



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No. 1
June 2013

Dear Betty,

It is June which means that once again the calendar has turned over for the *roadSIGNS* e-newsletter; with 144 newsletters behind me I am now beginning my 13th year of writing. I remember only too well the fifteen or so friends who received my very first newsletter and who encouraged me to continue. Now with over 1200 friends and acquaintances checking in with me every month I realize what a privilege it is to be a part of your path.

There have been many *roadSIGNS* of late related to 'awakening'. Being the

author of ME FIRST - If I Should Wake Before I Die, I viewed these as a reminder that it was time for me to pause and re-evaluate how I am playing and living in the world and to become more mindful. As a result, this month's topic explores the topic of Mindfulness.

In celebration of my 13th year of writing, we are also launching a brief video presentation of this month's topic. You will be able to view this [HERE](#).

Enjoy the read!

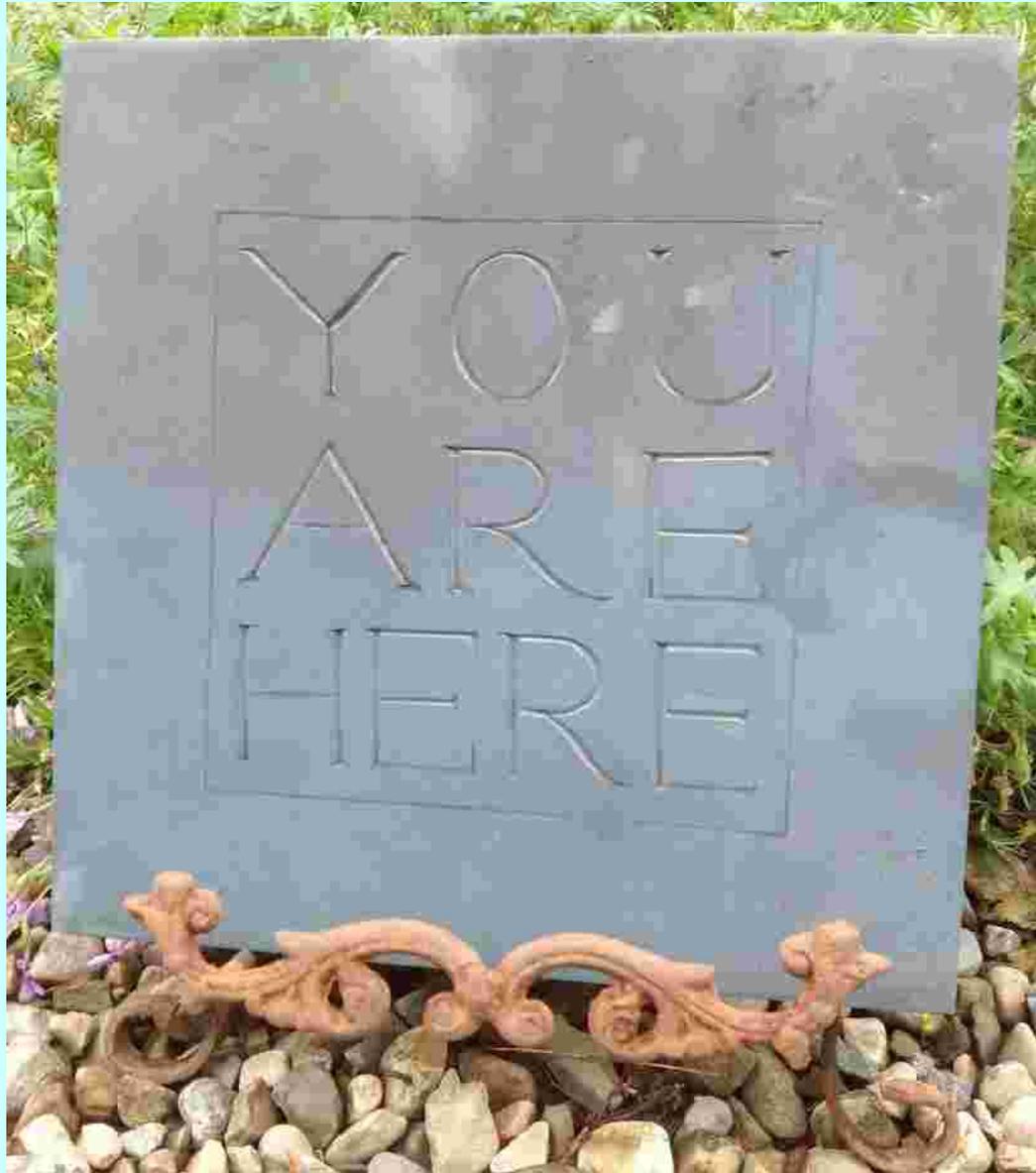
Betty



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This month's roadSIGN



Garden Sign at the opening of the Tigh Shee Labyrinth

"Mindfulness is simply being aware of what is happening right now
without wishing it were different;
enjoying the pleasant without holding on when it changes (which it will);
being with the unpleasant without fearing it will always be this way (which it won't)."
James Baraz

Everyday Mindfulness

It has been four years since I finished writing ME FIRST - If I Should Wake Before I Die. I sometimes wonder what the book would read like if I were writing it today. As all of you know time moves on and our understanding of any subject evolves.

I have learned that waking up is not a state it is a journey, one that evolves and one in which, if you allow for it, peels away at the layers you wear. I find myself seeking to understand the awakening process in new ways, exploring what it means to 'BE' in the world and to understand an important aspect of awakening,
MINDFULNESS

Although mindfulness has been around in Western culture for many years, there is resurgence in interest. Perhaps the busyness we are experiencing is responsible.

