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NEWSLETTER
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AUTHORS' NOTE



As you prepare to enter the second month of the year, I hope you have settled on your goals for 2008. I encourage you to write down real objectives for you and your life this year, and put them somewhere so that you can refer to them throughout the year. Writing down your intentions helps make them more powerful, provides a reminder for you to refer to as the year rolls on, and serves as a way to check your progress. Even if you do not write them down, it is still important to know where you are going. For anyone, including the Divine and the Universe, to be able to support you in achieving your objectives, first you need to have a grasp on what you are trying to accomplish.

Until next month.....Lin

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The following article is one of the subjects that is covered in my next book, *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT*. If you'd like to pre-order a copy, please send \$15 (includes shipping & handling within the U.S.) to Amethyst Moon Pre-order, P.O. Box 87885, Tucson, AZ 85754. To check out other books and products, please visit the website www.amlifecoaching.org.

Why Am I Here?

Most people wonder why they are here and what their life is about, yet I know of few people who can unquestionably state their life's purpose. It is close to impossible to live your destiny if you have yet to identify it. When you cannot name your own life path, then you are most likely moving through life somewhat blind. Most people believe they are victims of their circumstances and, therefore, do not even consider the fact that they have the power to change them and start creating the life they want.

WE OFTEN SETTLE FOR THE
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THEY OFFER

When we are young we dream of what we want to do and who we want to be when we grow up, but it seems that few people ever follow those dreams and desires. Instead we opt for the job we need to pay the bills or the career we believe we must take on to be successful. We are secure in knowing that a paycheck will arrive on regular basis even if we don't like the job that generates it. We settle for the lives we are living because of the security we believe they provide us. Is this what the Divine had in store for us? I doubt it.

When we do not identify our life path, our lives may not be headed in the proper direction for us to evolve. If we are pursuing desires that are not born of our heart, then this is absolutely true. This does not mean that we are leading horrible lives or that we are 'bad' people. However, we may be moving toward the wrong goals and ideals because we have not stopped to know our own hearts. This does not mean we will not learn from our experiences -- because we most certainly will -- but it does mean that our evolution may be slowed to some extent.

With all the pressures and demands of the world we live in, it is easy to forget the desires of our hearts, what we are passionate about or what our contribution to the greater good should be. There are paychecks to get, bills to pay, school work to do, and children to raise. Amidst all of this it is no wonder we forget to take time to make choices that will create the kind of life we want. We are so busy just trying to keep up that we forget that is not what we are here for.

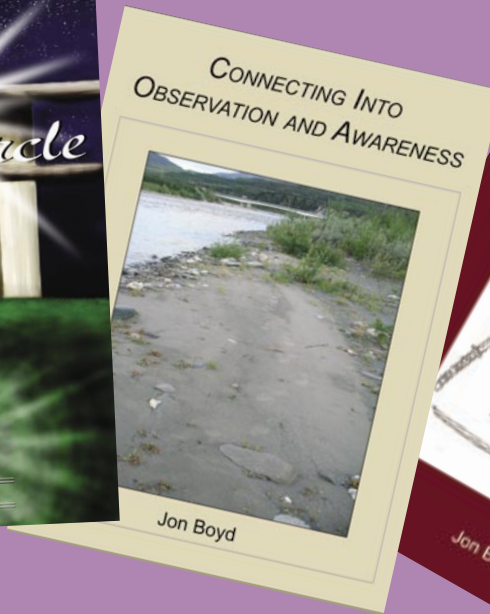
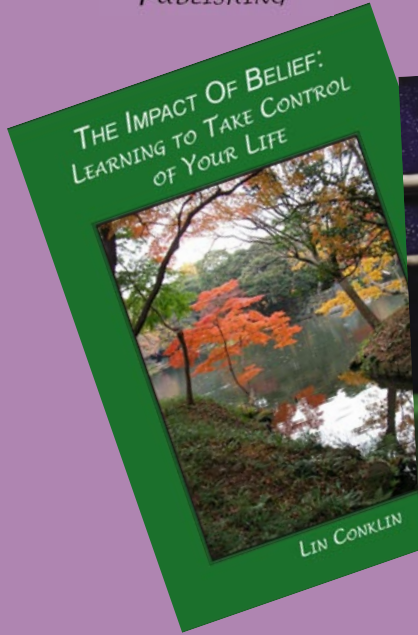
Our heart speaks to us through our emotions, feelings, intuitions, and passions. The heart's voice is easy to hear when we are young. Take a look at the freedom and lack of concern with which children play, and you will see their choices follow their passions. It is only when we have been scolded and molded by the society we live in that we stop listening. As time passes we often forget the language the heart speaks and instead we may find ourselves pursuing the dreams, beliefs and ideals of others.

EMOTIONS, FEELINGS,
INTUITIONS & PASSIONS
ARE HOW OUR HEARTS
COMMUNICATE TO US

Only by taking the time and making the effort to identify our life's purpose can we ever have the chance to achieve it...

ONE CHOICE CAN CHANGE A LIFE™

Please visit
www.amlifecoaching.org
to order books, view our products or sign up for coaching.



AMETHYST MOON'S MISSION

AMETHYST MOON is dedicated to serving people in their learning and evolution.

We create our products and services to provide a variety of ways for people to improve their circumstances and discover their life's purpose. We strive to:

- 1) help people realign their lives to connect to the reason(s) they are on the earth at this time,
- 2) assist people in evaluating their behaviors and the beliefs behind them in order to discard old, non-serving, unbeneficial habits and beliefs and to rebuild stronger, healthier belief systems.

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