



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No. 3
August 2013

Dear Betty,

The July e-newsletter triggered numerous reactions from readers. I am grateful for the response. All of us will experience the challenge of aging parents or a significant transition at some point in life. To those of you who reached out, thank-you.

Now 8 weeks post-op, I am pleased to report that my mother-in-law, Dorothy, is growing stronger every day, although I suspect she had grown a bit too fond of all the attention she has received. She now refers to herself as Queen Dorothy

accompanied by a rather sly grin!

Jim and I managed to take time away from the work of roadSIGNS, enjoying some 'daycations' and lots of gardening time. As Jim noted, we needed to get back to work to recover from the physical demands of looking after the gardens. A new deck was installed as well, with the help of friend Tom. I managed to dedicate several hours to exploring my creativity and once again picking up the paint brush. The result has been the beginning of a series of paintings called, From the Garden.

On that note, this summer's proliferation of bloom has been magical and I cannot help but think that the Garden is here to teach me. In this edition of the e-newsletter, I share some of my summer musings. Welcome to From the Garden.

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



July Daisies, Tigh Shee, 2013

August Newsletter

"A garden requires patient labor and attention.
Plants do not grow merely to satisfy ambitions
or to fulfill good intentions.
They thrive because someone expended effort on them."

Liberty Hyde Bailey

From The Garden

There are seasons in your life where the perfect ingredients come together to create magic. This had been our experience of the summer here at Tigh Shee. While last summer at this time we were in the midst of a ten week drought, this year has offered an abundance of both rain and sun. The result is difficult to describe in only a few words. Suffice it to say it has been, and continues to be, a visual feast.

The abundance we are experiencing in the garden has left me considering what

lessons I am being called to learn from this proliferation of bloom. How did we arrive here when 13 years ago the property was simply put, a blank canvas? And in what way is this magnificent unfolding of abundance a metaphor for my life and my work?

Planning

The gardens began with an intention, to create a place for friends, family and clients to come to escape the busyness of the world. Three short weeks after moving in we named the property Tigh Shee, Celtic for House of Peace, after a cottage I saw on the island of Iona in Scotland. The name is the intention. Intention forges the plan.

With peace in mind the gardens began the second summer. I could say there was no plan, at least in the sense of a formal drawing or a landscape architect's rendering. There was intuition, a reading of the land and the environment, sensitivity to the energy and working with the trees that abound. In its own way, this is a plan.

The design has been Jim's domain, thrusting an edger in the ground and creating a border as he drew out a pattern and lifted the sod, fine tuning as he moves along. He works with the earth energy. It feels like a dance, as Mother Earth and Jim step together to music that I don't hear.

Once created, the soil is added and both of us stand before the creation and again listen, observe, check-in, and with our intuition, place large rocks in the space to ground the energy and add a male component to the space. This balances the female energy of most flowering plants.

Next comes the planting, my domain. I assess the amount of sunlight the garden receives then confirm my selection. I do not plan in advance. I gather everything around me and with plant in hand, feel my way into the best location of each plant. I am not always right. As the seasons have evolved however, my planting skills have improved. (I have been known to talk to the plants.)

This is the plan. I recognize it is far from conventional and I am not sure what a licensed landscape architect would think of our approach.

Interestingly it very much resembles how we have built our business. I have never engaged in strategic planning, setting goals and objectives for our business or defining the boundaries in a traditional way. Instead I have grown roadSIGNS through Strategic Attraction, setting in place my intentions, listening to the environment and trusting my intuition

Drought

During the drought of 2012, I was forced to release the effect the lack of water was having on my plants. Once the rain barrels were empty, that was it. Wells in the area were going dry and we knew that watering with a hose was not an option.

I watched the parched ground cracking under the stress, my plants wilt and eventually die. Or so I thought.

What I did not understand is that most perennials live on, their roots storing energy for the next season even though the plant itself has turned brown. In fact drought hardens the plants, makes them more resilient and strong for the next season.

This observation has been an invaluable lesson for me. As with any business, we face peaks and valleys in terms of activity. When fear and worry walk in the door, I bring myself back to the wisdom of the garden, understanding that the 'dry moments' of a business are as important as growth cycles.

Drought is the time for reflection, for integration, for storing energy in my roots, and for letting some things die off. It is a time for being quiet, present and mindful; a time to listen for what's next and what else is possible. Without the 'dry times', it is challenging for any business, or life, to move forward, to open the doors of possibility.

The Business of Gardening

The cascade of events that has led to this summer's bloom includes drought, a heavy winter snowfall, a wet spring, a hot and muggy June-July easing into the perfect mix of rain and sun. Like the perfect storm, each element has contributed to the abundance of the garden today. Add to this our contribution: the weeding, edging, trimming and fertilizing that nurtures each bloom to its full potential.

This is the business of gardening, just as it is the business of life and work. It is simple yet complex! There are many components to creating the perfect garden, the complexity, yet, it all comes from intention and intuition, the simplicity.

Seed thoughts of peace, moistened by love, tilled by right action, weeds of discord pulled by diligent action. The harvest shall be abundant joy sustaining future generations.

Venerable Dhyuni Ywahoo

Final Word

Before this summer began I had made a conscious decision to work less and play more. For the most part it has been successful. I have also chosen to remind myself every day to 'BE' in the beauty, to savor it, to breathe it in and to appreciate every petal of every bloom. It has been a necessary time out, a sabbatical if you will, creating space for a few things to gently die off and create space for the new which I intuitively know is waiting to arrive. It has required trust and mindfulness on my part.

I love that the garden is more than what it seems. It is an attitude about living; an understanding that life has cycles and that each cycle adds value. More importantly, you do not need to be a gardener or to have a garden to benefit from the lessons. I encourage you to tune into the cycles and seasons of your life and without judgment, appreciate the droughts and the abundance. Each contains valuable learning and offers you an opportunity for 'BEING' in your life.

Your assignment

Tap into Garden Energy

1. Take a look around you and appreciate what is blooming in your life. Write it down and be in gratitude
2. Notice the dry areas. Release any judgment and ask yourself what is ready to die off, what are you being asked to release?
3. Check in with your intuition and ask yourself what else is possible? Tap into your heart and your gut, not your head
4. Be strategically attractive. Set intentions to replace what you have released.

Travel Tip

Life offers you many lessons. The garden is only one example. Be watchful and pay attention and ask, what does it mean? Listen for the answers.

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](#)

Goddess Camp 2013 - Tigh Shee

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

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Living From Your Strengths - Coaching Circle

Starts Tuesday September 17th 2013 and runs weekly for 7 weeks

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Labyrinth Walk

Saturday September 21st, 2013 at 6:00 PM

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

The Evolutionary Process - Guest Facilitator Denine Savage

Saturday September 21st, 2013 and Sunday September 22nd, 2013

Tigh Shee - North Lancaster, Ontario
For more details go [HERE](#)



WE2 Network Presentation - Celebrating Your Strengths

An interactive and fun presentation dedicated to YOU and your unique qualities/strengths.

Wednesday, October 9th, 2013, Registration at 7:00 AM

For more details go [HERE](#)

ME FIRST - Tigh Shee

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

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

Sincerely,

Betty Healey
roadSIGN