

Road Signs for the Journey

There is no Destination, the Journey is the Thing.

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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:

[On the Move](#) book drawn from Bono's speech at the 2006 National Prayer Breakfast in Washington, DC. Proceeds from [On the Move](#) support [The ONE Campaign](#).

Here is one passage:

"God is in the slums, in the cardboard boxes where the poor play house. God is in the silence of a mother who has infected her child with a virus that will end both their lives. God is in the cries heard under the rubble of war. God is in the debris of wasted opportunity and lives, and God is with us if we are with them."

You can read more through a new tool we're using called digital paper. It lets you literally flip through the pages of the book.

<http://one.v1.myvirtualpaper.com/brochure/2007051702>

[MomsRising.org – Breadmakers and Breadwinners](#) – a grassroots organization of moms and others who stand for open flexible work, maternity and paternity leave, excellent child care and children's healthcare. <http://www.momsrising.org/>

Watch the edgy, factual, and at times funny film that shows where the U.S. really stands on family-friendly policies, offers personal stories of families across the nation, and shares solutions. Then share the film with friends and family! Spread the word about what's really going on with families in America. Free DVD:

<https://civ.moveon.org/momsrisingdvds/?id=10310-1965742-df7225&t=3>

A Message from Sharon:

On April 16, 2007, a silent, angry young man went on a shooting rampage at Virginia Tech, killing 31 students and professors, most of whom he did not know and had

never spoken to, before killing himself. In a video manifesto, which many who knew him observed was the most they had ever heard him speak, Seung Hui Cho referenced Eric Harris and Dylan Kliebold, the two central figures of the Columbine High School massacre of April 20, 1999, as heroes of the victimized and bullied social “outcasts” which Cho felt he was.

In his hate-filled manifesto, which he sent to NBC news to insure his 15 minutes of national attention and fame, he ranted about the privileged “rich” kids he went to school with and screamed that they “made him do it.” He felt ignored, ostracized, and rejected.

Was he bullied or mistreated by his peers, or was he simply a more troubled person than anyone could have realized? His anger got him attention from his mother who sought help for him, even going to churches seeking spiritual healing for him. His anger and intensity frightened the young women he approached at college. His anger and his violent writings, as well as his behavior, got him thrown out of a writing class at Virginia Tech, with his college professor telling her department chair “either he goes or I go.” Private tutoring was arranged for him in his college department, but the tutor kept the door open and had established “safety” words for her secretary to call campus police if she became frightened while with him.

One female student at Virginia Tech who graduated from Westfield High School with Cho in 2003 told reporters that she had seen Cho on the college campus, but he had ignored her greetings. He was described in high school as a loner, but he joined the science club and had several successes there including winning state honors working with a team on projects.

How does a young person fall into such a negative state of mind that the murder of strangers seems like any remote kind of solution? He had created a story for himself in which he was a victim, helpless and hopeless, at the mercy of nameless “others.” He was not able to reach out in a healthy way to connect with the people he came in contact with every day. He wrote out a miserable and horrifying script for his life and he lived it.

There is simply no way to “protect” ourselves and our loved ones from a person living in this kind of self-imposed isolation and pain, except to not be in vibrational alignment with them.

Think genuinely and honestly highly of yourself. Love yourself. Relax and breathe deeply, and think highly of yourself. Not fake. Not insincere. Honestly. We are all so much more than we give ourselves credit for. We are wonderful expressions of Divine Love and Light – so much more intelligent, loving, creative, and radiant than we ever realize – and when we do realize it, it is called Christ consciousness.

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

All really is very well with you. Relax and acknowledge that. Have fun with all of this. You make much too much of all of it. You act like it's like life or death, but there isn't any death. And so, what it's really about is fun or more fun! Pleasure or more pleasure! Clarity or more clarity! It's about Well-being that you're eking out or Well-being that you're allowing to flow rambunctiously. Well-being abounds. Sometimes you have to step back from the circumstances of your moment in order to recognize that.

