

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 2 February 28, 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:

[Unseen photos of the Civil Rights Movement](#) - In a box in an equipment closet, a treasury of old photographs never before published turned up at the Birmingham News. Many Southern newspaper publishers during the 1950s and 1960s desperately hoped that if local Civil Rights actions were not covered, it would all go away. Luckily, some hero of journalism put these away in a box labeled "Keep. Do not sell."

<http://www.al.com/unseen/>

[Mardi Gras on the Mississippi Gulf Coast: from Twelfth Night to Ash Wednesday](#) – Like New Orleans, the people of the Gulf Coast are celebrating life, celebrating survival with one of the lasting traditions of the old world.

<http://www.gulfcoast.org/static/index.cfm?contentID=255>

[Panoramic views of the Gulf Coast, from the Washington Post.](#)

<http://www.washingtonpost.com/wp-dyn/content/nation/special/10/>

[New Orleans puts on Mask for Mardi Gras; but trappings cannot hide the sadness](#)

<http://www.washingtonpost.com/wp-dyn/content/article/2006/02/27/AR2006022701219.html>

[The BBC Web site](#) – along with an article on New Orleans's jazz heritage post-Katrina, check out the pictures of New Orleans, then and now.

<http://news.bbc.co.uk/2/hi/entertainment/4209328.stm>

[Ain't Nobody's Business if you do](#) – a catchy excerpt from Peter McWilliams 1996 book about personal freedom. "THIS BOOK IS BASED on a single idea: You should be allowed to do whatever you want with your own person and property, as long as you

don't physically harm the person or property of a nonconsenting other. Simple. Seemingly guaranteed to us by that remarkable document known as the United States Constitution and its even more remarkable Bill of Rights. And yet, it's not the way things are." <http://www.mcwilliams.com/books/aint/101.htm#controversial>

[One World Journeys, where people and the planet connect](#). Check this out – virtual travel to wonderful places with wonderful narrative and knock your socks off photography! One beautiful world. <http://www.oneworldjourneys.com/>

The very much hyped ONE organization to fight poverty and AIDs. But effective. <http://www.one.org/>

A Message from Sharon:

I've been watching Anderson Cooper 360, from the Mardi Gras celebration in New Orleans as I write this. There is a poignancy in the celebration, six months after Hurricane Katrina changed the Crescent City forever.

Some said they should not have Mardi Gras in the streets of New Orleans this year; some said it should be toned down. None the less, with the tourism generated by Mardi Gras bringing in sorely needed income for a recovery that is taking a painfully long time, the city went on with the party.

In the 1800s, New Orleans was a vibrant shipping port for planters along the Mississippi River. It was a banking center, a cultural center, a beautiful shining diamond at the mouth of the great muddy river. By 2000, it was much less prominent in any of those categories. By then, its major industry was tourism – Bourbon Street and jazz and the Blues Festival and Mardi Gras. Many of her people lived in poverty, worked in service industry, and had little chance for a good education or a career or a full, safe and comfortable life for themselves or their children.

There is grief and loss and sadness for what New Orleans was at the turn of the 20th century; and there is grief and sadness for the loss of what New Orleans was (with all its problems) at the turn of the 21st century. New Orleans will never be the same; the city and her people must adapt. It has changed; it will continue to change. Hopefully something good and beautiful and strong will be created in the Crescent City.

What will the new New Orleans be like? Will there be opportunities for all of its people? Will the poor have a place to return to? All those in service jobs – where will they live?

This year's Mardi Gras, with the theme "Signs and Superstitions", hopefully will be a beacon of hope in the grief for what was lost, with clear road signs for new directions and not just a rebuilding of what was, but a recreating of community, culture, and all that jazz.

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

*You are the creator of your own experience. Be easy about all of this. Life is supposed to be fun. Lighten up. Play more. Laugh more. Make more fun of more things. Hang around with people who make you laugh. Go to places that make you feel good. Make the best of every situation. Look for the positive aspects of where you live. Look for things to do. Keep your mind busy. Focus upon things that feel good. Bring many people into your life. Make more decisions in every day. Have fun with all of this. Life is

supposed to be fun. You are the directors of Energy—and your thought is the process by which you direct. There is so much love here for you. We are complete.

