

# CHOICES

SPRING 2018

## SYNCHRONICITY ISSUE!

RECOGNIZE A  
LIFE FILLED WITH  
MEANINGFUL  
MOMENTS

ARMAN & GAYANE  
ADAMYAN  
AN INTERVIEW



### SERENDIPITY'S MAGIC

DISCOVER THE SECRET  
TO LIVING A HAPPY, MORE  
FULFILLED LIFE



### YOU MUST DARE TO DREAM

HOW DARING TO  
DREAM RESULTED IN A  
SERENDIPITOUS MOMENT




### SYNCHRONICITY OR COINCIDENCE?

BE RECEPTIVE TO EACH  
MOMENT AND RECEIVE THESE  
GIFTS FROM THE UNIVERSE

# CONTENTS

## SYNCHRONICITY

- 10 THE SECRET TO SERENDIPITY'S MAGIC  
BY JOY HUNTSMAN
- 13 HOW DOES SYNCHRONICITY WORK?  
BY JOAN S. PECK
- 29 LOBBYING FOR A CHANGE  
BY WILNONA & JADE
- 40 UNANSWERED PRAYERS  
BY GINA GELDBACH-HALL
- 42 ARE YOU LICENSED TO SYNCHRONIZE YOUR JOURNEY?  
BY HOLLY DUCKWORTH
- 
- 44 WHAT'S LOGIC GOT TO DO WITH IT?  
BY JUSTIN WEIS
- 48 SYNCHRONICITY AWARENESS  
BY BECKY GRAVA DAVIS
- 60 NO COINCIDENCE!  
BY KATHI KULESZA
- 62 SYNCHRONICITY OR COINCIDENCE  
BY ANTHONY BURNSIDE
- 64 A FINAL NOTE  
BY JUDI MOREO

## INTERVIEW

- 33 ARMAN & GAYANE ADAMYAN  
BY JUDI MOREO

## LIFESTYLE

- 04 JOURNALING IS A CHOICE  
BY JUDI MOREO
- 16 STAY PRODUCTIVE WHILE AWAY ON BUSINESS  
BY AMBER DE LA GARZA
- 20 CUENCA INTERNATIONAL WRITER'S CONFERENCE  
BY CHOICES STAFF
- 24 ARTISTIC CHOICES  
BY CHOICES STAFF
- 37 3 SIMPLE STEPS TO RE-PROGRAM YOUR MIND  
BY JUDI MOREO
- 46 HOP ON BOARD THE PASSION TRAIN  
BY JUDI MOREO
- 52 DARE TO DREAM  
BY SHANA KAI

## BEAUTY & THE FEAST

- 56 KEEP CALM. SPRING LAMB IS HERE.  
BY S. L. GORE



## FROM THE EDITOR

had moved on to the city on which my mother had placed the pin. Is that the same as "synchronicity"?

Or, how about these examples:

You end a horrible relationship and right away you meet a person who seems to better suit you.

You go to the store and you tell the passenger in your car that you always get a parking place up front and at that very moment, a car pulls out of a parking place by the front door and in you go.

You are having a really down day and you get an email from someone who sends you such a positive message, you immediately feel as if that person knew how you felt and reached out to you.

Or, you have an inner experience such as a dream, vision, or other form of déjà vu and a day later the physical event occurs.

During my cancer experience, I prayed for a sign that I was choosing the right treatment as I was foregoing chemo and radiation. Then in a restroom, there was a sign on the wall that said, "The Power that made the body heals the body. It is the only way."

It all seems so "synchronistic." But, is it a coincidence or is our consciousness evolving? Have we attracted certain people into our lives because we have lessons to learn? Or, have we gotten to a place in our consciousness where answers come more quickly and from different sources than in the past?

We'd like to know your thinking on this. Why not drop me a line?

Always remember,

You are More Than Enough

## OUR TEAM

**PUBLISHER** Turning Point International **EDITOR IN CHIEF** Judi Moreo **CREATIVE DIRECTOR** Jake Naylor  
**ON THE COVER** Arman & Gayane Admyans

**CONTRIBUTING WRITERS** Anthony Burnside, Becky Grava Davis, Amber De La Garza, Holly Duckworth, Gina Geldbach-Hall, S.L. Gore, Sheryl Green, Joy Huntsman, Shana Kai, Kathi Kulesza, Joan S. Peck, Justin Weis, Wilnona & Jade

**ADDRESS** 3315 E Russell Road, Ste A4-404, Las Vegas, NV 89120

**TEL** (702) 283-4567 **EMAIL** Judi@JudiMoreo.com

**WEBSITE** www.ChoicesOnlineMedia.com



# JOURNALING IS A CHOICE

BY JUDI MOREO

If you have a great memory, you are one of the lucky few. This article probably isn't going to add any value for you. For the rest of us, we have a difficult time remembering what we ate for breakfast this morning, unless it just happened.

Keeping a journal can be a great way to improve our situations. Because we have a difficult time remembering what happened in the past, we can simply refer to our journals. These journals will contain entries that specify the events on any particular day, as well as personal notes to ourselves. These notes can be related to the events, or they can be completely unrelated. It's up to you.