Abraham Calendar pg. 539

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Article: Bullies

Bullying. It is a child's nightmare. Fear. Humiliation. Damage to fragile self-esteem. For the bully, a hardening of the heart, a loss of compassion and empathy.

It is also a very adult nightmare. While we think of bullies as mean kids on the school yard, bullies can be found any where someone feels like a victim or feels "one down."

"Bullying is the intentional tormenting of others through verbal harassment, physical assault, or other more subtle methods of coercion such as manipulation," according to Wikipedia. [<http://en.wikipedia.org/wiki/Bullying>] Direct bullying is physical aggression from pushing and shoving to beatings. Indirect bullying is much more difficult to prove, prevent, or stop. Indirect bullying or social aggression involves subtle verbal aggression such as gossip, name-calling, lies, and rumors, and isolation of the target by refusing to socialize with them and manipulating others into joining in the social ostracism. How many times have you felt pressured into doing something you did not want to do by tactics such as these? How many times have you had your feelings hurt by name-calling, meanness, or teasing?

What motivates a bully? Bullies believe that they can get power by taking it over another. When we see a bully on a television program, he usually appears arrogant and "full of himself." The opposite is true. A person with a good sense of himself or a good opinion of himself knows the true source of power is acknowledging the connection with Source energy, Divine Love. That person is filled with Love, Light, and real Power. That person is happy, calm, and even tempered. Not the portrait of a bully, and not the portrait of a powerless victim either.

A bully, whether it is a kid on the playground threatening another kid or the supervisor at work who intimidates co-workers, needs to control and dominate. He or she may have feelings of paranoia - anywhere from mild (people are basically untrustworthy) to full-blown "others are out to get me!"

Sometimes an adult hardly thinks of themselves as a bully at all. They play intricate mind games around how to be a success, how to undermine competition, and how to deal with subordinates. The reason such books as *Winning without Intimidation* were written is to offer healthy alternatives to what many see as a "dog-eat-dog" world. Some still cling to outdated notions of power and dominance.

In a workshop on creating a gossip free workplace, Holly Elissa Bruno noted that often women who feel disempowered will resort to indirect tactics such as gossiping about and shunning another to undermine their power and feel more powerful themselves. This creates a "mean spirited" workplace where work does not get done and goals and objectives are not reached. Since most people are afraid of confrontation, problems and issues that must be resolved by communicating openly and cooperating with another cannot be.

Among adults, bullying and coercion are tactics to gain power over another. Children learn by watching the adults in their lives (including those they know only via television programs) and imitating them. Children learn about our values, our belief in ourselves and others, our levels of trust, and our ways of dealing with conflict. And then they take it to the school ground.

Usually a child who is acting out in bullying behavior has no idea of the consequences. Sometimes when picking on someone who is different, the school ground bully just thinks it is funny to see how this person reacts, without empathy for the feelings of the other person.

My grandson is bigger and stronger than most boys in his second grade class, and he has been taught to avoid fighting. On the bus, a fourth grader thought it would be good fun to bully him. In front of a couple of other boys, the bully would tell my grandson, "I'm going to beat you up." Sometimes he would punch him on the arm or whap him on the back of the head. The bus driver did not intervene and did not listen to him when he told her about being bullied. So the next time the bully leaned into his face and said, "I'm going to hit you," my grandson, taking him at his word, punched him solidly in the face making him cry. Of course, the bus driver witnessed this and my grandson was punished, but I am pretty sure the fourth grader will leave him alone now.

Of course, fighting is not a good idea. It can lead to retaliation and most certainly is an escalation of the situation. Other techniques, such as using a set snappy response, learning how to use humor to diffuse a tough situation, and using effective body language, can be more effective for a child to deal with a bully, as well as building self-confidence and self-respect.

