

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 11 & 12 December 31, 2007

## Happy New Year!

This will be the best year yet!

### Setting Intentions

In the turning of the Wheel of the Year, as the Light returns to earth, we can take this time to reflect on the year passed and look toward the new year. As we look back over the year behind us, or reflect further back over our lives, there are so many things to be grateful for and maybe some things we regret.

### Let go of the old

What an important time to release and let go, to leave our fears and negativity behind. We can make a conscious choice to rid ourselves of the old pictures in our heads of what is possible and what is appropriate, and replace them with a new way of seeing ourselves and our world. As we leave our fears, limitations, and negative pictures behind, we can appreciate our lives where they are now and look to the future with new vision.

As you look back over the past year, remember the situations that, at the time seemed like such a problem or issue, maybe even a disaster. Looking back at it now, can you see a blessing?

That difficult person who seems to dislike you so much and to give you so much grief, can you contemplate forgiving them? Can you see them through the eyes of kindness and forgiveness? Can you just let them be who they are, and let go? Can you find one thing in your relationship to appreciate? Can you see a way that they may be mirroring back to you something about yourself?

I am not asking you to go deep, and forgive that person who abused you as a child; I am talking about that person in your department who steals your ideas, the person you have to deal with even if only once in a while who doesn't do what they say they will and leaves you holding the bag, the rude clerk at the grocery store, the kid who cut you off in traffic while talking on a cell phone and then made a rude gesture. Are you ready to release it and let it go?

And finally, as you look back over the year, is there anything you need to forgive yourself for? Was there a promise you made that you didn't keep? Did you give in to bad habits? Were you unkind when you knew intuitively that kindness was called for? Did you steal an idea, create delays in the project at hand, gossip, undercut a co-worker or acquaintance, or tell a lie? Now is the time to forgive yourself and let it go.

This is good journal work. Write down what you wish to release and let go of. Write down what habits you wish to leave behind. Write down the fears that are holding you back. As you write it down, declare your willingness to release it and let it go. Do a few rounds of EFT on the items on your list that have the biggest emotional charge for you.

List everything you are ready to release. Then go back through the list, and add more. Say to yourself, "I am willing to change. I am willing to forgive myself and others. I am ready to let it go."

Then tear out that piece of paper, crumple it up and toss it away. Or rip it to shreds and toss it in the trash. Better yet, take it outside and burn it. Let the ashes scatter to the wind. Gone for good.

### **Appreciation for the Blessings of 2007**

The best way to begin your intentions for the new year is by contemplating the blessings of the past year.

What is good about your life?  
What is working?  
What brings you Joy? Peace? Love?  
What do you want more of?

And don't limit your thinking to material "things." What qualities of life do you appreciate? What relationships are you grateful for? Who in your life do you appreciate? What were your accomplishments this year? What were your losses? What are your strengths that you can take into the New Year? What insights have you gained from this past year?

We all know that we have a lot to be grateful for. The power of appreciation and gratitude is simply immeasurable.

For one thing, what we put our attention on expands, especially if we add strong feelings. And the feeling of appreciation and gratitude are very powerful, mainly because they feel good! You can't look at something through eyes of appreciation and not feel better about it.

So take out your journal again, and write down 5 to 10 things you really loved and appreciated about this past year. Write down big things, things you are obviously grateful for. But also remember the little things.

Recapture, briefly, the way you felt in each experience that meant so much to you. Breathe. Close your eyes. Appreciate it all over again.

### **And now for your intentions for the new year...**

Go back to your journal, or take out a lovely piece of stationery. Date the page with today's date, and write at the top, "Dear ...". Address it to your very best friend – yourself.

Then write a letter to yourself describing your intentions for the coming year.

- What are your hearts desires? What does it look like, sound like, feel like? And remember this is an open-ended exploration. There is not just one hearts desire or dream or plan for your life. You can be, do, and have whatever you choose, and you get to choose over and over and over again, in every moment. So don't think you must pick one grand dream and relinquish all others. There is always more.
- What qualities of life will you embrace - health, wholeness, peace, trust, love, kindness for yourself and towards others? What values will be present in your life? - integrity, honesty, trust, authenticity, financial security. Joy.
- What people will be in your life?
- What places will you visit?
- What things will you do?

- What will you accomplish?
- What will you have more of?
- What will you release from your life or have less of?

This is a process. Let it take days. Let it take weeks. Write like crazy and then put it down and come back to it in a day or two.

As you write, tune into the feelings, the sights, the sounds, the smells. Tune into the qualities of each experience, and savor them now. Let your mouth water with anticipation. Let your palms sweat with excitement. And you'll never get it finished, and you'll never get it done.

Take out your journal often and read over the pages and pages of new adventures, new delights, and new joys that you have scripted. Savor them. Infuse them with your passion.

As the wheel of the year turns joyfully round again from dark to light and back to dark, watch how your journey unfolds. Watch how your dreams become reality.

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

\* Understanding the Law of Attraction, and more importantly, understanding the way you feel, will give you creative abilities beyond your wildest dreams. There is nothing that you cannot be or do or have; there is nothing that you cannot reach for and achieve—and there is nothing that needs to take a long time to come to you.

Excerpted from the workshop in Boca Raton, FL December 13, 2003

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Sending you Light and Love,  
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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.  
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