

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 12 December 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.

Infinite Joy from Mike Brescia of Think Right Now Inc. will be at the introductory price of \$18.97 until January 3rd. Until then, you can take an extra 10% off everything, including an additional 10% off *Infinite Joy*. Check it out:
<http://www.thinkrightnow.com/audios/audioinfinitejoy.htm>

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A Few Great Web Sites:

Good Works on Earth - the speech Nelson Mandela never gave. This is a beautiful page of the quote from the book *A Return to Love, Reflections on the Principles of A Course in Miracles* by Marianne Williamson that was so widely attributed to Nelson Mandela.
<http://www.goodworksonearth.org/nelsonmandela2.html>

Moment of Love - Every person in the World has a heart. Inviting more love into our world. <http://www.momentoflove.org/>

A Message from Sharon:

It is New Year's Eve, and it falls on the New Moon.

The New Year is a time when we feel like we can start anew, begin again, and make changes in our lives that help us to live a life more closely aligned with the one we dream of.

The truth is – every moment presents a choice. Every moment presents the opportunity to be mindful of our thoughts, feelings, and beliefs – and choose differently, or at least choose consciously.

Making conscious choices requires a commitment, a dedication to purpose. When we claim as our intention to learn more about loving ourselves and others and living in connection to All That Is, to Source or to our Higher Power, then every moment

offers us the opportunity to choose – choose to learn about my self, choose to open my heart to learn.

First I choose intentions for my life: the intention to learn more about loving myself and others and living in connection with All That Is; the intention to express my authentic self as fully as possible and to encourage and inspire others to do the same; the intention of loving myself by taking care of my body; the intention to listen to my inner guidance.

I can listen to my inner guidance and make choices based on these intentions. My feelings provide excellent guidance. Like Wayne Dyer and Abraham say, Nothing is more important than that I feel good. If a decision, a thought, or any other choice makes me feel bad or creates pain, then it is time to choose a different thought, belief, or action.

As long as I am true to my intentions, particularly the intention to love myself, be true to myself, and live in connection with Source, I can boldly live the life I desire.

Continuing on the journey toward loving myself more and living in the Joy and Bliss of connection with All That Is, I've been studying these three books:

- *Conscious Living* by Gay Hendricks
- *Think Yourself Loved* by Debbie Johnson
- *Do I have to give up Me to be Loved by God* by Margaret Paul

and I added *The Ten-Second Miracle* by Gay Hendricks.

Interestingly, I realized that another common theme of all of these books is exactly the steps I've outlined above, the steps that speak to creating a Life of my own choice – set an intention, make a “whole body-mind-self” commitment to it (as Gay Hendricks would say), and then, using thoughts, feelings, and emotions as guidance along with accessing Inner Guidance, make conscious choices, every second of the day. Every moment is an opportunity to begin anew, to start over with a clean slate, to have a new life – it simply requires mindfulness, acknowledgement of what I am thinking and feeling now, and choice.

Simple? No. We have been programmed all our lives to seek out authority, to learn the rules and play by them, to do as we have been told – even to feel as we've been told. How many times have you heard or said to another, “Don't be angry! Don't be mad. Don't be sad.” So it is a new thought, that I can make a choice.

Louise Hay writes, “The Power is in the Present Moment.” And in all the books I listed above, there is this comforting idea: if you miss an opportunity to consciously choose, don't worry. Another opportunity will present itself. You can always choose differently.

Synchronistically, my UCRS E-mail Family Newsletter for January 2006 arrived in my in-box while I was finalizing this item, and the first article was an inspirational piece on “Choices” by Iyanla VanZandt, one of my favorite authors.

She writes, “Feel the choice of a peaceful life, a prosperous life, a plain old good life, move through your bloodstream. Feel the choice of total fulfillment and satisfaction nourishing your body, all of its organs and systems. Feel the choice to be filled to overflowing with joy and goodness in every single aspect of your life pulsating within you.” [You can sign up for this newsletter at www.religiousscience.org]

Life is good. It just keeps getting better and better.
Sending you Light and Love, and most of all JOY!
Sharon

The reason that the pursuit of joy, or as some have said in such perfect words, following your bliss, is so valuable, is that when you are looking for the thought, word or action that feels joyful--what you are actually doing is holding yourself in vibrational harmony

with Source Energy.
G-9-30-00 Syracuse, NY

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For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

And now abideth faith, hope, charity, these three; but the greatest of these is charity.
St. Paul, 1 Corinthians 13 (KJV)

<http://theosophy.org/tlodocs/Readings/429.htm>

Article: Hope

“And now abideth faith, hope and charity, these three...”

