



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
MARCH 2009

AUTHORS' NOTE

A teacher of mine was in town last week. He jokingly related how I had a constant need for closure when I was studying with him. It was interesting to hear him describe his observation of my behavior. Being an "A-type", driver-driver personality, my perception of the same actions was very different -- I saw myself as simply trying to make sure I got the lesson. I remember being very frustrated when he would not provide me with feedback as to whether I was right or wrong, which of course was his way of getting me to let go of the need for closure. Today I still struggle to surrender. For me this lesson now shows up as one of faith over fear, where letting go of the attachment to the outcome of my experiences allows me to enjoy them more fully (or not). Letting go of all the thoughts, fears and feelings about how something will turn out and being more fully aware in and of the present means I get more out of my experiences. So, thank you, Peter, for bringing me back to this understanding...I surrender (again)!



Until next month.....Lin

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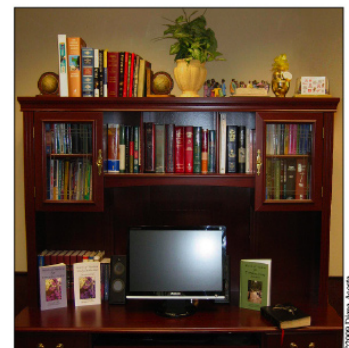
Amethyst Moon Publishing Releases *Precepts & Principles from Proverbs*!!!

Benjamin Franklin said, "An investment in knowledge pays the best interest". Author Rev. Amos L. Lewis kept this in mind as he wrote this book. Intended to reach teenagers and young adults, *Precepts & Principles from Proverbs* by Rev. Amos L. Lewis is a creation and collection of wisdom by King Solomon, the wisest and wealthiest man who has ever lived. This devotional is personal, practical, and portable. These precepts and principles will change your life for the better. At the end of each chapter you will find some pearls of wisdom from the author's first book, *Pearls of Wisdom for Everyday Living*. Consume these precepts, principles, pearls, and prayers daily and watch your life prosper.

To order, visit www.onechoicecanchangealife.com or send \$14.00 (this price includes shipping/handling -- Arizona residents please add \$0.61 tax) to Amethyst Moon Publishing, P.O. Box 87885, Tucson, AZ 85754.

Precepts & Principles from Proverbs

Timeless Wisdom for Today



Rev. Amos L. Lewis
The Master of Simplicity



Below is the last excerpt from *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT*, which explores the power of choice in our lives. Previous issues have covered the five stages of Achievement: Identify, Imagine, Intend, Believe, and Achieve.

Celebrate!

When you experience the results of your dedication to the 5-step process (Identify, Imagine, Intend, Believe, Achieve) and have achieved that which you set out to achieve, then it is time to celebrate and to give yourself credit for your achievements, no matter how small you may think they are. Any achievement, from accomplishing a small goal up to the discovery of your mission in life, is worth acknowledging. Pick a method of celebrating that fits your personal style and that will not add any stress to your life. You may choose something simple like enjoying a sunset or something more elaborate -- whatever makes you comfortable. Whatever you choose, be proud of and grateful for your success.

THE 5 STEPS TO CREATING YOUR LIFE:

IDENTIFY

IMAGINE

INTEND

BELIEVE

ACHIEVE

It can be easy to skip the celebration, but I encourage you not to do so. Celebrating and recognizing our achievements provides positive reinforcement for the behavior of setting goals, pursuing dreams and achieving that which we want in our lives. In other words, it helps us to establish the habit of accomplishing those dreams and goals we desire to manifest. Setting goals and believing in our dreams is key to creating the life we want.

Henry Ford said it best:

“Obstacles are those frightful things you see when you take your eyes off your goal.”

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To order your copy of *THE POWER OF CHOICE: CREATING THE LIFE YOU WANT* by Lin Conklin, visit our website at www.onechoicecanchangealife.com or send your check or money order for \$20.30 (includes shipping & handling -- Arizona residents please add an additional \$0.85 tax) payable to Amethyst Moon. Our mailing address is: Amethyst Moon, P.O. Box 87885, Tucson, AZ 85754.



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