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roadSIGNS Newsletter

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May 2015

Greetings!

The speed with which April flew by is astounding even to me. Although I consciously anchor myself in each day, reminding myself where I am in time and space, the practice did little to slow things down. The month was filled and fueled by corporate work, with the month ending in Chicago with one of our clients. This was preceded by another amazing ME FIRST Retreat. I am constantly reminded how blessed I am to facilitate this work.

While in Chicago I celebrated a landmark birthday, landing on age 65 with the curiosity of What's Next? In my view, there is no point on dwelling on 'OMG look how old I am'. As we all know, age is an attitude.

Speaking of attitude, I had the privilege of attending an evening with Marianne Williamson, one of my favorite spiritual teachers and mentors. She reminded everyone in the audience that to change the world we must embrace an attitude of love. I am sharing my reflections in this month's e-newsletter. Welcome to **Choose Love!**

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 May we welcome Diana Lidstone to the Healthy Living Café! Diana is a business and life coach. On Tuesday, May 12th join us for Diana's presentation 'The Power of Gratitude in Life and Business'.

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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This month's roadSIGN



"LOVE" Art Installation in Old Montreal
May 2015

May Newsletter

"Spread love wherever you go.
Let no one ever come to you without leaving happier"

Mother Teresa

CHOOSE LOVE

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually,
who are we not to be?

You are a child of God. Your playing small doesn't serve the world.
There's nothing enlightened about shrinking so that other people
won't feel insecure around you.

We were born to make manifest the glory of God that is within us.
It's not just in some of us, it's in everyone.

And as we let our own light shine,
we unconsciously give other people permission to do the same.

As we are liberated from our own fears,
our presence automatically liberates others.

Marianne Williamson

Return to Love

I first read these words two decades ago when I was introduced to Marianne Williamson's *Return to Love*. To say that the words have stuck to me like glue would be an understatement. These few stanzas have given me breathe through the years and held my hand to the fire when I fell into fear. At some point in every ME FIRST Retreat I read these words to participants. The phrase, "as we let our own light shine, we unconsciously give other people permission to do the same" is one of the best descriptors I have for the essence ME FIRST.

On Friday, May 1st, I had the opportunity of seeing Marianne Williamson in person. As Jim so aptly stated, "I had high expectations and she went way beyond that". Well spoken, courageous, down to earth, truthful are just a few of the words I would use to describe her and her presentation. Inspired by her, here are some of my reflections from her presentation.

Oneness

Oneness is our perception in relation to others. Living in a society that values individuality, achievement and competition, I am recognizing how contrary this is to the notion of Oneness. Ego, in Marianne's words, is a mindset of separation. When we live this way, we are on the lookout for people and circumstances to blame. Fear and judgment become our companions.

What is the alternative? Knowing there is no blame. Blessing it. Embracing forgiveness. Being in the realization that every relationship or circumstance arises for a reason, designed to teach us some unseen lesson or truth that we have not yet realized or recognized. To quote Marianne, 'relationships are laboratories of the spirit'.

Our purpose is to embrace the 'miracle mind', to see the opportunities in life and to witness the blessings that live around us. This attitude heals you and allows you to lift others to a higher frequency. Conversely, negativity stops your life from working, paralyzes you and influences those around you.

This attitude is an essential ingredient of the ME FIRST journey. Your ability to

embrace an unconditional loving relationship with yourself and to see the tiny miracles life presents daily, allows you to be with others differently and to serve them from love.

Oneness allows us to see ourselves as sunbeams from the same sun.

Love with Conviction

There is a reality that escapes us every day for it is hidden from view. Each day there are millions of random acts of kindness, love and compassion. Each day there are a few acts of violence, intolerance and hatred. Since Love trumps hate and fear in the world, why is it that the world seems to be such a violent place these days; why is it that love is not more evident?

Marianne's response to a question regarding this state of affairs was stunningly descriptive: those who hate, hate with conviction, and that is how so few people hold the world hostage.

And of course the news broadcasts it, hourly!

What does this tell us about LOVE? How do we raise the bar and begin loving with conviction?

Several things come to mind immediately. First is to adopt the 'miracle mind' as I described earlier, to shift from blame into understanding. Second is forgiveness, of self-first, accepting that we are human and as a result, vulnerable to making mistakes. With others next, understanding that to not forgive separates us from others, harms us for we feel the pain, and leads us to isolation.

Third is to understand that we are never alone, that there is a higher power and unifying force that binds us all together. As Marianne suggested, there is only one problem, our separation from God, hence Love. God in this definition is not the God of religion it is the energy field that connects us, one to another.

To live Love with conviction we all need to raise the bar and ask ourselves how can we be ambassadors for love daily? What would that look like?

A ME FIRST practice that I recommend is that of daily intentions. What would happen if each morning you decided to be an ambassador of love, blasting the people who will cross your path with love before you even encounter them face to face? What if before entering a room, you infused the room with love? What if you did the same at work?

Intentionality is an opportunity to develop your attitudinal muscle for Love - it gets

stronger with practice. Develop a 'Namaste Consciousness'. Namaste means the God and Light in me sees the God and Light in You.

ME FIRST

Buddha states the following: "You can search throughout the entire Universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anyone in the entire Universe deserves your love and affection."

These words describe perfectly what I mean by ME FIRST. Take the time to center yourself in an attitude on Love. Ask yourself "What would YOU have me do, say or be today to bring more love to my life and the lives of others"? Be happy. The Universe is intentional regarding love, abundance and compassion. To attract it, you must BE it.

Show up in your life and the lives of others. Be present to others, hold space for you and them to grow, learn and live. Each of us has a special role to play; we have infinite potential to express love and to change the world as we know it.

Final Word

Gandhi asked us to 'be the change' that we want to see in the world. In this final newsletter of for this 14th year of writing, I am asking you to join with me in *Loving with Conviction!*

Your asSIGNment

Make it simple. Dedicate a few moments at the beginning of your day to meditate or pray. Focus your practice on Love. Set your intentions for being a 'force for Love' throughout your day.

Travel Tip

Love or fear, both fuel for your tank. Choose Love, it is so much more powerful and it will take you the distance.

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

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 next **Healthy Living Café** will take place on Tuesday May 12th and will be held every 2nd Tuesday of each month.

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.

Stay tuned for more details!



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