



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
AUGUST 2008

AUTHORS' NOTE



For the last 2 issues we've been discussing using our imagination as a way to explore our goals, dreams and life mission. Taking the time to imagine what we are trying to attain gives us a chance to better define it. The heat of the Arizona summer keeps me indoors far too often, but the quiet time it affords me is an opportunity to dream or imagine. If you are lucky enough to live in a more tolerable environment, then find a quiet place outdoors where you can spend a few uninterrupted minutes planning your future. The time invested is well worth it.

Until next month.....Lin

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Don't forget to order copies for yourself, your family and your friends of Amethyst Moon Publishing's latest release: *Pearls of Wisdom for Everyday Living* by Rev. Amos L. Lewis. If you'd like to order a copy, please visit the website, www.onechoicecanchangealife.com, or send \$18.95 (includes shipping & handling within the U.S. -- Arizona residents please add \$0.73 tax) to Amethyst Moon, P.O. Box 87885, Tucson, AZ 85754.

*Pearls of Wisdom
for
Everyday Living*



Reverend Amos L. Lewis
The Master of Simplicity

How Do I Imagine?

The imagination is a very powerful tool, one that is with us all the time and wherever we go. Once you accept the fact that your thoughts, beliefs and feelings have tremendous influence over your everyday life, you can learn to use your imagination to help manifest your goals and dreams.

To imagine means that we use our minds to create a picture, fabricate sounds and/or conjure up smells. It is to formulate an image or concept of what can be. Imagination is a creative process to help us see and experience the possibility of our future.



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We can intensify what we imagine for our goals or for our life by pretending, writing or talking about our goals and dreams. Doing any of these adds action and energy to what we imagine. Adding action and energy means our chances of achieving our desires increase.

Consider talking to people who are currently doing the same or similar things to those that you want in your future. It may even be possible to 'shadow' them. This means that you would be by their side and able to experience what it is like to actually live doing and being what you have imagined yourself to do or be.

Whenever you are imagining your future, take note of your feelings. Do you feel good, silly, awkward, ecstatic, elated, bored, frustrated, excited, or miserable? Feelings offer us a tremendous amount of feedback if we can be honest enough with ourselves to listen to what our bodies are telling us. Positive feelings can provide reinforcement that you are on the right track. Sometimes it just feels good to be imagining ourselves doing anything but the life we are currently leading! Negative feelings can be an indication that something about your chosen purpose is not correct. Be cautious though. Negative feelings can also be a result of your fear of the path you've selected or fear of change in general.

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.

IMAGINATION IS A CREATIVE
PROCESS TO HELP US SEE &
EXPERIENCE THE POSSIBILITY
OF OUR FUTURE

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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.

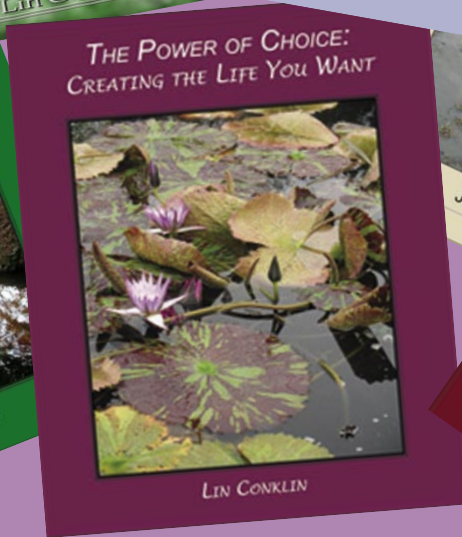
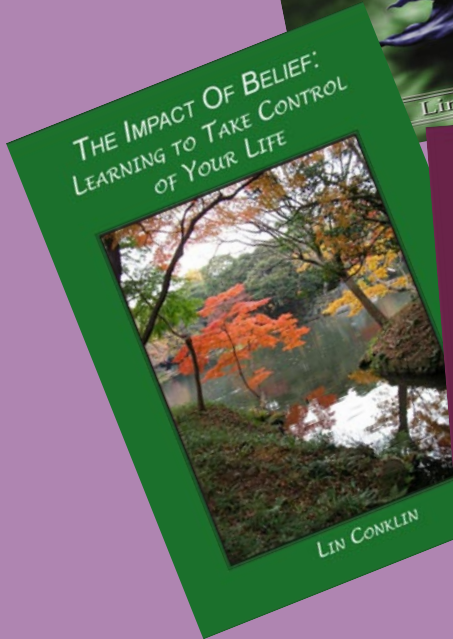
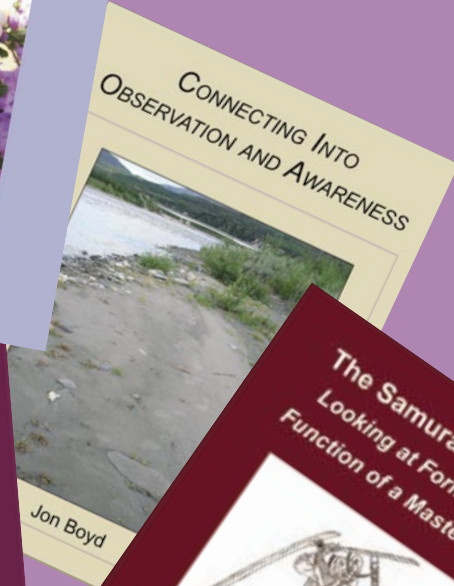
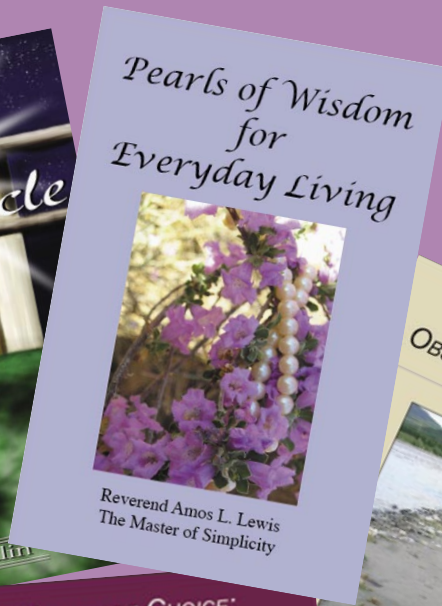
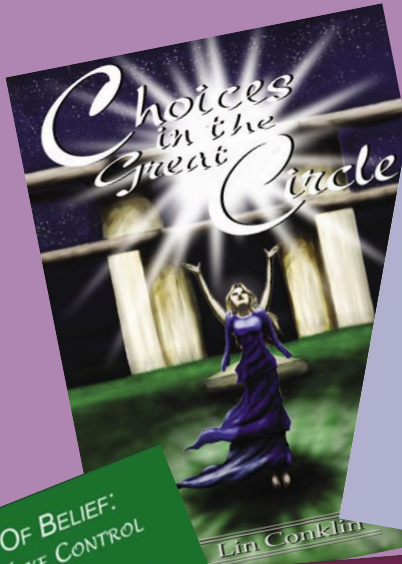
Please contact us at info@onechoicecanchangealife.com if you are interested in further information.



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