



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
APRIL 2008



## AUTHORS' NOTE

In many areas Spring is starting to show herself. The hint of the emergence of Spring and the promise that warmer weather is just around the corner can do wonders to lighten our mood and brighten our days. As we begin the fourth month of the year, you may find that you are creating the building blocks to achieve the goals you set for 2008. You did set goals, right?

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.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com).

### ***The First Stage of Achievement: Identify***

As we discussed last month, the stages of achieving our goals and/or destiny are: Identify, Imagine, Intend, Believe, and Achieve. If you cannot or do not identify what you are trying to achieve, then achieving your goals or knowing when you've achieved them becomes infinitely more difficult. 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. That is not to say that you may not have a good life, but it is to say that you may not be accomplishing or learning all you came to this life to learn. It does not mean that you have to have some grandiose goal or high profile job. You may be learning all you came here to learn by being a housewife, factory worker, parent, student, or handicapped.

On rare occasions there are individuals who are living their lives achieving their goals even though they are oblivious to that fact. One example of this is the mother who enjoys raising and taking care of her children, teaching them with the most gentle and thoughtful manner, without thought to why she is doing so. She may have come into this world to learn how to effectively care for others. Every day she unselfishly devotes herself to this task even though she has not sat down and specifically identified motherhood as her life mission.



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REMEMBER TO LISTEN TO YOUR  
HEART BY PAYING ATTENTION  
TO YOUR EMOTIONS, FEELINGS  
& INTUITIONS

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 the joy we can get from doing what our hearts yearn to do may be missed.

*Knowing your heart means listening to what your emotions, intuitions or the 'little voice in your head' are saying. When you make choices solely by what you think and not what you feel, you can miss getting back to your true self and the connection to your heart. 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.

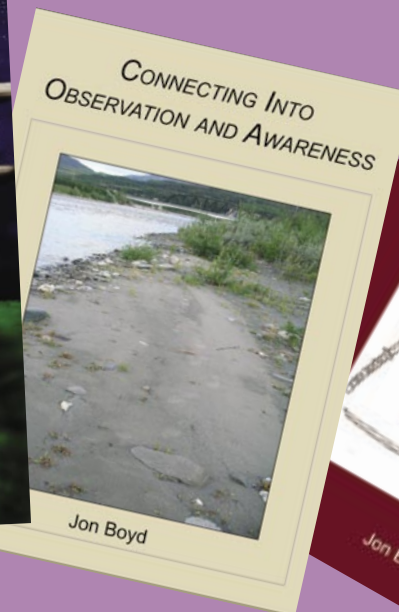
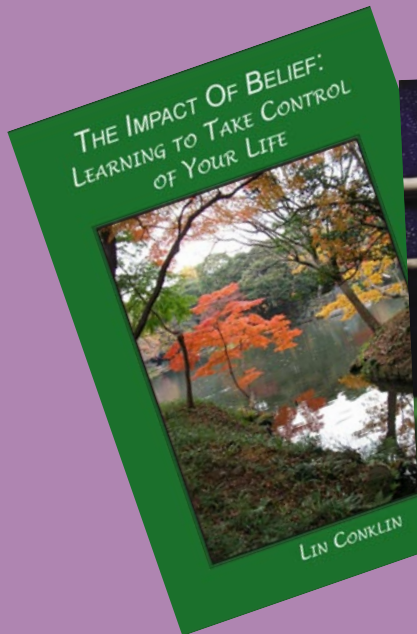
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