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**Joyful News - August 7, 2015**

**Dr. Joy S. Pedersen**



Joy S. Pedersen, Founder of Express Success LLC, is a Licensed Spiritual Healer, Certified Spiritual Health Coach, Certified Law of Attraction Practitioner, ordained minister and Doctor of Divinity as well as a noted business consultant and networker with a celebrated international clientele.

She works closely with individuals and businesses of all sizes over the phone to overcome their challenges with money, relationships, career, business, health and well being.

Using both 21st Century technological advances and established, time-honored spiritual techniques, her work includes clearing negative memories, energy, property and karma. Her gifts bridge the gap between heaven and earth and all time and space.

She is a spokesperson for heaven and shares those messages on the Express Success blog. She authored the book [Wisdom of the Guardian: Treasures From Archangel Michael to Change Your Life](#). She was also a contributing author to Big Bold Business. Her chapter addresses how your subconscious is either supporting or sabotaging your success.

Her pro bono work focuses on a global peace and prosperity initiative healing the cause of the imbalances of life to the atrocities affecting all.

**Do you have balance?**

There's a lot of talk about work/life balance. Have you achieved it? I haven't. My commitment to my business and changing the world as we know it takes up most of my time. But then I have a tendency to burn out. The heavenly team has mandated that I am off the computer and don't do any healings for at least a 24-hour period so I don't burn out. (Thanks Ted for relaying that message.)

They also gifted me with a playmate so I would get out and play (again, thanks to the team that, as well as to Joni!).

And, STILL I have a problem with it because my goals are big and my time is limited. But, is what I am doing for the highest good of all? Sometimes due to deadlines and emergencies either of clients or the world, I step up no matter what. But, if I let my light diminish because of being overworked, it dims it for all.

You don't realize your significance to yourself, the big picture, your calling, your family, etc. When you don't have balance, the rest of the world is unbalanced as well. The more you commit to being in balance, the more the world is in balance. We are all one and all contributing factors to the whole.

For at least the last decade, I have put my personal life on the back burner for the bigger picture. We were successful in clearing the causal level of darkness. The world is still experiencing the effects of darkness, however. Yes, it was a big sacrifice at the time but that is what I came here to do. I still knew, however, that I had to listen to my body to know when I needed rest or play (play brings prosperity) to incorporate it so I can keep going effectively. It taught me, however, that it is of the utmost importance to prioritize, know my limits and know when I need to regroup.

This is a pivotal time in history. We are here to bring back balance to the world. Up until now, it has been run by darkness, and humanity has been oppressed. The cause of that darkness and oppression has been cleared but now it is time for humanity to release it from within themselves.

It is time to let go of how we oppress ourselves and others by our work ethic, and the way we live. As we are moving into the 5th dimension as a whole, it will be easier for all. All those who embrace the 5th dimensional lifestyle will be able to live in balance more effortlessly.

The universe supports your goals, divine timing makes business and life flow easier and overall the experience is more fulfilling. Life becomes effortless. The hard work is now letting go of old concepts, oppressive and unbalanced behaviors. The faster we all let go of the old and outmoded, embrace what is for the highest and best good in the moment and follow that inspiration at that time, life becomes easy.

Blessings,

Joy

**What is the Shift? Will you go up in the Rapture?**

Free tele-seminar Wednesday, August 12, 2015, 7:00 PM EST will cover:

- What is the shift?
- Will you go up in the rapture?
- What is ascension?
- What is the Fifth Dimension (5D)?
- What is heaven on earth?
- What do I need to do to prepare, ascend, etc.?

Register here: <http://shiftandraptureteleseminar.eventbrite.com>

**To schedule a session or a 15-minute get-acquainted call, contact Dr. Joy**

[Email](#) or call 800-801-7597

Let's get to know each other, the challenges you face and the solutions I provide. If there's a fit, we can decide together what options are best for you.

### **Messages from Heaven**

For channeled messages from God, angels and others, [click](#).

### **Private Facebook Group**



Join us in our private group on Facebook called "Help from Heaven" to discuss heaven on earth, past lives, karma, the subconscious/inner child, angels, God, life, death, etc. The new group app for my iPhone has been great for ease.

Let's connect: <http://www.facebook.com/groups/helpfromheaven>



Click the icon above to connect with me through social media.

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