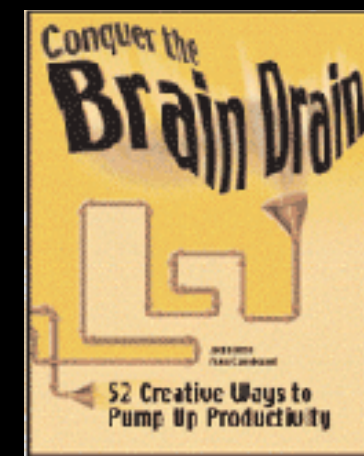
The value of the journal won't be apparent until you have been using it actively. This is where making it a habit comes into play. You need to discipline yourself to make an entry every day. Doing it daily is best. But, if you have a hard time with that, then shoot for once a week.



Try to avoid haphazard entries as the value of the journal will diminish. The journal is the reference book of your life. It also can serve as providing answers to problems you had in the past. The entries will contain notes about how you solved the problems.

It's up to you whether you want to create this journal online or handwritten. There can be more of a commitment when you handwrite your journal. But, the choice is yours, as long as you keep it going and

use it. I handwrite my journal. Each day I record one thing I have achieved that day in my physical Achievement Journal. It is amazing what you can achieve in a year when you set out to record one thing you have achieved each day. Because there is also a place in the Achievement Journal for me to keep my Vision pages for my goals in each area of my life, I look at them every day. This is such a good way to keep your goals in the forefront of your mind.



Are you using your creative energy to make your business more successful? Conquer the Brain Drain is about tapping into the creative wellspring we all possess. If you're on a team – or especially if you manage one – learning to think creatively and teaching others to do so will boost productivity, improve morale and inspire your team to greater success.

Short deadlines, downsizing, increased expectations and the need to do more with less all contribute to "status quo" thinking. Solving business problems and generating new ideas and strategies can't be accomplished using the same old brain-draining methods. If you keep doing what you've always done, you'll keep getting the same old results. If you want to build an innovative, creative, problem-solving team, then you need a new approach.

**ORDER ONLINE!**  
[www.JudiMoreo.com](http://www.JudiMoreo.com)



I also record my miracles in the journal. You will be blown away by how many miracles are taking place in your life when you keep a daily record of them.

Many of you know how long it took me to design and redesign this journal to make sure it would assist you in achieving your goals. It started out by me trying to find a journal that worked for me and when I couldn't find one that was just right, I began taking journals apart and putting them back together, designing pages, pasting pictures and words, and putting in gold stars until I got just what I wanted...a journal we can use as a planner, a goal setting tool, a measurement of how we are doing in our lives and a gratitude book...all in one.

Now, it's here and you can have one for only \$39.95. I am so excited with the quality of the book and the fact that the price is so reasonable. If you don't have one, get yours today so that you can have a visual depiction of all your dreams, goals, hopes, and ideas coming true.

Here's what's happening with some of the people who use the journal now!

*"Judi Moreo first introduced me to her Goal Achievement Method of setting goals over 15 years ago and I have been using it ever since. It helps me clarify my intentions so that my goals are what I truly want instead of what I think I should do based on family/societal influences. I've given copies of her journal to all my friends and as a college career advisor, I use the principles it contains to help my students."*

Sue Bracksieck  
Eastern New Mexico University

*"I've set powerful goals with my Achievement Journal and achieved my dream of becoming a best-selling author."*

Greg Kompes

*"Writing goals in my journal and updating them regularly helps me stay on track. It's about time someone published a convenient, well organized journal that people would really use. I should have known that person would be you – Judi."*

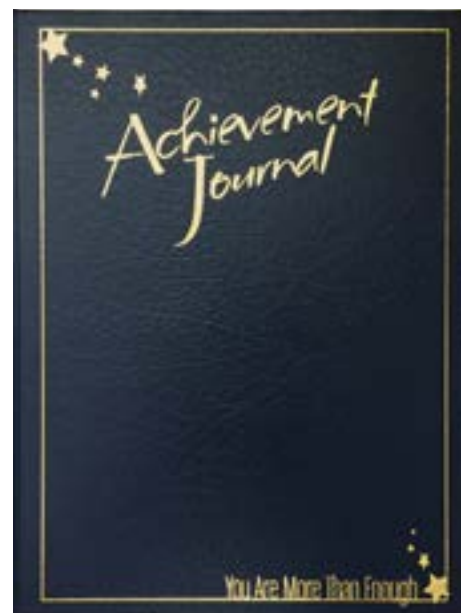
Bob Walker  
Speaker/Author

If the entire concept intimidates you, start out small. Don't try to create volumes in your journal in the first few weeks. The journal structure that you come up with will evolve over time. You'll keep what is working and scrap what isn't.

There are some on-line productivity tools which can help in your efforts to journal. For instance, Evernote is a free online tool where you can create notes. You can date these notes and create a section called journal. They even have a feature where you can set up checklists or task lists. The information is saved in the cloud and is secure.

As you continue to record your daily events, you are training your brain with this activity. A journal can help you recall information, but it also serves to help you improve your memory.

Make the choice to journal today and every day! You'll be glad you did.