Bullies have radar that detects victims. They are drawn to people who will not confront them or stand up for themselves. This is Law of Attraction in action. Those who want to dominate and control others attract those who do not have the self respect or the social skills to stand up for themselves.

Abusers attract victims.

Mirrors of our own thoughts, beliefs, and emotions

When I was a teenager, I saw myself as "fat". I even rounded up my weight by 20 pounds on my first drivers' license because I was sure no one would believe I only weighed 85 pounds. If you look at pictures of me through that time period, not only was I not "fat," I was actually slender.

And I attracted people to tease me and pick on me about being fat. It felt so bad and I couldn't understand why these people were being so mean to me.

They were holding up mirrors for me. They were showing me what my underlying thoughts, beliefs, and emotions were. While these thoughts, beliefs, and emotions did not add pounds or inches to my waist at that time, eventually they did. Eventually the scales crept up and the size of my pants crept up to match my inner beliefs.

Imagine a young child who for whatever reason gets the idea that he is a loser, a disappointment to his family, a misfit, unlovable, un-"likeable." The more he dwells on these painful feelings, even if he tries to stuff them down without refuting them, the more he will draw into his life people and situations that mirror these thoughts, beliefs, and emotions. Since there is so much pain associated with them, they create that much faster with the added energy from strong emotion.

One thing a parent can do is to not criticize the child – and that includes "constructive criticism" when we cut the child down and let the air out of his grandiose ideas "for his own good."

Another thing is let the child know that mistakes will be made. That's part of learning. Go forth and do! If it doesn't turn out exactly the way you hoped, adjust and do again. Repeat as necessary, but don't stop. Don't give up because it isn't what you wanted the first time. And don't put yourself down when you make a mistake. You aren't bad, stupid, or wrong because a "mistake" is made. And they truly aren't mistakes – the action just did not yield the results you wanted. Do again.

Ultimately, we must all clean up the thoughts, beliefs, and emotions that are not creating the results we want in our lives.

A negative self-image, criticizing ourselves or others, judging ourselves or others, and shaming ourselves or others when a “mistake” is made swiftly and surely draws people into our lives who will criticize, judge, shame, and attack us.

They mirror for us the thoughts, beliefs, and emotions that we need to resolve and let go of.

Clean up your energy around these thoughts, beliefs, and emotions and the bullies will go away. Love yourself and believe in yourself, and people will mirror that. People are attracted to the high vibrations of love, trust, and respect

Bully-proofing your child (and yourself)

Michele Borba, author of *Building Moral Intelligence*, identifies 7 Essential Virtues: Empathy, Conscience, Self-Control, Respect, Kindness, Tolerance, and Fairness, and 8 Indispensable Skills of Success: Positive Self-Esteem, Cultivating Strengths, Communicating, Problem Solving, Getting Along With Others, Goal Setting, Not Giving Up, and Caring. [<http://www.micheleborba.com/Pages/ArtBMI03.htm>]

Cultivating these virtues and skills is a great way to “bully-proof” our children and ourselves.

In *Building Moral Intelligence: The Seven Essential Virtues That Teach Kids to Do the Right Thing*, she writes, “the best thing to do is teach our kids how to deal with their tormentors. Doing so will show them there are ways to resolve conflicts without losing face or resorting to violence and will boost their confidence.”

Of course, the best way to teach our children is to model the behaviors and the beliefs for them.

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 breathe 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 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. 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:

David Cameron Gikandi's book "How to Live With Yourself and Automatically and Simply Love Yourself to Pure Freedom, Health, Wealth and Relationship Success" is a life-touching guide. Learn more about it here: <http://tinyurl.com/yfonpc>

Think Right Now! Use inspiring affirmations with or without music while working at your computer. This is the original! None like it. <http://tinyurl.com/2kl7bb>

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 \(http://www.dreamsalive.com/cgi-local/af/b.cgi/719\)](http://www.dreamsalive.com/cgi-local/af/b.cgi/719)

