



# roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No. 2  
July 2013

Dear Jim & Betty,

June has been an amazing, interesting and challenging month. When I set the intention for a quiet summer, of reflection, learning and integration, I did not anticipate that it would arrive as it has. That is the beauty of intention, the unexpected outcomes. And while some of the outcomes are a far cry from what I 'think' I wanted, I have disciplined myself to be in 'no tension' with what is happening and to understand that there is a huge transformation underway.

The month began with a wonderful 40th anniversary celebration with friends and

family, filled with touching moments and a few surprises: a bunch of balloons from Tom and Virginia, beautiful cards and wishes and Carol and Wayne serenading us with Amy Sky's, 'Everything Love Is'. It was a fun filled amazing day that will live with me forever.

In contrast this has also been a month of seeing Jim's mom Dorothy through surgery, the uncertainty of the outcome and a slow recovery. It has been a time of changing and challenging family dynamics, a sign of the times and a window into what is to come. It has meant living one day at a time, honoring my emotions and being compassionate with myself first and extending that compassion to others. It has been a reminder that to be effective I must also take care of me and to live by the principles which guide my life.

This e-newsletter shares with you the lessons I am learning and how courage, authenticity, love and grace, my core values, are supporting my journey, as I hope they will support yours.

To view my brief video presentation of this month's topic, click [HERE](#).

Enjoy the read!

Betty

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## This month's roadSIGN



Garden SIGN gifted to us by Lynn and Norm Brown, 2011

## July Newsletter

"At each stage of learning we must give up something,  
even if it is a way of life that we have always known."

Australian Aboriginal Saying

### **Courage Authenticity, Love and Grace**

I first met Dorothy and Ron Healey in 1967. Even as I write this I have to pinch myself, remembering that 1967 was the year that I also began dating Jim.

When my own mother became sick in 1974, it was Ron who drove her to the hospital and, after she had passed away, drove to Trenton to pick up my brother, who was returning from Germany. This is but one example of how they have stood by me through the years. With my own parents deceased, they became my folks.

Now age 84 and 83 respectively, Dorothy and Ron are experiencing the challenges that arrive with this age. As this transition takes place, Jim and I are assuming a new role within our relationship with them. As so many of you have learned, the children become the parents. In early May, Dorothy was diagnosed with colon cancer, caught early thanks to a colonoscopy. On June 4th, she had her surgery and today, July 2nd, we received the pathology reports. She is cancer-free!

While this is cause for celebration, the toll of surgery on Dorothy has been significant. This once dynamic woman, the matriarch of a family which includes 5 children, 13 grandchildren and 2 great-grandchildren, had all but disappeared. It has been a slow path to recovery. Her hospital stay was extended as her bowel took its time recovering. Each day in hospital seemed to steal a little bit of her usual get up and go spirit. She was disappearing before our very eyes.

Although I have experienced this in the past with my elderly patients, it feels different when it is one of your own. I have taken her decline personally which, as I would have counseled families in the past, is not a healthy state to be in. And when I step away from it for just a moment, I realize what a great gift this has been and continues to be and that, in fact, as the journey continues, I would have it no other way.

I believe Spirit gives us opportunities to learn every day, and this journey with Dorothy and Ron is no exception. Transition and death are as much a part of life as birth and growth. It is one we will all face with our loved ones and which we will ultimately face ourselves. I want to BE in it and be guided by the principles that have guided me for the last 20 years: Courage, Authenticity, Love and Grace.

### Courage

The lesson for me in courage recently has been to face the situation rather than fight it. Fight is denial, the refusal to see and take in what is right in front of you. I think fear feeds refusal, as if to face what life is presenting is to accept everything that is happening.

Facing the circumstances however, implies embracing what is and working with it, holding the space for you and your loved ones to BE where they are in that moment, free of judgment. It is about being fully present, mindful of what is happening without over-reacting and without taking it personally.

Being present with the circumstances neutralizes the impact to some degree. It is not to suggest that sadness, grieving, or anxiety won't crop up, because they will. Being present is about creating space to simply be in what is happening, to look at yourself with compassion and understanding and in doing so, offering this to everyone around you as well.

It has allowed me and will allow you to be of service in a different way, to 'BE' with your loved one in a way that supports their journey. This is true courage.

### Authenticity

Families under stress behave differently. In our program Conscious Communication, we call this 'overextended behavior'. While these behaviors are a natural part of who we become in certain circumstances, they represent the strengths we possess, which when overused, become a liability.

I am a very purposeful person, one of my great assets and when I slip into over-extended, I become 'goal obsessed'. I know this about myself.

