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Express Success LLC

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The subject of darkness is often misunderstood. Largely most people don't want to discuss, and some don't even believe in its existence. Since it was my calling to clear to set humanity free, I have learned much through experience and on the job training. As most will realize, a calling or gifts don't always come with a manual. Certainly I didn't have one to teach me the nuances of dealing with darkness. I have been guided to begin teaching you about it so you can become savvy to recognize it and avoid their intention to undermine you. The goal is to help you succeed quicker and easier with a greater understanding of it.

One of the things I learned over the years in dealing with darkness is that if they can't undermine you directly, they will use others as a distraction.

I remember a friend called me on a Sunday night at 12:30 PM enthusiastic to share an idea of how I could promote my Angels at Sea cruise. She called from a different time zone. At first you would have thought it was a mishap forgetting the time difference. What I discovered was that darkness was able to work through her neediness to feel important. She was inspired to call me at an hour that would disrupt my sleep so I would be less effective the next day in my spiritual healing sessions. She, of course, didn't realize any of it.

The following article is a bit of a tip from the practical side to address distraction in general.

Wishing you a wonderful weekend.

Blessings,

Joy

Have You Been Distracted?

Distractions cost us time. They keep us from getting work done. They keep us from spending quality time with our loved ones. They can be incredibly frustrating at times. Once, you're ready to say, "enough is enough" and do something about it, where do you start?

Distractions will only happen if you let them. You have to recognize them for what they are, take a stand and begin to address them.

Step 1 - Become Aware Of The Distraction

We're so used to distractions these days, we don't even notice them anymore. Is your smartphone is distracting you with alerts several dozen times a day? Do you realize that someone walking by your open office door, or stopping in to let you know there are donuts in the break room is causing a distraction? The first step to taking control of distractions is becoming aware of them. Start paying attention and create a running list of things that distract



and disrupt your day.

Step 2 - Evaluate The Distraction

For every distraction, you're paying a price. Usually, that price is paid in time and it may be more time than you think it takes. Once you are aware of a distraction, you have to make a decision. Is it worth keeping or not? Having your email program open at all times means you get distracted every time the "new mail" alert pops up. Is it worth the distraction, or can you live with only checking your emails twice a day? Go through your list of distractions and decide if it's something you have to have, or if you can eliminate the distraction and live without it? You may be able to live with checking email only twice a day, but decide to keep text message alerts on because it's important your spouse or your child's school can reach you in a case of an emergency.

Step 3 - Take a Stand

When I recognized that darkness was doing the undermining behind the situations that were distracting me, I took a stand and said it was unacceptable and didn't buy into the circumstances. When I did, I noticed the distractions lessened and people around me used less as a distraction.

Step 3 - Remove The Distraction

Last but not least, it's time to cut out the distractions that you don't have to live with. In some cases, this will be simple. You decide to keep your email program closed, and uninstall the social media or mobile game app from your phone. Other distractions can be a little more difficult to deal with such as discouraging co-workers to stop coming by to chat during high productivity hours or getting yourself out of the habit of checking your phone every fifteen minutes or checking in on Facebook.

Start by eliminating the easy distractions and then continue to do what you can to get rid of more and more of the rest of them. It won't take long before you are starting to feel more in control and are getting more done than ever.

Melchizedek Set Us Free

The message from Melchizedek Saturday during our group clearing call was so beautiful. But the most important aspect was he was given the opportunity to declare and decree that all participants on our call was to be set free from the darkness that has undermined and bound them.

Each month we have a new benefit from Heaven the recipients receive, which has been an honor and blessing to help facilitate.





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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.

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