

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 3 March 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:

[Heartwood](#) - An activist organization making an effort to protect and restore the "majesty, mystery, and biological diversity" of America's hardwood forest. The 15th Annual Heartwood Forest Council is meeting near Oxford, Mississippi, USA, at the Camp Yocona Boy Scout Camp on Memorial Day Weekend. Look for the flyer!
<http://www.heartwood.org/>

[Storymind.com](#) – A web site for writers. Plenty of free tips and downloads to inspire and motivate, as well as craft your writing. <http://storymind.com/>

[Self Healing Expressions](#) – offers a wide variety of healing on-line courses and workshops, plus many free resources. I am currently enjoying a free e-course on the power of prayer. <http://www.selfhealingexpressions.com>

A Message from Sharon:

Spring is here in my part of the world. Flowers are blooming, trees are unfurling new leaves. Yesterday I went for a walk in the woods with some friends. The tender fresh grass was so green, and violets and those little blue four-petalled flowers that spring up all over the place here were every where underfoot. The freshness of the air and the sheer joy of walking through the woods with good friends was renewing for my body, mind and spirit.

Spring is the natural time of year for renewal, reawakening after the winter's rest. It is the time of year when the sap is rising and our health and spirits improve. We find renewed interest in life, flowing energy, moving, stretching, making love. And in this regeneration, this renewal, we see our connection with All That Is, with Life, with Mother Earth and nature.

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

It matters not what degree of deterioration your physical body has experienced due to past thought, if in this moment, you can acknowledge that it is only the connection with your Inner Being that is necessary to restore you to perfect health. All things in your world will come into order, including your physical body.

Abraham-Hicks G5/9/92 B

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Your body, every part of it, is a manifestation of Spirit. Its perfect pattern in the Mind of God cannot deteriorate. This instant, the Divine vitality that constantly flows through you takes form in the likeness of perfect, whole, complete cells. Every cell of your body is strong and healthy, filled with life, vitality and strength. Your body, Spirit in form, knows no time, knows no degree; it knows only to express fully, instantaneously.

"Having a Healthy Body." Ernest Holmes. *How to Change Your Life*. Science of Mind Publishing, 1982.

Article: Well-Being

Biologically, physically, at the most microscopic level, we are just bits of energy, like dust motes floating in an organized pattern. The cells of our bodies are mostly empty space and the atoms that make up our cells are energetically vibrating at specific rates or frequencies.

Are we spiritual beings having a physical experience? Are we more than just lumps of clay animated for the span of a few years?

Our bodies are like every thing else in our lives, expressions of the Divine within, an out-picturing of our inner beliefs, thoughts, feelings, and habits. The key, then, to radiant health and the pure expression of our inner beauty is an awareness of our true nature and an awareness of our bodies, right down to the cellular level.

Spring, and our hearts turn lightly to love

In the spring of the year, the energy rises in the new growth all around us. The trees put out new leaves. Flowers and fruit trees blossom. Birds find mates and build nests to hold their precious eggs. New life is all around us.

People, too, find new energy, new interest in intimacy, new attraction. As spring turns toward summer, we begin to think of our appearance in a new way. We check into our bodies, wondering how we will look in shorts, whether we have the energy to walk or run, whether we have the joy of life and the interest in making love. Spring fever – when we feel more amorous, more alive, more eager for connection with lovers.

But what if, as spring fever rises, we catch a critical glimpse of our reflection in the mirror? What if we are stopped in our appreciation of intimate connection with another by negative body image? What if we feel so displeased with our appearance that we find ourselves, like Amanda in "What the Bleep do we Know," hating our bodies, our appearance?

Then, the hatred toward our own body-temple cuts us off from the expression of our inner beauty, our inner joy and love and energy. We cannot make love in joy if we are hating ourselves and living in criticism.

Worse, our criticism of our bodies makes us feel bad and often sends us scurrying to the 'fridge to see what we can stuff into our mouths to ease the hurt. This makes us feel even worse, as we pack on extra "pounds of pain."

When we feel bad about ourselves, our "reality" is that we are old, fat, ugly, too pale, too out of shape. There is no objective truth in assessing our bodies. Literally, it is our experience, our perception, that shapes our outward expressions (our bodies) of our inner beliefs. Rather than reach out, we hold back. Better to be lonely than rejected.

What then is the solution to this dilemma?

Loving our bodies and our selves

Love and Joy is always the answer.

Loving and appreciating our bodies and finding ways to feel good is about as simple as it gets. As Louise Hay said, hatred of our bodies or of ourselves is only a thought and a thought can be changed.

Many of our thoughts about our bodies, like our thoughts about the nature of life and the conditions of life that we find ourselves in, are deeply held beliefs. A belief is a thought that we have repeated so often that it now plays in our heads on auto-pilot. We may never have even questioned the thought, and now we are rarely aware of it playing like a loop of tape in the back of our heads, in our subconscious. But if we want to know what we believe, we can look at the results we are creating in our lives.

