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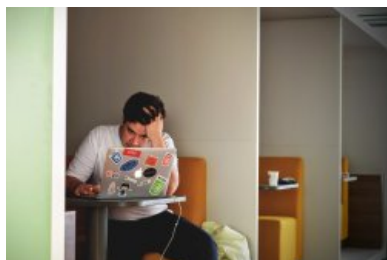
## Joyful News - November 13, 2019

**NOTE:** You can manipulate the size of the type on your mobile devices with your fingers to make type font larger if you have trouble reading.

I was chatting with a colleague over the weekend and we made an interesting discovery. I was discussing my automatic writing versus instantaneous receipt of information mentally from God or Archangel Michael, etc. I can do the latter. And, also God, angels and others can speak through me audibly which I have recorded. But, it seems the most common form of communication I receive is through automatic writing. I am reminded as I say this that Jesus mentioned a couple of years ago that automatic writing is the easiest way for people to receive information from them.

However, the point I wanted to make here is what was said the other night. I was questioning the benefits of mental dialogue versus the use of automatic writing, which, at times, seems more delayed or encumbered. The response from Heaven was that when I receive their information and write it, it apparently becomes more like a computer program and helps program this world with a high concentration of their energy. They want their words anchored into the physical. So, apparently, that is part of this exercise in sharing their words with you.

Taking that into consideration before writing this newsletter, I reached out to Archangel Gabriel for assistance. Gabriel is a key messenger and can help anyone with messages. Instead, God came through directly with the following message he felt you needed at this time.



## Are You Experiencing Any Struggle?

*I have seen you struggle for eons of time. And, these past few years are no different as they demonstrate much of what was unsettled for you for lifetimes. These past lives of yours are being reminded to you now in ways that will allow you to release them and their negative memories and karma.*

*You think life has gotten worse but it really hasn't. It is just a reflection of all the imbalances you have remaining within your subconscious. Let go of those memories and release the negative patterns and programming and you will be set free from the issues within that are attracting your current results.*

*There is only now. Yes, that is so. So, how and why does the past become so important to release? Because you are carrying those scars of negative memories into your now and they are coloring your outcomes. The sooner you let them go, the faster your life will change.*

*You can hire Joy to help you release them, or you can go direct to me. Either way will work. The challenge some of you have in coming directly to me is the way in which you ask and believe the work will be accomplished. You don't always let go when you invite my assistance. That is the challenge many of you have and don't even realize it. You are too close to the matter at hand to sometimes notice the cause and its affects. You just know you are unsatisfied with your results. All are relative to your mindset.*

*Your limited beliefs and fears are the culprit more than you realize but often you don't recognize the real dynamic limiting you because you believe consciously that you are in alignment with that which you want. If you are in alignment with that which you want, you would have it with ease.*

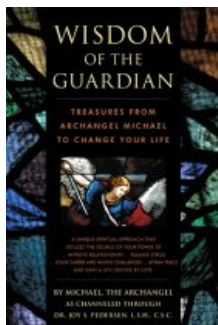
Wishing you a struggle free day...

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 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.

[Wisdom of the Guardian](#)

## TELEPHONE EVENTS

### Group Healing Calls



December 7, 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. We will be clearing for the holidays, celebrations, traditions, end of year goals, with whatever God dictates in both clearing and teaching.

The current teaching from Heaven will be emailed.

[Click here for details and registration](#)



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.

Express Success LLC • 4411 Bee Ridge Road, #122 • Sarasota, FL 34233  
<https://JoyPedersen.com>

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