The lasting heart qualities of faith, hope, and charity (also interpreted as Love) infuse our lives.

Faith is the knowledge that All Is Well, that no matter the circumstance, everything is really okay. No exceptions. It is the cell-deep certainty that we are connected to our Higher Power, regardless of appearances. Faith is the knowledge that we are one with All That Is, and that the Divine Intelligence of the Universe is flowing through us now.

Hope is seeing the possibilities. It is being willing to believe that we can be, do and have whatever we choose if we focus our energy and attention on it. Hope allows us to dream, and to dream big. Hope allows us to get in touch with our gifts, our talents, and our strengths – and to use them to deliberately create our reality rather than continuing to create unconsciously. Hope helps us move through fear, because we see there is more life on the other side of fear if we consciously choose to pursue our dreams and refuse to allow the fear to stop us.

Charity has a double meaning in the King James version of the New Testament. In other editions, the word is translated as ‘Love.’ The verse ends with the assertion that the greatest of these is charity. 1 Corinthians Chapter 13 is a beautiful definition of “love,” brotherly love, humanitarianism, and fellowship. This ideal of charity is not what we, in our culture, consider “charity” – i.e., giving to someone or some organization because we see the need or because of the tax deduction – but rather acknowledging all as our brothers and sisters, as our equals, and sharing whatever we have from that place in our hearts. Maybe it is money that we share, or food, or time, or maybe it is positive energy, encouragement, belief in the Goodness of All That Is... maybe charity is sharing the Love in our hearts, fanning the embers of Hope that leads to Faith.

A Poverty of Hope

We have been made painfully aware of the poverty – economic, spiritual, moral – in our world. The United States is supposedly the richest nation in the world – so we are told. And yet there is such deep abiding poverty. How is it that so many go hungry in such a “rich” nation? How is it that the health of our people is so extremely poor that most adults take some kind of medication daily? How can such a “God-fearing” nation be so cruel, harsh, and judgmental?

There is a poverty of spirit in the pursuit of the all-mighty dollar, in a culture where mega transnational corporations are afforded more rights, protections, and opportunities than the peoples of the nations of the world.

Jesus said, Seek ye the kingdom of God within and all these things will be added unto you. He was saying see your Divinity, see the spark of God within yourselves and within your brothers and sisters. When we value ourselves and value each other as a part of the great whole, then through honoring our gifts and following our dreams we enrich not only ourselves but our entire culture, our world. Seek the inspiration within, seek Divine Guidance and contribute from your heart.

And that is the hope of our world.

It is not so much that there is not enough for all – this is a world, a universe, of abundance and plenty. Divine Intelligence is limitless. We are limited only in our beliefs and expectations. To the extent that we are willing to go to the Source with a water tank instead of a teacup to be filled, we receive from an ever-renewing Source. We receive as we ask, with Hope, in Faith.

What we have is a poverty of Hope. Because we do not dare to hope that the Source is limitless, that All That Is knows no boundaries, we go to the Source with a teacup and beg, half expecting to be turned away.

Without Hope, we see no reason to try. Why reach for a star that you have no hope of touching? Why dream a dream that there is no hope of experiencing? Why develop talents if there is no hope of ever using them?

What destroys Hope?

When we live in a limitless Universe of Divine Intelligence, how is it that we lose hope?

Too often we buy the image of human beings as being somehow defective. Even though in Divine Mind we live and move and have our being, we still think of ourselves and each other as being imperfect. But aren't we perfectly unique, perfectly ourselves, perfectly distinctive? No other combination of circumstances, cells, energy, thoughts, emotions and ideas could possibly be you or me. What are the odds of every particle of energy that goes to make up any one of us coming together as you or as me? It is either incredibly miraculous or it is by design. Either way, it staggers the mind.

And yet we believe that we do not deserve to experience the life we dream of, that we do not deserve to develop and share our God-given gifts and talents, that we do not deserve Divine Love and probably not human affection and intimacy either.

