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NEWSLETTER
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AUTHORS' NOTE

Fall is a time for introspection and looking back at the events that occurred in your life over the last year. As 2007 comes to a close, it is a time to discover the lessons you've been given and a chance to use them to further your growth and evolution. It seems appropriate that this month's newsletter continues to discuss choice and how it affects our lives. I urge you to take a deep, honest look at the choices you've made this year and the results of those choices. Whether or not you like what you see, cherish the lessons, learn from them in preparation for the resting time of winter and the chance to begin anew.

Until next month.....Lin
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Based on your feedback the website is now easier to navigate and more adaptable to different browsers. I invite you to take a moment to view the new look (www.amlifecoaching.org).

The following article is one of the subjects that is covered in 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.

Limitless Choices

Life is made up of a series of choices. Every moment of every day we choose our next action or reaction. Much of the time we do this without ever giving it much thought. The impact of the choices we make can be momentary or last for generations and beyond. Taking the time to understand this can influence the decisions you make. This is not mentioned to scare you or keep you powerless to make a decision. Instead it is offered to help you realize that your choices may have power over lives other than your own and events outside of your own tiny realm. It is important for you to be aware that every choice affects your future and often the future of others. The effects can range from those that are fairly benign to being a major catalyst of change, and they may be positive or destructive. Some Native American traditions teach that the affect of our actions will be sustained over the next seven generations. Looked at from this perspective, we might make very different choices.

WE MAKE CHOICES
 IN EVERY MOMENT OF
 EVERY DAY

The availability of grocery stores, shopping malls, restaurants, and diverse modes of transportation are just a few examples of the choices many people have come to take for granted. Add to that the access the internet provides to any subject or object, and, in today's highly connected world, the choices that are available to us quickly become overwhelming.

Most people have at least five senses available and many others if they believe in them and/or know how to access the information they provide. Unless you have lost the use of one or more of your primary senses, you can choose to hear, smell, taste, touch, or see your environment. Beyond that, you can sense, feel or intuit much more.

Most of the time we are not consciously thinking, "I am making a choice". However, the decision process is still taking place. Acknowledging every single decision would quickly overwhelm us, since we make choices every instant. At first blush that does not seem possible, but the reality is that an automatic decision process is happening all the time to keep us from becoming buried under all the choices available to us.

Many people have stopped being aware of the stimulus available to them because there has become almost too much available in the data-driven world we live in. Billboards, televisions, cell phones, lights, airplanes, air conditioners, and much, much more bombard us. We no longer consciously think about making the choice to filter them out. It has become an automatic decision process that keeps us from becoming overstimulated and shutting down completely. Some examples of this include the choice to ignore background noises (airplanes, the wind, your heartbeat, the sound of your breathing, etc), not sensing the touch of a chair on your skin, disregarding how your clothes feel on your body, and thinking

about whether or not you feel safe. When our minds are more fully engaged in some activity or thought, we often choose to place our focus on that instead of the countless other choices that exist.

In the information-driven environment that we now inhabit, it is easy to become unconscious about our decisions. In the abundance we enjoy, we often do not know or see the people, animals or environments we are affecting by our choices. The hamburger, fries and soda we enjoy at the nearest fast food restaurant is reported to consume 1,500 gallons of water in the

making, yet few people ever consider or know their choice for a quick meal has come at such a price.

The list of the choices that are taking place every instant is seemingly endless. To give priority to all of them is impossible. To be unaware they are taking place is how most people function. Long ago humans could not afford to eliminate the sensory input they received because they relied on the information they received to locate food and avoid enemies. The amount of sensory input in those days was far less than what modern man contends with and the needs were different, which drove different choices for survival. Today, only those who have chosen to become more aware or are trained to be more conscious of the information available will be mindful of the choice they are making to ignore or respond to much of the stimulus they are receiving.

Why not take a moment to consider what choices you are making while you are reading this newsletter. Consider the level of awareness within which you function. Just knowing a choice exists gives you the option to be more conscious of the decisions you are making and the level of awareness at which you operate.....

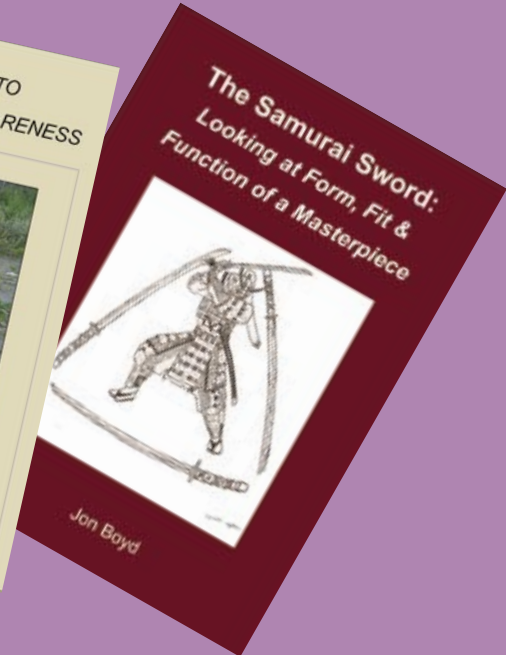
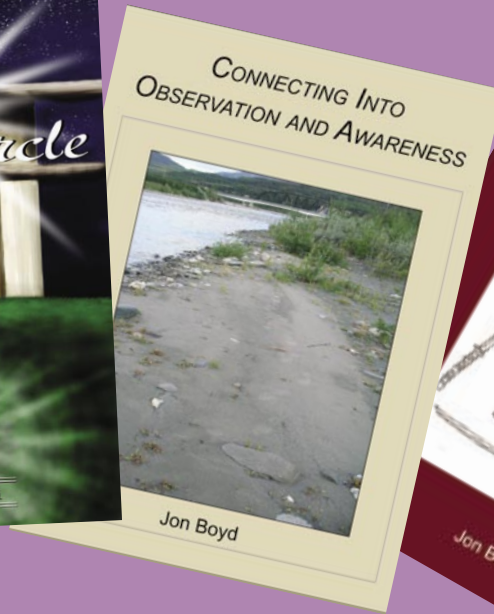
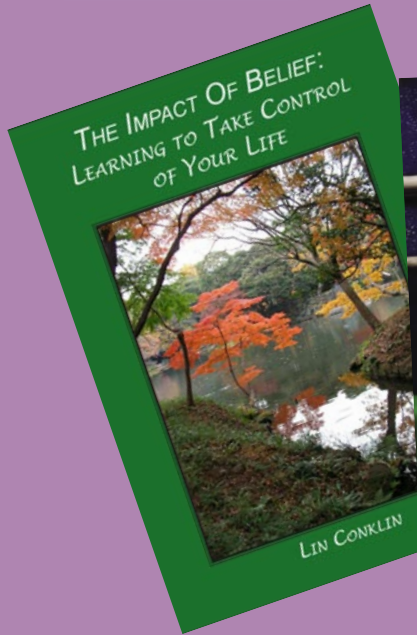
ONE CHOICE CAN CHANGE A LIFE™

IN TODAY'S HIGHLY
CONNECTED WORLD, THE
CHOICES THAT EXIST ARE
OVERWHELMING

CONSCIOUSLY OR
UNCONSCIOUSLY, YOU CHOOSE
WHAT STIMULUS TO PROCESS
& WHICH TO IGNORE

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

Order your copies today at www.amlifecoaching.org



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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