

# Road Signs for the Journey

There is no Destination, the Journey is the Thing.

2007 No. 6 June 30, 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:

**7/7/07 Live Earth - Global Concerts for Global Climate Change Awareness** - Live Earth is a 24-hour, 7-continent concert series taking place on 7/7/07 that will bring together more than 100 music artists and 2 billion people to focus global attention on the climate crisis. The concerts will be broadcast live from New York, London, Sydney, Rio de Janeiro, Johannesburg, Tokyo, Shanghai, and Hamburg by television and Internet. Live Earth concerts will be broadcast to a live worldwide audience by MSN at [www.LiveEarth.MSN.com](http://www.LiveEarth.MSN.com).

Go to this Web site to see schedules and television viewing times.

<http://www.liveearth.org/event.php>

See what Al Gore has planned on his Web site here: <http://joinliveearth.org/gore>

World JOY Meditation – A 1-hour world-wide meditation to "Fire the Grid", much like the Harmonic Convergence in 1987 - Tuesday, July 17, 2007 at 11:11 GMT. This is 4:11 AM California Time and 7:11 AM NY time.

To learn more about this event and the story behind it, visit:

<http://www.firethegrid.com/eng/home-fr-eng.htm>.

Julie Johnson's radio show, Law of Attraction Talk Radio, is having a special broadcast for the event: [www.lawofattractiontools.com](http://www.lawofattractiontools.com).

On June 21, 2007, the Mississippi Coalition for Racial Justice kicked off a year of dialogue on race and social justice that they are calling **The Welcome Table**.

"The Mississippi Coalition for Racial Justice believes that economic and community development and civic change are inextricably linked to equity and respect."

"We believe that change comes through dialogue and relationship building, followed by effective community action." The [William Winter Institute on Racial Reconciliation](#) is a

partner in the Mississippi Coalition for Racial Justice. Read more about the plans for the year-long "Welcome Table" activities and learn about Story Circles here:

<http://www.olemiss.edu/winterinstitute/welcometable/>

<http://www.writingwithvision.com/> - Anne Wayman's Web site offers a free e-book on writing your non-fiction book and getting it published. She is a ghostwriter and writing coach whose approach is straight from the heart. Free newsletter and archive of articles, too.

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>

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

The Mississippi Coalition for Racial Justice launched a program they are calling **The Welcome Table** on the steps of the state capitol on June 21, the summer solstice. That's fitting. Mississippi is known for its long hot summers and for heated race relations.

The concept is at once complex and simple. If we spent some time getting to know each other, we could understand and respect one another more.

The program draws on understanding, reflection, communication, and education. One tool to build respect and trust is called the story circle.

The story circle is a group meeting where the facilitator asks a question, and each person in the circle has an equal amount of time to share their answer. Everyone listens respectfully; every takes a turn speaking. Questions are saved until the end.

The simple act of listening conveys respect; the act of sharing our thoughts conveys trust. Respect and trust build community.

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

### **Article: Telling Our Stories (Part II)**

The first step in any manifesting project is to identify what you want. You'd think that would be easy, but it can be surprisingly difficult. So often our desires are obscured by who we think we are, what we think we deserve, and what we believe is possible. These thoughts, beliefs, and emotions are based on the stories we tell ourselves.

Sadly, many of us may never live our dreams, because according to the story we tell ourselves it is not possible.

What is your story? More accurately, what **are** your **stories**?

Another way of asking is, what is your personal history?

And writing your personal history is a great place to start to rewrite your life.

## **Memoirs**

The memoir is a genre that fits with the purpose of writing your personal history. The memoir is usually much shorter and less detailed than an autobiography. Sometimes it focuses on a relatively short period of the writer's life. It focuses on incidents that are important to the writer, whether they are "important" in the grand scheme of things or not. If it is a memory that has stuck with you over the years, chances are it was important to you.

A memoir does the following:

- ≈ Explores an event or series of related events that remain lodged in memory
- ≈ Describes the events and then shows, either directly or indirectly, why they are significant --
- ≈ or in short, why you continue to remember them
- ≈ Is focused in time; doesn't cover a great span of years -- that's an autobiography
- ≈ Centers on a problem or focuses on a conflict and its resolution and on the understanding of why and how the resolution is significant in your life

(Burch, C. Beth. [Writing for Your Portfolio](http://www.inkspell.homestead.com/memoir.html). Boston: Allyn and Bacon, 1999. Found at <http://www.inkspell.homestead.com/memoir.html>, accessed June 28, 2007.)

As you write your memoir, you will learn a great deal about yourself, and why you think the way you do, why you behave the way you do, and why you make the choices that you do. You are likely to uncover universal truths that will resonate with other people.

Catherine Ponder, whose wonderful books on prosperity consciousness have inspired so many, has written a memoir titled "A Prosperity Love Story: Rags to Enrichment." She calls the different stages of her life "sagas." There is the "New Era," "Alabama," and the "Heart-of-Texas Saga." A reader wrote that, "she lived a life, in spite of enormous challenges, of practicing what she teaches." Her memoir shows us a life lived in developing her wonderful practices and beliefs as she found true prosperity consciousness that works for her and spread her teachings through the Unity church.

Many great teachers have used the stuff of their lives as examples in their writing. Louise Hay's poignant story of finding her way to loving herself and healing from cancer is threaded through her books. She tells us how what we expect and what we think we deserve colors our lives. Our personal histories can run things if we don't make a conscious effort to choose differently. John Randolph Price writes often about how his teachings and beliefs have played out in his personal and professional life. Sonia Choquette and Denise Linn and Doreen Virtue all describe how they have come to their beliefs and teachings, and how they have worked in their lives.