#### ABOUT THE AUTHOR

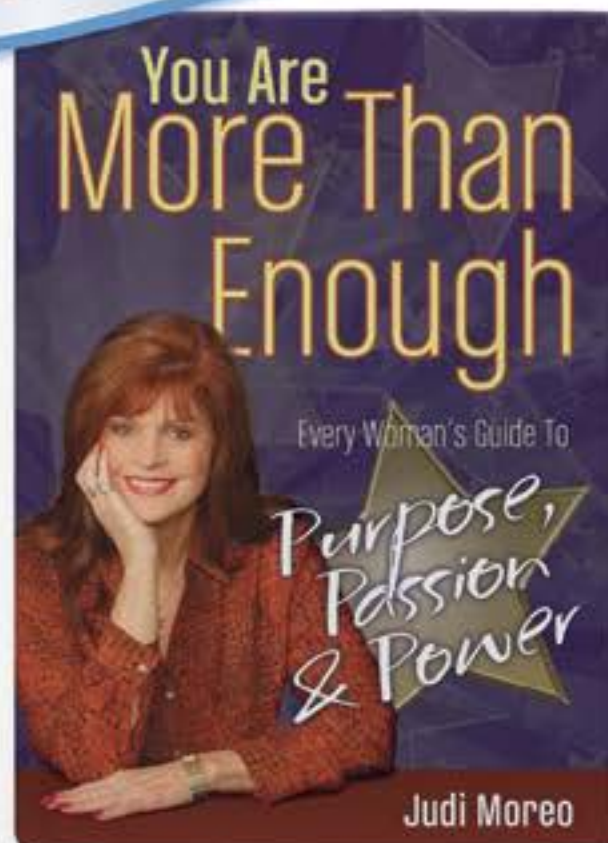
Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or judi@judimoreo.com.

**"At some point, when we have been blessed with profoundly moving, touching and special moments, it is important to stop questioning and to begin accepting the gift of the experience. Such moments add only richness and great joy to this journey called life."**

**Susan Barbara Apollon**



THIS SPRING, TAKE TIME TO DISCOVER  
**SELF-CONFIDENCE**



## YOU ARE MORE THAN ENOUGH

EVERY WOMAN'S GUIDE TO PURPOSE, PASSION & POWER

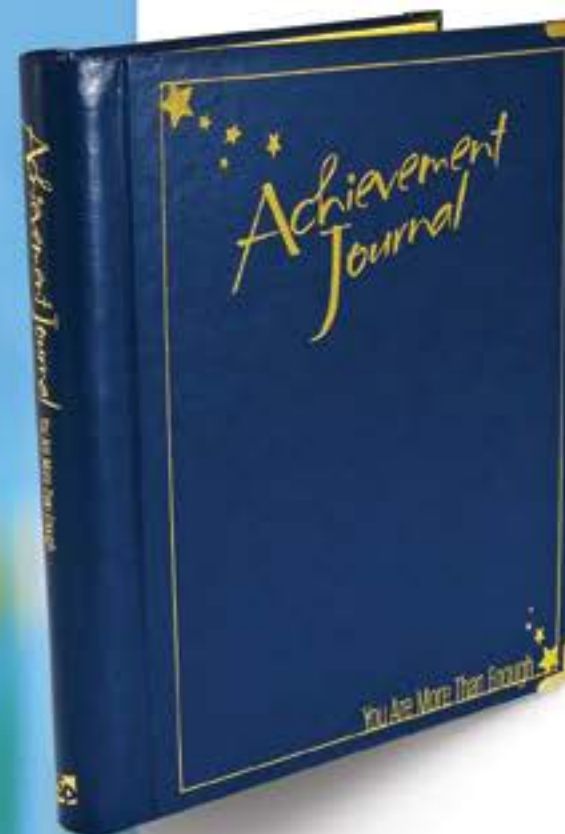
This heartwarming, myth-shattering book is filled with practical techniques and illustrated by real-life situations. Use the ideas, techniques and exercises and you will dramatically improve your life. If you take this information to heart and make it a personal development course, you will soon find yourself getting the things you want, associating with the people you would like to have in your life, achieving the success you desire and living the life of your dreams.

### ORDER TODAY

(702) 896-23228 or [www.judimoreo.com/shop](http://www.judimoreo.com/shop)

In this high pressure, high stressed, fast-paced world, most of us set our dreams aside just to get by. In this powerful book, you will learn how to:

- realize and accept who you really are
- listen to your inner voice
- create self-empowering behaviors and stop criticizing yourself
- set boundaries
- make conscious choices about relationships, responsibilities and rewards
- communicate for understanding
- use the power of your subconscious mind to
- create the future you desire
- recognize your strengths and make things happen
- and much, much more!



## ACHIEVEMENT JOURNAL

COMPANION TO: "YOU ARE MORE THAN ENOUGH: EVERY WOMAN'S GUIDE TO PURPOSE, PASSION & POWER"

If you have ever felt as though you were created for "something more," but just didn't know where to start, this is the journal for you. It's actually much more than a journal! It is a step-by-step process of achieving your goals and making your hopes, dreams and desires come true. It gives you ways to make your life work as well as a proven technique for setting and achieving goals in the eight major areas of your life:

Career, Relationships, Finances, Health, Spirituality, Education, Community Involvement and Recreation.

In addition to a place for daily writing, there is a measurement tool for you to stay aware of how you are doing in each of these areas of your life.

If you apply yourself and take the steps laid out for you in this journal, you can't help but be successful! And you might know, Judi has included two pages of peel-and-stick gold stars in order for you to easily reward yourself!

## ORDER TODAY!

**You Are More Than Enough - \$24.95**

**Achievement Journal - \$34.95**

**Bundle (You Are More Than Enough Book & Companion Achievement Journal) - \$50**

"Judi is a living example that it is possible to find your life's purpose and passion. In this book, she shares the tools she used to achieve success and happiness. I recommend it for everyone trying to create the lives they desire."

**- Montel Williams, TV Host**  
The Montel Williams Show

"Judi motivates you to tap into your innate potential to create new and exciting realities. A must read for anyone who wants to take charge of her life from the inside out!"