Abraham-Hicks.com

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One love one world, one love one world

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Article: One World, One Love, One Life

More and more we see that it is "one world."

When we look at our world, we can see such great beauty, wonderful warm and loving people, and examples of culture, art, and architecture that staggers the mind!

When we shift our focus and look at problems, issues, disasters natural and manmade, it can be overwhelming.

Therefore, let's keep our focus on the beauty, on the possibility, on the love, on the creativity and self-expression.

So what is the key?

It is recognizing our connection to Source - not reconnecting, because in Universal Life Force Energy we live and move and have our being; we cannot be disconnected or separate, we just think we are - recognizing our One Source and feeling, living in the Joy that this brings.

From basking in this connection flows love of self, love of All That Is, love of others, love of all, love of nature, love of Life - Joy!

So in recognizing our connection to Source and basking in the Love that is Source, we love ourselves. We think a lot of ourselves and we treat ourselves with respect in all areas of our lives. We value our opinions and we bring our gifts to the world, to share with each other, to create an Eden on this earth, to fulfill our purpose in this life.

We recognize each other as just as fully connected to Source as we are, and we trust others to be living the life they need to live. We seek ways to encourage ourselves, our loved ones, and all others who share this planet with us to fully express the gifts within.

Our human lives are interconnected with the earth we stand on, with the air we breathe and the water we drink. We cannot be separated from the earth. What we destroy is like damaging some part of our own bodies; and what we love and take care of is caring for all of us.

There is no reason to try to control another, because we are all connected to Source and we all have gifts. We all have value. We all contribute to this life on earth. There is no

need to try to have control over another, or of the earth, or to submit to the control of another, and it isn't even desirable for a full life on this earth. We are all in it together and any good thing we do increases the good for us all.

If you have more Joy in your life, more Light, more Love, more Health, more Abundance – then there is more in this life for us all. The more you live in Joy, the more Joy there is. The more Love you feel, the more Love there is.

Likewise if some of us live in poverty, it impoverishes all of us.

If there is no justice for any one of us, then there is no justice for all of us.

If there are children abused, malnourished, sold into slavery of any kind, used as objects, and taught that they have no value, no human spirit, no meaning – it is as if it is done to all of us.

We are born perfect expressions of Divine Intelligence and Love. We come with gifts, with Joy, with inherent value and dignity. We have to be taught that we do not matter. We have to learn to hate. We have to be taught about fear. It is not part of our original programming.

What is another key to a good life for all?

Education. Not necessarily public education, that often stifles creativity and insists on making you learn specific information that furthers "socialization," compliance, and conformity. Public education is too often designed to generate good little worker bees.

Education to think for oneself, to solve problems, to express our creativity, our Inner Being, to follow our God-given talents and yearnings and gifts, and to live our purpose on this Earth – this is key.

Around the globe, people value education - and so they should! In the United States, some do not. We hear students say, "Why do I have to learn this? When will I use it?" But if we learn to learn, we have it cinched. If we learn to think for ourselves, to question, and to bring forth answers from our Hearts and from our connection to Divine Mind, then we have really gotten a good education.

So perhaps more than "education," what is needed is a love of learning, a deep, powerful love of learning that never stops, that continues to enrich our lives until our last breath, and then we embark on a new journey of learning in Spirit.

So Jesus said in Mat. 25:40 *Inasmuch as you have done it unto one of the least of these my brothers, you have done it unto me.*"

And this is the gist of it, the kernel of it, then.

Let us pursue the kind of education that reminds us of this truth, which we all came here knowing. Let us give our children, all of our children, the kind of education that helps them truly be who they are – the Light of the World, no less than you and me. There is

no need to teach Love, and it is counterproductive to teach hate. As Jesus taught his disciples, we are all in it together.

Love ourselves, live in conscious recognition of our connection with Source, and realize that we truly are One World, One Love... One Life.

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 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

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>