

[View as Web Page](#) [Subscribe](#) [Send to a Friend](#) [Preferences](#)

Express Success LLC

Share SHARE

Express Success with help from Heaven



Clear Your Past
and Change Your Future

Spiritual Healing & more for Personal and Business

Joyful News - January 12, 2017

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 #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.

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.

Benefit from a New Beginning

People often look to the new year with excitement because it provides a new beginning. You have a fresh start, new energies and enthusiasm to take on the world.

I want to invite you to consider that every day, as well as every moment, is truly a new beginning. It especially can be when you leave your limited beliefs and past negative experiences behind you. If you choose to take with you in the next moment all that is purposeful and appropriate, you end up building upon the benefits of the past but none of the negatives.

Each day you awake, it is day that God has given you and obviously you are here for a reason or he wouldn't have allowed it. Appreciate that fact and make the most out of it.

I constantly tell my clients that letting go of the past and choosing the qualities you prefer in each moment can be tedious in the beginning if you want to live consciously and are trying to reframe and reposition your life to one of ease and effortless.

We have often lived out of default. We have often lived from a place of this is the way it has always been. It really doesn't matter what has been if you choose to let go of the past and look at each moment as a fresh start.

I quite frequently tell my clients to use a white board in their mind and only allow on it what is desired and erase anything that doesn't serve their highest good.

What are you allowing on your white board for your life? Anything you put on there with your mind's eye is what you are creating for the future. If what you are thinking and visualizing isn't what you prefer, let it go. Erase what you don't want for your future.

If you have trouble letting go of what was, what you think that is limited or what you feel as negative, then you have blocks to releasing which I can help you with as they are sometimes stubborn memories you can't release on your own.

Until you let go of your past, your subconscious mind will be relying on the programs within your mind to project out and attract what you have experienced in the past.

If you truly want a new beginning, don't bring your past forward into your future. Start anew. Keep reminding yourself that what isn't necessarily what has to be unless you choose it by empowering those thoughts and feelings.

Remind yourself each morning that it is a new beginning and allow the day to unfold with the energy of enthusiasm eager to discover what God might have in store for you since he wanted you to be here to experience it.

When you live life from a place of trust that it is purposeful that you are here, and you allow God to lead and guide to what is purposeful for you, you get to look at life from a place of curiosity. What could he have in mind for you today? When you learn to let go and surrender to this powerful source within and act upon the inspiration he provides, you can experience a life of joy, peace, balance and abundance effortlessly. And, from where I sit, that has been much more optimal than when I have tried running the show according to what I perceived might be best.

The more I have learned to surrender, the more ease I have experienced. The more I have trusted the journey, the more I have experienced joy. Letting go and surrender can be blocked by your past teachings, choices and memories, but when you have learned to surrender and trust that each moment is purposeful and that God has the reigns, it has truly become more extraordinary than I could have ever imagined.

Wishing you a wonderful weekend,

Blessings,

Joy

PS: Join us in our private community at www.HelpfromHeaven.com

Monthly Group Call

Save the Date - 2/3/18



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

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

<http://www.ExpressSuccess.net>

[Subscribe](#) • [Unsubscribe](#) • [Preferences](#) • [Send to a Friend](#) • [Report Spam](#)

Powered by MyNewsletterBuilder

