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roadSIGNS Newsletter

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July 2015

Greetings!

I have to admit that I am basking in the beauty of the Tigh Shee gardens which have emerged this summer. A perfect balance of sun and rain has created lush gardens, a multicolored palette of blossoms, a new flower opening just as another fades. I embrace the miracle that unfolds before me each day. I am reminded that this is our sixteenth summer here, fifteen years of carving pictures in the earth to create new gardens, fifteen years of letting the earth and the property speak to us and guide the designs, fifteen years of planting, learning, and weeding. This miracle has been borne of our hands in concert with Mother Earth.

The highlight of June was the weekend Evolutionary Process Retreat held here June 12-14th led by guest facilitator Denine Savage. For those of us participating in the

program it was a weekend of both giving and receiving, healing and learning. It is a privilege to host events that are so uplifting. To learn more about Denine's work go [HERE](#)

This was followed by a quick trip to Sarnia, ON and a mini family reunion. Jim's family gathered to cheer on his sister Mary as she carried the torch as part of the Torch Relay for the Pan-Am Games. Lots of fun!

Finally, we hosted our 12th annual Summer Solstice Labyrinth Walk for an intimate group of participants. The LIGHT was magnificent and the weather perfect for our walk together at dusk. We are blessed to host these and build community.

So what's occupying my mind these days - the future, our work, what's next, creating space for new possibilities? I have been examining what holds me back from painting, writing, gardening, and relaxing. I have also been assessing what I am hanging onto that may no longer serve me. And so following the SIGNS that have been showing up I offer you, **Let It Go!**

Enjoy the read!

Betty

In August Jim and I will be hosting at the Seventh Annual Goddess Camp. Dates: August 22-23/2015. This is a not to be missed event so mark it in your calendars! For more information and to register go [HERE](#)

The next Labyrinth Walk will be held Saturday, September 19th, 2015.  
For details go [HERE](#)

## In This Issue

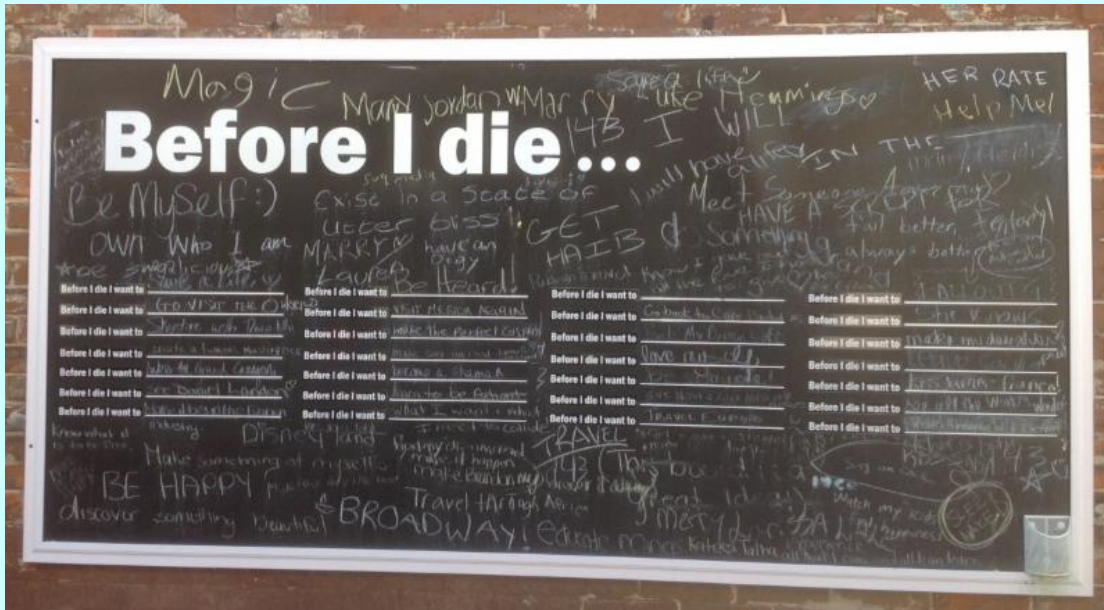
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"Before I die, I want to..."