**- Sheryl Benzon, M.A., M.F.T.**  
President, Ventures in Excellence, Inc.





## THE SECRET TO SERENDIPITY'S MAGIC

BY JOY HUNTSMAN

**M**y family could have written a book on the power of being optimistic. It would have been a great read too: chock full of Americana hardships complete with its own Manifest Destiny spin. There was their farm that succumbed to drought, patriarchal abuse, splintering divorce, and the grand ramble to Hollywood, CA. But, despite there being no money under the mattress (or anywhere else

for that matter), we never felt poor. We never felt downtrodden or less than. And no matter how many hard knock challenges life threw at us, they seemed to overcome it all with an attitude that everything would always get better.

Looking back to my early childhood years, living on those tree lined streets of Troost Avenue in North Hollywood, I was different from the children with whom I played. Even at school,

I felt “older” and really preferred to be around adults. Sure, I loved the sailing down the street on my roller skates. Yet, what I really loved was spending time with my grandmother. Grandma Mary was my whole world! Making lemonade from lemons was literally how my Grandma Mary refocused through the tough times. She would pluck a lemon from one of her giant trees in the backyard and sweeten away. I don’t ever remember her complaining. She was active in her church and often had groups of lovely hearted ladies in her home for Bible study. Oh, how I loved listening to their stories and watching their admiration for each other. They exemplified such a strong connection to one another; always empathetic and so very compassionate.

Maybe I picked this up by osmosis? I carried this uncanny ability to sense

what others were feeling or what was going on around me. Somehow, I just “knew” and developed a talent for asking the right question or making the right comment that made others feel better. I also discovered that whatever I wanted, I somehow was able to get – manifest is the word we use now. Looking back over those formative years, I feel such a sense of gratitude for the influence my beloved grandmother had on me.

Eventually, I started my own business consulting company. It was there that I discovered a truism that shaped my transformation from business consultant to transformational coach. It was simply this, “people who feel good about who they are, where they are, who they’re with, and the world in general, produce better results, personally and professionally.”

Coaching has given me a wonderful career. What has led me to where I am is true Serendipity: the occurrence and development of events by chance in a happy and unexpected way. I see clearly how each of my experiences

from childhood, young adulthood, to now – have been shaped by finding something valuable when looking for something else.

I’ve learned that optimism is a choice. And that’s the foundation of coaching: guiding choices. That’s why my journey was always headed here. For those who were raised surrounded by toxic negativity, I help them see life from another perspective. I encourage them to be positively hopeful regardless of circumstance.

The science of optimism is compelling – optimists are more likely to persevere in the face of difficulty, set a greater number of goals, be more successful in academic, social and professional situations – and maintain higher levels of well-being and mental health during high times of stress. The best part is it’s a choice! It’s free and people can learn to live an optimistic life energized with gratitude that leaves no room for regrets. Perhaps this is the secret to serendipity’s magic.



### ABOUT THE AUTHOR

Joy Huntsman is a Professional Development and Transformational Life Coach who supports individuals and organizations in realizing their dreams. She and her family were raised in Las Vegas. She’s lived on both coasts and outside the country, and has traveled extensively. Joy has held numerous leadership positions in business and community organizations. Although she’s received many awards and acknowledgments, nothing has given her more satisfaction than coaching individuals and businesses to reach their full potential.

It’s never too late! Begin your new life now. You’ll be so grateful you did. Joy’s goal for her clients is that they do the good work so they have zero regrets at the age of eighty ninety!

Contact Joy at [www.joyandassociates.com](http://www.joyandassociates.com), [joy@joyandassociates.com](mailto:joy@joyandassociates.com) and 702-721-8569.



“I do believe in an everyday sort of magic -- the inexplicable connectedness we sometimes experience with places, people, works of art and the like; the eerie appropriateness of moments of synchronicity; the whispered voice, the hidden presence, when we think we’re alone.”

Charles de Lint

## HOW DOES SYNCHRONICITY WORK?

BY JOAN S. PECK

**H**ow many times has something happened in your life that seems to come out of the blue, almost as if a response to something thought, yet, not spoken? I’m talking about something unusual, perhaps even a bit weird because it’s so unforeseen. It’s as if something inside

you or some energy larger than life is responding to your needs, sometimes without you even being aware of what you needed. Unexpected surprises.

To me, the most remarkable thing about synchronicity is it provides the proof that we are not alone! There is a *connection*. Think of the stories you hear!

A person has capsized his boat and is treading water, exhausted and about to give up, when a porpoise suddenly pops up beside him and leads him to shore or perhaps a log drifts to him and he is able to grasp onto it and keep afloat until he is rescued.



On a less life-threatening scale, it might be you're feeling lost and alone when suddenly you smell the same fragrance your mother or grandmother wore; or hear a loved one's name whispered on the wind bringing her love to your mind and heart; or clearly see in your mind's eye the face of a person important to you, prompting you to reach out to her; or when you close your eyes, you have words come to you that have a positive influence on your future thoughts and actions. Again, it is a *connection*. So, how does synchronicity work?

Have you ever been meditating or even sitting and relaxing when a vision comes to you where you can see an event happening, so real you even experience the feelings that go along with it? Then, along comes the thought and a strong sense it was something you either experienced in another time or place or it's going to be part of your future. You know what I'm talking about... that sense of *knowing*. It happens to all of us whether we are willing to recognize it for what it is or not. So again, how does synchronicity work?

