

# Chapter Four

## Reading the Signs

The time alone in my car on the way to work is usually spent thinking about family, clients or life in general. Sure I noticed the road signs. But I never really read them. I never really understood their deeper meaning.

But that all changed on one particular morning.

I came to a STOP sign. And like all stop signs, it was red. And big. And it said STOP. So I did. Because if I didn't, I could possibly hurt myself, other drivers and my car. I knew this without even having to think about it.

As I pulled away from the sign, I heard my Human Guidance System in my head. "Take care of yourself," it said.

"I am," I replied.

I continued driving the back roads, observing signs with arrows, children stick figures and a rectangle with a squiggle arrow pointing up. As I drove past these signs, I kept thinking about the impact of not understanding or following the signs. A strange appreciation engulfed me, like an ocean wave hitting the shore.

That morning, I counted nine stop signs, never really giving them a thought other than the need to take care of myself.

By the middle of a busy workday, I realized that I needed a stop sign of my very own. I don't ever "stop" during the day. I'm constantly on the go. I don't pull up my Emergency Brake or use any Road Signs.

That day, I discovered the need to take better care of myself. From that day on, I paid attention to the signs. It makes a huge difference in my day.

I invite you to do the same.

## Road Signs

A Road Sign tells you what's ahead; it also allows you to be proactive instead of reactive. The next time you see a sign, think about what message it is really telling you.



Halt what you are doing, what you are thinking or how you are feeling. Check in with your Human Guidance System (HGS). Change directions, change your thoughts, change your feelings and do something that brings you joy and peace.



Cooperate or compromise. It's a signal to yield to the situation or person.



Decision time. Green (feeling good), yellow (caution—pay attention) and red (feeling poorly).



You're on the right road, but could easily be led in the wrong direction. Refer to your HGS. Be determined to stay on the right road.



Don't go there! You will find dangerous people, places, situations or events. You are not being true to yourself. Proceed in a direction that feels better.



Take a different path. Change your plan of action, change your attitude, or change your plan in general. There is a lesson that you need to learn.



You—and your life—are under construction. Obstacles are in your way. Often times, this means that you are morphing into another body, mind or spirit balance. You are ascending to a new level.



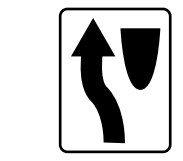
You keep doing the same thing in every situation and expecting a different result. Or you're going around and around about a decision, but haven't come to an answer or decision that feels right.

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Choices and decisions must be made in order to move forward. You may need additional time, look at the other side of the story or change your mind.



An obstacle. Ignore the obstacle and move around it without delay.



Do not get ahead of yourself. Proceed at your current pace.



Yield to others as they journey toward their goals. Move forward with your desires and trust that there is enough of everything for everyone.



A path to nowhere. Tap into your HGS and seek a different course.