

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2005 No. 8 August 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.

In this issue:

A Few Great Web Sites

A Message from Sharon

Article: Loving does not mean Sacrifice

A Quiet Moment Meditation

Opportunities: My Recommendations

A Few Great Web Sites:

[Emergency Hurricane housing – from MoveOn.org](#) an emergency national housing drive to connect your empty beds with hurricane victims who desperately need a place to wait out the storm. You can post your offer of housing (a spare room, extra bed, even a decent couch) and search for available housing online at:

<http://www.hurricanehousing.org>

Housing is most urgently needed within reasonable driving distance (about 300 miles) of the affected areas in the Southeast, especially New Orleans.

The [Unitarian Universalist Association](#) has established a Gulf Coast Relief Fund. You can find out more about how to contribute at <http://www.uua.org> . Additionally, go to our Mid-South District website and read the latest updates: <http://www.uua.org/msd> .

[Alive with the Joy of Gratitude](#) – a beautiful web site that is dedicated to living a life of gratitude as a spiritual path. Gorgeous pictures, wonderful text.

<http://www.gratefulness.org/index.htm>

A Message from Sharon:

Monday night, August 29th, I lay awake on a hard sofa in a hospital room in Amory, Mississippi, listening to the pounding rain as the remainder of Hurricane Katrina passed by in an inexorable straight line from the Mississippi Gulf Coast to Tennessee. She passed slightly west of Amory, near Tupelo, on her path.

The devastation wrought by this force of nature in the south half of my home state, Mississippi, and in south Louisiana, is incredible. A force of nature, wild, abandoned, uncontrollable, and powerful that cleared away casinos, homes, and businesses.

I lived in Bay St. Louis 28 years ago. I worked as a newspaper reporter and advertising salesperson, and I rented an apartment in an old home with a fabulous view of the Bay and the railroad bridge across it. I recognized many of the places along the Gulf Coast –

or rather I remembered what they had been those many years ago – in the news footage. These places are changed forever.

In 1969, Hurricane Camille changed the face of the Mississippi Gulf Coast as one of the most powerful and most devastating hurricanes on record. I remember the intense storms that washed over north Mississippi from that hurricane. My father went to the Coast to help with the clean-up. It was months before it was remotely back to normal. In 1992, Hurricane Andrew flattened Miami and South Florida then ambled through the Gulf and hit the Coast. Remnants of Andrew made life interesting here in North Mississippi, too.

But until Monday night, I had never heard the term “in-land hurricane warning” applied to Mississippi. Katrina was still a category 1 hurricane as she approached Hattiesburg, Mississippi, mid-way of the state, some ten hours after landfall. That is power.

I was in the hospital with my mother. She wasn’t supposed to be there as a patient – she had been sitting with my father who had already been in there a week with a tough case of pneumonia. She was supposed to be the strong one. He, looking old and frail, was supposed to be at death’s door. Not my mother. So while I was trying to catch a few minutes of uninterrupted sleep on the sofa beside the bed of one of the strongest women I have ever known, the strongest hurricane to hit Mississippi was blowing by. Interestingly, Katrina practically tip-toed past Amory. Yes, limbs blown down, hard rain, and power outages, but nothing like a minor-league tornado much less a big-league hurricane. My mother wasn’t even wakened by the storm.

In the wake of Katrina on the Gulf Coast, life is changed. Suddenly, life is more precious. “Things” seem less important, people and relationships more valuable.

In assessing the effects of Katrina on the economy of the United States, government policy makers were concerned about the oil refineries and pipelines of south Louisiana, not the people. It was cheerfully observed that both states of Louisiana and Mississippi combined only contribute about 3 percent of our Gross National Product. Two of the poorest states in the country – the loss would not affect our economic growth very much and there was certainly no need to consider rolling back tax cuts for the wealthy despite the high price tag the storm carried with it, and would continue to carry for months and years. Louisiana did not shore up the levies because the state felt they couldn’t afford it and they couldn’t get funding from the federal government. Yet big oil companies criss-cross their swamps and natural habitat with pipelines that interrupt the local economy of fishermen and people who live in the swamps and rural areas. How is it, then, that this state so often competes with Mississippi as one of the poorest in the country?

Now, as a bleeding heart liberal, I could get incensed about this situation. But I truly know that I won’t help anyone by pursuing this line of thought.

