



# AMETHYST MOON

P.O. Box 87885  
 TUCSON, AZ 85754  
[www.amlifecoaching.org](http://www.amlifecoaching.org)  
[amlifecoach@aol.com](mailto:amlifecoach@aol.com)

NEWSLETTER  
 NOVEMBER 2007



## AUTHORS' NOTE

Having spent the last 5 issues focussing on Belief, I've decided it's time to switch subjects slightly and talk about Choice. These two topics (Belief and Choice) are greatly intertwined. We choose what to believe and we believe what we choose.

I'm also excited to have launched both a MySpace page and a weblog. My hope is that they will provide a place for an exchange of ideas on these and other topics. Please check them out, and post a comment or two!

Until next month.....Lin

Weblog: [www.amlifecoach.wordpress.com](http://www.amlifecoach.wordpress.com)

MySpace: [www.myspace.com/amlifecoach](http://www.myspace.com/amlifecoach)

*I want to thank those of you who purchased my latest book, THE IMPACT OF BELIEF: **LEARNING TO TAKE CONTROL OF YOUR LIFE**. Haven't ordered a copy yet? Email me at [amlifecoach@aol.com](mailto:amlifecoach@aol.com) to place an order. If you missed any of the newsletters on Belief (June through October 2007), please visit the website ([www.amlifecoaching.org](http://www.amlifecoaching.org)). Click on "Newsletters" to find all the archived issues. Email any questions or comments to [amlifecoach@aol.com](mailto:amlifecoach@aol.com). Thank you!!!*

## ***Understanding the Power of Choice***

If more people recognized the power they have to make choices every single moment, would they choose a different and perhaps better life? Most people are walking around on autopilot, completely oblivious to their ability to change their circumstances. They seem unaware of the fact that they have the gift of Free Will to make choices -- choices that can completely change their situation and set them on a path to be happy and fulfilled.

CHOICE IS THE MOST  
 POWERFUL TOOL WE  
 HAVE

Choice is the most powerful tool we have. Although some would argue that love is the most powerful, I choose to not think of love as a tool. With our power of choice, we choose what to believe and what not to accept as true. As we discussed in the last five newsletters, the beliefs we hold shape our lives. Everything you experience is the result of your belief system, and all of your experiences continue to influence it. If you do not like the life you are leading, the circumstances you find yourself in or the people

you associate with, then you need to challenge and change some of the beliefs that make up your belief system. Your life is the result of what you choose to believe and accept as true.

Creating your life can begin by making one small choice to do something different. When you are motivated to make changes and shape your life to learn and evolve, incredible things happen to you and for you. It can be the choice to approach the same people or circumstances in your life in a new way. Even the tiniest change can be the catalyst for a much larger metamorphosis. Smiling at your neighbor, putting down the next cigarette, not turning on the television tonight, refusing to get pulled into an argument, picking up a piece of trash, helping a stranger, or not needing to have the last word are just a few examples of small choices you can make that can impact the rest of your life.

Imagine if you became more aware of the choices you make and how they impact your life, not just at the moment you make the choice, but possibly for the remainder of your life and beyond. When we go through our lives on autopilot – not totally conscious of what we are doing and why – we often miss opportunities to make different choices, perhaps choices that can make a huge impact for us or for others.

### CHOOSING TO CHOOSE

When you become older, the only person who makes choices for you *is* you. That knowledge alone ought to give you a sense of the power you have over your own life. If you are reading this and thinking, “Yeah, right. She doesn’t know my parents/husband/wife!”, I can relate. Until I decided that no one other than me could make choices for me, I stayed trapped in the belief that I had ‘no choice’. Locked in that belief, I played the role of victim. Because I did not feel I had any choice, I fell prey to circumstances and experiences that, although incredibly helpful in my growth, are not ones I ever want to repeat. Once I realized that giving my power over to someone else is also a choice – one that I made, even though I was not conscious of that at the time -- then I could make a different choice and take back my God-given right to make my own choices. Yes, I understand that there are rare circumstances where someone is physically trapped or restrained, but even those are a product of the choices they made. I know that is hard to hear, but it is unfortunately true. I do not tell you this to discourage you or make you feel bad about your choices. I tell you so that you will recognize the power of choice in your own life. There is no need to wallow in grief or guilt over choices you have made. Those activities only serve to drain your valuable energy that would be better spent creating a more positive and healthy future for yourself.

