

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 1 ~~January 31~~ February 11, 2007

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.

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## A Few Great Web Sites:

On Thursday, February 8, 2007, Oprah hosted a television show featuring several of the teachers from the hot DVD *The Secret*. Go to her Web site to see excerpts from this show: [http://www2.oprah.com/spiritself/slide/20070208/ss\\_20070208\\_284\\_101.html](http://www2.oprah.com/spiritself/slide/20070208/ss_20070208_284_101.html)  
It is Law of Attraction goes mainstream. I purchased my copy of *The Secret* as soon as it became available online from [www.thesecret.tv](http://www.thesecret.tv), the original version featuring the teachings of Abraham as expressed through Esther Hicks. I am thrilled and excited to see this information become more and more openly available to everyone on this beautiful, wonderful planet. Enjoy!

[James Ray](#), one of the featured teachers on *The Secret* movie, is hosting video clips of Larry King's 2-part series called *Beyond the Power of Positive Thinking* on his Web site. The series is about how to create your reality using your mindset and features several of the teachers from the movie. <http://jamesray.com/resources/larry-king-live.php>

For a great visualization tool drawn from the movie *The Secret* on YouTube, click here or paste in your browser: <http://tinyurl.com/347fgr>

There are also some grainy, out-of-sync clips of Oprah's show on *The Secret*.

[Rebecca Marina](#) at <http://www.celebrationhealing.com> offers a free EFT technique for healing issues around money that is great. Try it here: <http://preview.tinyurl.com/2ycjht> or look around Rebecca's site for several other free EFT treatments in both audio and text.

Sydney Chase has created a Web site to showcase stories of manifesting. You can find some of mine here, too. <http://www.freewebs.com/manifestingmyreality>

M K Gandhi Institute for Nonviolence – founded by the grandson of Mohandas K. Gandhi on the campus of Christian Brothers University in Memphis, Tennessee, USA, the Gandhi Institute studies and promotes the principles of nonviolence that Gandhi taught. <http://www.gandhiinstitute.org/>

### **A Message from Sharon:**

The movie *The Secret* is all the talk online again, after the appearance of some of the teachers on Oprah last week.

Of course, *The Secret* is using the Law of Attraction deliberately and with awareness. It is choosing the thoughts, beliefs, and emotions we will entertain, that we put our energy into to bring into our lives.

We are all energy. As Michael Beckwith described it, we are within Spirit and Spirit is within us. We are one with the Source. We are an integral part of All That Is.

As a way of life, it is a conscious choice. Most of us are accustomed to just taking whatever comes our way without any sense that it could be different. Our thoughts, beliefs, and emotions attract our circumstances and create the world that we experience. If we allow limited and mean beliefs to run our lives, then our lives will be limited and mean.

Choosing to study and apply the processes for using the Law of Attraction in our lives means taking responsibility for the thoughts, beliefs, and emotions we focus on. As we connect with our Inner Being through meditation, scripting, or any activity that brings us joy, we vibrate in alignment with the things, situations, and experiences that will add to the Love and Joy that we allow ourselves to experience.

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

“The secret to life is this: look for something to appreciate and practice it until it becomes easy and you will live happily ever after.”

Fort Collins, CO 6/22/02

“Your words will not bring you immediate manifestations of what you are asking for, but the more often you say them, and the better you feel while you are saying them, the purer or less contradicted your vibration will be. And soon your world will be filled with these things you have spoken about. Words alone do not attract, but when you feel emotion when you speak, that means your vibration is strong - and the Law of Attraction must answer those vibrations.”

The Law of Attraction

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## **Article: Reinventing Myself**

What do you want to be, do, have and experience? How do you want to feel? Contemplate those questions for a moment. Daydream those questions.

Change, growth, and expansion of consciousness are constant in this life. As we change and grow, we find new situations and experiences. But we usually look into our heads to find a self-image that will work with the new opportunities.

Too often we will reject our good or fumble our new opportunities because we don't have a self-image that says, "Yes, I can!"

As a parent cuddling a newborn baby, we cradle and protect the child. But we cannot "protect" her from growing up and changing. We have to open our arms and allow the child to crawl, and then to walk, and then to run, and then to experiment with all kinds of new situations and things. In our hearts, we know that it will not be good for our beloved child if we keep him wrapped tightly in our arms. We have to open our arms wide and let her go with a smile that tells her, "Yes! You can!"

From the love in our parents' eyes, we craft our first self-images. We grow from a helpless baby crying to have our needs met to a great explorer learning all that we can about this wonderful world we have come into. We may pick up fears and beliefs in lack or limitations that as we grow we need to let go of.