We have to look upon the changes wrought by this irresistible force of nature as a new beginning. The New Moon is here on Friday, September 2. A new beginning, a fresh start.

Hold with me the vision of Mississippi and Louisiana renewed as the beautiful, exciting, incredible places that they are. Hold with me the vision of our people as safe, whole, creatively rebuilding their lives and our economy in wonderful new, fresh ways – that something wonderful, beautiful, and very, very good comes from this. All is well. It really is.

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

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

Sharon

""The question that we would put to you is, as you see starvation and you feel the hurt of it, and you launch a rocket of desire, wanting the world to be better, and as you stand at

this juncture where you can fork in the direction of what you desire, or in the direction of what you do not want, which way are your thoughts taking you? Are you seeing the world better? Are you hoping better for them? Are you imagining governments getting organized? Are you acknowledging that the food exists, that the technology exists? Are you acknowledging that there is enough food for everyone? Are you wanting them to get it? Are you believing that it is possible? Or, are you beating the drum of the ineptness of the governments? Are you beating the drum of things going wrong? In other words, which fork are you taking, and which pathway are you helping chart for not only the future generations, but those that are living here now? You can tell by the way you feel whether you are adding significantly in a helpful way to those who are in need of help."
Abraham-Hicks

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Article: Loving is not a sacrifice

What does it mean to be "loving?"

An affirmation in Sondra Ray's book *I Deserve Love* is: "I am loving and lovable." In *The Art and Practice of Loving*, Frank Andrews challenges us to define the word "loving."

What does it mean?

I was stunned to realize that I felt one meaning of the word is "to sacrifice one's own good for the benefit of another." Not to choose another's preference over my own, but to sacrifice my best interests for what I perceived to be a benefit to someone that I loved.

We cannot give to another what we do not give to ourselves first

As a child I watched my mother sacrifice and work hard to take care of us. We were not destitute, but a working class family living from long-held belief in lack.

While my mother's sacrifices may have kept us fed and a roof over our head, the greater sacrifice of her own peace of mind and happiness was also communicated to us. She truly believed that she had to sacrifice her own well-being in order to take care of us.

We did not realize what she was doing or why, but we certainly felt that she was worried, afraid, and miserably unhappy. She did what she did in hope of giving us a comfortable daily life. This was, in her belief, the loving thing to do. But what she modeled for us was how hard life is, how miserably unhappy, especially if you did not have material things.

My father grew up in the Great Depression. He recalled his mother as an optimistic young woman talking about having a place of their own, a fine house on a hill, and all the nice things they wanted. By the time he was 10 or 12, she had become bitterly disappointed and had changed her story to "we are never going to have any thing, not anything." The belief that was passed on, again, was life is too hard, life will beat you down. My grandmother made sacrifices for her family, too, and these sacrifices grew out of her belief that this was the loving thing to do.

A good mother sacrifices for her children.

Is that true?

Let's question that.

Teaching a child that life is hard and miserably unhappy, that comfort and well-being is out of reach if you don't have money, that the money that would give you comfort and well-being is hard to come by, is hardly a loving thing to do.

Teaching a child that all is well, it really is, would serve that child better. Teaching a belief in the goodness of life, in the joy of life, in the opulence of life wherein everyone

can have the goodness and love and peace and well-being that they desire – now that is a loving belief to carry with you through life!

Teaching a child that being “loving” is totally natural; that we are all naturally loving and all we have to do is be aware of the love that is already here within us, within each other – now that is a belief to grow on! To live in Joy and Love with.

How different our lives would be if we had learned this as small children! How loving, how beautiful, how peaceful, how good!

I Deserve Love

I deserve love, not because I am loving and lovable, but because I Am.

I live. I am an expression of Divine Love on the physical plane.

I do not have to strive for love or make sacrifices in order to be loving or lovable.

“I do not need to struggle and drive for love. It is complete and absolute already.”

“I have love here inside me.”

(affirmations from Sondra Ray’s *I Deserve Love*)

Love is complete and whole here inside me. It is naturally here because I am an expression of Divine Love, Divine Mind. Being loving is expressing the Love that I Am, radiating it out into this world, sharing it with others, not holding it back because there is an infinite supply.

I do not have to sacrifice my own good or put up with insulting disrespectful behavior in order to earn love or get love or get someone to love me.

I Am Love. And so it is.

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:

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

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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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