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Joyful News - January 22, 2020



How Do You Relate to Yourself?

In preparation for our group healing call on February 1 on healing relationships, I was thinking that the most important relationship is with the self. Do you know who you really are? How do you relate to your inner family, your inner child, and your high self? Do you know who is in charge of your human vehicle?

How do you speak to and about yourself? Are you basically a positive or a negative person? Do you make yourself a priority and not necessarily in a selfish manner but an appropriate one? Are you being true to yourself? Are you fully self expressed and fulfilling your calling and reason for being on the planet?

Do you know where and how you might be blocking that which you ultimately want to achieve and experience? Your subconscious has those answers. That is the part of you that manifests your results. Until you are congruent within yourself, you may have challenges within as well as with others.

Others often mirror you. Are they reflecting back what you cannot see within yourself? If you have challenges with others, often those issues are within you to be cleared. Once cleared within, the triggers that seem to occur when dealing with others, disappear. More than anything else, working on the self is what sets you free from any limitation. Limitations are mostly a reflection of your subconscious thinking and programming. When we work privately, I can tune into your subconscious and that of others to ascertain those limitations and blocks and release them using spiritual healing. In our group call, we just list the limitations and your subconscious then releases them into the process we have opened.

What I find fascinating is that often the past life stories we uncover in our sessions reveal that some of the limitations experienced now are repeats of memories of experiences of those previous lifetimes. Once we clear the originating cause, the current challenge often effortlessly disappears.

Just yesterday I was clearing a memory of a previous lifetime for a client that had a memory of a former boss where they were sword fighting. The boss was stabbed in the back while fighting this current coworker. This lifetime there was an unresolved issue between them. I look forward to hearing how their current work relationship evolves after clearing this previous lifetime experience. In the interim, he felt an energetic improvement as we released the energies from that previous life memory.

If you have any challenges living a life of ease, making yourself a priority, and attracting what you prefer, join us February 1. You will find details below.

If you are free at 12:15 EST today, join me on Mind Body Radio for a brief interview you can access [here](#).

Wishing you a Wonderful Winter...

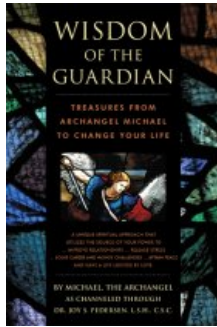
Blessings,

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.

[Wisdom of the Guardian](#)

TELEPHONE EVENTS

Group Healing Calls



February 1, 2020, 11:11 AM EST

Clear Your Past and Change Your Future

Release the limitations from the past that are blocking your future of ease, joy and abundance. Let go of negative emotions, beliefs, situations, challenges, karma, ancestral and 3D programming as well as anything sabotaging or concerning you. **We will be releasing relationship issues along with whatever God dictates in both clearing and teaching.**

[For more information 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.

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