Wall mounted blackboard sign in Sarnia ON - June 2015

## July Newsletter

It's funny how some distance makes everything seem small  
And the fears that once controlled me can't get to me at all  
Up here in the cold thin air I finally can breathe  
I know I left a life behind but I'm too relieved to grieve  
Let it go, Let it go  
Can't hold it back anymore  
Let it go, Let it go,  
Turn my back and slam the door

Lyrics by Demi Levato. Let it go! (from the movie Frozen)

## LET IT GO!

As the story goes natives in Africa and India use a specific technique to capture monkeys. They hollow out one end of a coconut, secure it and place peanuts inside, a treat it seems that monkeys are unable to resist. The monkey puts his hand in the coconut and of course grabs the peanuts. In doing so he makes a fist, hence, when he goes to withdraw his hand he is not able to. While his outstretched fingers and hand

slipped easily into the hole, once he has grabbed the peanuts he cannot withdraw his hand. He is trapped. He wants those peanuts so badly that he refuses to open his hand to pull it out and he risks being captured. Once he is trapped, the natives will pull a string attached to the other end of the coconut and the monkey forfeits his freedom.

Whether this story is based in fact or if it is another urban legend, is not the point; it is the moral of the story that is important. In truth the monkey was never trapped, he simply had to open his hand and release what he was holding onto. This led me to reflect on what I am holding onto that has me trapped - beliefs, perceived responsibilities, commitments, perceptions or something else.

The conversation began during a retreat we recently hosted here at Tigh Shee, over coffee, dessert and what we call SWIRL, a Tarot Card reading that involves pulling a card from several different sets at the same time.

I began with the following intention: I am open receiving and exploring the possibilities for expressing my call to service.

Back tracking for just a moment, there have been a number of SIGNS leading up to the expression of this specific intention.

### **SIGN #1**

Work! I have invested 18 years in creating the work that I wish to engage in. I have frequently re-visited, updated, studied and re-branded in the quest of adding value to the lives and work environments of our clients. And, I believe that I have been successful in achieving this. Over the last 8 years, with Jim in full partnership with me, we have grown the business even further, achieving levels of success that I could not have imagined when we first began. It has been a satisfying and rewarding venture.

The question is, am I now addicted to the whole process setting goals, and more goals, and more goals? I know this is my driver. I know it feeds my ego. Does it feed my soul however?

Recently I coached one of my clients to step back and re-appraise her business. Like me she is driven. She and her husband started their business 18 years ago and over the years have been very successful. In the last four years I have observed her sense of fulfillment with the business decline. Much of our coaching has focused on strategies for her to remain engaged, until recently. Two months ago we had THE CONVERSATION...does this work feed your soul and if not why are you pushing yourself to continue? (Notice the similarity!) I had not applied this same logic to myself, at least at the time, as she is 15 years younger than I am and it seemed an appropriate

time for her to examine what she wanted to do with the rest of her working career.

Several weeks later when we checked in, she announced that she and her husband had made the decision to close the company, indicating that the coaching conversation we had had spurred her into action. As the news sunk in I had to take a look at myself and wonder if I needed to follow my own advice.

When you are the author and creator of your own business, you close your hand around it and you just don't want to let go. I have noticed recently a certain level of discontentment in some of the work we are engaged in. While I am fully committed to and loving the coaching calls I am having with clients and noticing some amazing results, I find myself wondering at times, to what end?

I also can't deny that turning 65 has influenced me. It's not that I want to stop working; I simply want to work easy, work less and feel that important sense of fulfilment with the work I commit to. It is time to loosen my grip and slide my hand out of the coconut, creating some space to understand what's next and what is both important and compelling.

## **SIGN #2**

At a recent family event celebrating Jim's sister Mary's participation in the torch relay for the PanAm games, there were many lively discussion regarding retirement. Roger and Carol, both younger siblings, have recently retired and of course were of course extolling the benefits of a flexible schedule. Mary is probably only a few years away from the joining that same club.

Jim and I have never aspired to retirement, and I am not sure we are even now. I love living with a strong sense of purpose and of making a difference as I am sure many of you do. AND, I also aspire to increased flexibility in my schedule, 3-4 day work weeks, and being fully engaged.

