



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No.
January 2014

Dear Betty,

Despite my best intentions, Jim and I found ourselves working up to December 19th putting the final details in place for the New Year.

Despite icy roads and several feet of snow, twelve brave souls made their way to our December 21st Solstice celebration. Walking the labyrinth was magical, snow falling softly, crisp and quiet.

Then our preparations began in earnest for the season: tourtieres (Meat Pies),

butter tarts and cookies to be made. For the first time we hosted the Healey family reunion of Boxing Day - 18 adults and 4 children. It was madness and more, lots of fun, and heartwarming to see Jim's parents enjoying their family.

As I look forward to 2014, I do so with expansion in mind, attracting more or what lights us up every day. I intend to fill my space with love and meaning. In forming this intention, I also realized that I must release anything that gets in the way of this attraction, anything that no longer serves me.

What gets in the way? Old stuff and old stories. It is time to move on and so, welcome to this month's e-letter, Forgiveness.

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

Enjoy the read!

Betty

PS: In support of this month's theme we will be offering a one day retreat focused on Vision and Intention. This is scheduled for January 25th - plan to join us for the event. Please check the EVENTS section at the end of this newsletter for more information.

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This month's roadSIGN



Facebook Image

January Newsletter

"As I walked out the door toward my freedom I knew that if I did not leave all the anger, hatred and bitterness behind, that I would still be in prison."

Nelson Mandela

Forgiveness

In the final days of 2013, I found myself reflecting on the life of Nelson Mandela. I feel both privileged and grateful to have been living during a time when he assumed his rightful leadership in South Africa. More importantly, I have been touched by his message, his ability to forgive and his leadership in the truth and reconciliation process. There so much for us to learn from this, both individually and collectively, hence my decision to lead of 2014 with a message of forgiveness, a choice to free myself, and hopefully you, from the prisons of our past.

Space

You have all heard the expression 'tied up in knots'. This is what holding onto grudges, anger and judgment of others does to us. It takes up space, lots of it. You want to manage this space and rather than allowing others and their energy to occupy the real estate in your head, you want to sell it off and open up that real estate for you. The only way to do this is to release the grudges, the old stories that have pre-occupied you for whatever amount of time it has been present. Release = Blessings and Forgiveness.

Blessings

I was listening to Marianne Williamson yesterday in an interview for Super Soul Sunday with Oprah Winfrey. Oprah was sharing a time in her life when she had been very hurt and betrayed by a good friend. She had reached out to Marianne for support. Marianne's response to her dismay was bless them and pray for them to which Oprah responded, "I say what!".

Watch Oprah's interview with Marianne Williamson [HERE](#)

It does not seem like the most intuitive choice to make, to bless someone who has harmed you. Our instinct is to strike back, even knowing that this does not work either. Following the principle that forever force you exert there is an equal and opposite counter force, the more you push back in anger, hurt and fear, the more returns to you. You get to choose to change the energy; blessing turns it to love. And this is what you and I are called to do, shift fear to love.

My favorite blessing, based on the teachings of Joey Korn one of my mentors is as follows:

Mother/Father God

Please bless _____, and infuse them with beneficial energy that they may heal from their anger, their hurt, and their fear and return to love.

After a time, when the blessing had been offered a few times, and your anger and hurt softens, you realize that as you bless others, you bless yourself.

Forgiveness

One of the most powerful lessons I have learned about forgiveness is that forgiveness does not mean that I condone the actions of others.

*Forgiveness doesn't excuse their behavior.
It prevents their behavior from destroying your heart.*

Anon

In his book on Forgiveness Dr. Gerald Jampolsky highlights that forgiveness is a gift that you offer yourself. As I have learned, many of the people I have struggled to forgive have no knowledge that I have either been harmed by them or that I am holding onto my anger and hurt. Some of them were deceased. I began to realize that my lack of forgiveness harmed only me; it felt like a stone in my heart. Through Dr. Jampolsky's teachings I learned that forgiveness did not make what others had done right and it was not mine to own. I created and continue to practice a Forgiveness Ritual.

