



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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August 2014

Dear Betty,

It is summer and I am in full appreciation of the bounty of Mother Earth. Our gardens are shining, day lilies, coneflowers, daisies and monarda at their peak and creating a tapestry of colour across our property. Of course the weeds are flourishing as well and with the help of some friends we have almost contained them. Weeding, trimming, thinning and grooming are simply part of our daily ritual.

July has been one of our busiest months this year working on one of our

corporate projects and meeting with new potential clients. It always surprises me when this happens as I assume that vacation schedules will take over. That said we are truly pleased with the activities we have been involved with and the commitment of our clients to create healthier workplaces.

While on my way to Ottawa mid-month I was listening to my favorite CBC show 'Q' with Gian Gomeschi. On this particular occasion he was interviewing Tracy Davis, the daughter of the entertainer Sammy Davis Jr. She spoke about a new memoir she has just written about her father. She summarized his life by stating that he simply 'stretched boundaries'. Both the conversation and the phrase captured my attention, a roadSIGN if you will and so.....welcome to Stretching Boundaries, this month's e-newsletter.

Enjoy the read!

Betty

The featured roadSIGNs Retreat this month is the 6th Annual Goddess Camp, Oneness - Engaging Earth Energy

Date: Saturday, August 23rd and Sunday August 24th, 2014.

Only 4 spaces remain

For details click [HERE](#)

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This month's roadSIGN

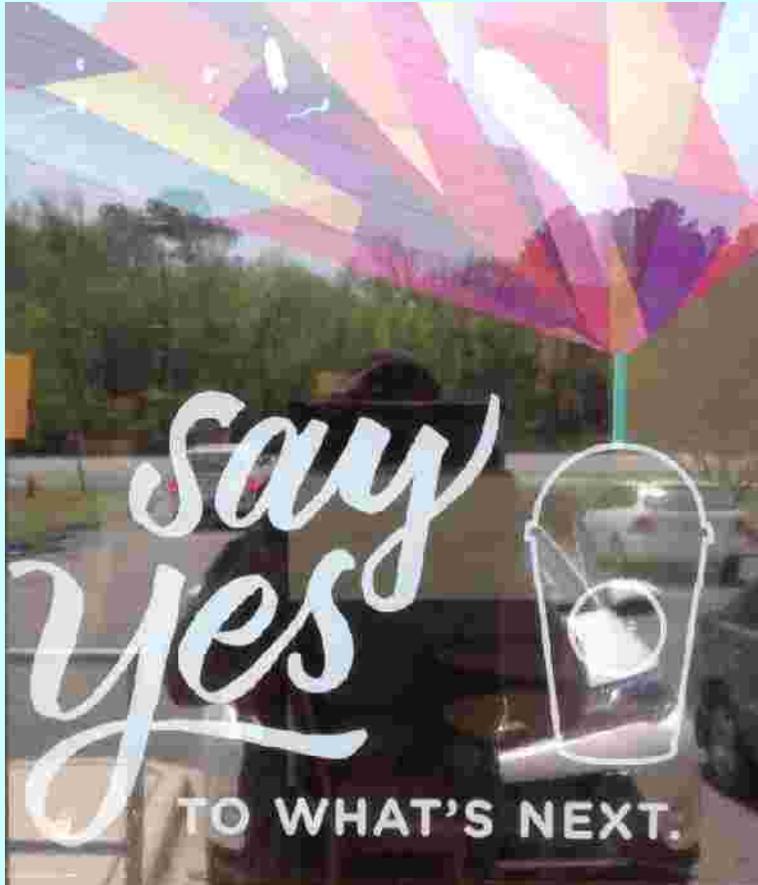


Photo taken at Starbucks - Kitty Hawk, North Carolina May, 2014

August Newsletter

"I tell my kids to figure out who they are and then do it on purpose."

Tracy Davis

STRETCHING BOUNDARIES

We spend so much time discussing boundaries with clients. These discussions focus dominantly on being clear about your boundaries. Specifically we focus on serving yourself first and knowing what your YESes and NOs are. This is an essential discussion as it pertains to de-cluttering your life of the responsibilities you assume for others and clearing space for what is important to you. It offers

you the opportunity to stop rescuing others and encouraging them to be responsible for their own stuff while allowing you to grow into your true gifts and desires.

This is also part of the conversation of stretching boundaries. Stretching does not imply taking on more, at least in my view. It really stands for challenging the status quo, stepping away from the rules, expectations and roles which may have been imposed on you by the 'authorities' called parents, teachers and preachers, and stepping into your own powerful authentic self.

Stretching Boundaries

In his book *Orbiting the Giant Hairball*, Gordon McKenzie includes a story called *Paint Me a Masterpiece*. In this story he writes the following:

Your birth is just as God predicted, and when you come out of the tunnel into the bright room, some doctor or nurse looks down at you in amazement and gasps:

"Look! The little kids carrying a rolled up artist's canvas!"

