



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
JUNE 2008

AUTHORS' NOTE



I believe that using free will and making healthy, positive choices for myself is the key to a lifetime of happiness and joy. Since we are approaching the halfway point of this year, I've decided to look back at how I've lived out the first half of the year -- examine it -- to determine if I like what I see. If I do then I can make the choice to conclude the year in the same way. If, instead, I don't like what I see, then I have the opportunity to choose to create a more positive experience for the remainder of the year. Because one change can send my life in a whole new direction, it keeps me from getting too discouraged when I discover that I have once again slipped into old patterns of working too much and not taking good care of myself. I know a small shift to allow myself some time off will make a big difference in how the rest of the year unfolds.

Until next month.....Lin

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The following article continues the series from my next book, *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT*. The last 2 months covered the first step in creating your life, *IDENTIFY*. This month we'll look at the second step, *IMAGINE*. 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.

The Second Stage of Achievement: Imagine

As science has known for a very long time, everything is made up of energy. When we start to imagine our life as it was meant to be, we begin to give it more energy. When you apply your energy (through thought and action) into imagining yourself achieving a goal, attaining a dream or living your life's purpose, then the chances of actually manifesting these are dramatically increased. Do not continue to just *want* to be or do something. Instead imagine it to be true, and it can be.



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There are several ways to imagine yourself achieving your goals or living your life mission. For instance, if you are a person who learns best through experience, then perhaps you could spend a day with someone who is already doing what you'd like to do or has achieved what you want to achieve. If you are very visually oriented, then try daydreaming about how your life will look when you have attained your goal or are living out your dream. A person who is very auditory should try talking about and describing their goals, dreams and life aspirations. Whatever method is used, the point is to make what you desire more real, believable and tangible.

Use this second stage of creating the life you want (*IMAGINE*) to refine your goals and/or the life you want and begin the process to allow yourself to accept these as a real, true possibility, giving them the energy and momentum they need to manifest.

The mind is a powerful and complicated tool. Depending on your upbringing and what you have experienced in your life, you may find that before you can actually make a move toward your life's purpose or chosen goal that you have to first take time to work through your fears, doubts and concerns. If you don't then they will continually crop up and demand to be assuaged.

THE ENERGY OF YOUR
THOUGHTS & ACTIONS
WILL HELP TO MANIFEST
THE LIFE YOU WANT

Be cautious of negative thoughts and actions. If you let them, they can easily destroy what you are aiming for. The energy of your positive, supportive thoughts and actions will help to manifest your goals, dreams and the life you want.

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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:

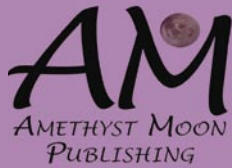
- 1) assist people in evaluating their behaviors and habits along with the beliefs that cause them in order to discard old, non-serving, unbeneficial beliefs,
- 2) help individuals build stronger, healthier belief systems,
- 3) promote the understanding of the power of intention, choice and belief in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



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