



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
MARCH 2008



AUTHORS' NOTE

As March begins we find our New Year's resolutions fading -- replaced with the comings & goings of our busy lives. As we try to remind ourselves to revisit the plans we made for 2008, we find that what seemed important at the end of last year may not actually be so as this new year progresses. By identifying those things we are following through with, it helps us to choose where our energy investments will pay off. For me it helps me to recognize which things I really committed to and those I only *thought* I committed to.

Please note that the website address has changed to www.onechoicecanchangealife.com. Thank you to the loyal reader who offered that suggestion!! It much more aptly expresses the philosophy.

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, services and products, please visit the website www.onechoicecanchangealife.com.

The Stages of Achievement

The stages of achieving our goals and/or destiny are simple to name but can be daunting to carry out, especially if we are unaware of the process. Many people get discouraged, distracted or tested in their convictions and do not see their desire through. However, once we are aware of the process, we can choose to weave our way through each stage and learn to cherish the lessons along the way. The stages are:

IDENTIFY

IMAGINE

INTEND

BELIEVE

ACHIEVE



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KNOWING YOU CAN
SUCCEED IS KEY TO
BEING ABLE TO DO SO

Knowing you can achieve your goals and even live your destiny can be both exciting and frightening. You must be willing to make a commitment to complete the steps in order to be successful in achieving results. Without commitment your chances of success diminish rapidly. Commitment helps to get you through the bumpy times when you doubt yourself. Knowing you can succeed is paramount to being able to do so. Believing in yourself and your ability to achieve your goals is key. The power of belief cannot be underestimated. My last book, *THE IMPACT OF BELIEF: LEARNING*

TO TAKE CONTROL OF YOUR LIFE, explains this more thoroughly and may be of interest to you.

Each of us comes into this life in order to learn and, therefore, evolve. We have all heard that we create our own reality, but most of us may not understand how true that statement really is. When we are in our greatest depths of despair we must remember that we chose the circumstances that have put us there. We do so because of what we believe and in order to learn. There is a wonderful African proverb, "Where you fall, there God pushed you down." It nicely sums up the fact that we are placed in situations, even those we do not like, to facilitate our growth. When we can step back and look at our state of affairs in that light, it often allows us to take off the guilt we are wearing and maybe even some of the pain we are feeling. It does not make our situation less real, but it does open up the possibility for us to learn.

THE EXPERIENCES WE
CHOOSE FOR OURSELVES
(CONSCIOUSLY OR NOT)
FACILITATE OUR GROWTH

In every moment we are offered the opportunity to make a choice. Keep in mind that if we make a choice that does not serve us, then we have but to make a different choice. There are no 'good' or 'bad' choices. There are just choices we make in order to further our growth and evolution. Remember:

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AMETHYST MOON'S MISSION

Our Mission is to serve people in their learning and evolution. Our products and services are designed to provide a variety of ways for people to achieve their goals and dreams, including the discovery of their life's purpose. We use a variety of life coaching techniques, including sword instruction and books. We strive to:

- 1) assist people in evaluating their behaviors and habits along with the beliefs that cause them in order to discard old, non-serving, unbeneficial beliefs,
- 2) help individuals build stronger, healthier belief systems,
- 3) promote the understanding of the power of intention, choice and belief in people's lives, and
- 4) help people realign their lives to connect to the reason(s) they are on earth at this time.

Our services include Life Coaching and Life Coaching Through Sword Instruction, which involve one-on-one working sessions. Our books offer examples & proven self-improvement techniques that you can use in your life -- right now. We also provide publishing and formatting services to help people get their books published.

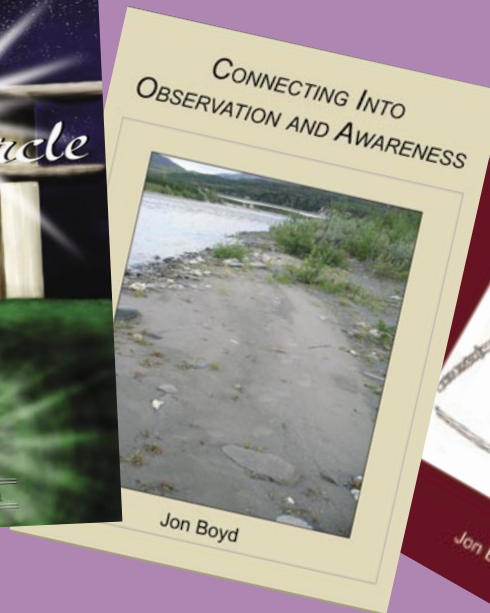
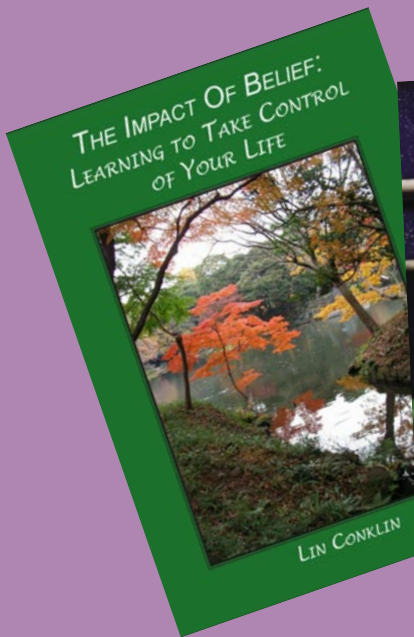
Please contact us at info@onechoicecanchangealife.com if you are interested in further information.



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PUBLISHING

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