

Road Signs for the Journey

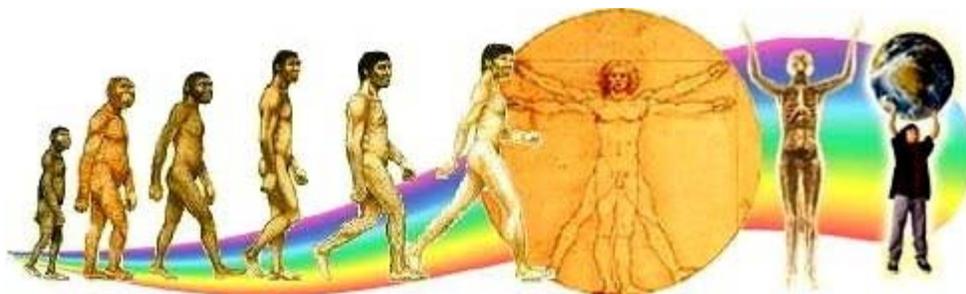
Road Signs from the Universe

by Sharon Walls
for Road Signs for self help and personal development

June 30, 2004



Trans4mind.com



Comprehensive resources for personal growth and transformation of body, mind and spirit. The site includes excellent free personal development plans, courses, books, articles, quotes and videos ... and our great collection of [free ebook downloads](#). Plus the paid Trans4mind courses and programs for those who want to go all the way!

Why Do Personal Development?

A natural trait of humans is to be constantly developing, growing and moving toward a **balanced and mature way of being**. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. Our consciousness and mindfulness remain as always. We are now paying the price for Mankind's selfishness and inconsideration. **Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.**

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. **Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.**

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. **It's our best hope for the future - and it's in our hands.**

[FREE COURSES, READING & SERVICES](#) ▶

[TOP RECOMMENDED PRODUCTS](#) ▶

ROAD SIGNS FROM THE UNIVERSE or Principles of the way the Universe operates

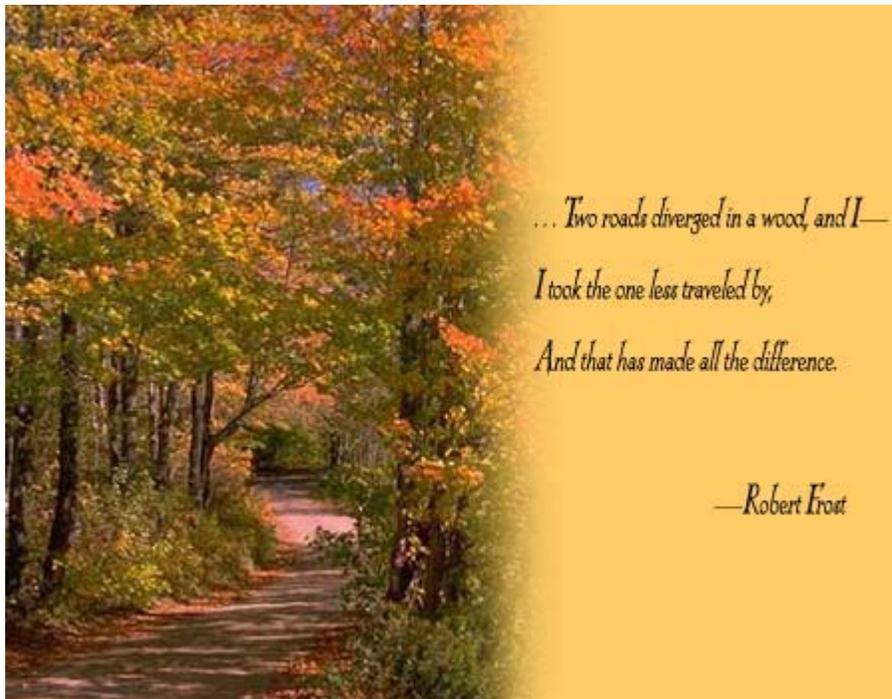
by Sharon Walls
for Road Signs for the Journey

LIFE AS A JOURNEY

Life as a Journey is a common metaphor for our time as Spiritual Beings in physical experience.

Journey describes my Life very well. My physical incarnation in this Life had a definite beginning, a gate. As I meander my way along, I traverse interstates with many lanes of high speed traffic going some where fast, as well as unpaved back roads, lanes through the woods, paths that once were roads, running over hills and mountains and through dark tunnels or even caves.

I've been in many a shadowy space in the woods, and I've been to the top of some high mountains with glorious vistas filled with hope and promise.



Signs

The Universe communicates with us constantly, moment to moment, with every breath we take. Because we are rarely listening, it is easy to miss the guidelines, encouragements, ideas, and instructions the Universe is radiating to us and through us to others.

Some of the methods the Universe uses to get through to us:

- Intuition – an inner “knowing” or sensing of information, which many of us can’t see or hear, or wouldn’t recognize, or wouldn’t trust;
- Dreams – these can be clear, motivating, and inspirational... and they can be easily forgotten when we open our eyes. Some times they come in some inner language that we need our intuition to interpret;
- Signs – my personal favorite. Spirit (the Universe, God, Divine Love, the Source, All That Is) is always with us, always guiding us, and Spirit has posted signs, road signs and guideposts, so we are never lost.
- Religious experiences, inspirational books, movies, poetry, songs, meditations, newsletters like “Road Signs for the Journey” ;))

Information and communication from our Higher Self, Spirit, All That Is help us find our way in our Journey called Life.



