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Joyful News - July 31, 2019



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## Are You Going In?

As uncomfortable as it is at times, the need to go within is more important than ever. It isn't always easy to go within but that is the only way you are going to get the answers you seek and the progress necessary to awaken, ascend and transition into the new golden age.

If things are bothering you at all, whether internally or externally, the answers lie within. In some cases, you must dig deep.

If you are in your head too much, the truth will elude you.

Meditation is a significant tool you can use to get you to center and go within.

Many are seeking their true purpose these days, but unless they are going within, knowing what it is may never be discovered.

This is the time to let go of the past, be centered in the moment and living on purpose for the ultimate outcomes for self and others. The timing here seems more significant than ever because of messages others and I have received lending itself to a sense of urgency. Sometimes if we don't act quickly enough seizing the opportunities offered, they are lost to us.

There is intellectual knowing and internal knowing. You must know the difference between the two.

The challenges people are experiencing these days are in direct proportion to unreleased memories of the past. Unless and until you look at them and release them, your present and future opportunities are limited. It isn't always easy to access and release. Hiring an intuitive such as myself may be useful to access the hidden challenges to release them, but you may be able to figure that out for yourself.

It is more important to forgive self, others and circumstances at this time to be set free than ever. This weekend we will have that special topic added to our regular [monthly group call](#) not only because Saturday happens to be National Forgiveness Day but because forgiveness is the fastest way to healing. Fortunately, when we include those blocks to forgiveness and the issues that need to be forgiven, you may not need to become conscious of what is blocking you and just release it during our process.

However, if you want to work on yourself by yourself, you must become skilled at really going within and doing some deep discovery work to let go of the blindspots, unreleased emotions, limited beliefs, fears and judgments you are still holding onto in order to be set free, ascend and experience a life of relative ease.

Heaven on Earth awaits all who have set themselves free from that past.

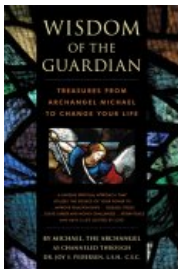
In service to your soul....

Blessings,

PS: Don't forget to join is our Facebook group, [Help from Heaven](#), for further discussion.

## BOOK

### Wisdom of the Guardian



Many are struggling for answers and have asked what they can do personally do their own healing. Reading "Wisdom of the Guardian: Treasures from Archangel Michael to Change Your Life" can help. Michael is always with you when you read the book. The tools he provides at the end of the book will serve you over and over again.

[Wisdom of the Guardian](#)



Joy S. Pedersen, CEO and Founder of Express Success LLC, is a Doctor of Divinity, Licensed Spiritual Healer, Certified Spiritual Health Coach, Certified Law of Attraction Practitioner, Non-denomination ordained minister and a #1 International Best-selling author. She is also 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. Her work includes clearing negative memories, emotions, limited beliefs, property, travel, karma, curses and darkness as well as clearing the future.

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

## TELEPHONE EVENTS

### Group Healing Calls

August 3, 2019, 11:11 AM EST

#### Clear Your Past and Change Your Future

We will include personal and global topics, issues on money, self worth, limiting beliefs, negative emotions and attachments, and will clear blocks to **forgiveness**, as well as whatever God deems necessary to include. **It's time to set yourself free!**

Always a new teaching from Heaven is included which you will be emailed.

For more details and registration, [click here](#).

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