



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
OCTOBER 2008

AUTHORS' NOTE



With the weather cooling off here in Arizona, it affords us an opportunity to get outside more often. Even in the oppressive summer heat, I try to remember to get up from my desk and take a quick walk outside. It is amazing how a few minutes spent letting myself renew can make a huge difference in how the rest of my day progresses. Solutions to problems reveal themselves and new ideas pop up. If you can give yourself a break once an hour, you **will** notice the effects. Remember to truly take a brain break -- let go of all thoughts of work and school, forget the "to do" list for a few minutes and...just breathe....

Until next month.....Lin

Website: www.onechoicecanchangealife.com

Email: amlifecoach@aol.com

Weblog: www.amlifecoach.wordpress.com

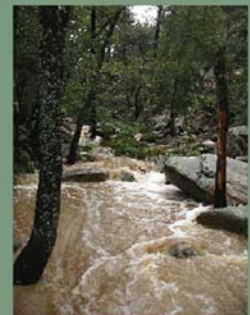
MySpace: www.myspace.com/amlifecoach

Amethyst Moon Publishing Releases Our First Journal!!!

Author Rev. Amos Lewis has been very busy this year! Many of you have already purchased Rev. Lewis' book of wise sayings and wisdoms, *Pearls of Wisdom for Everyday Living*, along with his study guide, *Pearls of Wisdom Study Guide and Devotional*. Amethyst Moon Publishing is excited to now release Rev. Lewis' 396-page journal, *Pearls of Wisdom for Everyday Living Journal*. Each day of the year contains an important scripture and provides room for you to record your own thoughts, ideas and pearls of wisdom. This hard cover book will hold your writing for years to come!

To order, visit www.onechoicecanchangealife.com or send \$33.68 (includes shipping/handling -- Arizona residents please add \$1.52 tax) to Amethyst Moon Publishing, P.O. Box 87885, Tucson, AZ 85754.

*Pearls of Wisdom
for
Everyday Living
Journal*



Rev. Amos L. Lewis
The Master of Simplicity



Since November of 2007 we have been exploring the power of choice. Each of the issues since then has contained an excerpt from *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT*. In the last issue (September 2008) I introduced the 3rd stage of achieving your goals and dreams, *INTEND*. Let's explore how to put the 3rd stage to use in our lives.

How Do I Intend?

When I use the word 'intend' or 'intention' here, it is to describe the act of definitively – not maybe, but absolutely and undoubtedly – putting into motion the thoughts, feelings and actions that will bring about the outcome you desire. When you imagine something with enough true intention, it becomes a belief. In fact, done with enough conviction, there is a very fine line between intention and belief.

Methods of intention often look similar to the ways in which we imagine. The difference is that when you truly intend, you know in your entire being that what you intend is absolutely real beyond a doubt. For intention to work, you cannot have any question or apprehension that what you have imagined will occur. You must also keep in mind that your intentions should never affect the free will of another or have any ill intent.

Intention is as powerful as belief. Positive intentions made in alignment with your beliefs will cause them to manifest. However, if you hold a belief that is in conflict with what you intend, then it cannot come to be. For this reason it is imperative that you recognize when your beliefs are not in concert with the life you want and that you take the time to alter those beliefs.

WHEN YOU IMAGINE
SOMETHING WITH TRUE
INTENTION, IT BECOMES
BELIEF

Whenever you use your imagination, the picture you are creating does not have to be completed on the first try. You can spend time changing, adding and eliminating pieces of the future you imagine. However, once you enter the third stage of creating the life you want (intend), then you need to be more direct and focussed. That does not mean that you need to know the outcome, but it does mean you have to have a well-formed idea of where you are headed.

ONE CHOICE CAN CHANGE A LIFE™

Order *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* at www.onechoicecanchangealife.com or send your check or money order for \$20.30 (includes shipping & handling -- Arizona residents please add an additional \$0.85 tax) payable to Amethyst Moon. Our mailing address is: Amethyst Moon, P.O. Box 87885, Tucson, AZ 85754.



ONE CHOICE CAN CHANGE A LIFE™

www.onechoicecanchangealife.com



Visit www.onechoicecanchangealife.com
to order books, view our products or sign up for coaching.



DISCLAIMER

This newsletter is opt-in and can be un-subscribed. This message is sent in compliance with the anti-spamming bill, Section 301, p.(a)(2)(c) of S.1618, whereas by providing method of contact and removal of this message, cannot be considered as spam. If you are receiving this and you did not request it or you wish to be removed from our mailing list, send an email to amlifecoach@aol.com with the word REMOVE in the subject line. Include additional addresses and aliases which you wish to be removed. Any and all slander and/or libel which, in any way, results in public relations damage for our organization, downtime or loss of business, will be cause for liability action to the fullest extent of the law. Under no conditions is this list rented out or sold: it is for the use of this newsletter only. All opinions expressed are those of the editors.

Please visit us at www.onechoicecanchangealife.com for information about products, speaking engagements, consultations, and coaching. This is a virus-free email. ©Amethyst Moon 2008, All Rights Reserved.