



roadSIGNS

The Journey to Self-Discovery

[Join Our Mailing List!](#)



roadSIGNS Newsletter

Vol.13 No. 10
March 2014

Dear Betty,

I am sure this has been one of the coldest winters on record for many years, with our temperatures hovering around -10 degrees Celsius for most on this past month. Just as the ground has been frozen, it feels like life has mirrored the weather - it has been quiet. When this happens, my mental chatter abounds as I explore the terrain of my life and our business. I have the ability to stay at a high vibrational level one day, and just as easily find myself exploring the desolate places the next.

I have not yet perfected my ability to live in the "vortex", as Abraham would call it. And I know from checking in with others, I am not alone in this experience. It is a shared journey.

When my colleague Joanna McDonald spoke recently of a 'buffet of thoughts', the image resonated with me and left me with a new metaphor for taking a look at the chatter. I felt compelled to explore my buffet. I invite you to join in with me. Welcome to the March e-newsletter A Buffet of Thoughts.

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

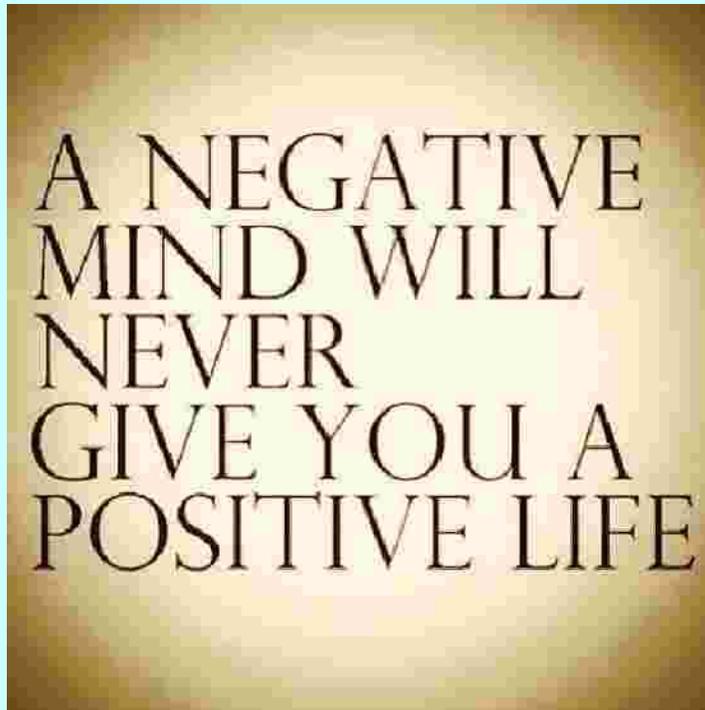
Enjoy the read!

Betty

PS: This month we have a ME FIRST Retreat scheduled for March 29th and 30th, an opportunity to invest in yourself and give yourself a spring tune-up. We will also be hosting our annual Spring Equinox Labyrinth Walk on March 22nd and hope you decide to join us for what is always an amazing community event.

In This Issue
This month's Sign
Your aSIGNment
Travel Tips
Someone in Your Corner
Upcoming Events

This month's roadSIGN



Facebook Image

March Newsletter

"Happiness is a choice I make today.
It does not rest on my circumstances, but on my frame of mind....
In cultivating the habits of happiness,
I attract the people and situations that match its frequency."
Marianne Williamson - A Year of Miracles 2013

A Buffet Of Thoughts

When my friend Joanna McDonald mentioned a '*buffet of thoughts*', my mind exploded with an image of a rather lengthy harvest table filled with all the possibilities that my head could hold. Building on the notion that *thoughts become things, choose the good ones*, as per my daily Note from the Universe, it was a SIGN that the quality of my thoughts could use a tune up.

Spring Cleaning

I received a message recently from a Facebook friend which said, "Thank you for your Mindful Monday posting, 'A negative mind will never give you a positive life'. Life has been very difficult recently and this was a reminder than I am a product of my thoughts."

This was one of several SIGNS for me. I had begun the day by listening to an Abraham recording reminding me that each of us exercises free will and as such we have the responsibility for our vibrational offering. In other words, you and I project into the world that which we are thinking, and as a result creating our external reality.

The invitation for all of us is to become consciously aware of the thoughts we are thinking and the emotions we are feeling. Too often we take them for granted, believing that thoughts and feelings have no real impact on our life. This is a false assumption; in fact, we are the creators of our reality.

