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## Joyful News - September 18, 2019

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### Have You Been Triggered?

Have you found your buttons pushed? Have you been triggered by a person or the news?

It's pretty common these days for many to be triggered as their karma is being brought to the surface to be released.

Whether you have been challenged by the news, a personal relationship, job hunting, increasing sales, if not smooth, the triggers along the way are related to your past.

Here's a blog post to elaborate on the nuances and what to do about them.

<https://joypedersen.com/have-you-been-triggered/>

Wishing you freedom from triggers....

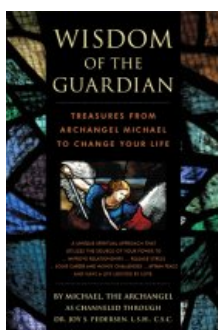
Blessings,

Joy

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.

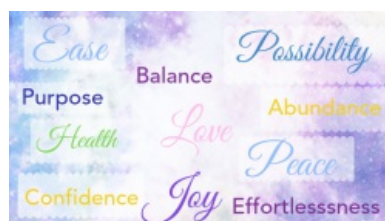
Michael addresses purpose, career, relationships, parenting, and Heaven on Earth among other insights.

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.

### TELEPHONE EVENTS

#### Group Healing Calls



October 5, 2019, 11:11 AM EST

#### Clear Your Past and Change Your Future

This is your opportunity to let go of negative emotions, beliefs, situations, challenges, karma, ancestral and 3D programming as well as anything sabotaging or concerning you.

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

[Click here for details and registration](#)

## [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.

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