

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2006 No. 8 ~~August 31~~ September 10, 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.

In this issue:

A Few Great Web Sites

A Message from Sharon

Article: Time for a Dream

A Quiet Moment Meditation

My Recommendations

A Few Great Web Sites:

11 Days of Global Unity. Creating a Culture of Peace, Celebrating a Sustainable Future. September 11 - 21, 2006, culminating on the International Day of Peace.

www.WeTheWorld.org

A Season of Forgiving - September 11-21, 2006.

September 11 – Celebrate Peace. 100 Years Since the Birth of Gandhian Nonviolence. -

<http://www.gandhiinstitute.org/>

The International Day of Peace & Call for Global Ceasefire - InternationalDayofPeace.org;

[Pathways To Peace](http://www.pathwaystopeace.org/) - www.pathwaystopeace.org/; the [Culture of Peace Initiative](#) (formerly *We The Peoples Initiative*), [The International Day of Peace](#)

September 16 - Earthdance - <http://www.earthdance.org/>

STS -115 Atlantis – On September 9, at the space shuttle Atlantis lifted off from Kennedy Space Center for a mission to the International Space Station in what NASA spokesmen described as a “near-perfect” launch. Commander Brent Jett and his five crewmates will travel to the International Space Station to install new pieces and to add a new set of giant solar panels and batteries to the complex. Three spacewalks are planned. Watching the space shuttles lift off was one of my favorite things about living on the Space Coast of Florida, just South of KSC, in the 1990s and it never ceases to thrill me. Ironically, Atlantis will complete an 11-day mission, not exactly the same 11 days of the Season of Forgiving, but symbolic of what we the world can accomplish when we work together. The title of this article is “Space Shuttle to Make Cosmic Delivery!” <http://tinyurl.com/jwln8>

Special section on the anniversary of Katrina and how the Mississippi Gulf Coast is doing now from the SunHerald

http://www.sunherald.com/mld/sunherald/news/special_packages/hurricane_katrina/katrina_first_anniversary/

Article from UU World:

<http://www.uuworld.org/news/articles/neworleansuusmarkkatrinaanniversary6083.shtml>

A Message from Sharon:

This is a season of anniversaries.

August 29th was the first anniversary of Hurricane Katrina and the devastation of the Mississippi Gulf Coast and New Orleans. In the past year, the cleanup and rebuilding has been very slow. The glaring spotlight on poverty in America shifted away as swiftly as it had focused on the faces of the desperately poor.

September 11 will be the 5th anniversary of the attacks on the two towers in NYC and the Pentagon. America feels much less safe than five years ago. The occupation of Iraq continues and fighting between Israel and Hezbollah in Lebanon makes the hope for peace in the Mid-East dim.

And then there are the 11 days between September 11 and September 21, U. N. International Day of Peace (and coincidentally, my birthday and two days before the Autumn Equinox). September 11 is the 100th anniversary of Satyagraha - It was on September 11, 1906, that M. K. Gandhi launched the first nonviolent campaign against racial oppression in Johannesburg, South Africa.

These days are called "A Season of Forgiving," and "11 Days of Global Unity." 11 Days is an annual worldwide promotion of peace and sustainability launched in 2004 by We, The World. The 11 days include Unity's International Day of Prayer on September 14th and Earthdance on September 16th (10th annual Global Dance Festival for Peace featuring the globally synchronized performance of *Prayer for Peace*).

It is a time for dwelling on Peace, and on our Oneness with All That Is and with each other. It is a time for investing in our dreams.

Time has become precious to me. I have taken on many worthwhile projects and I have the chance to reach more of my personal dreams. It seemed that there were not enough hours in the day. I found myself sitting down and doing nothing rather than doing what I wanted to do or what I felt I had to do. I had a hard time prioritizing my projects and investing my time wisely.

I know if I don't give my dreams and goals a priority, then they will remain elusive. If I do not take care of my self and my health and my physical well-being, who will?

I want to feel good physically, mentally, and emotionally. I have the self-help and personal development tools I need to facilitate that connection that means bliss and joy.

It is a matter of facing the fears that keep me from living my dreams, attracting all that is needed, taking inspired action, and affirming that I have all the time, money, energy, inspiration, and desire I need to make my dreams my reality.

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

To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.
- William Blake

Gather ye rose-buds while ye may,
Old Time is still a flying:
And this same flower that smiles today,
Tomorrow will be dying.

- To the Virgins to make much of time by Robert Herrick

Robert Herrick published one book of poems – one. Herrick was out of work, away from home, and in trouble with the government, and he wrote and published a book – one book - of more than 1,400 poems. Imagine how well he made use of time!