Do I need to re-define, re-write my Strategic Attraction Plan for my Perfect WORK? Having reached the age of 65, and now on the government payroll for the Canada Pension Plan and Old-Age Security, do I need to work as much as I am currently? What am I hanging on to that prevents me from escaping the 'coconut'?

## **SIGN #3**

And then there was the Tarot Cards I drew in response to my Intention. Here they are:

The World - Archangel Michael

A job well done! Joy, contentment, and gratitude.

The angels sent you this card because you have completed something of great

importance and are congratulating you on a job well done. You are now ready to move onto something new.

### Mother

Nurturance, patience, unconditional love

Joy in giving birth to LIFE (and new work?)

Protector of Mother Earth, life-giver, source of nourishment and nurture

### The Hearth-Fire

Family, support, nourishment

Seek the company of family and friends for help, advice and comfort

### The Miser

OH...you have to love this one: this card challenges us to examine what we are clinging onto. Like a well that is sealed up and becomes stagnant from disuse, our treasures become tarnished if we hold on too tightly.

If I read through the messages and gather some collective wisdom from them, I see the monkey (MISER) in there, holding on a little too tightly to what I have known, created and manifested in my life and how it is time to celebrate this achievement and move on to something new. WOW!

### **Letting Go!**

I share this with you not to belabor a point. It is a simple observation as to how we, as humans, sometimes hang on too tightly to what we know. I have learned that, although I may wish to attract new opportunities, this will not happen if I am pre-occupied with everything that is happening in the now.

I refer to this a Space Management - I cannot attract new ideas as the space in my head and my emotional/spiritual space is completely full with the work I am currently engaged in. My days are filled with what I know - completing needs assessments, writing proposals, engaging clients and delivering. Even though I attract amazing, inspiring and engaging work and I am wondering what is next.

As I observe the SIGNS, and I have shared only three of many, I realize that it is time to shift. I do not know to what. It is not tangible. I simply want to come back to my intention, I am open receiving and exploring the possibilities for expressing my Call to Service.

With summer upon us and a natural hiatus in the work schedule, I plan to exercise my curiosity and wonder about what else is possible. I also plan to celebrate the amazing projects we have been working on and to spend some time getting clear regarding my Perfect Work.

### **Final Word**

I have learned through fifteen years of writing the roadSIGNS e-letter, that when something is on my mind it is most likely on yours. Hence, it may be time for you to take a look at what you are holding onto and examine if your grip is too tightly wound around things that no longer serve you. Remember that to attract a new view, new opportunities, or even see the possibilities your life has to offer, you have to create some space for them.

And with that, I also offer you this poem written by my friend and fellow author, Virginia Lake:

### **Nine Secrets of Life Above Ground...or...Somethings a Man Should Know**

1. Saying yes to everything really is not the solution to blending into the relationship. Oh yes I meant to say bending.....
2. Stuff is important but not as important as a good kiss, long enough to make you giggle.
3. Love is supposed to be magnetic, don't let that word fool you; rather it is like crazy glue.
4. Go slowly, see what is around you, then run like hell, the mud at the side of the creek gets more like quick sand the longer you stand upright. Lie down and smell the dirt.
5. Simple joy is the best kind, even if it means watching the hockey game alone with a good beer.
6. Did you know that stuff just comes along, nobody makes or directs it; it just is. That should not hinder you in making plans and having dreams.
7. Getting along with the whole world is a task even God does not do well, don't expect it of you or your loved ones.
8. This world is amazing. Plug your ears at the 6:00 news and keep love in your heart for humanity. Yes we need all we can get; especially you.
9. Be willing to open your dreams, to let others hear it and so they can be witness to your greatness.

### **Your asSIGNment**

COURAGE is a seven letter word. Beginning today, work your way through the seven steps of courage as outlined in the acronym, one per day. Repeat this three times, allowing yourself to embrace a 21-day habit of courage. Journal your feelings and thoughts and observe what happens, the SIGNS, as you give yourself this gift.

### **Travel Tip**

Care, be Open, Understand, Rage, Ask, be in Grace and Engage - the seven cardinal directions for COURAGE and your GPS system.

Ruhmmm, ruhmmm! Let that fire up your engine!

## 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](#)

### **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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### **Goddess Camp 2015 - 2 Day Retreat**

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

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

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### **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