

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

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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: Get a Job

A Quiet Moment Meditation

My Recommendations

A Few Great Web Sites:

Humanity's Team 11:11 Oneness Minute Project Healing Our World One Minute at a Time

Everyday at 11:11 we are taking a moment to remember how connected we are: connected to each other, connected to our planet and connected to All That Is. The goal of this daily exercise is to shift global consciousness from the belief of separation to the experience of our natural connection. Join the launch on 11/11 at 11:11. www.onenessminute.org

New Dimensions Media - Changing the world, one broadcast at a time. This week's free broadcast: "And Dignity for All" with Robert Fuller. The impact of social class systems on our societies and on our psyches. <http://www.newdimensions.org/>

Read an excerpt from Thom Hartman's new book *Screwed: The Death of the Middle Class and What We Can Do About It*. <http://www.mythical.net/screwed/>

See the [Larry King Live](#) show featuring some of the stars of the movie *The Secret*, including Bob Proctor, John Assarof, and John DeMartini: <http://www.cnn.com/CNN/Programs/larry.king.live/>

A Message from Sharon:

Sunday I took my daughter to see the Broadway production of *Jesus Christ Superstar* (for her 18th birthday) starring Ted Neeley, the man who starred in the movie version. It was wonderful. He has such passion and energy!

We were seated kind of high (who knew mezzanine meant the upper level seats in the back!) and didn't see too clearly, but it was absolutely breathtaking. My daughter loves the movie; I got the VHS 7 or 8 years ago at Easter and she fell in love with it. She also has the soundtrack, so she could sing all the words to all the songs if she wanted to. And she loved the theatre production.

Afterward, my daughter wanted Ted Neeley's autograph. We went to the matinee, and the autographs would be after the evening show several hours later. She asked her best friend to go back with her, but since it was a school night she couldn't. She asked her boyfriend to go with her and he didn't really want to. So she asked me to come with her to see if she could get him to sign her program.

Can you believe I almost said No! I was comfortable sitting at home in my snug little apartment, and it was cold out there. I almost passed up this adventure because I was too comfortable sitting on my butt and doing nuthin'!

We went back to the theatre at 9:30 p.m. at the end of the evening performance and we stood by the back door for about 45 minutes (got the autograph of the guy who played Judas, didn't recognize the woman who played Mary until too late - we were seated kind of high and it wasn't the woman from the movie...).

The moon was full and the sky was clear, and the air was crisp and we got thoroughly chilled, and it was beautiful! I felt fully alive and present in the moment. Eventually there were only half a dozen of us left standing by the back door getting very cold, but none of us were going home. And then this kind young woman asked us if we were waiting to speak to Ted. We said Yes, and she went inside, then came back out and took us in to meet him!

That man was so sweet and kind to my daughter, and she looked at him with those big beautiful eyes all wide and shining. He was absolutely wonderful to both of us and generous with his time. I know she will never forget it, and neither will I.

I have loved the movie since I first saw it in the theatres in 1974 when I was about my daughter's age. And I can remember at the time wishing I could meet Ted Neeley.

I realized what a wonderful manifestation this was on so many levels. She and I both got to realize a dream. It was almost a miracle that the play, billed as the "Farewell Tour," even came to our little university town in an out-of-the-way place. It was synchronization on so many levels! And on top of that he was sweet and kind, signing an autograph, wishing her a happy birthday, hugging us both.

This was a sweet manifestation of several special wishes; not a manifestation project that I'd spent a great deal of time on, or worked hard to make come true, or even put much energy into. But then, I didn't have any resistance around it – just, wouldn't it be nice if... left open-ended and wondering.

Did you notice that I almost didn't get up off my butt in my comfy little space and go out into the cold night when the Universe offered me this opportunity?

I am so grateful that I followed my heart and my intuition and went out into the cold clear night on an adventure to realize this manifestation for me and for my daughter.

Wonders never cease!

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

* The Universe does not know if the vibration you are offering is because of what you are imagining, or because of what you are observing. In either case, it is responding. Emotion is your guidance or your response to your vibration. Your emotion does not create. Emotion is your indicator of what you are already creating. As you think, you vibrate. And it is your vibrational offering that equals your point of attraction. So, what you are thinking and what is coming back to you is always a vibrational match. The emotion (your Guidance System) is telling you what's coming.

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Article: Get a Job

Money! You know you want it – the money to spend your time as you please, to buy good gifts for your loved ones, to travel and experience this world.

This is a material world, and in this physical existence we believe that we need certain material blessings to maintain our physical bodies and to experience life to its fullest.

We are fully capable of manifesting whatever we need or want. After all, our Source of supply is unlimited. Our connection to Source can be as strong, clear, powerful, and open as we allow it to be.

But for most of us at this point in our human evolution, the path of least resistance to supplying our material needs is to have an income. One form of income is to exchange time, energy, and skills for money. In other words, a job.

There are many other ways of attracting material wealth and supply - creating art or books or music, making investments, winning a lottery, inheriting wealth. A job is just easier to accept as a channel of Source energy in the form of money for most of us.