How many times have you eaten a luscious piece of chocolate cake with guilt as you affirm for yourself that you know that eating it will add the pounds, build up cholesterol, pile up fat cells and make you feel bad later? Is that something that you would choose to be true for yourself? No, of course not, but it is a thought we have repeated until it is a cultural belief. Everyone knows that eating yummy sweets like cake, ice cream, cookies, will make you fat. We don't even need to know how many calories or fat grams are in a serving, or how small a serving of it needs to be. We believe it. If I truly wanted to, however, I could practice a different thought until it became a belief and then I could eat my chocolate cake in peace, in bliss, and in joy. I could "in-joy" it.

I tried to explain this concept to my daughter, a lovely 25-year old. She pointed out that it wasn't as easy as that to change a belief about being fat or getting fat. I do believe that it is possible to have an "Ah-ha" moment in which a belief can be changed instantly. However, I also believe that it is easier for us to take a more gradual approach, moving easily and gently from one belief to another that might support our goals and ideals in a more positive way.

So step by step, here is what I think will work for me.

First there is awareness of our bodies. In his book *Boundless Healing*, Tibetan Buddhist priest Tulku Thondup describes a beautiful 12-step meditation process to bring our awareness into our bodies at the cellular level. The keystone in this meditation is to be aware of the very cells that make up our bodies, and imagine them filled with Light and Love and Bliss. On the in-breath, imagine drawing in beautiful divine Light, filling the cells of the body with the Light, and then on the out-breath releasing any stress, tension or criticism. Imagine waves of healing Light and bliss moving through the cells of the body with the breath. Feel the bliss, feel the joy. As we send every cell of our bodies love, appreciation and joy, we cannot help but feel better, more whole, ecstatic. Our bodies will repay us for the positive attention with greater energy and increased ability to take pleasure in our physical self. This includes increased pleasure in making

love, or expressing our joy in any other physical way... pleasure in our creative pursuits, a sense of well-being or oneness with nature, appreciation of movement in dance or walking or running.

Second, we can reprogram our beliefs through affirmations, particularly those infused with joy. Two wonderful books for this are Louise Hay's *I Love My Body* (30 days of affirmations for a healthy, beautiful body) or really any book by Louise Hay; and *The Only Diet There is* by Sondra Ray. Sondra Ray's book contains my all-time favorite affirmation on dieting: "Every thing I eat turns to radiant healthy and beauty."

Third, make it a point to appreciate our bodies. In "What the Bleep," Amanda spends some time literally loving her body by drawing hearts all over. She got the idea from the art exhibit of *Messages from Water*, in which the artist taped words to containers of distilled water and then photographed it microscopically. The water that had words of love and appreciation taped to their containers formed beautiful microscopic patterns, while the water with words of hate formed fragmented discordant patterns.

Why not write "I love you" on our pot-bellies, or just the word "Love"? Who is going to see, and if your significant other does notice, what the heck? He or she already knows where your screws need a little tightening, eh?

Fourth, keep our minds firmly upon what we do want. If we don't like to look at our bellies but our chest area looks acceptable, then where should we focus our attention? Yes, on what we can appreciate. Maybe it is your hands, a nice shapely shoulder, or even just a lovely mouth... find something about your body to love, to appreciate. Any time you are tempted to criticize your body, remember the nice part and dwell on that instead.

Fifth, find a way to allow energy to flow in our bodies. I particularly like Qi Gong movements, because they are slow and gentle. I can match my breathing and flowing of Love and Light energy through my body in my imagination with the gentle movements. Walk. Dance. Or use a mantra such as "Om" or "Ah" when you meditate. Any thing to generate more energetic vibrations flowing freely through your body.

Try the Emotional Freedom Techniques of tapping on specific pressure points while repeating your affirmations to release energy "stuck" in the body around these beliefs that are not serving.

In general, loving our bodies, loving ourselves, and sharing love with a beloved other helps us stay in touch with our Joy, our Bliss. And that creates for us a wonderful world, a reality of beauty, well being, and Love.

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.

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 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.

And so it is.

My Recommendations:

[Easy T'ai Chi and 4 Minute Fitness](#) – I usually use this basic set of T'ai Chi movements in my moving meditations. I love how upbeat Dr. Keith Jeffery is and I find the movements easy to follow. He also uses some simple, joyful affirmations while going through the movements. [easy t'ai chi and 4 minute fitness](#) or www.EasyTaiChi.com

[Prosperity Place by Joan Sotkin](#) - The one web site about prosperity consciousness that you can't miss: Also find free information on EFT. <http://www.prosperityplace.com>

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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