



# roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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Dear Jim,

We have just enjoyed a remarkable few days of Indian summer. The fall buffet is serving up helpings of late blooms and a feast of colours. I appreciate the palette of this season with the hues of scarlet, ochre, yellow and tangerine; it feeds my soul.

September was a remarkable month kick-started by a professional development day with our ME FIRST Practitioners. We are now offering ME FIRST Programs in Montreal, Hudson/St. Lazare, Ottawa and New York. If you would like to meet our team go [HERE](#)

The next highlight for me was attending a retreat at Maryholme, an amazing get-away on the shores of Lake Simcoe. Facilitated by my friend and colleague Denine Savage, all participants were either physiotherapists or massage therapists trained by Denine in her unique form of energy work. I arrived feeling rather out of place and left with greater understanding and new friends. I learned more about the impact of my work and how this blended with other forms of practice.

Finally, the real stretch, I was a first time exhibitor at the Annual Apples and Art Studio Tour for Cornwall and the counties. As we hung up the 25 piece collection I have created over the last 18 mos. I was filled with trepidation. My IBSC (Itty Bitty Shitty Committee) had a heyday with me as they pushed and pulled, asking who in the world would appreciate my art. On the upside my inner coach responded, "it is unique, engaging and definitely an expression of who you are!"

All in all this has been a time of great learning, from my ME FIRST colleagues, from Denine and the Maryholme crew, and through the expression of my art. It is humbling to recognize how much more there is to learn and understand just as it is exciting to realize how much more there is to learn and understand. In celebration of this welcome to Back on the Schoolbus!

Enjoy the read!

Betty

This month is our second event in the Healthy Living Café series. 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. Join us on Tuesday October 14th for conversations designed to inspire and inform you about healthy living practices. This month we welcome Joanna McDonald to the Healthy Living Café for an informative conversation "Feeding Yourself Well; Body, Mind and Spirit".

For details click [HERE](#)

Our next Program is Stepping-UPP, coming your way on Saturday, November 1st. Learn how to engage the Law of Attraction in your life and business and walk away with a four-part Strategic Attraction Plan. For details click [HERE](#)

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## This month's roadSIGN



Seed of Life, Acrylic on Canvas  
Earth Energy Art by Betty Healey, August 2014

## October Newsletter

"The first problem for all of us, men and women, is not to learn, but to unlearn."  
Gloria Steinem

## **BACK TO THE SCHOOL BUS**

Tuesday, September 2, 2014 - mingled among the usual morning sounds are the shrieks of Christopher and Benjamin, my neighbour's boys. Then the familiar grumbling of a middle aged motor as the school bus approaches, squeals to a halt, and loads the kids into its belly. As I lay there listening, I mused about the school days, remembering and reflecting. I realized that, metaphorically we are always getting on the school bus. Learning never ends; life is one continuous learning event; learning is the seed of life.

The challenge may be to remember this, for there are moments in every life when you believe that you really have learned 'IT', whatever it may be; that you have all the knowledge you require and you are full. I have seen glimpses of that.

There are also moments when, in my current role as teacher/guide/facilitator, that others look to me, believing that I have all the answers. I have realized that because of the role I have assumed, some put me on a pedestal, just as I have done with the mentors and leaders in my life. I have learned, along the way, how dangerous this is, for when you fall off the pedestal, you fall hard.

I have this compelling need to share, that I, like you, am on the school bus, learning every day, understanding some things more and some things less, asking for guidance and finding my way. Just like my readers, coaching clients and workshop/retreat participants, I am in the trenches with everyone, learning life's lessons.

### **Life Lesson #1 - Robbie's Rule**

My friend and colleague Robbie is known locally as Mr. Fix-It. He is also an inventor. Recently he shared with me the following:

"When I am building something, I don't always know how to create it, so I just start, build what I know already, and wait for the rest of the design to arrive. I have learned that when I need the next step of the plan, it will arrive."

WOW! This one had to sink in and I have been considering it for weeks.

The Lesson: You don't need to know everything in advance. You can set the destination and pick up the directions along the way.