If you believe that everything is energy as I do, that alone indicates we are all connected, and because we are, there are times when it is possible to sense someone else's emotional energy and respond to it. Now, the catch is to look at this idea without restricting it to the lower 3rd and 4th earthly dimensions (vibrations) where we live in human form. What do I mean by that? In other words, since energy is energy and everything is energy, we are not limited in any way to be able to connect to those in a higher vibrational energy in non-human form such as one who has died and is no longer present on earth. In turn, those who have passed are able to connect with us in the lower vibrational human form. Those moments of inseparableness is how synchronicity works. It's that *connection*.

I believe the beautiful thing about synchronicity is knowing there are so many energies in human and non-human form who surround us wanting the best for us. They are there to give us love, guidance and support. All we have to do is become more aware and open to

receiving their wonderful messages in order to take advantage of all they reveal to us. Keep in mind, they are there for our own good. Think about it! Isn't it lovely to know we are never alone? How blessed are we!



#### ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two of the books in the *Life Choices* book series. She also writes for *Recovery Today* magazine.

Her latest book is ***Prime Threat – Shattering the Power of Addiction***, a book written with her son from the other side about what addiction is and how to live without it. It is an uplifting book with him sharing some of his own lifetimes of addiction and what he is doing now to clear them.

She can be reached at:  
(702) 423-4342  
joanpeck39@gmail.com  
www.bejeweled7.com

“Coincidences link us to the unknown and weave us into it.”

Doug Dillon

“Take a small step in the direction of a dream and watch the synchronous doors flying open.”

Julia Cameron







## HOW TO STAY PRODUCTIVE WHILE AWAY ON BUSINESS

BY AMBER DE LA GARZA

**B**eing productive is no easy feat. In the comfort of your own office you must typically battle chimes, dings, and rings coming from your computer and phone, banging from construction, honking from traffic, noisy people on the other side of the wall, coworkers, clients, family members, and vendors dropping in on you with no notice, sleep

deprivation, caffeine withdrawal, and daydreaming, among so many others. You're surrounded by and engulfed in distractions preventing you from getting high-priority work done. Hopefully you have systems in place to combat these sorts of interferences that negatively impact your productivity.

Being away on business makes working productively an even tougher challenge

because traveling disrupts the systems you've established, both to manage distractions and run your business. However, being on the road shouldn't mean you fail to get anything done, manage day to day operations, or move your business forward. You just need to embrace your best work habits, committing to better focus and consistency, to work productively in any time zone.

Work at your best wherever you are traveling using these business travel tips:

### 1. Create A Travel Checklist

Don't run the risk of forgetting an important item. Create a digital travel

checklist then print it before each trip so you don't waste time and mental energy trying to remember everything you should do or pack before leaving and possibly forget something.

### 2. Back Up and Send Up

Before leaving, back up all your electronic files and make them accessible in the Cloud. If for any reason your laptop gets lost, stolen, or broken, you will be able to work by accessing your documents via the online storage app.

### 3. Communicate Whereabouts

Set reasonable expectations of your availability by updating your voicemail greeting and setting up an auto-responder email to communicate you're away. State the dates you will not be available and inform people you will return their call or email upon your return so they don't feel you're avoiding them or leave duplicate messages.

### 4. Create and Stick To A Plan

Plan accordingly to make the best use of your whereabouts. The plane may be the best place to get focused work done because you can't take calls or answer emails. Waiting to board your flight may be the best time to tackle recurring administrative tasks that require little focused attention. Create your plan and stick to it!

### 5. Arrive Early

Arrive to the airport and your gate early so you don't stress over missing your flight. Then find a quiet place to get some focused work done. Whenever possible, fly to your destination well ahead of your first scheduled meeting as well. Doing so affords more time to settle in to your room and reenergize before diving into the work you came there to do, not to mention flights often get delayed.

### 6. Optimize Your Environment

Whether at the airport, plane, hotel room, or host office, create an environment that supports your productivity. You may require lots of noise or absolute silence to work in your zone of focus. Strive to create your preferred environment in each of your "offices."

### 7. Don't Convert Time

Converting time confuses your mind and body. Reset your watch upon landing and don't look back. Your phone and laptop should automatically reset once online. Go to bed at your normal hour but in the new time zone to ensure you get an ideal night of sleep which is 7 to 8 hours for most people.

### 8. Invest in Yourself

Don't overlook self-care while on the road. Pack healthy snacks for needed energy which will also save you time, money, and the temptation to consume junk food. Drink lots of water to stay hydrated and squeeze in a workout when you can. Many hotels provide a gym but if not, exercises like sit-ups and squats can easily be done in your room.

### 9. Take Breaks

In striving to get work done on the road, you may be tempted to work for hours on end but failing to take breaks is counterproductive. Give yourself short breaks to reenergize, refuel, and refocus upon returning to your work.

### 10. Expense as You Go

Use an app on your phone to process your expenses as they accrue so you don't return from your trip with a wad of crumpled receipts that need attention. Time back in the office is better spent on high-priority activities that move your business forward.

Flights get cancelled. Uber drivers run late. Hotels lose reservations. A good rule of thumb while traveling is to be flexible, but not when it comes to your productivity. You can't afford to lose days or weeks of precious work time just because you're far from your office. Make a point of sticking to your good work habits so you can work effectively and efficiently wherever you find yourself, in any time zone.

