



# roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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January 2016

Greetings!

Nineteen Years ago this month, Jim and I incorporated Conrod-Jacques Consultants Inc., also known as roadSIGNS, preparing for my departure from health care. The dream was to 'cultivate spirit and values' in the workplace.

Today, in hindsight, it is my hope that we have achieved this. As our work continues into our 20th year in business, our intention is to work less and play more, yet continue to serve. We have put the Universe in charge of marketing and sales with the intention that our work continues in a way that is in our highest good and in the highest good of those whom we serve.

2015 was a year of reflection for me, experiencing what I might refer to as a 'mid-life'

mini crisis. I say 'all good' since there are times in life when it is important to appraise what is important and what you truly want from life.

There have been many facets of this exploration leading me into 2016 with much anticipation and optimism. One of the themes from 2015 that I plan to travel with is savoring, appreciating and receiving with an open heart all the love that exists in my life.

With this intention in mind, welcome to **Receiving Love**.

Enjoy the read!

Betty

For the fall of 2015, we are taking a sabbatical from retreat work and Our Labyrinth Walk in September while Betty completes her certificate in Applied Positive Psychology. Watch for our new schedule of events and retreats coming April 2016 including ME FIRST and a newly designed WE FIRST.

We will be continuing HEALTHY LIVING CAFE in collaboration with the QUIRKY CARROT on the 3rd Tuesday of each month (January 2016 to June 2016).

On January 19th, Betty Healey will be sharing some of her learning from the Positive Psychology program she is engaged in. The title of the talk is "Self Compassion".

Find out more and register [HERE](#)

Our annual Intentions and Vision Day is scheduled for January 23rd, 2016. This is a popular event so you will want to sign up early. For details go [HERE](#)

Our next Labyrinth walk is scheduled for March 19th at 6:00 PM. For more information go [HERE](#)

## In This Issue

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"I AM Open Hearted"  
Earth Energy Art by Betty Healey - 2015

## January Newsletter

*"It is really important to be able to receive love and receive compassion.  
It is as important as being able to give it."*

**Pema Chodron**

### **RECEIVING LOVE**

It happens that, from time to time, that I second guess what it is I want to write about in a newsletter. You would think that with over 15 years of this monthly practice I would trust my instincts. I don't always. And then there is a sign that I am on the right track.

This morning's sign came from a facebook posting, an old friend of mine who recently

lost her mom. She wrote: *"In the last decade I have had the desire to soften. It was beginning to feel painful in my heart to remain hardened and protected. I long to live in a more tender and loving way. I will be forever grateful for the soft, intimate hospice experience with mum..."*

Memories of my own experience with my mother floated in, over forty years since she left yet the memory of her final days linger. And if I allow myself to benefit from my friend's posting, I can remember the softening, the understanding I gained from those end of life conversations, and the realization that I was loved by her.

### **SIGNS That It Is Time To Change**

I believe myself to be a very loving person. I sense that I am generous of heart. Some would have said that I have been too much so, especially in my younger years.

Despite this I have not always trusted love; I have not known how to receive it. Doesn't this seem a bit odd? I teach about love, especially self-love. I have worked on myself and for the most part I have transformed my inner critic to a kinder, gentler voice. I have had and continue to have amazing relationships, including a 42 year marriage.

Still there is that part of me which feels hardened, fearful of really accepting and trusting love. It feels like a scary place, a place of real vulnerability. If I open that door to receive, fully, unconditionally, even passionately, I fear that I will be hurt or harmed in some way.

You might ask why this sudden awareness or why this is important. After all, in almost every other way my life is pretty darn awesome. All I can tell you is that it feels like a missing puzzle piece, the last vestiges of an important healing. And my body has been talking to me as well - my knees, with their aching and cracking, continue to invite me to step into this place of vulnerability and to be less guarded. I believe in listening to my body.

