



# AMETHYST MOON

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NEWSLETTER  
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Notecards with images of my original oil paintings are now available on the website! Just click on "Gifts -- Notecards"



## AUTHORS' NOTE

Now that the holidays are almost behind us we can take some time to contemplate what the new year will bring and how we wish to approach it. In terms of numerology, the year 2008 is a number 1 year, meaning a time of new beginnings. Depending on your beliefs and your own, personal cycles, it could prove to be an interesting year!

Until next month.....Lin

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*The following article is an excerpt from my next book, THE POWER OF CHOICE: CREATING THE LIFE YOU WANT. Pre-order information follows the article.*

### ***The Lasting Effects of Choice***

When we look back at our lives and the decisions we've made, some choices may have resulted in actions or circumstances that make us feel embarrassed, discouraged or guilty. It can be easy to waste far too much time lost in the emotions our choices evoke. I know this has been true for me -- guilt over the time spent at work and not with family, embarrassed about my many failed relationships and discouraged that I didn't have the energy to do more.

As we age we learn that time spent fretting over our past choices is a waste of good energy. The value we gained from all of our experiences, including the ugly ones, may have been learned some other less difficult way, but most likely the beliefs we held at the time drove us to make some choice or a series of choices that resulted in learning our lesson in a hard way. Our ability to grasp the lesson at the time it occurred was framed by the experiences,

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knowledge and beliefs we held then. In other words, the choices we made in our past were based on the beliefs and knowledge we held at that time. Knowing this and accepting it means that when guilt or ill feelings surface, you can consciously choose to feel the emotion, then transmute the energy into a more productive activity. When my past kindles an emotion that threatens to have me start making harsh judgements about myself, I consciously choose to write about the experience in my journal (and then let it go) or I might put my energy into daydreaming about the next

step in creating my life. That is my method to stop the negative self-talk or emotional downward spiral.

It does not matter where you redirect your energy. It is only important that you do not choose to let yourself bask in negativity for too long. It is healthy to let yourself experience your emotion. When bottled up or denied for too long, emotions and feelings can result in serious illness. However, it is unhealthy to let them paralyze you.

From the moment you become aware and are willing to accept the responsibility that you have the freedom to decide for yourself what to do, say or believe in the very next second, you can begin to change your life and move it in whatever direction you choose. Remember, your life is the result of what you choose to accept as true, and you are free to make those choices for yourself.

YOUR LIFE IS THE RESULT  
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TRUE

*Make the choice to leave behind your old addictions, negative behaviors, self-destructive thoughts, and unbeneficial actions. Accept the fact that you are responsible for creating your future. Start inventing your life as you wish it to be...*

ONE CHOICE CAN CHANGE A LIFE™

THE POWER OF CHOICE:  
CREATING THE LIFE YOU WANT



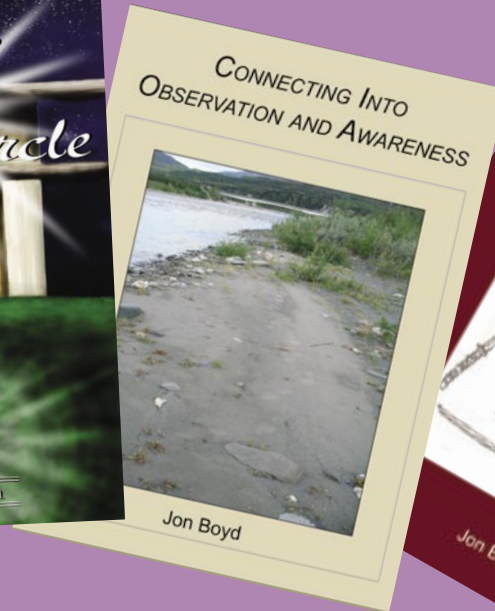
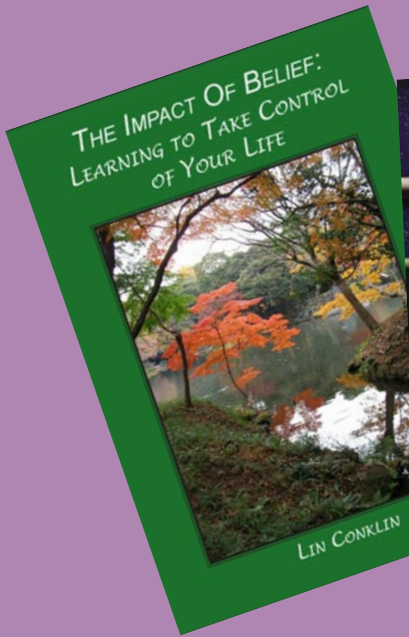
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## SPECIAL OFFER --

THE POWER OF CHOICE: *CREATING THE LIFE YOU WANT* Pre-Order

Did you enjoy this month's article? It is an excerpt from 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 see our other books and products, please visit the website at [www.amlifecoaching.org](http://www.amlifecoaching.org)

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*AMETHYST MOON'S MISSION*

*AMETHYST MOON* is dedicated to serving people in their learning and evolution.

We create our products and services to provide a variety of ways for people to discover their life's purpose. We strive to:

- 1) help people realign their lives to connect to the reason(s) they are the earth at this time,
- 2) assist people in evaluating their behaviors and the beliefs behind them in order to discard old, non-serving, unbeneficial habits and beliefs and to rebuild stronger, healthier belief systems.

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