* There are hundreds, perhaps thousands of opportunities in every day for creating by default, and unless you have made a very strong and deliberate decision to give your conscious attention and focus only to that which you want, you will find yourself participating in negative creation many times in the course of only one day."

Abraham-Hicks - A New Beginning I, ch. 6

You can't stand still. So nothing lasts very long. The best of experiences you must move beyond — and the worst of experiences you must move beyond. Don't make where you are too big of a deal. Let it be what it is: It's a moment in time where you have the choice to feel good or feel bad. That's all that it ever is."

*All quotes are copyright Abraham-Hicks Publications.

Visit the official Abraham site at: www.abraham-hicks.com/

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

(to get Abe Quotes delivered in your in-box, go to:

<http://groups.yahoo.com/group/AbeQuotes/>)

Article: Time for a Dream

I can hear the clock ticking from across the room. It is that loud in the quiet. It carries with it an urgency, pressing me to write, and yet, even in the face of that urgency, that pressure, I walk away from the computer keyboard.

I think I will just step into the kitchen for a glass of water. Once there, perhaps a snack even though I am not hungry and I had a nice meal not that long before. Oh, and I see there are dirty dishes on the counter. They've been there all day, but now it seems important to wash them. As I pass through the living room, I click on the t.v., just for "background noise," because the house is too quiet. Oh, but look, there is that show I like to watch. It is on cable and one of those that are only repeats so chances are good I've seen it before. Yep, it is the episode where this character does this and that, and before I know it I have been sitting on the sofa for an hour or more watching something that wasn't that interesting when it was fresh and new.

What am I doing?

Writing is something I love to do. It is a passion and a joy for me. Just clicking the keys fills me with a bliss that little else can match. Writing is closely followed by reading, mining ideas, learning new things.

When I think about what I love to do, writing and reading are at the top of my list always. Always have been.

I have read that if we love to do something, if we really enjoy it, that we are more likely to make time to do it.

That is not true.

Our dreams, our passions, and our ideal lives are made up of doing things we love to do, having things we truly desire to have, and being who we in our hearts truly want to be.

And those are the very things we are unlikely to make time for in our daily lives.

Resistance and fear

What is going on?

Resistance.

Procrastination is a form of fear. We are afraid to move out of our comfort zone, even though "out there" is where the realization of our dreams lies. We are afraid that we are not good enough or not talented enough to realize our dreams, even though Universal Intelligence would not give us the dream without giving us the talent and capability of realizing it. We are afraid that if we take the time for ourselves and nurture our gifts and dreams, that others will judge us as selfish, that if we are not there at the beck and call of our loved ones that they will cease to need us and no longer want us in their lives, that if we live our dreams and step into the roles we yearn for then we must give up other roles (such as Doormat, People-pleaser, Wallflower and other unsatisfying roles) that we have become accustomed to playing.

Sometimes we are resisting our own good without even realizing it.

In the little story above, it isn't that I don't know what I want to write. I do. I've researched the topic, read good background information that I want to share, and outlined the article in my head (where it doesn't count 'cause no one will ever read it there, not even me, and eventually it will fade away). It isn't that I don't want to write. I love to write. It isn't that I don't have time. After wasting the evening in front of the television set (again), I may think I'd better go on to bed and wait for another day. I had the time. I squandered it.

Time is so precious, but there is always plenty of it. We each have 24 hours a day to spend as we choose. Time is an invention of our culture, our physical existence on this earth-plane; we have an eternity, and our lives are made up of these precious moments of time. Albert Einstein said that 2 hours spent with a charming companion would seem like 2 minutes, while 2 minutes spent with our hand on a hot stove would seem like 2 hours. Time is a fluid creation of perception, it is how we apply ourselves that give it meaning.

How will we spend our time? In every moment, we have to ask ourselves, "Am I making the best use of my time? Do I want to exchange precious pieces of my life force energy doing this?"

Those are some pretty disquieting questions in the quiet of my house, with the ticking of the clock echoing.

Doreen Virtue discusses this in "*I'd Change My Life if I had More Time.*" Subtitled *A Practical Guide to Making Dreams Come True*, she makes several practical suggestions for finding time to invest in our dreams. Some of these ideas sound like they would make life a lot less fun, and she assures the reader that once you get used to focusing on your dreams to the exclusion of all else, the lifestyle will indeed be satisfying and fulfilling.

One key element that I can embrace wholeheartedly from her book is to focus on our dreams, to feel the joy and satisfaction and pleasure we get from contemplating those dreams, and to use that joy as motivation for doing whatever it is that we are divinely inspired to do.

A Game Plan for Best Use of Time

Of course, the first step in living our dreams is to acknowledge them. Write them down as goals, as intentions, as guiding lights.