I imagine if everything was not planned out in advance, if you simply set the direction and began to enjoy the ride. I imagine that for every new adventure or project, you simply began with the basics, what you know now and understood that what you need to know next will be there in perfect timing.

### Life Lesson #2 - Earth Energy Art

Over the last two years I have returned to one of the passions of my youth, painting. I began where I was comfortable, painting flowers and scenes from photographs I have taken. You see I know how to be purposeful with my art, how to put brush to canvas and re-create an image. I was not however, feeling lit up by it. Passion was not in the mix.

I needed to unlearn my former approach and give myself permission to get back on the school bus. I attracted a workshop with fellow artists Tracy and Emily where they taught me a new technique, so simple and so liberating.

The Technique: Stretch scrunched up tissue paper over the canvas; apply to the canvas with a glue-like substance called "Modge-Podge", giving the canvas texture. Next, unlock your imagination, abandon purpose, and let intuition guide the brush. Sink into colour and energy, forget about replicating anything, be in and with the process. Finally, trust that what you are creating is uniquely yours and an expression of something greater than what you can copy.

The Lesson: When you release what you believe you know and/or how you have always approached things, you open your world to new expressions of who you are and a bank of new possibilities.

### Life Lesson #3 - Unlearning

In her book Revolution from Within, Gloria Steinem wrote that we need to unlearn versus learn. This thesis contradicts what most of us believe because we have been taught that knowledge is power, that the more initials you have after your name determines your relative worth. I am not immune to this. I have been a lover of formal education, achieving academic accolades and am fueled by books, research and achievements. I loved it all just as I have lost my taste for it now.

I see how my degrees and education have served me, and for this I am grateful. I also see how my education, this body of knowledge gets in the way, at times shutting doors to new ways of knowing, of receiving information rather than searching for it.

The Lesson: as Neil Donald Walsch shared in Conversations with God - Book One, everyone has access to all knowledge, you simply have to remember it. This implies that what you think you know is not necessarily truth or the whole story. There is so much more available to you if you release what you think you know, unlearn a few old ways, and create space for remembering.

#### Life Lesson #4 - Knowledge does not equal Wisdom

In my life's work, I meet many people. I am in awe of the wisdom that exists, most of this among my colleagues and friends who do not have the degrees and certificates that society appears to value. Stepping away from my own self-created academic pedestal, I have been frequently humbled by the lessons I have learned from family elders, friends, and clients. These are folks who are intuitively intelligent, who receive lessons because they don't have a paradigm that suggests learning comes from books and professors. They simply KNOW.

The Lesson: Judge others by their character rather than their pedigree. Listen to what others are sharing and learn from and with them. Turn down the volume on those who profess to know it all and listen to those who have lived. Release yourself from book knowledge and create space in your life for Divine Knowledge.

#### Final Word

Life is learning and learning is life. Value yourself, your education and what you have learned just as you value what others can teach you. Place emphasis on formal learning as well life's lessons; both are valuable. Remember, that in life and learning we are all equal, leading one another and sharing the way. Finally, I encourage you to stay on the school bus, remain curious and keep learning.

#### Your asSIGNment

1. You know what you need to know in this moment. Create space and allow what's next to show up in perfect timing.
2. Learn to trust your intuitive knowing.
3. Release yourself from the knowledge trap and tap into your wisdom.
4. Learn at the feet of the 'wise ones'.

#### Travel Tip

Get on the school bus!

## 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.roadsignns.ca](http://www.roadsignns.ca) for more information and/or contact [betty@roadsignns.ca](mailto:betty@roadsignns.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](#)

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### 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's** second event in this series is on Tuesday October 14th and will be held every 2nd Tuesday of each month.

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

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### Strategic Attraction Planning and Stepping UPP

One day workshop on Saturday November 1st, 2014

9:00 AM to 4:30 PM

Tigh Shee, North Lancaster, ON

For more details go [HERE](#)

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### Tibetan Acupressure/Compassionate Touch

Friday to Sunday November 21-22-23.

Tigh Shee, North Lancaster, ON

For more information or to register, go [HERE](#)

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## Winter Solstice Labyrinth Walk

Join us for the Labyrinth walk on Saturday December 20th, 2014 5:00 PM

For more details go [HERE](#)

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