### **I am the sort of person who...**

We craft a self-image, well, really many self images; as we grow, our self image(s) must grow with us. Otherwise, our self-image becomes a limitation. A prison.

Several years ago, I asked Source for growth at an accelerated pace. I wanted to learn so much; I wanted it all and I wanted it NOW. My life immediately took off at a rocket's rate – changing, changing, changing.

To keep pace, I've needed my self-image to change and grow along with my circumstances as guided by my Inner Self. I'd love to say that these definitions of my self flowed seamlessly one to another, leave the old one behind and pick up the new one I wanted. But there've been many bumps in the road.

I have held on to a particular self-image ("good" or "bad", "positive" or "negative") long passed the time it had ceased to serve me - long after it was a comfortable fit – simply because it was so uncomfortable to change it.

As I've moved into living more and more of my dreams, and as I see the opportunities before me to live more fully and to dream even more, I need a self-image that says "Yes, I can!" As Jack Canfield wrote in one of his recent newsletters, I need to see myself as the sort of person who --- . I am the sort of person who writes really good books and articles. I am the sort of person who enjoys a 6-figure income. I am the sort of person who has a generous heart. I am the sort of person who stands up for the social justice causes that I believe in. I am the sort of person who could create and manage a multi-million dollar community foundation.

### **Here. Now.**

In self-help, we often think in terms of "I am over here, and I want to get over there." If we look at "All Time is Now," we realize that there is no "Here" and "There," it is all NOW. It is all now.

We already hold the elements of the "new" self-image; we are already "all that." The traits, characteristics, wisdom, and love that we admire in another already exist within us. We are already "All That."

We must shine light on that aspect of ourselves.

I can focus on the times I have felt wise, or loving, or intelligent. I can realize that I am infinitely more intelligent than I know, infinitely more creative, infinitely more loving than I am tapping into, and I can choose to express more of that at any time.

One way that I've found to do this is to rewrite my personal history focusing on the times that I displayed the characteristic or personality trait that I need or want now.

For example, I've doubled my income in the past year, and lately I've generated extra expenses that have kept me in a financial place of lack and limitation, a place that does not feel good, but does feel familiar.

By writing about a time in my personal history when I was in a space of abundance and I handled the money well, I can connect with a self-image that says I can handle a good income and that I always have more than enough money to be, do, and have what I want. By writing this out and focusing on it, I can anchor that particular aspect of myself in my heart, feed it with attention, energy, and joy, and identify with it more and more. Since all time is Now, the "me" that enjoyed money and handled it well is "me" now. I have those same traits, strengths, and characteristics that I need Now, and I can tap into them and expand them by focusing on them.

This gives me the tools I need to use and enjoy money now. As long as my self-image is one of lack, broke, can't, "something always happens to use up the money," or whatever the self-image I focus on when something goes "wrong" in my financial life, I will close off access to the tools and the attitudes (thoughts, beliefs, and emotions) that would serve me in handling money well and enjoying this wonderful influx of energy in my life.

Another way to access the personality traits and strengths that I need in my life now is to identify them while visualizing my dreams. Like this: as I spend time visualizing my dream of being a best-selling author, I make sure I take note of how I feel in the visualization. How does it feel to be sitting at my computer allowing the words to flow freely? In my visualizations, as I walk down the street my imagination is filled with a steady stream of ideas. I feel so creative and alive. I notice little details in my surroundings. I notice people and things that I want to describe in my book. I take out a small notebook and pen and write these ideas and descriptions down. I am observant. I have an eye for details that bring a scene to life. I see myself adding my notes to my latest chapter. I feel the creative energy flowing through me, flowing through my fingers as I write, through my eyes as I observe, through my brain as I capture and access details. No fuzzy thinking here! I realize that my body feels alive, too; so strong and healthy. In my visualization, I see myself using the Spring Forest Qigong movements and meditations. I feel so good about my body, my mind, my imagination, and my creativity. This is my ideal of the life of a creative, best-selling author.

The more time, energy, and emotion I put into the visualization, the more I am able to access it and live that life Now. Tapping into the self-image that I would naturally have as a best-selling author is an empowering and loving act, a gift to myself.

Because all time is Now, I already have all of those traits, characteristics, and attributes Now. The reason I access them in a hit or miss fashion is because I allow my energy to flow toward a different self-image that says, "No, I can't." I focus on the times I didn't, or I couldn't, or I failed and then failed to keep moving toward the dream. I tap into a small self-image that is filled with fear and limitation.

It is a matter of where I choose to place my focus. By spending time focusing on my strengths and on those characteristics that serve me in attracting and living my

dreams, I can access them to empower a self-image that will support me in living my dreams in joy.

In this way, my self-image can grow and flow with the changes in my 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 receiving 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



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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>