Forgiveness Ritual

1. *The Forgiveness List Make a list of all those whom you believe have harmed you. Stay with it for a while until all names are recorded, large and little hurts alike.*
2. *Ho'opono'ono*
With the list of people in your lap, place your hands over the list. Repeat the following: I love you. I'm sorry. Please forgive me. Thank you. (Don't judge the statements, just repeat it). Repeat this several times. When you feel space opening in your heart, stop.
3. *Place your hands together in front of you, rub them together vigorously. Once they are warmed, place them over your face and breathe in deeply. Breathe in forgiveness, breathe out all you are releasing.*

Like blessing, *Ho'opono'ono* may seem counter intuitive. Remember as you forgive others, and offer these statements to them, you do the same for you. You heal.

Your heart opens. You return to love. Love makes anything possible.

Forgiveness is not an occasional act but a constant attitude.

Martin Luther King

It's Not About You

In Jungian typology I test as a 'feeling type'. The unfortunate result of this is that everything is personal. Whatever others say to me and about me relates to some flawed aspect of my character.

Again, turning to another great teacher, Don Miguel Ruiz, author of the Four Agreements, I learned 'not to take it personally'. Ruiz explained that to take on the opinions and issues of others is an ego-centric act. "Why would you think that everyone else's stuff has anything to do with you (paraphrased)?", he asked. Good question, why would you?

When you are faced with a situation in which another person may be berating or criticizing you, or in some way diminishing you, ask yourself one question, "What about this conversation has anything to do with me?" You will find, more often than not, it has nothing to do with you and is only a reflection of the other person's issues. Back away. Create space between you and them. Send them a blessing right there and then. Shift the energy from fear to love. See what happens.

Final Word

I felt compelled to write about this topic once again as I have witnessed many people recently living in the shadows of their hurts and grudges. You cannot live fully and powerfully from that place, it is a chain and ball attached to your spirit. Do not choose to forgive and bless for others; do it for YOU. Release yourself from fear; shift the gears of your heart into love.

Practice. Practice. Practice.

What an amazing way to begin 2014, free from the burdens, filling the space with your desires. Blessings to YOU for a magnificent 2014.

Your asSIGNment

Practice blessings and Ho'opono'ono, daily for 21 days. It will cost you nothing. Trust the process and allow your spirit to open, heal, dance and be joyful.

Travel Tip

The trunk of the car has been full for a long time; a bag full of anger, a few pebbles of hurt, a suitcase of wrongs.

Time to clean it out and make space for all your intentions and for LOVE.

I imagine how much lighter the car is going to be as you drive into the life you choose for 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 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 2014 [visit our website](#)

Vision and Intention Day

Clarify and share your Intentions for 2014

Learn to BE in your Intentions and Step-UPP to Actions

Create your VISION board for 2014

Saturday, January 25th, 2014, 9:30 AM to 4:00 PM

Price: \$40.00 + applicable taxes + a dish for the pot-luck lunch

To register contact Betty: betty@roadsigns.ca or phone 613 874-9934

Lumina Learning Workshop - Tigh Shee

Saturday February 15th, 2014

For more details go [HERE](#)

Tigh Shee - North Lancaster, Ontario

ME FIRST - Tigh Shee

Saturday March 29th, 2013 and Sunday March 30th, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Writing as a Practice for Personal Discovery

Saturday February 22nd, 2014 from 1:30 - 4:30 PM

(Snow date Sunday February 23rd, 12:30-3:30 PM)

Cornwall Public Library, Cornwall, Ontario

Register at the Library in advance to assure a spot - Limited to 20

Journaling, recording random thoughts or free flow writing - all writing forms deepen your relationship with self. Writing is an important practice for both self-reflection and self-discovery. In this workshop with Betty Healey, explore the possibilities of writing to understand the most important person in your life, YOU. Learn the essential principles of free form writing as described by Nathalie Goldberg (Writing Down the Bones), have an opportunity to test out your own writing skills, and join in a lively discussion about writing and life.

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