



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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December 2013

Dear Betty,

Create Wonder and Share Joy was tattooed on the doorway leading into Starbucks, a reminder of the approaching season. That noted, I reflected inwardly that this message is true of every season not just the holidays.

Despite the wish, wonder and joy seem to be far from the lips of people whose conversations I have been listening in on. It sound more like Worry and Duty getting ready for Xmas and the other celebrations. I secretly thank all of my family members for the simplicity of our celebrations. Long ago we gave up gift

giving and opted for quality time together.

As I watched the news last evening, the headliner was about the many stores in the United States who have given over the most important holiday in their calendar, Thanksgiving, to the Black Friday frenzy. Macey's in New York City was featured who, for the first time, opened its store following their Christmas parade. The ensuing pushing and tugging featured on the program saddened me deeply. Who have we become I wondered when the family celebration around the table has been usurped by Black Friday Sales on Thanksgiving. We in Canada are no different; we have our Boxing Day traditions and as you may have noticed, Black Friday has made its way northward.

I write this month's newsletter to invite you to "Come Back to the Table" and to thoughtfully explore your gift giving habits.

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



Create Wonder - Share Joy
Door to Starbucks Coffee Shop, Brockville, ON
November, 2013

December Newsletter

"We've got this gift of love, but love is like a precious plant.
You can't just accept it and leave it in the cupboard or
just think it's going to get on by itself.
You've got to keep watering it.
You've got to really look after it and nurture it."

John Lennon

Come Back to the Table!

After reading about all the Black Friday Sales this morning and watching the frenzy of Black Friday shoppers on the news last evening, I then tuned into a wonderful

'a cappella' version of The Little Drummer Boy on Facebook. Loving the sound and presentation, the words also resonated: I have no gift to give you; can I play my

drum for you.

I found tears welling in my eyes as I considered what the drummer boy had to give. I considered how we have become obsessed with giving gifts to one another, material ones.

It seems to me that so many people are running on empty these days that they endeavor to fill their tanks with material fuel. Hence the Black Friday and Boxing Day sales that have become so notorious on both sides of the border. We buy stuff to fill the space. It is only a temporary fix however, and soon we feel the emptiness again. And while we know this will happen, because in our heart of hearts we know that 'stuff' is not the real gift, we repeat the scene year after year. What will it take for us to curb our insatiable appetite for the material and turn our attention to that which is more meaningful: our relationship with self and others?

Before I continue, let me be clear. I enjoy the occasional gift just as much as the next person just as I enjoy choosing and giving something carefully chosen to another. I intend this to be an invitation not a criticism

The GIFT

As you my regular readers know, I am prone to developing acronyms and so my offering to you for this season is the GIFT: Grace, Intuition, Freedom and Truth.

Grace

I have always embraced the notion of Grace which for me denotes flow, being in the moment and present to life's offerings. Grace feels unforced and is that part of the GIFT that allows you to be present for another person. Presence is the greatest gift of all, something that is a rare gift in a time where communication has become electronic and quality time with others has become rare.

In grace, you have the opportunity to be in gratitude for the abundance of your life, to be present to it. It allows you to appreciate YOU and your gifts, your relationships and the natural abundance that surrounds you. When you are present to this, stuff becomes less meaningful.

Intuition

Intuition is the blend of head and heart and learning to be both open hearted and

open minded. In those seasons where expectations and obligations run amuck, intuition, listening for what you know to be true, can easily become clouded. Somewhere long ago you knew that the gifts you want to give to others have little to do with the things you can buy. When you create a little space for yourself and check-in, you realize that the great gifts you have received over time had more to do with hugs, a shoulder to lean on or someone listening to you and giving you support.

As the GIFT giving season approaches check in with your intuition and rather than checking out the sales, listen in and ask what would be truly meaningful. What about a gift certificate for 12 hugs, 11 conversations, 10 home-brewed lattes, 9 shoulder rubs, 8 thank you notes, 7 random acts of kindness, 6.... As the MasterCard ad suggests...priceless.

Freedom

Call this breath - freedom from the should's, have to's, and must do's of the holiday season. Freedom is your permission slip to do it your way. It is the opportunity I am offering you to approach this season in a way that is meaningful to you, no more conditions, walking to the beat of your own drum and playing this for others.

If you ask yourself these questions, "This holiday season, whether that be Christmas, Chanukah, of any other tradition:

- What would be perfect for me?
- In what ways do I want to celebrate?
- How would I like to spend my time?
- What gifts would I love to give?"

How would you respond?

You are free to choose.

Truth

There is a strong chance that when you choose an alternate approach to this season, that others will point fingers at you calling you a Grinch. So what? Is this true or are you simply re-connecting with meaning and what is an authentic expression of you and the season.

The critics will be there, your own and those of others. And as you pursue your path, giving gifts of meaning, you intentionally begin the shift back to what the

season was originally meant to represent. This is truth, being true to yourself, your values and traditions, and to the important relationships in your life.

Final Word

Life is about choices. This season is about choices. My invitation is to begin to make the shift back to meaning, giving of yourself differently, being present, listening to your heart guidance, freeing yourself from imposed expectations and being true to yourself. It is an opportunity to identify your authentic expression of what Christmas, Hanukah, Thanksgiving and any special occasion means to you and to begin living this message.

I invite you to come back to the table of celebration.

Blessings to YOU.

Your asSIGNment

1. Explore your gift giving choices for this holiday season.
2. Take the time to identify new and meaningful choices - offer them as gift certificates.
3. Watch what happens...Let me know!

Travel Tip

GI FT giving is another way to find yourself. When your gifts are an authentic expression of YOU, you serve differently and unleash a wave of new possibilities for the future. I imagine what is possible!

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.

Special Offer:

When you purchase Lumina Spark Full Portrait Coaching Package, you will receive an additional complementary coaching session with either Betty or Jim Healey, a \$550 value for \$400. Buy [HERE](#).

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@roadSIGN S.ca .

Events:

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

Winter Solstice Labyrinth Walk

Saturday December 21st at 5:00 PM

Tigh She Gardens and Labyrinth.

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
roadSIGNs