By sharing their personal histories with us, they illustrate for us how we can apply their teachings in our own lives.

**But my story is so ordinary**

I have heard people say, “But I don’t have a story to tell. My life is so ordinary.” No one has ever led an “ordinary” life. In the first place, there is no such thing. We are each indescribably unique and distinct one from another, even while, paradoxically, we are so interconnected. Everyone has a story. And each of us can learn from listening to each other’s stories.

The memoir often tries to capture certain highlights or meaningful events in one's past. Included in the memoir is a contemplation of the meaning of that event at the time of the writing. The memoir may be more emotional and descriptive, and concerned with capturing the feelings of the event, rather than documenting every fact and detail of a person's life. A memoir usually has a particular focus of attention, focusing on the selected events from a perspective that may not include other facts and details from the person's life. In other words, the memoir is highly focused and selective in the memories it includes. (N. Zuwiyya, 10/2000. Found at <http://www.inkspell.homestead.com/memoir.html>, accessed June 28, 2007.)

As you describe an event that had meaning and importance to you, you shine a light on your personal history that shares meaning and importance with all of us. You come away from your writing with new insights and new attitudes that change the lenses through which you perceive your world. If you share your writing with us, those of us who resonate with your story will receive new insights and new attitudes from reading it – and interestingly, these new insights may be different from the ones you found in the writing of it.

Your memoir of growing up poor and learning to appreciate every good thing you had, then using this ability to appreciate the every day circumstances of your life, serving you well as you move from one circumstance to another, growing and learning all the way, can play out many different ways. It is in the perception that you choose to place on it now. You can’t go back and change the fact that you grew up in a 4-room shack with no running water, but you can describe your mother’s way of making the shack homey and comfortable. You can describe watching her wash dishes at the tin tub on the kitchen counter; you can recount carrying a bucket of water from the well so she could wash those dishes. You can count your blessings. This raises your vibration in the now and attracts to you more blessings.

### **Rewrite the past**

When writing your memoir, do not indulge in blaming and wallowing in ugly or painful incidents.

William Zinsser wrote in *Inventing the Truth: The Art & Craft of the Memoir*: The national appetite for true confession has loosed a torrent of memoirs that are little more than therapy, the authors bashing their parents and wallowing in the lurid details of their tussle with drink, drug addiction, rape, sexual abuse, ... and other fashionable talk show syndromes. These chronicles of shame and victimhood are the dark side of the personal narrative boom, giving the form a bad name.

It is true that sensationalism feeds the “national appetite,” to the point that when we hear of a memoir, we often think of a “tell-all” book revealing juicy personal details of a hopefully embarrassing nature, and hopefully implicating a famous person in the scandal.

We are the authors of our lives and of our fate; we are not victims. When we are looking at our personal history, it is important to consciously choose what to keep and what to release. We don't have to turn away from what brings us joy, nor do we have to hang onto what caused us pain. We can completely and totally forgive ourselves for whatever there is in our personal history that we think we might need forgiveness for. We can let go of it and move on. We can choose what we want to keep from our past and release the rest.

Terry Cole Whitaker writes, in *Love and Power in a World Without Limits*, [Transcending your personal history means being responsible for your past, learning the lessons, making the necessary corrections and changes, and making your present choices from love and limitlessness.](#)

We can invoke a conscious awareness in our daily choices. We can deliberately choose our thoughts, beliefs, and emotions. We can rewrite our personal history by finding what is good in every situation.

Find the blessing and move forward. If you have a personal history that says you lived in poverty and had a miserable childhood, you can choose to carry that around on your back as a reason to continue to live in poverty and continue to have a miserable life. You can chant, "I can't, I can't, I can't..." while pointing to your past as evidence. You will be right. Not because you lived in poverty and had a miserable childhood – because you continue to live your life based on that story.

You can write that you lived in poverty as a child, and there were a few really good times that you will always remember. You learned to take care of yourself. At some point you learned that it didn't have to be that way. You learned that you deserved to have the good things of life – love, health, fulfilling work, prosperity and abundance.

You can choose to see it all differently.

Abraham-Hicks has a process called "Scripting" in which you write out the script for what you want or how you want life to be. You write it as if it is happening now. You give it all the details, all the emotions, all the colors and flavors and scents as you describe whatever it is you want to attract in your life. This is creative visualization with paper and pen (or computer keyboard).

Your mind cannot tell the difference between a visualization or fantasy and "reality." So your mind goes to work to create based on your visualization, your new made-up story.

It is true that your mind and brain can't tell the difference between something imagined and something "real." Recall how often you have remembered an event that took place years ago that still has an emotional charge for you – in seconds you feel the same emotions (anger, fear, ecstasy) that the original event held for you. What about when you imagine something that frightens you? You get just as scared of the monster that might be in the closet.

Why not apply that little fact to rewriting your personal history?

[Be willing to play with changing your past to be as fabulous and full of blessings as you would have liked. Take on this new way of retelling your story and see if your life doesn't dramatically improve to reflect your new 'story'!](#)  
[Anisa Aven, www.CreatoVision.com](#)

Write your personal history to learn more about yourself and how you look at the world, and then rewrite or refocus those parts of your past that do not serve you now.

You can get insights and joy from the past and use it to build a jumping off point for the future that you want to experience. You can mine your past for rich gems and learning that has brought you to where you are today. You can count your blessings then

and now. You can focus on what was good about your past, and you can focus on what is good about now.

Since we get more of what we focus our attention and energy on, choose carefully what you will shed light on from the past, what you will keep, and what you are ready to let go. By choosing and using your personal history, you can write your future the way you truly want it to be.

### **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 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**

Road Signs for self help and personal development

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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>