

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 11 November 30, 2006

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:

[Living On Love by Klaus Joehle](#) – This remarkable series of little books is available for free download, or you can purchase the pretty paperbacks from Amazon or Barnes & Noble. The Messenger gives instructions on opening your heart to love, sending love to every aspect of your life, and living from your Heart. <http://www.livingonlove.com>

Think and Grow Rich by Napoleon Hill – recommended by Klaus Joehle in Living On Love: The Messenger. Download it in PDF format for free: <http://www.directyourmind.com/think-and-grow-rich.html>

[Holiday Tips from New American Dream](#) – ideas to help you experience the “happiest time of the year” in a way that supports your values and doesn’t put you in debt for the next six months. Go here to read Tip 1, access other holiday resources, or sign up for the e-mail series. <http://www.newdream.org/emails/tip1.html>

A business success formula based on opening your heart: <http://www.heartofbusiness.com>. There is a free workbook and an ezine that are great resources. The Sufi method for opening your Heart given in the book [Unveiling the Heart of Your Business](#) is very soothing and beautiful. It invokes living your business life from your Heart for the benefit of all concerned.

Anisa Avens’ demo on EFT and the Law of Attraction: <http://www.creatavision.com/manifestinggift/emotionalfreedom.htm>

A Message from Sharon:

My baby turned 18 and got married just before Thanksgiving.

It is another milestone in my life. My apartment is empty. I can expand into the second bedroom with my home office. I can have privacy and peace and quiet to write, to meditate, and to do the physical energy exercises that I love. I can visualize. I can say my affirmations out loud. I can sing off-key. I can stay up all night. I can go to bed in mid-afternoon.

I should be glad, right?

That is not what I feel. I feel the loss of that role in my life. I am not good at letting her grow up and letting go of her, allowing her to make choices and to experience the consequences full-on. She is a unique, incredibly beautiful, strong-willed woman-child who I overprotected from the moment she was born.

And now she is married, after almost a year of wrestling to be free of her childhood restraints. She marches to a different drum – a beat that only she can hear and can not explain. She has jumped with both feet into adulthood. The challenges that will bring her I can only begin to guess.

And it brings me the challenge of redefining one of the major roles of my life - my role in her life. And that leads me to redefine many of my goals and dreams, particularly those that involved her. There are those things I was putting off until she was grown and on her own. There are those things I planned around having her living with me for several more years, or around her going off to college and having a place to come home to on weekends.

For one short candle-lit evening, I was the mother of the bride.

And now, I am on my own.

Another milestone, another challenge. This must be life.

And it has brought me back to practicing living my life in Joy and in Love, to living from my Heart in all the roles I assume, in all the projects I undertake, in all the dreams I dare to dream. I have seen it as a road sign to bear a little in a different direction. My choice is to return to studying and practicing opening my Heart and radiating Love into this world to the best of my ability – not that I ever stopped this practice completely. It just once again proves its relevance as my Inner Guidance leads me to give this area of my personal development and spiritual practice greater attention.

That's what milestones and road signs are for.

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

Today

Sometimes

I wonder about tomorrow.

But then,

That was yesterday,

Or was it the day before?

So what about tomorrow?

Oh, forget it! My Love,

Let's just fall in Love again today...

- Living On Love: The Messenger, by Klaus Joehle

Article: Living on Love

Love is the energy of the Universe.

God is Love; God is All That Is; Love is All That Is.

Love is the energy that is Life.

This energy fills every cell of our bodies; it fills our hearts, minds, and spirits. There is no place where there is no love or a lack of love.

In Universal Life Force Energy, we live and move and have our being. This energy is All That Is, it is unlimited, and it isn't just available to us – it is us!

Klaus Joehle learned of the power of allowing Love to flow in his life, that is to say, he remembered it. And he wrote a series of books called *Living on Love*. *The Messenger* is the first in the series.

In an interesting, page-turner of a novel, he shares with us the story of how he came to remember, to be reawakened to this information. The novel builds anticipation in the reader as much as in some of the characters as Klaus explains to us bit by bit how he came to remember our true nature and the power of Love.

Introduction

For centuries certain information about Love and the amount of power it gives you has been kept secret and hidden. That's all about to change. If you want to create the life you have dreamed about then read on.

In all honesty the last thing I wanted to do was become a writer, especially writing about Love. If it weren't for the amount of power and ability that Love gave me to create the life I wanted, I wouldn't even consider it. Using Love I have found that I can virtually instantly create everything I want. Using Love I have gained so much ability and power to create what I desire, that if it wasn't Love that I was using then it would almost be scary. My life has turned into a fairy tale and is beyond anything I have ever hoped possible for myself. I know that this sounds like a big statement to make. But it's quite true. Even my sweetheart who was open minded but also skeptical had little choice but to believe, because the Magic is an every day thing almost beyond words. The amount of personal power that Love gives you, not to control others but to create your life and your experiences is overwhelming. The beautiful thing about it is that it also seems always to work out the best for everyone in the end. After all if it wasn't all that great then it wouldn't have been kept a secret.

Working and creating with Love is very easy, there is a little knack to it, but extremely easy to learn. The list of what you can do with Love or perhaps I could say Love energy is endless.

The idea of opening our hearts to the power and the bliss of Divine Love is many centuries old. In the past few decades more and more information, energy, and interest has been building around this concept, no longer a path solely for mystics who dedicate their lives to contemplation of the Divine Mysteries.

In *The Messenger*, Klaus struggles to express his story, to share with others how he came to reawaken to the power of Love and how he developed ways to tap into it to live a life of joy and bliss. We get pieces of the puzzle in a meandering fashion, with frequent back-tracking and dramatic pauses in the story. It keeps us on the edge of our seats, eager for the next piece. Although tempted to jump ahead, we wouldn't want to risk missing a single piece that might bring the entire picture into focus.

