



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.14 No. 9
February 2015

Dear Jim,

Sub-zero, sunny, cabin-fever, hibernation, gearing up... a plethora of descriptions befitting January energy. After a hiatus of 4 weeks, it was challenging to step back into the office on January 5th with two proposals awaiting my attention and breaking the hibernation cycle I had so easily adopted. Now in the final days of the month, the landscape is quickly shifting and I can see that February is already getting booked with various events.

In January we welcomed Barry MacDonald to the Healthy Living Café speaking

about financial peace of mind. It was a fitting topic to kick off the New Year, a topic that often gets overlooked in body-mind-spirit discussions. The following week Jim and I presented *Playing to Your Strengths* at the Awakening Café in Hudson. This led to a lively discussion about naming, claiming and living the best parts of YOU. I was also interviewed by Dr. Raji Menon for her radio show on Voice of America on February 22nd, a great opportunity to look at ME FIRST strategies in managing stress.

Our first retreat of the year, the Vision and Intention Day, was a great kick-off for 2015. As always, we learn as much from the participants as we hope they learn from us and each other. Focusing on understanding what intentions are and the importance of the 'I AM' energy, the day was simply amazing. As a result the themes that emerged are the topic of this month's e-letter. Welcome to Consciously Creative.

Enjoy the read!

Betty

In collaboration with the Quirky Carrot, our favorite local restaurant/coffee house located in Alexandria, the Healthy Living Café will be held the second Tuesday of every month from 7-9 p.m. In February we welcome Danagh McDonell to the Healthy Living Café! Danagh is a registered massage therapist, energy worker and coach. On Tuesday, February 10th join us for Danagh's presentation "Emotional Anatomy".

For details click [HERE](#)

Our next Retreat Day Our next Retreat will be April 25th and 26th, the two-day ME FIRST Retreat. Registration is already open for this event - there will be 10 spaces available

For details click [HERE](#)

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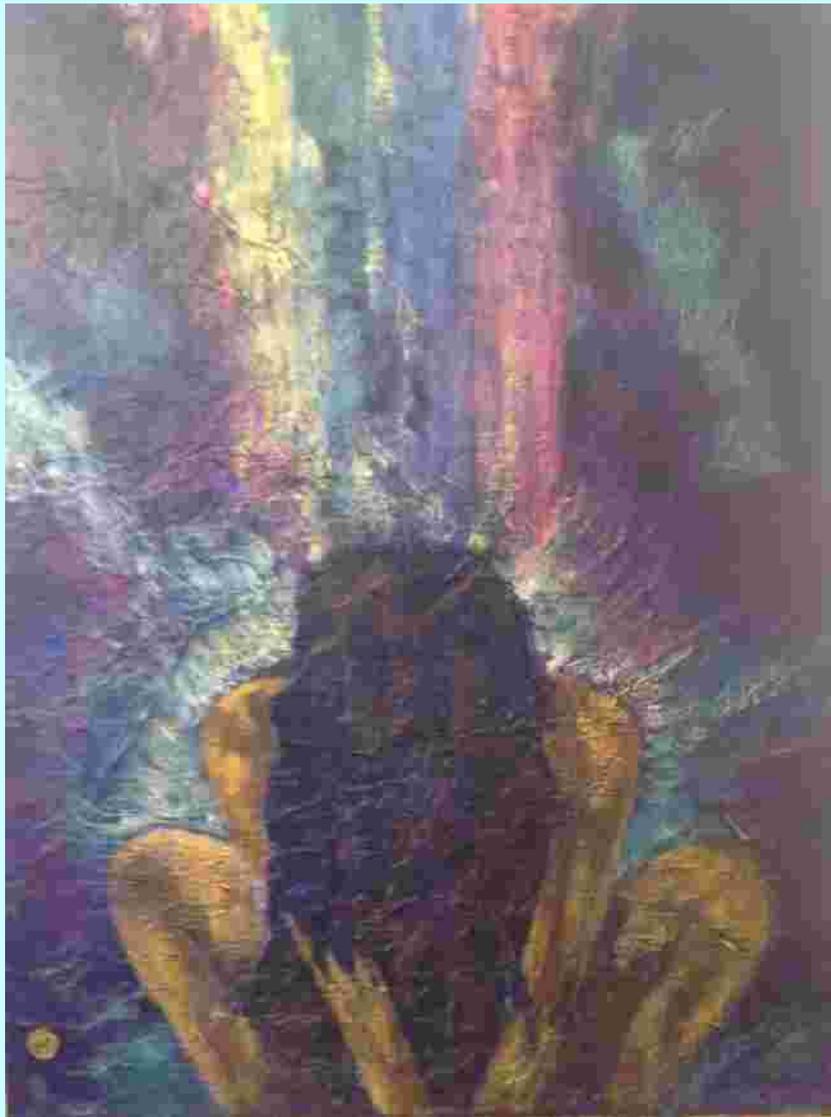
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This month's roadSIGN



"Within" (18" X 24") Painting by Betty Healey
December 2014

February Newsletter

"Am I crazy?" she asked. "I feel like I am sometimes."
"Maybe," he said, rubbing her forehead. "But don't worry about it.
You need to be a little bit crazy.
Crazy is the price you pay for having an imagination. It's your superpower.
Tapping into the dream. It's a good thing not a bad thing."
Ruth Ozeki - *A Tale for the Time Being*

CONSCIOUSLY CREATIVE

In the latter half of the Vision and Intention Day we ask participants to share their Vision Board. It is more powerful than you might expect as each person gives voice to their dream, how they want to show up in the world.