I personally do not advocate attaching a timeframe to accomplishing these goals. I like to set the goal and turn it over to the Universe for guided inspiration and for accomplishing it. My job is then to enjoy daydreaming about this desire, visualizing and affirming it, and to listen to guidance from my Inner Being, taking inspired action.

However, if I skip the steps of writing down and clarifying my desires, scripting about them, visualizing them, affirming them, and pouring nourishing pure positive energy into them, my dream will most likely remain unfulfilled, or it will be a long time coming.

This happened with a dream of mine, articulated about 8 or 9 years ago, to have work designing Web sites for nonprofit organizations whose missions I admired. About 5 years ago, I wrote down that this was an important element in my dream job. Although I wrote this out in some detail in notebooks, I didn't take the step of nurturing this dream through regular visualization and feeding it with pure positive energy. In my current day job, I have the opportunity to live this dream. It is indeed an element in my job description. It is also a goal in my second job with a religious organization, and it is almost comical to see how slowly that is unfolding. So I've begun to take the step of visualizing myself successfully and joyfully creating these Web sites. I have accumulated the skills and my desire to do this has been rekindled by these opportunities.

And then the next step is to turn it over to the Universe, and listen for guidance from my Inner Being. If I feed my dream with visualization and pure positive energy, if I've spent time enjoying the visualization of this dream, I am a lot less likely to procrastinate. I will be more excited about this dream and I will be more likely to heed Divine Guidance and take inspired action.

1. Articulate my dream – write it down

2. Turn it over to the Universe in full faith and confidence that it is mine. Have no doubt. The Universe always says yes! Turning it over to the Universe also means releasing resistance to having my dreams.
3. Having turned it over to the Universe, script about it, visualize about it, and nurture it with pure positive energy – pure joy, pure bliss. This is supposed to be fun! If it isn't fun, if it doesn't bring me joy, then I am definitely out of vibrational alignment with my dream and seriously need to release resistance.
4. Listen to my Inner Being for guidance. When I feel inspired, act on that inspiration. Follow the little nudges from the Universe.

And this is where procrastination or resistance come in. If when I feel inspired to write instead I walk into the kitchen and eat something, that is resistance. That is fear. That is stuffing down my inner desires for whatever reason. It is also ignoring my intuition and Inner Guidance.

And that is where releasing resistance becomes important. All the time management tools in the world will not help if we cannot move through resistance and fear to Joy and bliss in living our dreams.

Releasing Resistance

An entire book could be written on this subject – in fact many have been.

Releasing resistance means letting go of the kind of fear that stops us in our tracks and makes decision making agonizing. Is there any other kind of fear? Yes, there is. There is healthy fear that tells us to use caution, to move away from danger, and to act quickly for our own safety or that of our loved ones. Unhealthy fear keeps us from even entertaining thoughts of our dreams because what would others think? or what if our loved ones reject us for taking care of ourselves instead of them? or what if we just cannot do it? These fears are not based on real danger, but on imagined or programmed negative beliefs about ourselves.

Find techniques that work for you.

Some include:

- Body centered “energy psychology” techniques like EFT
- Prayer and meditation upon your Higher Power, or your concept of Source
- Creative visualization techniques that energize your dreams with the Joy that will help you move beyond unhealthy fear

Even the practice of goal setting, and then breaking down big goals into smaller chunks that you can see can be accomplished, even working on your goals for as little as 10 minutes a day, as Doreen Virtue recommends, can help release resistance.

Affirm, “I always have more than enough Time, Energy, Inspiration, and Money to accomplish all of my dreams.” Say that over and over again. Use it as your mantra.

We have eternity. We have all the time in the world. We have all the resources of the Universe at our fingertips, and we know the Universe is unlimited.

We are unlimited beings in an unlimited Universe, where our dreams know only the limits we place upon them. Our time is our own.

If we invest time in contemplating our dreams with Joy instead of sadness and fear, and then use our time to take inspired action, our investments will return to us exponentially. And, if we invest our time in Joy, guess what? We are living our lives in Joy, which is to say in connection with our Source, and that truly is living our dreams.

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.

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:

DEPRESSED? ANXIOUS? LAZY? YOU CAN END FEAR, RADIATE CONFIDENCE & HAVE WILLPOWER LIKE STEEL... If your willpower and persistence always seems to fizzle, then join people from 54 countries now using the new paradigm in personal growth. Free Course. Join the single largest personal coaching ezine in the world. Learn more... <http://tinyurl.com/mmda4>

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>

.....
WARNING! I do not send attachments via e-mail unless you've requested it. If you get an e-mail with an attachment from my Web site, don't open the attachment! Just delete the e-mail. S
.....

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

<http://www.swroadsigns.com>
Sharon@swroadsigns.com

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>