



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
MAY 2008

## AUTHORS' NOTE



Spring is in full bloom here in Southern Arizona. It has been a long time since we have seen such an abundance of wild flowers to greet the season. The fifth month of the year will usher in many changes -- snows will melt, animals will emerge from their winter naps, plants will come back to life, and there will be changes in our own lives and moods. As you read through the past few months' newsletters, you may recall the theme to be about the power of the choices we make. I encourage you to take a moment to look at your circumstances and the progress you are making toward your 2008 goals. What effect have your choices made on these? If you are not headed in the direction you thought or achieving that which you had planned to accomplish, don't get discouraged or give up. Instead, remind yourself that you have the power to make choices that can put you back on track toward your goals or

change your current circumstances. If you feel stuck in your current job, relationship, etc., and don't see a way out or don't believe you have the means to make a change, at least consider making the choice to approach them in a different way. The tiniest change in your attitude can have a couple of affects: (1) it makes the situation more bearable if you don't dwell on the negative, and (2) you may uncover a way to make a larger, more positive change that was hidden from you before. All the best in your endeavors!

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).



## ***How Do I Identify My Life's Purpose?***

There are many ways to pinpoint your destiny. Some ways work better than others depending on your personal circumstances, beliefs and life experiences. Methods include looking at clues from the childhood games you played or your memories from when you were a kid, dreams, input from family and friends, the subjects of your daydreams, insights from meditation, and indicators of your natural abilities, talents or hobbies. You can use one, some or all of these to discover your own life path. The method is not important. The important thing is to identify your passion so that you can make the choice to live it, evolve and grow. Give yourself permission to let go of the day to day worries and pressures long enough to create and be able to hear, see or feel new possibilities.

One of the most fascinating things about identifying your path is that it can manifest in a way you never expected. That is why it is so important to keep an open mind. We often think we know all the answers as to how are lives should unfold, but that is the trap. When we let go and stop trying to control the outcome, we open ourselves up to possibilities we may never have even imagined. In my own case, my heart's desire was to be able to counsel people in a way that improved their lives. I always believed this meant I should have become a psychologist or counselor. Unexpectedly I fell into the chance to instruct Japanese sword arts (kendo, chanbara, etc). In this capacity I was given the opportunity to use my passion for helping people break through the barriers that keep them from reaching their highest potential. Teaching the sword became as much about developing the beliefs, behaviors, attitudes, and abilities of my students outside of class as it was to teach the techniques and skills used to maneuver the sword. Even though I was not a counselor, I was still living out my dreams of helping others -- just in a venue I never expected.

GIVE YOURSELF  
PERMISSION TO EXPLORE  
NEW POSSIBILITIES FOR  
YOUR LIFE

CONSCIOUSLY CREATE AN  
OPENING IN YOUR LIFE TO  
ALLOW NEW PROSPECTS  
TO ENTER

*We are continually making choices. Each choice can alter our future, so the life you see before you will change, alter and mold based on the choices you make. Let this make life fun and surprising instead of being bothered by the lack of knowing exactly what our future holds. Remember:*



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

## OUR 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:

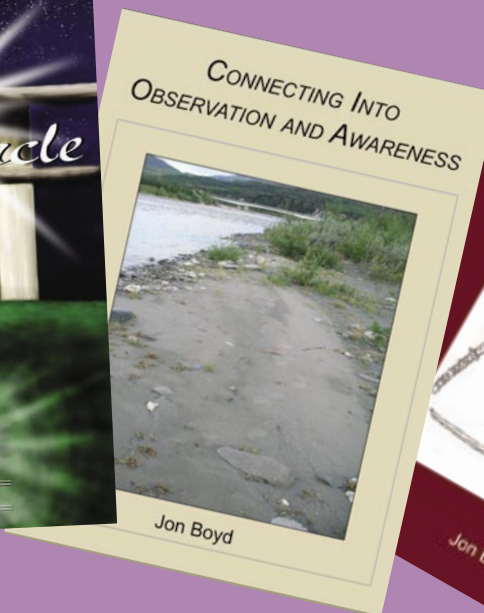
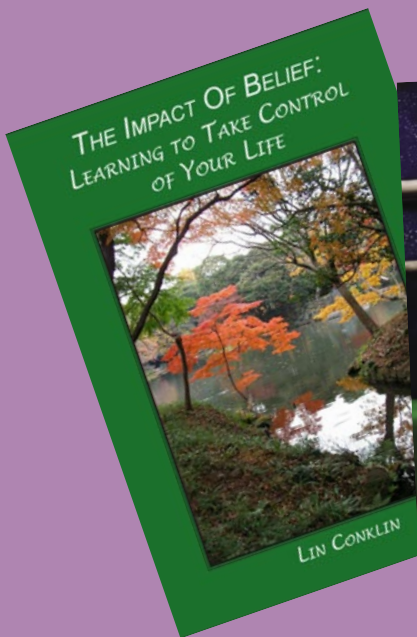
- 1) assist people in evaluating their behaviors and habits along with the beliefs that cause them in order to discard old, non-serving, unbeneficial beliefs,
- 2) help individuals build stronger, healthier belief systems,
- 3) promote the understanding of the power of intention, choice and belief in 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](mailto:info@onechoicecanchangealife.com) if you are interested in further information.



Visit [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com)  
to order books, view our products or sign up for coaching.



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