*Want more tips and strategies to improve your personal productivity? Download my free **Time Maximizers Cheat Sheet** at [TimeMaximizers.com](http://TimeMaximizers.com)*



### ABOUT THE AUTHOR

Amber De La Garza is The Productivity Specialist! Amber is a sought-after coach, trainer, speaker, writer, and the host of the Productivity Straight Talk podcast. She helps entrepreneurs take consistent, massive, focused action in your business and equips you with the specific techniques you need to reduce your stress, increase your profits, make more time for what matters most, and achieve your vision of success.





**\$45**

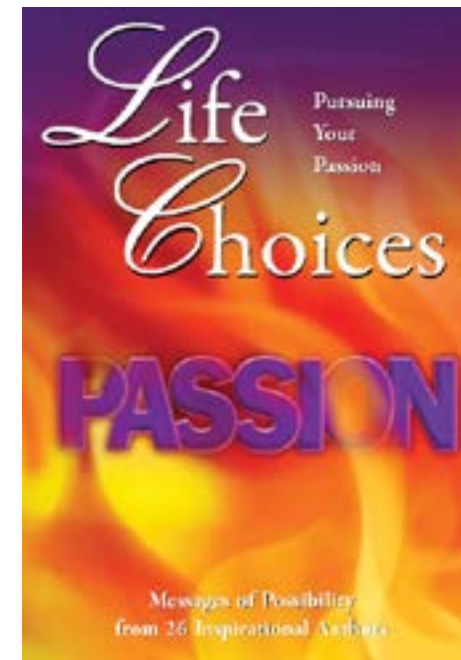
**LIFE CHOICES: COMPLETE  
SERIES PACKAGE SPECIAL**

The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

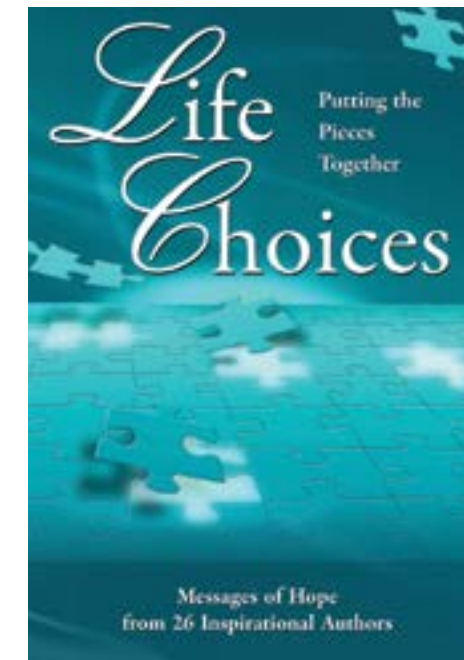
## LIFE CHOICES SERIES

While the stories shared differ in context, they share a common thread of courage, hope and fulfillment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

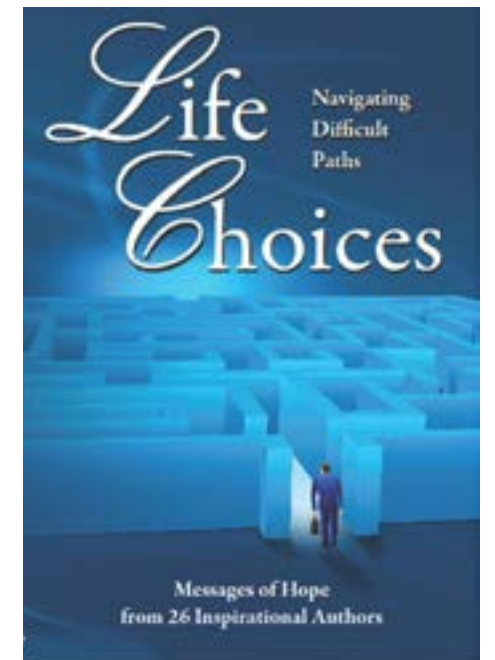
**Click to Order:**  
**Life Choices: Complete Series - \$45**



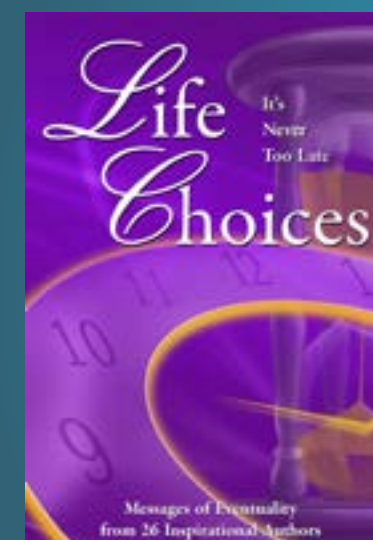
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued their passions and made their dreams become reality.



Should you find yourself in circumstances that require the making of difficult choices, the stories in this book can offer you courage and inspiration. Each author has addressed hurdles they have faced in order to reach their current level of success. It is a collection of powerful true stories written by real people who have overcome the obstacles in their paths.



This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



## LIFE CHOICES SERIES

**CLICK ON THE COVER IMAGES TO ORDER**

No matter who you are, how old you are or your level of success, it is never too late to make the choice to be who you are meant to be. Don't be afraid to make changes. Don't be afraid to make an attempt to achieve your goals.

Within the chapters of this book, 28 authors tell their stories and share the lessons they have learned. Their enlightened knowledge can serve as inspiration for finding your own path to the understanding that it is never too late.





# CUENCA INTERNATIONAL WRITER'S CONFERENCE

I'm a writer and I know it's good for me to get out and live life occasionally. But with all the writer's conferences available, why should I travel all the way to Ecuador to attend a writer's conference?