CREATING THE LIFE YOU  
WANT CAN BEGIN BY MAKING  
ONE SMALL CHOICE TO DO  
SOMETHING DIFFERENT

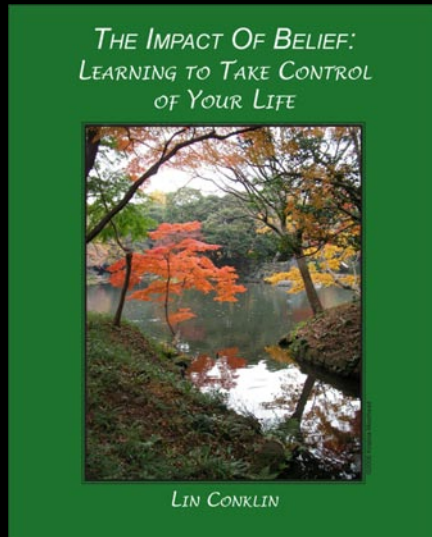
YOUR LIFE IS THE RESULT  
OF WHAT YOU CHOOSE TO  
ACCEPT OR BELIEVE IS TRUE

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.

*Believing that we have the power to choose how our lives will unfold can be hard to accept because to do so says that we are responsible for everything that has happened to us up until now. It also means we are responsible for everything that will happen to us in the future. Try to not take this on as a burden, but instead realize the immense power you have to design your life as you would like it to be. Find the excitement in knowing you can create a different, positive future for yourself.....*

ONE CHOICE CAN CHANGE A LIFE™

Remember, the holidays are coming & books make great gifts!!



Latest Release!!

THE IMPACT OF BELIEF:  
*LEARNING TO TAKE CONTROL OF YOUR LIFE*

\$12.00 USD (\$5.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)



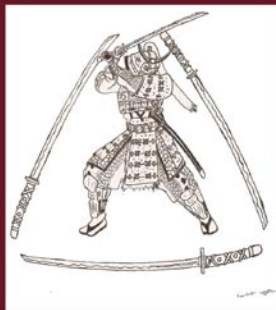
Remember to order your copy today!

*CHOICES IN THE GREAT CIRCLE*

\$18.00 USD (\$6.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)

**The Samurai Sword:**  
*Looking at Form, Fit &  
Function of a Masterpiece*



Jon Boyd

And for the sword enthusiast....

**The Samurai Sword: Looking at Form, Fit &  
Function of a Masterpiece**

\$21.95 USD (\$6.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)

*CONNECTING INTO  
OBSERVATION AND AWARENESS*



Jon Boyd

Be more aware of what's around you!!

*CONNECTING INTO OBSERVATION AND  
AWARENESS*

\$16.00 USD (\$5.95 S/H)

[www.amlifecoaching.org](http://www.amlifecoaching.org)

Please contact me at [amlifecoach@aol.com](mailto:amlifecoach@aol.com) if you'd like help selecting one of our products or services as a gift. Private & Group Life Coaching services can also be done in conjunction with sword training.

----Thanks, *Lin*

### AMETHYST MOON's Intention



*AMETHYST MOON's* Intention is to serve 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, and
- 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.



### Amethyst Moon Publishing's Intention

Amethyst Moon Publishing's Intention is to expose authors and artists who demonstrate unique creativity. Amethyst Moon Publishing seeks out talented individuals whose work might otherwise not be published, and we also endeavor to help boost the careers of young, gifted individuals.

### 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](mailto: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.amlifecoaching.org](http://www.amlifecoaching.org) for information about products, speaking engagements, consultations, and coaching. This is a virus-free email. ©Amethyst Moon 2007, All Rights Reserved.