If you dream of having a beautiful home, a nice car, lovely clothing, and really good food to eat, you may short-circuit your dreams with the thought, "I have to have a job that pays \$X in order to have that." In this way, we limit the paths through which our good fortune can come to us. Still, a job is a handy thing. An obvious conduit for energy in the form of income.

Ideally, we could expand our thinking and realize that whatever we dream of can come to us in many different ways that do not necessarily involve having a job. But in this article, let's talk about the traditional job in all its glory.

My Dream Job

Five years ago I wrote down the elements of my dream job, including a specific salary. Today I have that job. I plan to enjoy this job for the next 5 or 10 years or so, unless I change my mind. This job gives me the opportunity to develop my writing skills, serve my sense of social justice and do good in this world, work for a non-profit institute that provides a unique and wonderful service, design and create an incredible Web site, and learn leadership and project management skills.

This job allows me to express and develop talent and skills, and expand my experiences.

I'd sought this job, or one like it, for about 5 years. I'd written it down, listed the aspects of it that I wanted, daydreamed about it, applied for any job that remotely resembled it, and gotten a graduate degree to improve my chances.

At any point I could have given up. There were a number of times that I lost hope, thinking it just wasn't going to happen – at least not here, not now.

I didn't always have confidence that I would have this job. I suffered many set backs that made me feel like I was on the wrong path or I never would find a job that suited me. And all along this job evolved and grew with me until I was aligned with it and was able to receive it.

Your Ideal Job

Your ideal job, or work, should express the best part of you. It should feed your dreams and nurture your talents. It should provide you with experiences that expand your horizons and make you stretch just a little further than is comfortable for you.

Only you know the key elements that would make a job a joy for you.

You do not know, at any given point, what experiences you may experience on the job you have now that can lead to your ideal job. You do not know whether the job that you have now, even if it inspires you by contrast to get clear on the kind of job you do want, could become your ideal job. In fact, it may be your ideal job.

You do not know where your work will lead. Bloom where you are planted. Start where you are now. Make the most of the work that you have and don't be afraid to take a job that doesn't fit your picture of ideal. If you have attracted work that you don't enjoy, find a way to enjoy it. Find something about it to laugh about and to appreciate. Keep yourself in a good feeling place, because after all, you attracted this job, you can attract one better.

It is not true that most people given the opportunity would prefer an unstructured life of total leisure over a life of honest, interesting, honorable work. Leisure is meant to complement work. We need the time to day dream and recharge, but we need just as much the work to stretch and grow.

Hold fast to your dreams. Imagine the ways you want to use your talents and gifts. Write about the service that only you can fill, the niche that is carved for you in our universe. Attract for yourself the work that fulfills you. Even a less than glamorous job like washing dishes can be a meditation if we do the job mindfully, being present in the moment and keeping our sights on the life we want to live.

Have and Have Nots

Many would say we live in challenging economic times. The rich get richer while the poor get poorer. As the gap widens between the poor and the rich, more and more people fall into the poor category. The middle class lives one paycheck away from financial disaster. Workers unions are maligned. Multi-national corporations seem to live only for profit without a thought to how their products impact our world.

But this is a Universe of unlimited abundance. If one person can live so many of his/her dreams and dream of more, why can't everyone?

We live in fear. We realize that we are up to our eyeballs in debt. We realize that our lifestyles are killing us but for the sake of profit (including the profit of the health care and drug industries in whose dollar-amount interest it is to keep us unhealthy) we do nothing about it. We live frozen in fear, afraid to seek out our dreams, our hopes, and our God-given talents – we could fail. Our manmade hell is more familiar than a life of hope and joy and love.

Poverty exists when people have not found their connection to Source – material, mental, and spiritual poverty. Our social structure should support people in finding that connection and in figuring out how to express the best that is in them. Honest pay for wholesome work and respect for the person attracts greater prosperity and abundance for all.

This is a vision of work that we can all embrace.

The Truth

The truth is, we can all live our dreams. We can all be, do, and have anything we choose. If we can let go of our fears, of our self-imposed and society-imposed limitations, of our doubts, we can live the lives we dream of.

The money comes from the same Source as the air we breath, and we are all entitled to it as much as we are entitled to breath clean air. All That Is is the One Source of all of our good. We can choose to accept our good via a job, or we can simply attract the energy and material goods we need.

Wholesome work helps us expand our dreams and gives us the inspiration to dream bigger, to reach higher, and to express more of who we really are. Hey! Get a job.

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. Imagine the soft warmth and gentle sunlight of a lovely spring day fills your eyes, bathing them in health, relaxation, and comfort. Imagine that you can see clearly, that your “vision” is crystal clear and that you can clearly see the beauty all around you in your life.

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.

Realize that every cell in your body, mind, and heart is absolutely perfect now. Realize that your heritage is perfect, radiant, joyful health and beauty – pure positive energy. Love every part of your physical body, your toes to the tip-top of your head. Love and appreciate every part of your wonderful body-temple that serves you so well in this life. Send the beautiful Light of Divine Love to every part of your body, to every cell of your body, in Joy, and in appreciation.

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 breath 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.

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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.

<http://www.swroadsigns.com>