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road**SIGNS** Newsletter

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Greetings!

July is the best of summer - time to travel, special times with family and friends, gardening and a little hammock time.

Jim and I enjoyed three weeks off, finally taking a breather from an intense work schedule through the spring. We spent one week in Western Canada on Vancouver Island, first in Tofino at a Lumina Learning Event and then in Nanaimo with friends Sue and Jerry Davis. This was delightful, relaxing and simply amazing as we love the western landscape not to mention the hospitality.

Our trip was followed by two weeks here at Tigh Shee, what we always refer to as a Staycation. We had the opportunity to have out of town visitors, lots of BBQ's with

friends as well as ample gardening time. Our time off culminated with a Healey family reunion where most of Jim's siblings gathered along with his parents (now 85 and 86). Seven of our 13 nieces and nephews joined in the celebrations along with our 5 great nephews and nieces.

Relaxing, stepping away from the daily responsibilities and opening space made for more opportunity for reflection, breathing and attracting possibilities for the future. As a result I have dedicated this e-newsletter to a continuation of Letting Go, the July edition of roadSIGNS. Welcome to "**What's Become Clear.**"

Enjoy the read!

Betty

In August Jim and I will be hosting at the Seventh Annual Goddess Camp. Dates: August 22-23/2015. This event is SOLD OUT

The next Labyrinth Walk will be held Saturday, September 19th, 2015.

For details go [HERE](#)

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This month's roadSIGN



"New Beginnings"

Photo of sign taken in Westport ON - August 2015

August Newsletter

Letting go gives us freedom
and freedom is the only condition for happiness

Thick Nhat Hanh

WHAT'S BECOME CLEAR

Since writing the last e-newsletter, 'Let It Go!', I have come to realize that this is easily said, not so easily done. I have also recognized that there is more fear in letting go that I might have recognized. This fear is not new to me. I faced it once before, 14 years ago when I took my first radical sabbatical. It goes like this, "who am I when I STOP doing?"

It is clear to me that despite all the lessons I have learned, taught and coached through the years that I continue to struggle with the idea that I am valuable just because I AM. As I assessed my addiction to doing and performing, this message came in through my daily Elephant Journal post: *"human consciousness is evolving. And in this evolution we have come to the point where the concept of ego no longer brings us freedom. It is a concept that keeps so many of us from shining our brightest light when shining our brightest light is exactly what the world needs us to be doing."*

Ah yes, EGO! I recognize that my ego is closely aligned with fear, and that fear is holding on tightly to what I know. The antithesis of EGO is LOVE, releasing and

trusting, creating space for the brightest light to shine within me and through me.

Following the SIGNS

Stepping away for a three-week break certainly facilitated the beginnings of letting go. I do possess a great capacity for parking work projects and obligations. This has created the necessary space to begin to see beyond my self-imposed boundaries. I have also been mindful of the presence of additional Significant Insightful Gold Nuggets fueling my Soul and Spirit (SIGNS) reinforcing the need for a change as well as what may lie ahead that I have not been able to see.

SIGN #1

On July 13th Jim and I headed to Vancouver Island to attend a Lumina Learning Retreat. Part business and part personal, I had the opportunity to dive further into my personal strengths in various aspects of my life, my underlying or natural self, my everyday or work self and my overextended or stressed self.

While I have examined my personal Lumina Spark Portrait repeatedly, this retreat offered the opportunity to pause, reflect and ask some in-depth questions regarding how I engage my strengths in service of me (versus others) and how I might overuse certain qualities or strengths. I have to say it was an informative conversation brilliantly facilitated by our retreat leader Janice.

Two things became clear to me: my core strengths of Purposeful and Reliable dominate. Ach! Setting goals and making sure that I achieve them....yes, I know this had been my life blood and I have to admit it feels 'bloody' limiting. I continue to explore if these strengths could be engaged differently as I move forward with life. Can I learn to be more intentional and less goal-oriented? Can I learn that even when commitments are made, the landscape changes and that those obligations may need to be re-considered. Can I learn to use them in service of me and simply have an intention of letting my light shine brightly? I am sitting with these questions.

You may wish to consider what you view as your core strengths and how they both serve and limit you.

Secondly, I realized that I suppress my quality of accommodating, especially when it comes to me accommodating me. While I consciously choose not to be overly accommodating in my every day or work self, something I believe is necessary in the work I am engaged in, this also suggests that I am not accommodating myself. I am not being my own best partner in attracting what is perfect for me.

Can I learn to get out of my own way? Can YOU?

SIGN #2

Just after catching up with all of our current work projects, taking a deep breath and relaxing, an e-mail came across my path with the following invitation:

The Flourishing Center is now offering its renowned CAPP Program in Toronto Starting in September!

The Certificate in Applied Positive Psychology (CAPP) Program is a 200-hour personal and professional learning journey that will equip you with the tools and practices you need to support yourself and others in flourishing.

Let me just say that I have been studying Positive Psychology independently for several years now. It is the foundation of ME FIRST. The timing of this e-mail was significant. I immediately began digging, downloaded the syllabus, read eagerly through what was being offered and let my imagination play with 'what if this is a call to the future'?

Once I did this, I received a call from a CAPP faculty member who inquired about what questions I had regarding the program. I was impressed with the follow-up and more impressed when he explained that the special project requirement of the program was centered around 'anything that furthers your work in the world'. OMG

While I have yet to make a final decision, I was simply reminded that there is so much available to me if I am paying attention. What is available to YOU?

SIGN #3

Wake-up Call. While we were away a friend of ours passed away suddenly at the age of 44. While I did not know him that well he was the husband of a close colleague of ours. We had attended their wedding in September 2013.

He was a significant figure in the Cornwall region, active in film making, music, politics and so many other aspects of city life that it is impossible to name. The suddenness and unexpected nature of the loss of this young life was simply one more reminder that 'time is a wasting' and raised the question as to how I want to use the moments in each of the days I have been given.

How do I want to engage in life? What gifts/strengths/values do I want to live into? What is my authentic call to service? How do I want to use the remaining moments? YOU?

Final Word

I have chosen to continue to write on the theme of letting go and the search for new beginnings as the theme is very pertinent to so many of you. It is easy to live in auto-pilot only to wake up one day and notice that your time on earth has evaporated. Begin to choose differently. Become consciously aware of what it is you really want and set your intentions accordingly.

Your asSIGNment

- What do you want? (if you don't know, make a list of 'do not wants and flip them)
- From your wants, set some intentions. I want to be fully engaged and passionate about my work. I want to understand and be open to other opportunities for expressing my authentic call to service in the world.
- Pay Attention: watch for those SIGNS
- Be in No Tension: exercise your curiosity and explore what shows up, even though it might look completely different from what you expected. This might lead you someplace new!

Travel Tip

As you lighten the load of what you have been carrying notice what is crossing your path. It might be a new direction or a simple reminder regarding how precious life is. Be prepared for surprises.

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 2015 [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](#)

Goddess Camp 2015 - 2 Day Retreat

Saturday August 22nd and Sunday August 23rd, 2015.

SOLD OUT!

Fall Equinox Labyrinth Walk

Join us for the next Labyrinth Walk on Saturday September 19th, 2015.

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