In our minds, we divide humanity into haves and have-nots, and no matter what we may have there is always some treasure that we have not. We judge ourselves and each other harshly, often using and accepting labels like "loser" or "stupid" or "poor." We apply labels like "poverty," "uneducated," and "unhealthy" to millions, and we teach them that there is no hope.

We don't necessarily need money tossed at us, especially not distributed via some government-administered program according to arbitrary rules and dictates although a free flow of the energy that money represents is a good thing. We need real hope that we can rebuild our lives after disaster, that we can live our dreams, that we can be all we can be, that we are capable of so much more than we ever imagined.

Deborah Braskett writes:

It's hard to imagine a mind-state more dark than to have learned over time through experience that despite your best efforts, there is no hope, that the suffering you're experiencing has no remedy.

I think all of us at different times have bumped up against that sense of hopelessness, whether in our personal lives, the struggles of a loved one, or acted out in various ways around the world - the perpetual war against drugs and drug addiction, the endless Mideast conflicts, the suffering of earthquake victims in Pakistan with the oncoming winter, the slaughter in Darfur, AIDS victims and

acts of terrorism, sweat shops and corporate greed, hypocrisy and corruption in high places.

Sometimes the sense of hopelessness is so pervasive that we find ourselves arguing for it, as if greed and corruption, poverty and war, disease and disaster are so woven into the fabric of existence that we can never be free. This, too, is "learned hopelessness." [From Sojourners newsletter 12.21.2005 www.sojo.net http://www.sojo.net/index.cfm?action=news.display_article&mode=S&NewsID=5120]

We must refuse to learn hopelessness. We must refuse to accept any limitation on our dreams, on our ability to learn and grow, on our right of creative self-expression. These are our God-given hopes and dreams, and by God, through God, in this space-time existence, we absolutely have a responsibility to follow our hearts, use the gifts and talents we have been given, and live our dreams. And we must do all that we can to encourage and inspire each other to do the same, because we are all a part of the whole. We are all in this together. Your highest and best good is my highest and best good. One Universe, One World, One People, One Love.

Divine Intelligence, our Hope for Today

Our hope rests in our willingness to tap into Divine Intelligence by thinking enough of ourselves to go to Source with buckets and barrels and tanks.

The Universe thinks a lot of us. We could think a lot of ourselves. We could Love ourselves and each other. That is real Hope, which strengthens Faith... which combined together is Joy.

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.

Now, take this one step further. As you breathe in this beautiful Light of Divine Love, say to your Self, "I Love You." Say to your Inner Being, "I Love You." Imagine flowing this beautiful Light of Divine Love to someone you love. Let the Love flow from your heart center and radiate into your world. Imagine sending it to surround someone you love and cherish, someone you adore. Now, let that someone be you. Allow your Self to breathe in this Love, this unconditional loving creative Light energy, and say again, "I Love You."

And breathe.

Experience the Joy and happiness that accepting your own unconditional Love and acceptance allows. Feel the bliss, feel the peace that connection with Universal Mind, with Divine Love gives. Breathe deeply and allow your entire being to expand. Hold loving, beautiful thoughts about your Self now. Accept your own Love. Let it in. Just for now, allow your Self to be perfect, beautiful, most beloved in your own eyes. Allow your self to be supported by All That Is. Rest and be Peace.

Remember the feeling of soul-deep, heart-level joy and reconnect with it by lightly resting your palm against your heart center. Remember who you are and remember how loved and cherished you are by All That Is. Remember to open to this Divine Light and remember to accept your own Love and approval as you go through every moment of your Life, living your best Life, being your Self, loving your Self, and appreciating your connection with All That Is.

And so it is.

My Recommendations:

Infinite Joy from Mike Brescia of Think Right Now Inc. will be at the introductory price of \$18.97 until January 3rd. Until then, you can take an extra 10% off everything, including an additional 10% off *Infinite Joy*. Check it out:

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The new book [Spirit-Centered Relationships](#) by Gay and Kathlyn Hendricks - this beautiful book really speaks to key issues on creating relationships that nurture both partners and that help both build a beautiful life of connection with All That Is and of creative self-expression. Includes a free CD.

[Read more about it or order it here.](#)

Creative Manifesting Newsletter by Anisa Avens – try the free creativity workshop. Check it out at www.CreataVision.com or www.ManifestingProsperity.com

