



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.14 No. 1
June 2014

Dear Jim,

The month of May began in Kitty Hawk, North Carolina, the birthplace of 'flight' and the Wrights Brothers work in creating the first airplane. Initially the weather was rainy and stormy allowing us to engage in radical self-care - sleep, reading, cooking and more. Fortunately the sun appeared the second week allowing us to enjoy long beach walks, waves, sunrises and sunsets.

We returned to a busier than expected schedule, heading to Toronto almost immediately to complete our Lumina Life qualification, an exciting new

assessment in the Lumina Learning System. Finally we headed into a three-day retreat to certify our first ME FIRST Practitioners. Oh my, what can I say. For us it was life changing and the realization of a long held dream to create a ME FIRST community of coaches, facilitators, teachers, aka practitioners.

While setting our intentions the first evening, one of the group offered the following intention: "I want to learn to get to the AH-HA before I get to the 'Oh Shit!'" As you can imagine the result was peals of laughter and yet, that intention landed with all of us. Indeed I have been considering it ever since and so it has become the title of this month's e-letter. Welcome to Get the AH-HA before getting to Oh Shit!

Enjoy the read!

Betty

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

The featured roadSIGNs Retreat this month is the ME FIRST Retreat, Date: Saturday, June 21st and Sunday June 22nd, 2014. For details click [HERE](#)

PS: This summer we are introducing a new opportunity for 'stay-cationners', Artuition: Expressing your Intuition through Brush and Canvas. The planned date for this is Friday, July 18th, 2014 - details soon on the website.

In This Issue

[This month's Sign](#)

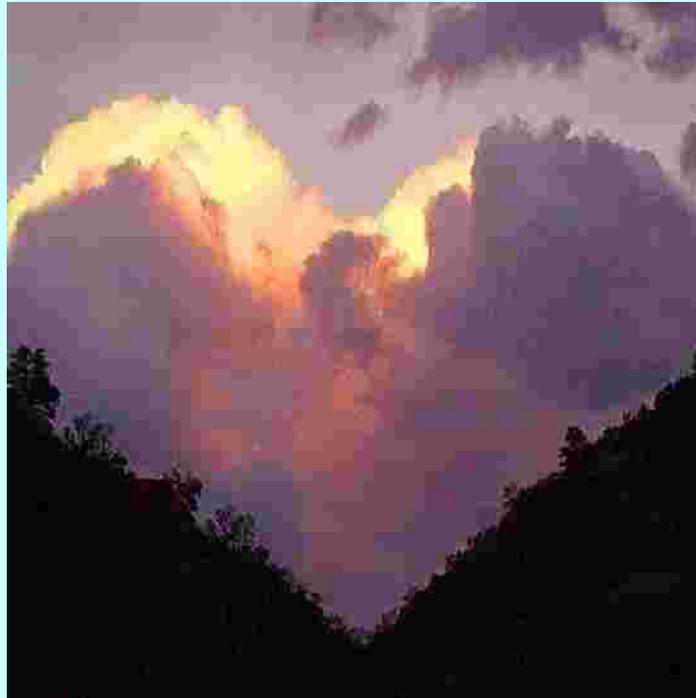
[Your aSIGNment](#)

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This month's roadSIGN



AH-HA's are everywhere.
You simply need to pay attention to the SIGNS.
Facebook Image

June Newsletter

I call it an Aha! moment. It is the moment when I can hear,
when I know, that an answer is being offered to me.
All other sounds measurably fade, including the banter in my brain.
It is when the answer travels from my heart to my head and says, "This is so"

Sharon E. Rainey

Getting the 'AH-HA before getting to 'Oh Shit'

This e-newsletter begins in the Halifax airport; my 9 a.m. flight has been postponed to 10:50 a.m., and just a few moments ago I learned it has been postponed again to 4:00 p.m. I suspect that the airline believes that if they give

me bad news in increments, I may be less upset! Back to waiting - fatigued from little sleep in a noisy hotel the night before and a rather hectic schedule that last few days, I struggled to maintain a calm state of mind.