However, for those of us who are impatient and cannot wait, the instructions for the techniques Klaus uses are in the appendix.

The Instructions

The technique Klaus describes in the appendix is simply this:

- Relax your body and mind.
- Meditate upon connecting with your Inner Being or Soul or Higher Self (however you see that Quality of your spirit).
- Imagine that all the cells of your body are filled with Love in the form of Light Energy.
- Spend plenty of time in the blissful awareness that your body is really created from Divine Love, the Universal Life Force Energy of all Life.
- Feel yourself radiant with this beautiful Light and Love.
- Feel the Joy.

- Focus on your Heart. Picture the Light and Love expanding out from your body, radiating out from your Heart. Your body, your heart, and your spirit is so completely filled with Light and Love that it spills over and radiates out from you.
- “Send” the Light and Love into your world. Fill your projects with Divine Love. See Divine Love flowing out to the Hearts or auras of the people you love, even people you simply encounter every day. Radiate this Love energy into every situation. You can hold an object or photograph of something that you would like to flow Love Energy into, or hold your hands over your food and drink to flow Love into them.
- Do this for about 20 minutes each day, and do it as much as you like. Do it for a 5 minute break, or a 30 second break.
- Practice it in private in a quiet place where you will not be disturbed until it becomes second nature and easily done anywhere, anytime. Then do it any time any where.
- Do it with your eyes open or closed. Do it before bed and upon waking up. Do it at work, school, home, or driving in your car... with your eyes open, of course!

A Familiar Practice

The instructions probably are already familiar to you. I use a technique very similar to this in my “Quiet Moment Meditation.” Fill yourself with Divine Love in the form of beautiful radiant White Light. Then radiate that Light and Love out from your Heart Center into your world. Simple.

Reiki practitioners will recognize the particulars of Reiki practice. Focus on the awareness of the Divine Light and Love that fills you, then allow it to flow through you into another, whether through the laying on of your hands or through sending distance Reiki healing.

In fact, you can find a similar technique described in the Fall 2006 issue of *Reiki News Magazine* in an article on “Reiki for Happiness and Success.”

Mark Silver’s book *Unveiling the Heart of your Business* is filled with techniques and exercises for opening our hearts and clearing blocks and issues around money, supporting ourselves, having a successful business, and sharing our gifts with the world in service. His techniques are based in Sufi heart wisdom and are intended to help us get in touch with Divine Love.

Opening the heart and accessing heart wisdom is the foundation of the wonderful Heartmath work by Doc Lew Childre.

In Susan Jeffers’ book *Opening Our Hearts to Men*, she writes of ways to open our hearts in relationship. She, too, offers exercises and techniques for this process. We often think of opening our hearts to love others as an aspect of romantic relationships, which are certainly paths where we can practice, but filling our lives with Divine Love goes above and beyond that. In Susan’s book, the first step to loving another is to love ourselves and to be aware of our connection with Divinity. It cannot be had from the outside in. It cannot be given to us by another. It comes from the awareness that Love has been in our Hearts all along and will be for eternity. This is the simplest way – to look inside and be aware that Divine Love was here all along – and it always will be.

Place your hand on your Heart and feel the Love that is already there. See the Light radiating out from your Heart filled with Light and Love. Then radiate that Light and Love into your world – into your relationships with your loved ones and co-workers; into your job, car, bank account, and home. Be aware of the Love and Light that fills your body whether you are aware of its perfection or not. Be aware. Notice it. It is as simple and as profound as that.

A quiet moment. A few deep breaths. A hand on your heart. Awareness. Mindfulness of the Love and Light that fills you.

What We Need Now

“Love will heal you. Love will comfort you. Love will guide you. Love will illumine you. Love will redeem you from sin, sickness, and death, and lead you into the promised land, and the place that is altogether lovely,” wrote Emmet Fox in *The Yoga of Love*.

This is the vision of opening our Hearts to Divine Love that is repeated in Alan Cohen's *Rising in Love* and in Catherine Ponder's *The Prospering Power of Love* and in H. Emilie Cady's *Lessons in Truth* and in Gerald Jampolsky's *Love is the Answer* and *Love is Letting Go of Fear* based on the *Course in Miracles*. You can see it everywhere.

Love is the answer. This is not new – but it is revolutionary and creative. It is profound.

Klaus Joehle's books on *Living on Love* are treasures for helping us remember, helping us reawaken to the wisdom that has been in our Hearts all along.

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.

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.

Become aware of the Divine Love in your Heart center. See it as Light. Breathe in even more 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 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.

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. You are capable, you are powerful, and you can handle it. 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:

I found a website I think you should check out- <http://www.heartofbusiness.com>. It's full of heart, practical information, and lots of resources for people who are in business to make a real difference, but also know they need to make a healthy profit. Especially check out the free workbook and ezine- they're both great.

[The Art of Abundance - Paula Langguth Ryan](#)

Paula is the best selling author of [Bounce Back From Bankruptcy](#) and other resources for dealing with finances. She is a personal finance coach, author and public speaker and her web site is loaded with free information and a variety of tools such as:

[21 Days to a More Abundant Life](#)

[Break the Debt Cycle For Good](#)

[How to Manifest the Right and Perfect Job](#)

[How to Manifest a Debt Free and Prosperous Life](#)

These are tools you can use to create the life you want to live, with a good relationship to your finances, money, income, and debt.

[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](#) (<http://www.dreamsalive.com/cgi-local/af/b.cgi/719>)

[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.

<http://www.scienceofgettingrich.net>

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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. To subscribe, just e-mail me.

Sending you Light and Love,

Sharon Walls

Road Signs for self help and personal development

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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>