

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 5 May 31, 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.

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](mailto: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:

[Freedom Writers Foundation](#) – the home page for the foundation built from the true story of a classroom of “unteachable” high school students in Long Beach, California, USA, in 1994; through the power of their writing they were able to change their stories and their perceptions of themselves. Innovative teaching methods and teaching tolerance. This is the power of our stories. <http://www.freedomwritersfoundation.org/>

**Teaching Tolerance**, A Project of the [Southern Poverty Law Center](#), provides educators with [free educational materials](#) that promote respect for differences and appreciation of diversity in the classroom and beyond. <http://www.tolerance.org/>

Afterword to Thom Hartmann’s Last Hours of Ancient Sunlight by Neale Donald Walsh: <http://www.thomhartmann.com/afterword.shtml>

Write your autobiography at Family History Products. Look for journaling, genealogy, and family history products, too. Check into the multi-media memory CDs. <http://tinyurl.com/2qd5f5>

Writing for Life: Creating a Story of Your Own: *A Journaling and Scrapbooking Course* by Sandra Lee Schubert. [http://www.selfhealingexpressions.com/course\\_overview\\_17.shtml](http://www.selfhealingexpressions.com/course_overview_17.shtml)

## A Message from Sharon:

Family reunions are especially important when so many members of our families are scattered far and wide – not just across one country but around the globe.

The family reunion gives us a chance to make connections, to renew and refresh the bonds of kinship that our families give us. It gives us the opportunity to hear (again) the stories of our families of origin.

With compact digital video cameras, it becomes easier to record these precious moments: conversations with our elders, clips of the new baby, and meetings with long lost cousins (again). With these oral histories, we have an opportunity to tell stories that inform our lives.

On our family history, our personal history is based. Even if we are total misfits and wonder often if we were left on the doorstep by a traveling band of gypsies, the way we fit into our families influences what we expect from life and this world. Maybe especially if we are misfits.

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

\*Start telling your own stories. Get your own stories so vivid in your vibration that they dominate the vibration of your being. Because when you start telling your story the way you want it to be, the Universe will line up and give you all of the evidence and circumstances and events to support your desire that you want.

San Diego 3/10/07A

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## Article: Telling Our Stories (Part I)

In an introductory journalism class in 1973, my instructor Henry F. Meyer conducted a dramatic demonstration of *perception vs. reality*. He and a hefty male student got into a shouting match followed by the student's "expulsion" from the class. We were all to write the story based on what we had witnessed.

Very few people got all the details "right." Some of the "facts" were in place, and the interpretation was across the board. Both participants in the drama issued self-serving quotes. Accounts from eye witnesses on the front row were varied. Mr. Meyer, for whom the Mississippi State University Student Media Center is named, taught us the value of an engaged witness with his question, "What just happened here?"

Perception vs. Reality is a philosophical construct used to teach marketing tactics. Our experience of our reality is based on our perceptions. The theme of the X Files television show was, "The Truth is Out There," but which truth?

Truth is subject to perception, perception is subject to witness, and the witness is telling the story based upon the stories that are playing in his/her head.

We base our perceptions on our personal stories, and we live our lives accordingly.

## The Stories in Our Heads

Our great computer brains and minds go along recording every microscopic detail about our lives as we go through our days. Every nuance of every image we see, every sound, every breath of air, every subtlety of temperature, every scent – our bodies and our multitude of senses gather data for our brains and our minds, 99.99% of which we are completely unconscious of.

Perception is reality, or at least our perception is our experience of reality. Quantum Physics posits that observation affects the object observed. Reality is even more fluid than we realize.

Our helpful brains and minds filter our analysis of the data received based upon our thoughts, beliefs, and emotions. These filters are our perceptions, our beliefs about ourselves and the world around us. The filters are drawn from the stories that we tell ourselves about ourselves and the world around us. The stories (perceptions) are the basis upon which we make our decisions. We will always make decisions in line with our stories and perceptions, in other words, what we believe to be true, unless we consciously and deliberately choose differently.

To choose consciously is to exert some influence over the stories we tell ourselves. If our basic story, perhaps inherited from our parents and other early care givers, is that life is hard and we have to work hard for every good thing, that there is something inherently wrong with us, then that is the life we perceive. Our useful brains and minds are programmed to filter out data that is not in concert with our stories. We won't notice the opportunity to do it differently, consciously make a different choice, and enjoy a different outcome – unless we make the effort and choose to see it differently.

One of the most important basic stories that we need to rewrite is the one about our individual worth. Louise Hay wrote that even self-hatred was only a thought and a thought can be changed. We can change so much about our lives and broaden our choices by adopting the personal story that we are lovable, we are loving, we are loved, we are powerful, and we can handle it.

## **Telling our stories to ourselves**

We are constantly holding conversation with ourselves. We talk over details of our lives, assign meaning, and even argue with ourselves. If we want to know what the predominant scripts or stories we are acting from, all we have to do is notice the results in our lives.

Some people go to therapists who work with them to help them see their stories. Journaling and writing our personal histories are other ways we can learn about the stories and scripts that are running our lives.

There may be value in becoming conscious of these stories. If our stories are working for us, we want to keep them, and in fact revisit them consciously, shining awareness, energy, and intention on them. Then we get more of the good stuff that we like that comes from these stories. However, if our sad story throws a wet blanket over our lives, there isn't much value in giving them any more time and attention.

The scripts and stories we tell ourselves inform our daily lives. They are not reality. They are lenses through which we perceive reality. This is the mechanism through which our thoughts, beliefs, and emotions create our experience of reality.

That's good news.

If we don't like the reality we are looking at, we can change our perspective. We can tell ourselves a different story. We can refocus.

We can consciously take charge of our lives by rewriting the stories that are not serving us and by empowering and focusing on the stories that are.

### **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 new book is available now. "How to Live With Yourself and Automatically and Simply Love Yourself to Pure Freedom, Health, Wealth and Relationship Success" - A truly practical how-to guide. David says it is his best book since "A Happy Pocket Full of Money" that I recommend on my Web site. 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>  
And while you are on the Web site, look for the new creating a winning self-image audio program.

### **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>)

[The Science of Getting Rich](http://www.scienceofgettingrich.net) – “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>

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Sending you Light and Love,  
**Sharon Walls**

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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>