



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.15 No. 1
June 2015

Greetings!

Each year, as the month of June begins, I am reminded that this also marks the time of year when I began to write. June 2015 is the 15th anniversary of first ever roadSIGNS e-newsletter.

Since the inception of the newsletter, I have witnessed many SIGNS, signs that have signaled new directions to business, life and relationships; signs which have cautioned and encouraged me; signs which have confirmed and poked holes in visions I have held; signs which have suggested I slow down or take on less.

SIGNS, those Significant Insightful 'Gold Nuggets' that inform my Soul and Spirit show up frequently as intuitive whispers, conversations, a verse from a song or poem, a

Facebook posting, a health hit, a call from a friend...you get the drift. They are all around me. They are always happening. I am not always aware of them.

During these same years I have authored five books, and yes I have begun to wonder if another is on the horizon. That is not yet clear. What is clear is that I have decided to continue writing the newsletter for at least one more year, challenging myself to reach the 15th anniversary.

In considering the topic for this month's newsletter, I found myself pondering 'courage'. Although determination, drive and purposefulness are my key strengths it has been courage that has kept me on track through the years with both my business and writing. It occurs to me that courage is the foundation upon which I have built my life.

This month's topic is **Courage!**

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 June we Jim and I will host the final Healthy Living Café of the season. On Tuesday, June 9th join us for our presentation 'Playing From Your Strengths'.

For details and to register, click [HERE](#)

The next Labyrinth Walk will be held Saturday, June 20th, 2015.

For details go [HERE](#)

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"Deep in the Forest There is Light"
Earth Energy Art by Betty Healey - 2015

June Newsletter

"Courageous is the soul who adventures into time and space to learn of their divinity. For while they cannot lose, they can think they have, and the loss will seem intolerable. And while they cannot fail, they can think they have, and the pain will seem unbearable. And while they cannot ever be less than they truly are - powerful, eternal, and loved - they can think they are, and all hope will seem lost. And therein lies their test. A test of perceptions: of what to focus on, of what to believe in, in spite of appearances."

Message from the Universe

COURAGE

This recent Message from the Universe, Mike Dooley, specifically "Courageous is the soul who adventures into time and space to learn of their divinity", represents fully my definition of Courage. Courage is that ability to go for what you want in life despite all odds, despite what others say, despite what you have learned and what you think you

know. It is the ability to reach for the vision that you have in your heart and your intuitive knowing of what is absolutely right for you. It is reaching and grasping, often toward the unknown. It is a belief in YOU. And when this reaching seems too hard, too challenging and sometimes not enough, courage is the ability to stay the course and keep moving forward anyway. As in the painting, courage is knowing that 'deep in the woods, there is light'.

In the center of our labyrinth, we have four 'keystones' representing the four cardinal directions as well as the four principles for guiding our life and business. The first of these is COURAGE.

On the mornings when I feel lost, disappointed or faint of heart, I stand on this stone and call courage in. In the quiet of that moment and the power of my breath, I feel re-united with spirit and the will to continue. Some days I stand there for a long time, remembering my 'WHY' and what led me to the work and life I have chosen. Courage always reminds me of my 'true north'.

As I sat with the idea of courage, in preparing for the newsletter, I realized that COURAGE speaks to so many different aspects of life. In addition to what I have shared, here is my acronym for COURAGE:

C: Care

O: Open

U: Understand

R: Rage

A: Ask

G: Grace

E: Engage

CARE

It takes courage to CARE: in a world where life can be overwhelming, it is easy to step away, into one's own personal world, and simply retreat. To CARE is the act of knowing and claiming your sense of purpose, your essential 'WHY' and to dedicate your life in pursuing this. It takes courage to begin the search and to reach for what it is that defines you, your authentic self.

Is it time for you to CARE?

OPEN

It takes courage to be OPEN to new ideas, to possibilities, to what is perfect for you. Being OPEN is exercising your curiosity, of ongoing continuous learning and never settling for less.

Is it time for you to be OPEN?

UNDERSTAND

It takes courage to UNDERSTAND and celebrate the uniqueness of who you are, your authenticity, your strengths and your passions. Hand in hand with curiosity, understanding takes the search and brings it alive, encouraging you to step into your power and the best of who you are in this world.

Is it time for you to UNDERSTAND you?

RAGE

It takes courage to RAGE. While this idea may seem an unlikely candidate for otherwise uplifting concepts, notice that rage lives in the middle of the word courageous just as it lives in the middle of your life. Rage is about giving yourself permission to express and embrace your emotions, to no longer run from them or repress them. Your ability to acknowledge your feelings, to occasionally rant and rage is simply a sign of health.

Is it time for you to RAGE?

ASK

It takes courage to ASK for help. It's true; you do not have to do it alone. You can ask others for their support, encouragement, advice and even to share the load.

Is it time for you to ASK?

GRACE

It takes courage to be in GRACE, to forgive yourself for all those 'sins' you believe you and others have committed. Grace is breath, the release of those detrimental emotions, hence the need to rage, and release all the things too heavy to carry any longer. Recognize what no longer serves you and create opportunities to let it go.

Is it time for you to be in GRACE?

ENGAGE

It takes courage to ENGAGE fully in life. Building on all the ways in which to be courageous, engaging fully in life also creates expansion, your ability to live your best life. To engage means being clear regarding what you want and setting those powerful intentions for manifesting these desires. It begins with 'I AM...'

Is it time for you to ENGAGE?

Final Word

Courage, which derives from the French word Coeur (heart), means living from your heart. It is rooted in intuition and wisdom. It is a safe place to find solace and a driving force for moving forward. Take a moment each day to be in courage and ask yourself, what courage am I drawing on today? Then, go for it!

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 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 (HLC)

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 final **Healthy Living Café** of this season will take place on Tuesday June 9th. HLC will be on hiatus for July and August.

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

Summer Solstice Labyrinth Walk

Join us for the next Labyrinth Walk on Saturday June 20th, 2015.

For more details go [HERE](#)

Goddess Camp 2015 - 2 Day Retreat

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

To register and/or find out more 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