Because the Cuenca writer's conference isn't about setting up a table to sell your books, it's not just about learning how

to hone your craft, or the newest techniques for selling your books. It's about networking and meeting authors from around the world. Attendees and presenters have made lasting friendships. But even that isn't what makes this a special conference.

This conference is also about the magical city of Cuenca. Did you know, there are over a hundred expat writers that now

call Cuenca home? They came from the U.S., Canada, the U.K. and probably other places too. The writing community here is unrivaled anywhere in the world, with support groups, a monthly reading event, poetry fundraisers, book signings and launches. There is something about this city that inspires creativity.

Maybe it's the four beautiful rivers running through the city. Maybe it's the co-



lonial Spanish architecture. Maybe it is living on the Inca trail, visiting Inca ruins, being in a building that was built centuries ago with bricks made by hand. Possibly it's the eternal spring-like weather. Or the air of the Andes mountains. Whatever it is, we are going to help you explore it. We are planning to offer you experiences like nowhere else.

Come learn about our business with the experts, like Mark Sullivan, Judi Moreo, Summer Prescott, Daphne Loveling, C.A. Newsome and others. Experience

the artisan crafts, the colors, the dance, the music, the food of Cuenca, Ecuador. Cuenca has been an International Living "Best place to retire" for four years and is a UNESCO Heritage City. If you are considering the expat life, we will make sure you get the information you need. If you are just planning a new adventure for yourself, or your family, we'll make sure that happens too. We promise you will return home feeling energized from your experience and with a treasure-trove of story fodder.



Okay, so what else makes this conference special? We pride ourselves on being an approachable inclusive conference. The cost is affordable. Only \$199 for a full week, but you will also be able to approach any of our speakers and ask them to autograph their books you just purchased in the conference bookstore. Or ask them whatever is burning in your mind. Maybe you want to ask Mark about researching his book, Beneath A Scarlet Sky or ask Judi about editing an online magazine. You can buy Daphne a glass of wine and laugh nervously about her session on how to write a great sex scene.

Come join us, May 28th - June 1st, in Cuenca Ecuador. We're waiting for you.

Visit the website for more information, including the full list of our speakers for 2018 at: [cuencawritersconference.com](http://cuencawritersconference.com)





"I am open to the guidance of  
synchronicity, and do not let expectations  
hinder my path."

Dalai Lama



& THE EXPERTS SHOW

Inspiring and  
encouraging her  
audience to take  
action towards a  
better life!

AIMMEE BELIEVES IN THE  
"POWER OF KNOWLEDGE."

Interviews with experts who can help transform your business and personal life by sharing their knowledge and wisdom. The Experts will guide you to find the missing pieces of your puzzle in a unique and effective way! Aimmee also shares her life experiences, wisdom and powerful insights

Go on-line at [www.AKExpertstv.com](http://www.AKExpertstv.com) 24 hours, 365 days a year anywhere in the world from the convenience of your home and it's FREE!

See how Real World Education and Beyond can help you transform your business and personal life!





**The Artistic Choices Gallery features artists working in any medium. With each issue, Choices Magazine hopes to take you on a virtual gallery experience that will brighten and enrich your life through the creativity and art of our featured artists.**

For the innagural appearance of this column, we are pleased to feature the artwork of Judi Moreo.

Whether it's capturing amazing wildlife on canvas, delicate flowers on paper or facing daunting personal issues, Judi Moreo, well-known author, motivational speaker and businesswoman is more than up to the challenge!

Judi is an internationally known public speaker and author who began to discover her talent as a watercolor artist after her doctor diagnosed her with cancer and advised her to find an outlet for her stress.

Under the tutelage of Ed Klein at the City Lights Art Gallery in Henderson, Nevada, Judi has created a collection of paintings which she calls her "Exploration of Life." Judi has now ventured into painting with acrylics and furthered her study with Jeff Tift, one of North America's leading wildlife artists. Her animal paintings are created from photographs she took in the Kruger National Park, South Africa.

For more information about Judi's artwork, visit: [www.JudiMoreoArtist.com](http://www.JudiMoreoArtist.com)



Rocky Stream, Watercolor



**ABOVE**

LEFT: African Elephant, Acrylic  
CENTER: Contemplation, Acrylic  
RIGHT: Polar Bear, Acrylic