Knowing that you do not have the skills to do anything meaningful with your canvas, the big people take it away from you and give it to society for safe keeping until you have acquired the prescribed skills requisite to the canvas' return.

While society is holding this property of yours, it cannot resist the temptation to unroll the canvas and draw pale blue lines all over its virgin surface. Eventually, the canvas is returned to you, its rightful owner. However, it now carries the implied message that if you will paint inside the blue lines and follow the instructions of the little blue numbers your life will be a masterpiece.

Isn't this a great image, your life as a canvas covered with the paint-by-number lines which prescribe the life others intend for you to live. And what if those lines just don't fit? What if you do not choose to conform? What if you want to paint outside the lines? What if you choose to stretch the boundaries?

The unfortunate thing about those blue lines is that they are based on the experiences and learning of those who came before us. They do not necessarily

represent you, your experience or your learning. They most certainly stifle authentic expression and living your life from the full expression of who you are. So what to do or be....that is the question.

Your PGS

Begin by knowing yourself. In ME FIRST we work with participants to help them identify their Personal Guidance System or PGS. Your PGS is comprised of three aspects of self:

1. Your Core Values: Identifying those values which guide your life and define the essence of who you are. They are your guiding principles for how you want to live. In defining them it is important that they resonate with you, making sure they are truly yours, not someone else's.
2. Your Call to Service: this is your essential 'WHY', your ideals, the vision you have for your world. It often reflects that one thing in the world which you would like to influence or change and understanding how you integrate this into your work in the world.
3. What makes you 'TICK': Whereas your call to service addresses what you 'do' in the world, your tick defines who you 'be'. Because ME FIRST is an inside -out process, true change begins with an understanding of what energy you want to embrace to influence change. This requires a shift in how you be within yourself. It means being consciously aware of your internal dialogue and feeding yourself a diet of uplifting affirmations and intentions. When the internal dialogue is positive, your being changes and you influence others energetically

Courage

One of the tools we also use in our work in the Lumina Spark Portrait. What I love about this instrument is its ability to show learners the three aspects of self: the underlying self - the natural YOU, the everyday self - the conscious persona you adopt when you go to work or show up publicly, and the overextended self - the person who shows up when under stress.

From a coaching perspective, it is very telling to look at the differences between the underlying or natural self and the everyday persona. In a recent coaching session the client noticed that in the natural self, her qualities or strengths were bold and amplified in many aspects which all but disappeared in her everyday persona. The question was why?

While there is no hard and fast answer to the question, she realized that she was holding back from being her true authentic self in the everyday. Fear of judgment, fear of freely expressing the best of who she was, held her back.

Whether or not we use Lumina to highlight this for clients, the reality many of you face is that you hesitate to be yourself in the world out there. While you may wish to paint outside the blue lines you fear being judged for doing so. It takes courage to be authentic, to paint your own masterpiece. AND, if not now when? Is it your time to stretch the boundaries and live your authentic, bold and brilliant life?

Final Word

In the continuation of Gordon McKenzie's Story, he writes:

Then there came a time, after half a century of daubing more or less between the lines, that my days were visited by traumatic events. The dividends of my noxious past came home to roost, and the myth of my life began horrifically to come unglued. I pulled back from my masterpiece-in-the-works and saw it with an emerging clarity.

It looked awful.

The stifled strokes of paint had nothing to do with me. They did not illustrate who I am or speak of whom I could become. I felt duped, cheated, ashamed - anguished that I had wasted so much canvas, so much paint. I was angry that I had been conned into doing so.

But that is the past. Passed.

Today I wield a wider brush - pure ox-bristle. And I'm swooping it through the sensuous goo of Cadmium Yellow, Alizarin Crimson, or Ultramarine Blue (not nos. 4, 8, 13) to create the biggest, brightest, funniest, fiercest damn dragon that I can. Because that has more to do with what's inside of me than some prescribed plagiarism of somebody else's tour de force.

Paint your dragon!

Your asSIGNment

1. Take the time to define your Personal Guidance System.
2. Embrace your courage and step boldly where you have always yearned to go.
3. Unleash your dragon!

Travel Tip

No more pale blue lines. A blank canvas awaits you. Pick up your brush and begin painting your canvas as you choose. You might be surprised what emerges.

Say YES to what shows up.

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.

roadSIGNNS 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](#)

6th Annual Goddess Camp, Oneness - Engaging Earth Energy

Saturday August 23rd and Sunday August 24th, 2014

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

Healthy Living Cafe

roadSIGNS is joining forces with the amazing staff at the Quirky Carrot in Alexandria, ON for a monthly presentation and information session called **Healthy Living Café**. We will be featuring speakers and discussions that will offer you tips to living a healthier life - Body Mind and Spirit. The **Healthy Living Café** starts on Tuesday September 9th and will be held every 2nd Tuesday of each month. More details about speakers and topics and a website page will be announced very shortly.

Stay tuned!

Fall Equinox Labyrinth Walk

Join us for the Labyrinth walk on Saturday September 20th, 2014 6:00 PM

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
roadSIGNS