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**Joyful News - June 3, 2016**

**Dr. Joy S. Pedersen**



Joy S. Pedersen, Founder of Express Success LLC, is a Licensed Spiritual Healer, Certified Spiritual Health Coach, Certified Law of Attraction Practitioner, ordained minister and Doctor of Divinity as well as a noted business consultant and networker with a celebrated international clientele.

She works closely with individuals and businesses of all sizes over the phone to identify and overcome the hidden causes of their challenges.

Her work includes clearing negative memories, energy, emotions, property and karma. Her gifts bridge the gap between heaven and earth and all time and space.

The twin flame of Archangel Michael, Dr. Joy is a spokesperson for heaven and shares those messages on the Express Success blog. She authored the book ["Wisdom of the Guardian: Treasures From Archangel Michael to Change Your Life"](#). She was also a contributing author to Big Bold Business. Her chapter addresses how your subconscious is either supporting or sabotaging your success. And, her latest book covers her work for heaven on earth clearing the cause of the karma affecting humanity, ["Clear Your Past and Change Your Future"](#).

Her pro bono work focuses on global peace and prosperity by clearing and healing the cause of the karma affecting all humanity.

**Dealing with Dilemmas and Heaven's Help**

As I thought of what to write today, I reflected on my morning being a bit challenging. I received news that I found equally great as well as disturbing. In each moment, we always get to choose how we are going to react. In this case I reacted with a variety of thoughts and emotions. The blessing was that Mother Mary appeared with an offer of feedback as well as a healing. When my heavenly colleagues come and offer a healing, they usually ask me to go to my bedroom, lie down and then they do their thing and I feel better. I did as instructed and went to bed for about 10 minutes. I am grateful to the assist as well as the insights she shared. Her perspective, as well as whatever she did to help my emotional state, made a difference.

Heaven sees us and our needs more clearly than we are able to see them. They don't share the same veil blocking their view as we have blocking ours to view them. Therefore, don't hesitate to ask for their assistance even if you can't see or communicate with them as I just shared. They hear your requests in the moment made and almost as quickly, can provide a response. Trust that.

As what came up for me was still releasing due to the emotional component, I also knew I had to choose to alter my state to release what remained. I was, therefore, grateful to Mary as well as my choosing to switch my mood in the moment. Life is really about moment-to-moment experiences and we get to choose in the moment the elements we bring into it. When operating out of the past, as I was, bringing a painful memory forward into the moment, I diminished my experience. By clearing and letting go of the past, it is more easy to stay in the moment allowing what is optimal to occur. Some challenges are a momentary experience and others are possibly a more ongoing concern or challenge needing to be addressed before full resolution. The situation that concerned me was not resolved in the moment but the upset was. I didn't want the situation, no matter how challenging I found it, to make me miserable for the day. That was unacceptable. I chose to release it and change my state and perspective.

The challenge continues but I must exercise patience until final resolution is achieved. I am dependent on heaven again to bring forth a solution in divine timing. They are on the job as soon as you make the request. Letting go and trusting completely has not always been easy in this matter. The same issues I clear for clients, I am now addressing for myself due to the situation at hand. I can assure you that it is easier to clear for my clients than for myself at times when it deals with certain issues.

We all have challenges and I have found God always has a solution. However, I am not always accepting of it or patient in the matter waiting for it. And, although sometimes frustrated not fully understanding the background or reasoning, I have to trust he actually has my best interest at heart and does know more than I do!

May your dilemmas be brief and your solutions satisfactory and successful.



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