Each player on our family team have their strengths as well and when the heat level rises, our family like others, becomes a bit of a pressure cooker. While the things that are said and the actions taken are authentic, they are exaggerated and as you can imagine, and have probably experienced, the result of any decision-making exercise can become chaotic, demanding, accusatory and hurtful if you are not careful.

Even when you know this, I am learning that I, like everyone else have little objectivity when I am right in the middle of it. How do you break the cycle? Remember who you are. Be clear on your intentions for each family member. Work to release the expectations. Be open-hearted with everyone recognizing that stress is altering their behavior just as it is yours. (I am working on this!) Most importantly, be yourself, stand in your power. Note this is not power over them or the circumstances. This is the authentic power that lives within you and what makes you the best of who you are, your strengths, your gifts. Communicate from your heart. It is so easy to judge others when everyone is in reaction. Each of you has the capacity to interrupt the cycle, bring calmness back into any situation.

This is often not achieved with words. I am learning that if I can be the calm epicenter, holding the intention of heartfelt communication for everyone, this is

more effective. It helps me to be less emotional and guess what, allows me to practice what I know to be true in ME FIRST principles, to be the calm I want everyone to feel as we support Dorothy and Ron and one another through this time.

### Love

I choose to love my days, what is happening and whom I interact with each day. I have learned that the choice to live in love in the many moments of my days is challenged by stress, uncertainty, and waiting.

Love and fear are natural opposites. As I have written in the past, fear and its twin sister worry, are future oriented, living in the land of 'what if...' In any challenging situation, it is best to bring yourself back to this moment and ask yourself, what is happening now? Is everything okay? Are we together? Are we a family unit? The answer to every question will most likely be, I /we are fine in this moment. And as I bring in love, to diffuse the fear, I am supporting the calmness I spoke of above.

During any type of crisis you will find that you may not like or appreciate the actions of others. When you step outside this, and push judgment aside, you realize that you still love everyone. When you remember this, love will feed compassion and if required, forgiveness. This is where most families struggle and where animosity and conflict can be birthed. This is where you can make a choice to play differently and fuel your actions from love rather than fear.

### Grace

Grace allows you to be in the flow of all the different moments that surround life transitions, to distance yourself from expectation and shift to intention. I recognize that I am invested in Dorothy and Ron continuing to live and to thrive yet I am faced with the possibility that this may not be so. More importantly it may not be what either of them wants at this stage of their life.

This is where intentionality is a powerful tool. Each day I set the intention that Dorothy is healed, whole and healthy and as I call this in on her behalf I also appreciate that she with her spirit guidance will decide what healed, whole and healthy is. I often coach clients on this. For me it offers relief from what can become the pressure cooker of illness or loss. It is rooted in the belief of a higher power. And it can help you to understand that life is life and give you the

tools for facing it rather than fighting it.

### Final Word

These are challenging times. As the quote I began with states, at each stage of learning we must give up something, even if it is a way of life that we have always known. Giving something up is healthy - it creates space for what is to come.

After receiving the good news from her surgeon two days ago, I have certainly witnessed a shift in Dorothy's behavior. I am still hoping for a renewed zest for life and seeing her old self emerge from the cocoon she has been living in for the last few weeks. And I am prepared to support her and our family though whatever transpires, with a commitment to experience the journey through Courage, Authenticity, Love and Grace. I am prepared to give up a way of life that I have known for over forty years, to make way for what is to come. Are you?

### Your asSIGNment

Whatever is happening in your life at this moment, I encourage you to:

1. Face it and embrace what is happening
2. Stand in your power and hold the space for others to do so
3. Love the moments and live in the 'what is'
4. Be intentional and hand over the rest to your Higher Power

### Travel Tip

Be the message, be compassion, be the calm in the eye of any storm. Notice how this influences your journey as well as the lives of those around you.

### 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 S 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](http://www.roadsigns.ca) for more information and/or contact [betty@roadSIGN S.ca](mailto:betty@roadSIGN S.ca) .

## Events:

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

### Labyrinth Walk

Saturday September 21st, 2013 at 5:00 PM

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### Goddess Camp 2013 - Tigh Shee

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

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### WE FIRST Retreat - Tigh Shee

Sunday July 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](#)

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### The Evolutionary Process - Guest Facilitator Denine Savage

Saturday September 21st, 2013 and Sunday September 21st, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### ME FIRST - Tigh Shee

Saturday October 19th, 2013 and Sunday October 20th, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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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

<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey  
roadSIGN