasure of your desires. Feel the deep satisfaction of living your dream, of experiencing your dream as your life. Feel the Joy. Feel the energy and well-being flooding you as you express your most heart-felt dreams, as you live your dreams.

Enjoy the images, the scene, the feelings that come to you as you imagine living your dreams. Spend as much time here as you desire, and return to it later in the day, getting in touch often with the soul-deep, heart-level satisfaction and joy inherent in your dreams.

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 the feeling of soul-deep, heart-level joy. Remember your dreams often as you go through your day, and nurture your dreams with your attention, your focus and most of all your joyous expectation.

And so it is.

My Recommendations:

Dream Minder – get in touch with your dreams

If you don't know what you want, how will you know when you get it? Dream Minder by Paul Bauer is a beautiful software program with great journaling space, beautiful graphics and music. A great start to a wonderful new life. [Discover Your Life's Dreams and Purpose](#)

[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.

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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 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.

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