



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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May 2013

Dear Betty,

In early April I had the opportunity to participate in a day long [Access Consciousness](#) retreat where I learned a technique called 'The Bars'. This is a form of energy work designed to "unlock you from your conditioning and the limitations of your thoughts, feelings and emotions". The BARS, as described in the program, are like the hard drive of your computer, the stuff you have stored up for a lifetime. Running the bars during an energy session is like de-fragging your computer, the big DELETE FILE! This of course creates space for the new work to begin and your new story to emerge, which is my interest in using the

Bars as a technique with coaching clients.

In addition this program re-introduced me to the power of the QUESTION, a reminder to me that life is about exploring. For the May e-newsletter I have chosen questions as the theme. Welcome to Living in the Question.

Enjoy the read!

Betty

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This month's roadSIGN



Tourism office - Southern California 2011

May Newsletter

Live your questions now, and perhaps even without knowing it,
you will live along some distant day into your answers.

Rainer Maria Rilke

Living in the Question!

Having just celebrated another birthday, approaching 16 years in business and 13 years of writing, I find myself reflecting on how, even at this stage of my life, I have more questions than answers. In fact, I may have even more questions that I had when I was younger.

In my youth I was so sure of myself. I was strong on opinion and short on patience. I was also lacking in experience although at the time I did not recognize this, I simply felt I had all the answers.

So what shifted? Somewhere along the way I learned that having all the answers was not as important as understanding life's big questions.

The question empowers, the answer always dis-empowers.

Gary M. Douglas

I began to understand that my answers, my sense that 'I knew it all', had me cornered. While they supported my strong sense of purposefulness, the goals and objectives I had established for myself, and my life plan, something was missing.

As I approached my late thirties I began to recognize that there were possibilities out there that I never considered because I simply did not see them. The analogy for me is like walking through life like a horse with blinkers on. I had no peripheral vision. I was not exercising my curiosity.

I realized that my answers gave me boundaries and that in living within these boundaries I had a sense of security. What I did not appreciate is that I had boxed myself in.

The Shift from Answers to Questions

My friend and fellow author Gregg Levoy writes: Calls (Your call to service/ life purpose) are essentially questions...they are questions to which you respond, expose yourself and kneel before.

You don't want an answer you can put in a box and set on a shelf. You want a question that will become a chariot to carry you across the breadth of your life, a question that will offer you a lifetime of pondering, that will lead you toward what you need to know for your integrity, draw to you what you need for your journey, and help you understand what it means to burst at the seams.

These questions will also lead you to others who are propelled by the same questions.

It is Gregg's writing that reminds me that questions are essentially intentions, intentions that are designed to indicate that you are open to the possibilities that life offers you and which you may unknowingly be shutting down.

Intentions Versus Goals

In ME FIRST we have shared with our readers that intentions and objectives have different qualities and tone. Intentions are more akin to questions, designed to help you diverge, expand your energy and open you to the many possibilities life has to offer you. Goals by contrast resemble answers, designed to set a course and converge you on a specific outcome, narrowing your world focus.

Consider this: are you being trapped by your answers. If you are nodding affirmatively, then learning the art of the question is an essential tool for you in moving forward.

The Art of Inquiry

This is where you may stumble. If your education was like mine, you may have had questions whipped out of you at a young age. In her book *The Power of Why*, Amanda Lang suggests that sadly cultural factors act to dampen your natural curiosity. (You remember your parents and teachers telling you to STOP asking why.) She goes on to say that 'curiosity doesn't just help us evolve as individuals but as a society, because it powers the kind of innovative thinking that results in new ideas and new ways of doing things.

Learning to ask questions is a skill set which may be unfamiliar to you. Here are a few pointers:

- There is no such thing as a stupid question - ask anyway.
- Others will hesitate to ask - take the lead.
- Before offering an answer, ask a question. Assume you do not know the answer and you might be surprised at what you learn.
- Turn your objectives/goals into questions. Rather than setting the outcome ask, "what else is possible?"
- Develop your curiosity. Begin to open sentences with 'what if...' or 'I wonder why...'
- Bring questions into your daily intentions.

Questions to Consider

I do love questions and this recent reminder simply pinched me into wakefulness. Here are a few of my favorite questions to consider:

- What if today could be the beginning of something different?
- Who could I be or what could I do that would expand my business/life right

away?

- In what ways do I love, honour and cherish myself?
- If I were given one hour of prime time, what would I preach or teach?
- How does it get any better than this?
- What am I defending that no longer serves me?
- If I was creating my life from joy, what would I choose?
- What lights me up? What steps can I take to live this way?

Final Word

Learn to cultivate your questions. Just as with gardening, your questions are the seeds of the future. Give less energy to your answers - the outcomes, objectives and goals you have been setting for yourself. Take the blinders off and turn your answers into questions with the intention of, 'what else is possible'.

Your asSIGNment

Choose one of the questions above or a favorite question you already use.

- For the next 21-days lead off with that questions (Mine is 'what else is possible?').
- As you live into the question pay attention to the SIGNS and be curious.
- Notice how the question changes or shifts your perception and what you thought you knew.
- Use the possibilities to change course and expand, whether this is within your work, your relationships or your life path.

Travel Tip

Pull out your map and notice that there are many alternate routes to get to your destination. Ask two questions:

- Is the destination I have set the one I am meant to be on?
- Is the route I have chosen in my highest good?

Let the journey unfold.

Conscious Communication Coaching

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.

roadSIGNNS 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@roadSIGNNS.ca.

Events:

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

Coaching Circle - 7 week program

Strategic Attraction Planning

Saturday May 25th, 2013

Tigh Shee - North Lancaster, ON

This program is full - Thank You

Strategic Attraction Planning Day

Saturday May 25th, 2013 8:30AM - 5:00 PM

Tigh Shee - North Lancaster, ON

For more details go [HERE](#)

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
roadSIGN