A phone conversation with Jim, a venti Starbucks latte, a thorough review of the Globe and Mail and "O" magazine, and plenty of deep breathing restored me to at least a semblance of a state of grace. I am sure you can all relate to those days where it seems like life and circumstance just do not line up as you intend them to.

On the final page of the 'O' magazine, my favorite column 'What I know for Sure', featured a beautiful photo of Maya Angelou taken at her induction into the Smithsonian National Portrait Gallery in Washington. Her 86 year old face simply shone. The column ended with one of her famous quotes, "You are enough. You don't need another person, place or thing to make you whole. God already did that. Your job is to know it."

I sat with this for a few moments, savoring the words. It resonated, a roadSIGN, one that begged to be acknowledged, an AH-HA! This was my true saving grace. It restored me, grounded me and brought me back to the present and a knowing that all is well and perfect just as it is and that none of the events of the day were personal. I am enough.

That said, I recognize that when I am fatigued, pressured, or in a space which is less than perfect for me, my critical choir steps in and adds to the noise. In that space, I am not enough. It can create that ever downward spiral. I land in the muck and find myself in the 'Oh Shit'.

And here was a moment of truth... I can be present to, and take in that AH-HA, or I can ignore it and land in the 'Oh Shit!' I get to choose!

Intention, Attention, No-Tension

That ledge you walk between seeing and acknowledging the AH-HA or diving into 'Oh Shit' is a fragile one.

You set intentions for your day, your work, your personal life. You see this act of intention setting as the complete process, 'ask and you shall receive'. However, you are only part way there. There are two more steps.

Step Two: Develop awareness, curiosity and consciousness regarding what is crossing your path and how your intentions are manifesting. In other words, pay ATTENTION.

Step Three: Develop your ability to surrender to the outcomes that your intentions have attracted, especially when they show up differently than you imagined. This is called NO TENSION.

Do The Work

Life, delays in airports, offers each of us ample opportunities for understanding ourselves and life's many lessons. It is my belief that an AH-HA and potential 'Oh Shit' lurks around the corners of our existence. The key to harvesting the wisdom within these moments is to be present to life and situations. This means doing your work of not only setting intentions, but also following what happens. Trust me - it allows you to turn many 'lemon' moments into 'lemonade' and to deal with the trying moments life provides in a different way.

And so the outcome of my airport delay, which did start out badly and smelly, was revived by a quote, paying attention to the AH-HA and surrendering to the circumstances, understanding that for some reason, it was all perfect. Oh yes, and a rather large glass of Pinot Grigio helped as well!

Final Word

Harvest the moments of your life in a way that serves you. Remember that to set intentions is only part of the process. Pay attention to the roadSIGNS, those important AH-HA moments, and be present to them. When life turns in a direction you had not expected, practice No Tension, a curiosity as to why things are as they are and how they respond to your intention. Doing so keeps you from getting to 'Oh Shit'.

Post Script

Moments after reading Oprah's column about Maya, I tuned into Facebook to discover that she had passed away that morning. I felt her presence with me as I was reflecting and writing; now I understand why. I am saddened by the loss of her voice and grateful for her words which will always linger among us. I dedicate this e-letter to her memory and all that she did for humanity.

Your asSIGNment

1. Set Your Intentions
2. Pay Attention - watch for the SIGNS and the great AH-HA's
3. Relax into what happens, be in No Tension
4. When you do fall into shit, shake it off, laugh and keep on going

Travel Tip

Simply get the AH-HA before you get to 'Oh Shit!'
You will save on the laundry bills!

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.

roadSIGNS 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](#)

ME FIRST 2-Day Retreat

Saturday June 21st and Sunday June 22nd, 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](#)

Summer Solstice Labyrinth Walk

Join us for the Labyrinth walk on Saturday June 21st, 2014 6:00 PM

For more details go [HERE](#)

Artuition: Expressing your Intuition through Brush and Canvas Retreat Day

Friday July 18th, 2014 - More details in the near future on our Website.

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