And there have been other signs. On New Year's Day, as is my ritual, I pulled out my Osho Zen Cards for a reading. The card I pulled for January was a beautiful bird escaping from a cage. The theme of the card was Understanding. The explanation: *the cage is just an illusion; it is time to spread your wings and fly into the dawn of a new understanding. Experience adventure and 'light heartedness.'*

### **Receiving Love**

Having recognized my desire to soften, the question is where to start.

### **Set an Intention**

I am open hearted. I allow myself to receive and feel the love that comes my way. My heart fills with the love I am offered; I allow it, I trust it, I savour it.

### **Recognition**

I realize that my capacity to be a loving presence and contributor to the Universe is enhanced by my capacity to receive love. I recognize where the hardening began and like a massage therapist, I knead it, understand it and release it from my tissues. I allow myself to remember those parts of my past that created the cage around my heart just as I recognize that the cage is an illusion, one I am now willing to liberate myself from. I choose not to judge the past only to understand it, not to harbor it but to use it as fuel for my way forward.

### **Vulnerability**

I allow myself to be vulnerable with you, my readers and with my friends, knowing that it is safe. I trust that this is my journey and part of my calling. I remind myself that I am safe, that any hiccups in being vulnerable are simply lessons to be learned. I recognize that strength is not measured by being hard, rather it is measured by being soft.

### **Receiving the Love I am Offered**

I accept feedback, complements, and other such offerings as the gift they are intended to be. I allow them to fill my heart, like a sponge absorbing water. I breathe them in and savour them. I allow myself to feel meaning, joy and completeness.

### **Final Word**

I have spoken to only a few people about this awareness that has been brewing around receiving love, because again, sharing this has really pushed me into a very vulnerable place.

Last week, during an end of year luncheon with my friend Doreen, I was discussing awakening with her. She has been a great friend; our friendship is developing and growing in new directions. I wanted to appreciate her and savour our relationship by sharing and being open-hearted.

A few moments later I ran into two former coaching clients of mine, a couple. One of them grabbed my hands, and looking into my eyes said, "I don't know if I ever told you how much we appreciated all that you and Jim did for us a couple of years ago, I just wanted you to know how important this was to us."

I returned to the table and shared this with Doreen and yes, in doing so I received and savoured the message and the love.

When I am called to write about and explore a topic, I know that the issue at hand is not

only mine; it is one to be shared and discussed. My invitation to you, receive the love you are offered from others, savour it, let it settle in, feel it deeply. Soften your heart and let love in. As I am learning, it is healing, like the breath of life. It is truly one of the most important ME FIRST Acts.

## Your asSIGNment

- Take time to notice if your heart has softened, allowing you the opportunity of receiving the love you are offered.
- Set your intentions, recognize where love lives in your life, learn to be vulnerable, begin receiving love.
- If, like me, protecting yourself was learned at an early age, do some gentle exploration to understand the roots and to ask how this serves you.

## Travel Tip

Life is constantly in transition. You need fuel for your tank and LOVE is the best high-test fuel you can find.

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

## Events:

For details regarding any of our upcoming events in 2015 [visit our website](#)

### **Healthy Living Cafe - Tuesday January 19th,2015**

The title of this month's Healthy Living Cafe is "Self-Compassion". Join Betty Healey for a discussion on learning to treat yourself with love and compassion regardless of the circumstances.

Betty Healey is a teacher, coach and facilitator. She is currently completing a Certificate in Applied Positive Psychology.

At the HLC you can also indulge in some coffee or tea and a Quirky Carrot sweet treat which is included in the price of admission.

For more details and to register go [HERE](#)

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## **Intention and Vision Day**

Join us for our annual Intentions and Vision Day which is scheduled for January 23rd, 2016. This is a popular event so you will want to sign up early.

For more details go [HERE](#)

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## **Spring Equinox Labyrinth Walk**

Join us for the next Labyrinth Walk on March 19th. Details [HERE](#)

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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