This may be one of the most difficult lessons for all of us to learn. It implies that we, and only we, have the choice and capacity to change the course of our lives. Our lives are not run by external influences, even though at times this would be far easier to accept for then we would not have to be responsible. As I have learned from living and teaching this work, our capacity to create our reality is the true work of this lifetime, perhaps the only work we came here to do.

Hence it is time to spring clean, dust off the positive thoughts and move them front and center and purge the negative thoughts. Here is the spring cleaning regimen I suggest:

- Become consciously aware of what is rolling around in your head. Ask: Is this thought pattern spiritually uplifting or depleting?
- Ask yourself:
 - what do I want to manifest in my life?
 - what opportunities do I want to attract?
 - what relationships are important to me?
- Once you have an image/description for the above, match your self-talk to what you want. This means cleaning up the inner dialogue and choosing thoughts from the buffet that reflect who you want to 'BE' in the world. Your thoughts pave the way for your future experience.

When Life Throws You A Curve Ball

I will be the first one to admit that I can slip into less than positive thinking just like anyone else. This usually happens when I am thrown one of life's curve balls.

In recent months I have been experiencing arthritic symptoms in my hands, knees and feet. During my annual physical I asked my family physician if she would run some additional tests for me, just for peace of mind. Peace of mind disappeared quickly when the results came in, showing some classic signs of Rheumatoid Arthritis (RA). A follow-up appointment with a rheumatologist ten days later confirmed the diagnosis.

My initial reaction was relief as now I had a label for what I had been experiencing. Then anger, grief, shock and denial set in, as this thing called RA is definitely not in the game plan for the future I imagined for me.

Knowing what I know about thought forms and the Law of Attraction, I then set out on a course of self-recrimination. How could I (of all people!) have attracted this? I was partly in denial that even I could be assaulted with a health challenge and partly in blame. This did not help.

A few days later I watched an interview on Oprah's Super Soul Sunday with Debbie Ford, author of the Dark Side of Light Chasers and one of America's best known spiritual teachers. During the interview she shared her journey with cancer, her reactions and responses. After a similar course of denial and self-blame she arrived at that place of acceptance, being healthy and asking, "What am I being asked to learn from this experience?"

When you live by the Law of Attraction, that thoughts become things, it is easy to propel yourself down a road of self-blame when something unexpected shows up, when life challenges you. As I am learning, and I hope you do as well, it is simply part of the journey, an opportunity to check in and wonder where your thoughts, belief systems and feelings are out of alignment with the life you want to create. I am also learning the importance of compassion for me and embracing the lessons of this journey.

Getting Back On Course

As the result of this experience, I turned to Louise Hay's You Can Heal Your Life, and checked out the spiritual meaning of my physical complaints to find that I

rebel against authority. This is not a surprise but what did it mean? The affirmation is simply, 'I stand in my own authority'. Today with my fabulous coach and energy worker Denine, I discovered the true meaning of this. Standing in my own authority is not ego based. Rather it is about standing fully in my connection to the Divine and being that which I am called to be.

I know this. I have not been practicing this. My body is talking to me and calling me back to the truth, to choosing the words and feelings that support this truth, and to stop hesitating to live the my life I envision.

That's really it. If we do not claim the life we want today, when will we? As Deepak Chopra offers, the only time is now, this moment. There is no future or past. Recognizing this, being fully present with ourself and how we are in the world in this moment, is the only thing that can bring us back on course. I keep re-learning this lesson.

Final Word

I invite you to join me at the buffet of thoughts and to intentionally choose those thoughts that lift and light you up.

I invite you to choose the thoughts that support how you want to be in the world.

I invite you to choose the thoughts that attract the life you want to live.

I invite you to clean house and release the thoughts that no longer serve you.

Your asSIGNment

Following the three steps listed above, become consciously aware of what is rolling around in your head, clarify what it is you want to manifest in your life and begin to re-program the inner dialogue.

As you can guess this takes time, patience and repetition. You are forging a new 'neural pathway'. Love yourself along the way. Laugh at yourself when you stumble. Most importantly be compassionate with yourself when you stumble.

Travel Tip

As Mike Dooley would say, "Thoughts become things. Choose the good ones!"

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 for more information and/or contact betty@roadSIGN S.ca.

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

ME FIRST - Tigh Shee

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

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

The Awakening Festival - Let Your Life Bloom, Hudson QC

Betty will be one of four speakers at this day long event designed to unite and inspire you through shared wisdom, connections, music and creative expression.

Saturday April 5th, 2014 8:30 to 5:00

For more details and to register 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