There are many unconscious messages as well. Following each individual's presentation, other participants share what they see in the images, words and energy. There are many AHA moments as each person realizes that the board speaks to more than just the obvious.

The words Consciously Creative came from one participant. When we take the time to 'debrief' the each person's vision, much more becomes apparent. We bring the unconscious information into the conscious, into the moment. In essence we bring the vision alive and give it more breath. This is the essence of the Vision and Intention Day, to bring into consciousness that which we dream about - to name it, claim it and bring it alive, to become the conscious creators of our life.

The Perfection of Pain

Vision and Intention is a building process. It highlights the past, both that which was far less than perfect as well as that which you want to acknowledge and celebrate.

As the intention process begins you are asked to declare what you want. While seemingly easy, it is shocking to see how many people do not know what it is they want. Where do you start - with what you do not want. Most people have a litany of do not wants, often enough to fill several pages.

When listing the 'do not' wants, you may be forced to excavate elements of the

past. The past is filled with the great, the good, the bad and the ugly! Each of these events is laden with lessons, many of which have been ignored, some of which have been cultivated. Some of the lessons have been painful; some of the lessons are cause for celebration and acknowledgment.

Regardless you are a composite picture of all lessons. Understanding this suggests that everything that has occurred in your life, the great, the good, the bad and the ugly, is perfect.

For the challenging lessons, the painful ones, it is difficult to see the perfection of pain. Sit with this: how has each lesson been an essential ingredient in your becoming who you are? Stand above a painful period in your life and ask how you would know what you know today if this had not occurred. How would you have become who you are? You quickly grow to understand that it is life's challenging lessons that truly form who you are in this moment and contribute to who you are becoming.

Many people resist accepting that life's most challenging moments are central to your personal growth; some events were just too painful. When that is the case it is time to step into the perfection in the pain. Can you feel your resistance?

Releasing and Relinquishing

Pain is associated with anger, resentment and judgment. This emotional baggage not only weighs you down, it takes up a lot of space. To move on with your life, which I am sure most of you wish to do, it is necessary to unpack the bags.

This is of course a process, not something that can be accomplished in a one day retreat. The goal is to become conscious, day by day, week by week, of what you have packed away and stored. Learn to bless the events and people in your life for the lessons they have offered you. Release judgment. Learn to forgive. Finally, release the hold these events have on you and relinquish them to your higher power. You no longer need to carry them.

Now your emotional and spiritual space has been de-cluttered and there is ample room to fill it with your desires, your wants.

Vision and Intention - I AM

True intentionality is not expressed as an 'I want'. Intention lives in the present. Once declared it creates the energetic field for your future.

I want therefore is converted into I AM.

Example: I want to heal and to be healthy becomes I AM healed, whole and healthy or I am in my perfect healthy body.

Notice the shift in energy when you engage the I AM energy.

You may not believe the I AM statement initially, perhaps because you have been in less than perfect health for a long time. In this case, remember the last time you felt in the prime of health. Perhaps you are out walking briskly on a sunny fall day. Notice how you felt - alive, full of energy, at peace, feeling the warm sun on your cheeks, smelling the scent of fall in the air. Re-create the scene with as much 'sensing detail' as you can and step into it. Bring that sensing to this moment.

The 'I AM' thrives with all this sensing detail because it taps into your memory, your DNA and is registered in your body, mind and spirit. Your ability to remember through the five senses feeds your vision and intentions, makes them come alive.

This technique can be used for any I AM statement, including I AM Love, I AM Happy, I AM Peace, and so on. All you need lives in your memory and simply needs to be cultivated.

By the way, our learning over the last year in teaching this material has been to understand that I AM energy, your 'being' energy, is much more powerful than anything you 'do' or 'say'.

Final Word

Become a Conscious Creator of your life.

Shift from your 'do not wants' to your 'do wants'.

Understand that everything is PERFECT and that everything happens to teach you something. Release what no longer serves you, creating space for all that is in your highest good. Empty the baggage.

Step into your I AM, your being energy. Engage the I AM in your intentions and your vision.

Your asSIGNment

1. Make a list of what you want for the upcoming year. If your 'I wants' are not clear, begin with your do not wants and flip them.
2. Convert your 'I wants' into I AM statements. Write them down; say them out loud.
3. Choose 2-3 I AM statements to begin each day. Step into them and feel them. Do this for 21 days.
4. Take 2-3 hours and create your own vision board. You will need a piece of Bristol Board, magazines, scissors and glue.
5. Once completed, share your board with someone else and ask them what they see.

Travel Tip

Be the Conscious Creator of your life.

You get to choose what you want, and who you be. This is both simple and challenging!

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](#)

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](#)

ME FIRST 2-Day Retreat

Join us for the ME FIRST 2-Day Retreat on Saturday April 25th and Sunday April 26th 2015. We take only 10 participants for this event and it is filling up fast so don't delay.

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 next **Healthy Living Café** will take place on Tuesday February 10th and will be held every 2nd Tuesday of each month.

To register and/or find out more, click [HERE](#)