Photo © 2004 by J'Lynn Howell

Road Signs for the Journey

The Universe operates on some clear principles.

- God (Spirit, Divine Intelligence) is All That Is - the Source of all Life, of all health, happiness, thought, wealth, abundance, and Love. God is Love. God is Good. The Universe is composed of Energy, therefore All That Is or Divine Intelligence is Energy.
- Energy vibrates, therefore every thing existing in the Universe vibrates.
- The Law of Attraction states, "Like attracts Like." Things, thoughts, beliefs, feelings, and rocks are magnetically attractive to other things, thoughts, beliefs, feelings, and rocks with similar vibration.
- Thoughts, beliefs and emotions create our experience. Whatever we place our attention on, whatever we think about, imagine, believe and feel strongly about we attract more of into our experience. We can use this to deliberately create our experiences.
- When I am most closely connected with All That Is, I am Joy, Love, Abundance. The more Joy I experience, the more closely connected I am with All That Is.
- Every single condition or situation in my life is reflecting how much I love myself.

■ **All That Is**

God (Spirit, Universal Intelligence) is Love, and Love is all there is. God is All That Is - the Source of all Life, of all health, happiness, thought, wealth, abundance, and Love. There is only One Source.

The Universe is composed of energy. Modern science has proven this. This Energy

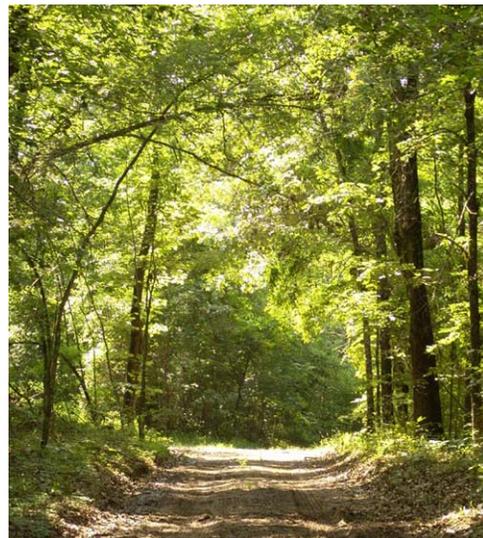


Photo © 2004 by J'Lynn Howell 1

is Divine Intelligence, Source, All That Is. It is Divine Love.

In this substance, we live and move and have our being. We are not just a part of All That Is, we are literally made up of Energy, of all that is. We are this Divine Energy in the expression of our individual selves. We are not and cannot be separate, but we can think that we are and feel bad if we choose to.

■ Energy Vibrates

Energy vibrates. Every thing is composed of energy, therefore every thing vibrates, including thoughts, feelings, fingers and toes, and material objects. Every thing vibrates.



Energy vibrates, therefore every thing vibrates. Every thing, every cell, every atom, every little thing vibrates at different frequencies. Feelings vibrate at different frequencies. Love is the Highest and Most Powerful Vibration imaginable. There is no such thing as hate except as a thought or abstract concept; hate is fear. Every thing vibrates in Love or in fear. In Love, we

vibrate “in tune” with Divine Creative Energy; in fear we have a low dense vibration that is not in accord with flowing Creative Energy.

God is Love; and Love is All That Is. Fear (and hate) is a human perception of a belief in being separate from God. It does not really exist because God is Love is All That Is and there can be no place where God is not.

■ The Law of Attraction

The Law of Attraction states that “Like attracts Like.” Thoughts and things that vibrate at harmonious rates, like frequencies, are attracted to each other. Happiness vibrations attract more happiness, more “things” that bring joy, more

abundance, more health, more energy, more love, more creative ideas, more pleasure, more fulfillment...

The term "Good Vibrations" got to be clichéd, or ridiculous from pop songs in the 70s and 80s, but the concept is right.

Feeling Loving, Creative, Joyful... that is simply vibrating at that frequency. It is a high and powerful frequency and it Feels Good!!! Since Spirit is Love, is All That Is, when we vibrate at frequencies of Love, Creativity, and Joy we are vibrating at the frequency of Spirit and we are in harmony and in connection with Source. When we are vibrating in harmony with the One Source, the Creative Power in the Universe, we draw to us all the Joy, Love, Health, and Abundance that the Universe has for us. The Universe is always vibrating at this high level, this level of Love, any way, no matter what. All we have to do is to vibrate in harmony to have a clear channel to flow the energy into our lives and into our creations.

This is a Universal Law. It works. All ways. No exceptions.



Photo © 2004 by J'Lynn Howell 2

■ **Thoughts create Reality**

Thoughts, beliefs and emotions create our experience. Our experiences reflect or "mirror" our thoughts, beliefs and emotions.