An easy definition of Mindfulness is living your life with an awareness of what is actually happening around you and within you, tuning in versus being on auto-pilot. Secondly, mindfulness implies being intentional in your approach to life, energetically being in a state which supports the best of who you are and how you want to express yourself in the world. Both, as you see, can be challenging.

Everyday Mindfulness

Recognizing that being mindful poses certain challenges, what practices can you engage in to facilitate this with some degree of ease? The last thing you need is to create yet again another challenge in your already complicated life. Here are some simple suggestions:

Create Space:

Space is created through breath. There are many opportune times during a day, such as between meetings or before beginning a new task.

It is as simple as stopping, leaning back in your chair, closing your eyes (not necessary), and taking a few deep breaths down into your abdomen. As you do so, clear your head of whatever is behind you and create space for moving forward. Check-in with yourself and notice what your body is communicating to you; release any tension.

Note that when you create space, you will be able to respond versus react to situations.

Focus on 'What is' versus 'What if...':

Stay in the 'now'. You have heard it so many times - the past and the future have no real relevance; all that really matters is this moment. Worry and fear all live in the future, in the 'what if...'. 'What is' energy is right in front of you, in this moment. This is a key strategy for mindful awareness, calmness, and being grounded.

Compassionate Curiosity:

Use compassionate curiosity instead of judgment. Whether this judgment is of self or another, push the pause button and simply ask yourself what is going on in this moment.

If you are experiencing a rush of energy or criticism from someone else, ask yourself if this is about you.

If you are about to make a decision for yourself, pause and check in with your intuition. Ask yourself 'is this in my highest good'?

Be present with yourself and listen for the answers; this may change your response.

Recognize Which Choir is Singing:

Become more consciously aware of your 'elevator music', that is the messages which you are feeding yourself. Are they sourced from your inner critic or choir, or are they coming from your uplifting and supportive inner coach.

The inner critic's message, which life coach Peggy Farah refers to as 'dirty pain', creates pain through self-judgment.

Remember that your brain has been programmed for self-judgment/negativity. Likewise the most recent research suggests that the brain is plastic and can be re-programmed.

Decide today what messages you want to feed yourself, choose a diet which is uplifting and esteem boosting. Do this consciously, replacing the critic's message with the voice of your inner coach.

Meditation/Prayer/Reflection:

There is ample research to support the importance of meditation in your daily routine including decreased blood pressure and heart rate, increased alertness and clarity, and improved resilience to name a few. In ME FIRST we suggest 1% of your day or 14.4 minutes dedicated to some form of reflective practice.

Meditation takes many forms from simply quieting your mind and following your breath, chanting a mantra, listening to a guided visualization or walking meditation. The latter two are my personal favorites.

A simple walking meditation is to say to yourself, "I am Peace" on the in-breath and "I am present" on the out-breath.

Nature:

In recent CBC interviews with David Suzuki and Robert Bateman, both spoke of NDS, Nature Deprivation Syndrome. I listened in disbelief, as I live in the country. I began to realize that indeed, technology is stealing us away from what is really important, Mother Nature.

Mindfulness is a connection to that which is greater than self. Certainly nature, our awareness of birds, plants, clouds, rain and sun, is part of this. Find a way to re-connect with some aspect of nature. Sit outside and listen for the birds, study the clouds and watch them change shapes, observe the trees dance in the wind, feel their energy as part of yours.

Final Word

This past weekend Jim and I took an extra day off. We spent three days in our gardens, edging, weeding, trimming, hauling - you get the picture. I recognized that when I am gardening I am fully present, I am mindful. My mind grows quiet and whatever projects or worries have been consuming me simply evaporate. I find space in my life just to 'BE'.

Find an activity that allows you the same experience: painting, carpentry, bird watching, dancing, whatever your personal choice may be. Allow yourself to get lost in the energy of whatever this is and notice what happens to you, how space refreshes you. Mindfulness does not have to be difficult - it is about finding the chewable chunk that resonates with you and allows you to 'BE' in your life.

Acknowledgements:

I want to thank Deirdre Walsh, Joree Rosenblatt, Peggy Farah and Lianne Bridges for an amazing evening of Mindfulness discussion and learning at the recent Awakening Café.

'Mindfulness means that I can be in a still body'

Life Coach Joree Rosenblatt citing one of her three year old students

Your asSIGNment

From the Everyday Mindfulness strategies listed above, choose one or more to insert into your life.

Be clear about what you want to create/attract in your life then intentionally begin living that way.

Pay attention to how you feel, body, mind and spirit, as a result of these changes.

Travel Tip

Awakening is a journey rather than a state of being. A practice of mindfulness is the vehicle.

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGN is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.

Monica

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNs.ca.

Events:

For details regarding any of our upcoming events in 2013 [visit our website](#)

Labyrinth Walk

Saturday June 22nd 2013 at 6:00 PM
Tigh Shee - North Lancaster, Ontario
For more details go [HERE](#)

ME FIRST Retreat - Tigh Shee

Saturday June 22nd & Sunday June 23rd , 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

WE FIRST Retreat - Tigh Shee

Sunday June 21st , 2013

Tigh Shee - North Lancaster, Ontario

This is designed as a ME FIRST introductory program for couples and partners - with whom you want to deepen a relationship.

For more details go [HERE](#)

Goddess Camp 2013 - Tigh Shee

Saturday August 17th, 2013 and Sunday August 18th, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link

[HERE](#)

Sincerely,

Betty Healey
roadSIGNs