



Express Success with help from Heaven



Clear Your Past
and Change Your Future

Spiritual Healing & more for Personal and Business

Joyful News - April 13, 2018

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 to overcome their challenges with money, relationships, career, business, health and well being.

Working by phone using intuitive gifts, as well as established, time-honored spiritual techniques, her work includes clearing negative memories, limiting beliefs, property and karma to achieve more effortless success.

Dr. Joy is a multi #1 international best seller of a couple of books. Her first book launched her spiritual healing career when Archangel Michael approached her asking her to join him in a healing practice and write his book, "[Wisdom of the Guardian: Treasures From Archangel Michael to Change Your Life](#)". Her recent bestseller, "[Clear Your Past and Change Your Future](#)" speaks of her work with Archangel Michael over the years.

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.

Join Us!

May 5, 2018 - 11:11 AM EST - [Group Clearing Call](#)

Have your questions answered in

Are you having trouble letting go?

LET GO

You often struggle with letting go as if holding onto your baggage serves some purpose. It does not. It can't be farther from the truth. When you hold onto your past, your judgments and concerns, you weigh yourself down and you hold yourself back.

I know for many of you, letting go itself is a challenge. But, what is the fear behind letting go? Let me assure you there is no benefit to holding onto the baggage that keeps you stuck

in the past.

There is a concept that if you remember the past and the mistakes that have occurred, you will be able to prevent them in the future. Knowing of a bad experience and hanging onto it with emotional attachments are two different things.

If you walked across the street and got hit by a car, you would likely remember to look both ways more carefully in the future. But, if you get to every corner and stand there remembering the accident and feeling the fear, you will often create negative energies that don't serve you, and may attract more negative or you could stop yourself completely and won't cross the street due to that fear.

What if all the blessings are on the other side of the street? Are they enough of an incentive to let go of the fear and cross the street regardless of what happened in the past?

Even though some of your experiences aren't as dramatic, you often hold grudges, regrets, and fears because of the past that keep you from benefiting from what is on the other side after having let those emotions and thoughts go.

Remember this: your life is of your making. You create the outcomes by your thoughts and emotions. Those of you who pray asking God for help, may not get it. But, only because you are blocking receiving from him by your stubbornness to just release what you are holding onto. God can only give to someone whose hands are open to receive.

You want God to fix things, but if you can't let go, he can do only so much.

So, how do you let go?

- Remember there's no benefit to holding on. None!
- How do you forgive someone who has hurt you? You go into your heart and choose to be loving, kind and above judgment.
- Choose the preferred outcome over the other. If you prefer joy, peace, freedom and abundance, and you know that holding on is preventing that, just choose the state you prefer. And keep choosing in each moment you slip back to blame, regret, judgment or guilt.
- Forgiving yourself and all involved is useful to be thorough.
- Accept that in some cases, "It is what it is." Your attachments to your unmet expectations often keep you stuck.
- Stand in your power to make a difference in the life you experience. You are bigger than your circumstances and experiences.

Judgment of any kind is one of the biggest culprits of your challenges. God can only heal what you can completely forgive.

Let go and let God and see the magic unfold.

Wishing you a wonderful weekend.

Blessings,

Joy

our private Facebook community at [Help from Heaven](#). It is one way I can give more personal attention outside of my private sessions where only a few have relative access to me.

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.

Why were you created? And, what did you create?



Next month's group clearing call will have the added topic of creation. Do you know why you were created? Have you created anything? Do you have a business that you created for example? Most of my clients are business owners. We will clear with creation on top of our general topics.

Usually God has a teaching on our topic, which I always find interesting. And, of course, when he has his hand in anything, as he does this call, he often gives special karmic dispensation on certain matters.

To read the entire program and to register, go to:

<https://clearyourpastandchangeyourfuture050518.eventbrite.com>



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Express Success LLC • 3616 Harden Blvd., #154 • Lakeland, FL 33803

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