If we are mired in thoughts and feelings of hopelessness, worry, fear, and lack, that is what we are vibrating in harmony with.

If our beliefs, thoughts, and feelings are predominantly negative or of a low vibration, that is what we attract in our lives... that is what we are open to. Usually this brings more reasons to feel bad – i.e., the perception of lack, pain, suffering, loss, separation, loneliness.

This is why it is important to be aware of our thoughts and carefully select our beliefs to vibrationally match our desires for joy and abundance and love and peace and radiant health. If what we dwell upon comes to pass, for goodness sake let's dwell upon beauty and love and joy.

■ Deliberate Creation

Whatever we place our attention on, whatever we think about, imagine, believe and feel strongly about we attract more of into our experience.

Deliberate Creation is the art and science of dwelling upon beauty and love and joy in order to choose the life we want to live.

If our thoughts, beliefs and emotions (our predominant vibration) create our lives, then let's choose. Let's decide what we create rather than creating by default, creating unconsciously, and just continuously reacting from a position of powerlessness.

This is the space in which we use techniques like creative visualization, affirmation, goal setting, and wish lists. We want to be clear on what we want in order to deliberately bring it into our lives. If we are not clear about a specific object we want, we can be clear on the feelings we want, the “essence” of our desires. This is where our dreams and our hearts desires speak to us, beckon to us. Where did these dreams and desires come from? Same place every thing in the Universe comes from... Source. Spirit. Divine Intelligence. God.



Photo © 2004 by J'Lynn Howell 3

■ Joy

When I am most closely connected with All That Is, I am Joy, Love, Abundance. The more Joy I experience, the more closely connected I am with All That Is.

God is Love. Love brings Joy, Bliss, Harmony, Peace, Beauty.

We can use our feelings as road signs to direct us. The more Joy we are feeling, the more we know we are in alignment with All That Is, the Source of our supply.

When I keep my heart and mind focused on love and joy, then love and joy fills my life. When I put my focus on experiencing love, it expands and I will experience more of it. When I make it a point to be happy, to experience bliss and joy in my daily life, it expands and I have more of that.

When I am faced with "contrast" - what I don't want - I can tell by the way I am feeling that I am out of sync with my Higher Self, with my Good. My feelings become my road signs to tell whether I am putting my attention where it needs to be. I can reach for a better feeling thought and get back in sync with All That Is, the Source of my Life, Love, Joy, and Abundance.

It just makes sense to keep our thoughts and focus on the highest and best feeling thoughts; to create the life of our dreams.

Thought precedes feeling. If I feel emotional pain or upset, it is due to a thought I am holding. Often these thoughts are subconscious, old programs or tapes that play in the background below our awareness. Beliefs are thoughts we have repeated and held for so long that they have become "truths" for us. I can tell what I think about and what I believe by seeing what I am creating in my life.

Many people and psychiatrists urge us to "uncover" these subconscious beliefs, to bring out into the conscious mind the thoughts we habitually think. To me, this seems like putting my attention on something that I do not want to have



more of in my life. If I do uncover the thought that is creating my upset, it will only be to tell myself not to think that thought... that seems counterproductive. Instead, why not shift focus and look for the better feeling thought? Just think about something else that does give us Joy or Peace or Pleasure.

■ Love

Every single condition or situation in my life is reflecting how much I love myself.

I have often worked from the belief that I had to love myself before I could love others. But I have been rethinking this lately. While it seems obvious that I cannot give what I do not have... since in Divine Love I live and move and have my being an unlimited supply of Pure Perfect Love is always available to me.

If we are all expressions of Divine Intelligence, Divine Love, then we are all one. We are all part of All That Is. Therefore, if I consciously radiate God's Love from my heart to you, I am consciously loving myself as well as loving God.

I have been meditating on loving God, loving the Universal Life Force Energy that is my perception of the Higher Power. As I do, it becomes easier then to love others and most importantly it becomes easier to love myself.

To love is to come from a place of deserving, accepting, opening up to receiving, allowing all good in my life, in my heart, in my soul. Then Love is truly All That Is.

*We are what we think. All that we are arises with our thoughts.
With our thoughts we make the world." The Dhammapada*



Photo © 2004 by J'Lynn Howell 4

Some Resources:

Sanaya Roman and Duane Packer have created a wonderful web site at <http://www.orindaben.com>

Abraham-Hicks: <http://www.abraham-hicks.com>

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

“I’m Rich Beyond My Wildest Dreams. I am. I am. I am.” by Tom and Penelope Pauley. Visit: <http://www.richdreams.com>

[The Science of Getting Rich](#), by Wallace Wattles. Download it for free

Prosperity Place by Joan Sotkin: <http://www.prosperityplace.com>

Joan's [Build Your Money Muscles](#) program is about aligning your thoughts, beliefs, and emotions about yourself and money.

[Subliminal Power](#) is a great visual subliminal program for the computer.

[CENTERPOINTE](#) The Centerpointe meditation program

The Sedona Method - Release your anxieties and fears

<http://www.sedona.com>

[Unity School of Christianity](#)

[Church of Religious Science](#) and Science of Mind magazine

[Edgar Cayce and the A.R.E.](#)