



roadSIGNS

The Journey to Self-Discovery

[Join Our Mailing List!](#)



roadSIGNS Newsletter

Vol.14 No. 8
January 2015

Dear Jim,

We have arrived; another new year is upon us. Like cracking a new book and anticipating the story we are about to read, a new year offers each of us the opportunity to write a new story for ourselves. Most of you who are tuning into the conscious conversations spinning around you are realizing that you are living in a world that is rapidly changing. And this poses challenges to each of you as you decide how to respond to and interact with this change. It is both exciting and a little scary. I encourage all of you to weigh in on the exciting side and remain curious about what is next for you. Happy New Year!

December was a very different month for Jim and I as we left the Canadian cold and headed south for two weeks to the warmer climate of Mexico. We visited Cabo San Lucas, on the southernmost tip of the Baja peninsula, for the first time. Our stay there was restful and regenerating, readying us for an abundant and engaging 2015.

Upon returning home we launched into the Christmas season somewhat unprepared. Decorating, baking and family gatherings were "scrunched" into a shorter time frame. The celebrations began with our winter solstice labyrinth walk where we welcomed over 30 people to join us on a starlit evening. This event certainly set the pace for the rest of our seasonal celebrations.

Back to Cabo for a moment. While visiting there I did a great deal of reading. Ah! the luxury of disappearing into the pages of a good book! One of my reads was a book by Joan Anderson called 'A Walk on the Beach'; a book which details her three year relationship with Joan Ericson, the wife of well-known psychologist Eric Ericson. There were several AH-HA! moments for me in those pages, one of which was a concept Joan called Self-Cultivation. Suffice it to say, I have been pondering this ever since. Welcome to the first e-newsletter of 2015 and my thoughts on Self-Cultivation.

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 January we welcome Barry MacDonald to the Healthy Living Café! On Tuesday, January 13th join us for an informative conversation 'Steps to Take to Achieve Financial Peace of Mind'.

For details click [HERE](#)

Our next Retreat Day will be Saturday, January 24th for the second, annual Vision and Intention Day. Kick-start 2015 by clarifying your intentions for the year and creating a vision board that inspires you to step fully into living those intentions. Only 7 spaces remain!

For details click [HERE](#)

In This Issue

[This month's Sign](#)

[Your aSIGNment](#)

[Travel Tips](#)

[Someone in Your Corner](#)

[Upcoming Events](#)

This month's roadSIGN



"Synapse" (30" X 40") Painting by Betty Healey

December 2014

"...let your sun - your concentrated energy, your own submerged
authentic vital power - shine out from you"

Joan Anderson

SELF-CULTIVATION

What is it about a phrase that catches your attention, lingers, tickles and sticks? This has been my journey with the notion of self-cultivation since first reading the words of Joan Anderson. What does self-cultivation mean: living your own life rather than living the life someone else has chosen for you.

Common sense? Of course it is!

Easy - not so sure.

To fully inhabit your life, means turning away from the noise created by the many voices who have downloaded all the rules, expectations, should's and have to's and turning to yourself with full bodied trust. To paraphrase Joan Anderson, it means knowing your strengths so you can lean on your truth, work with your struggles and eventually become someone who sponsors yourself.

The notion of Self-Cultivation is the next phase of Self-Discovery, a journey which I have long embraced and which I have been teaching and guiding for years. I have known for several months now that this journey, while never complete, begs to be deepened and if you will cultivated. Joan Anderson's writings have been my roadSIGN and my call to action. Here are my preliminary thoughts as this new journey begins.

Lean on Your Truth

This begins with 'I AM' and understanding that I AM is a complete sentence.

It is powered by believing that you are the best you, you can be today and that you always have the capacity to learn and grow and be a more perfect you tomorrow.

It is supported by 'mining your diamond': knowing the unique talents and gifts that you possess and naming and living from the key qualities and strengths that define you at your best.

It is embracing the truth that you are whole and perfect just as you are.

It is as Oprah Winfrey would suggest, trusting what you know for sure. Life has offered you a tapestry of lessons - now is the time to trust what you have learned.

Cultivate your truth..

Work with Your Struggles

We inhabit a world where it is easy to hide from our struggles. Many of us were socialized not to speak of them or share them. My mother's mantra was 'big girls don't cry' and 'never speak of what is going on at home'. Closets can become crammed with skeletons.

I am not suggesting that you need to dump all your woes on the shoulders of others; I am simply suggesting that there is a time when confronting whatever it is that pulls you down is appropriate.

We are all emotional landmines. The explosiveness builds as you choose to either avoid or bury whatever struggles you have encountered rather than working with them. Your IBSC (Itty Bitty Shitty Committee) tears you down and tells you that if you were more perfect you would have handled the mess more appropriately. NOT!

Beginning today, recognize that any struggle, whether buried in the past or newly created in the present, is simply an opportunity for learning. Never make yourself wrong. Gather data instead. Be objective. Recognize that struggles are not personal. Shake hands with them.

Cultivate your struggles.

Sponsoring Yourself

I love the idea of sponsoring myself and I continue to learn how to do this.

Have you ever noticed how easy it is to sponsor someone else, to see their attributes and qualities, to encourage them and to lift them up. Can you imagine how much more effective you could be at offering this to others if

you offered it to yourself first.

Begin each day with the 'I AM'. Continue this phrase with amazing affirmations such as I AM beauty, pure love, courage, divine, inspiration. Choose words that lift you up and raise your energy.

Sponsoring yourself is an act of 'being' versus an act of 'doing'. Being defines your energetic presence in the world. Know who you want to be, step into it and in this way sponsor yourself. Actively Coach yourself through the day. Notice where you have made great strides. Turn struggles into lessons.

Cultivate your 'being'.

Final Word

The opening e-newsletter of 2015 is intended to provoke us all into evolving from self-discovery to self-cultivation. I do not understand the complete breadth and width of this at the moment; I am sharing what is coming to me at this time.

For now see this as an opportunity to lean on your truth, work with your struggles and sponsor yourself. A new year, like the first page of a book, provides an opportunity to intentionally raise the bar. There is no need for goals or resolutions, simply an intention that you are curious and open to what is next for your spiritual evolution.

Your asSIGNment

1. Record your unique talents, qualities and strengths. Notice how you are engaging them and how you might cultivate them.
2. Shake the lessons out of your struggles and challenge yourself to apply these lessons differently.
3. Be your own advocate, mentor and coach. Create a daily uplifting 'I AM'.

Travel Tip

Turn your thoughts to self-cultivation. Take all that you have discovered about yourself during your ME FIRST journey and dig into it. Ah yes, like new treads for those tires!

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 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 next **Healthy Living Café** will take place on Tuesday January 13th and will be held every 2nd Tuesday of each month.

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

Vision and Intentions Day

Join us for the Vision & Intentions Day on Saturday January 24th, 2015. This your opportunity to set your intentions for what you want to attract in 2015. The event is filling up fast so don't delay.

For more details go [HERE](#)