**BELOW**

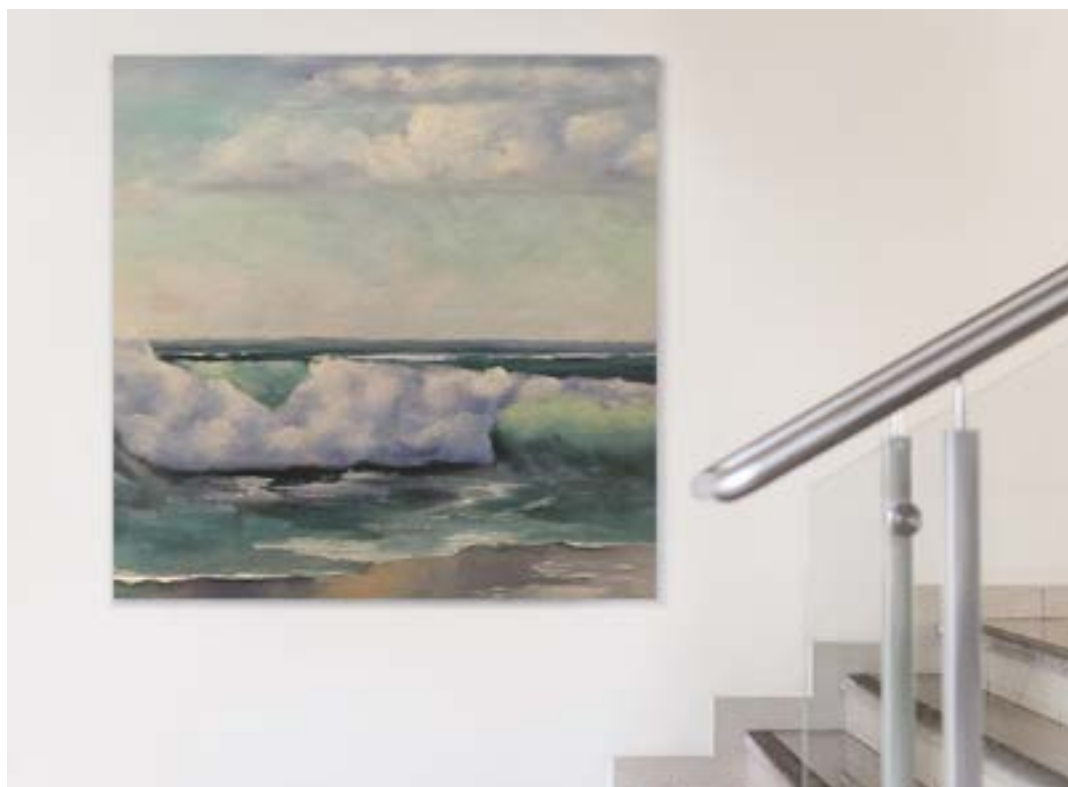
LEFT: Mother's Love, Acrylic  
CENTER: Vervet Monkeys, Acrylic  
RIGHT: Leopard, Acrylic







ABOVE: The Answer, Acrylic  
RIGHT: Pacific, Watercolor



FAR LEFT: Summer Birch, Watercolor  
LEFT: Spring Birch, Watercolor

**BELOW**  
LEFT: Remembering Grandpa, Watercolor  
Center: Country Cottage, Watercolor  
RIGHT: Church Steeple, Acrylic





# ADD A LITTLE CREATIVITY TO YOUR BRAND



## ADD A PERSONALIZED TOUCH AND BUILD A UNIFIED BRAND

Whether you've built a great business or are just starting out and need help getting your brand in front of your customers, Jake can help. With more than 10 years experience building brands and creative advertising for both print and digital uses, Jake is ready to help you raise the bar on your image.

**jake**  
naylor

GRAPHIC & WEB DESIGN  
FULL-SERVICE PRINTING SOLUTIONS

Las Vegas, NV  
[www.jakenaylor.com](http://www.jakenaylor.com)

Get in Touch Today!  
(858) 204-3954



# LOBBYING FOR CHANGE

BY WILNONA & JADE

**H**is legs were crossed on the hotel floor in the lobby at one in the morning. He was shirtless, and his abs were impeccable. Beside him was a friend I had met just eight weeks prior. She was fifty-five and suffering with winter depression from the long gray cold days. He had performed miracles that evening that I had not noticed. The kitchen was closed, yet, we were eating a cheese steak, the bar was closed but we were drinking the drinks of our choices, and the jacuzzi had ceased operations for the evening but all three of us were still dripping wet because my fifty-five-year-old friend had never been in a whirlpool

before. We were a motley crew of individuals welcoming in the late-night party goers in a five-star hotel on a Florida beach. This was where the cliché statement “you will meet someone who changes your life” took on meaning.

He was twenty-three and (did I say?) gorgeous. I hated his look. I disliked his lack of refinement and the fact that he was staring at me. He was not my one. My friend allowed him to sit while we drank our teas and he began to talk. One hour, two hours, three hours passed by, and the fifty-five-year-old was still cackling and sharing motherly advice to him. I was unimpressed, but then he asked me a question I had heard repeated often

since my divorce. Why are you so guarded? I opened my mouth to answer and the truth fell out. The highlights of the awful stories from marriage compiled themselves into a short story of sorrow. He listened, and my friend listened, both of them said nothing for a beat. He slid into a chair next to the fireplace.

“I want you to know, that what you have been through, makes you a great person. You should wear each one of those horrors as a badge of honor on your chest for the world to see.”

A last-minute trip, a six-hour conversation with a man a decade my junior, said a sentence that changed everything. I



was valuable, useful again. My experiences were badges not scars. A twelve-year fog lifted that evening and I could see the world, not only see it... but be a part of it again.

We went home early from our vacation to beat a nor 'easterner snow storm back to our respective abodes, but his words stayed with me. I built from there. I put together an anthology that landed us on national television in England, formed a group of women to speak out

about abuse, created a reality tv show all from a twenty-three-year-old sitting on the lobby floor in the wee hours of the morning.

Many days, I think back to those hours spent in his company and wonder if it hadn't been for the fluke trip what I would have been doing now? I don't know the answer to that. I do know there are moments, and there are people, built for creating new opportunities. If I would have blinked, I would have

missed mine. I would still be waiting for the person who would change my life, my prince charming. I am so glad this (did I say?) gorgeous man walked into my life in sandals, ripped jeans, and shirtless. I am thrilled he persisted past the ice queen exterior. Thank you to this person who I hope will read this article, you know exactly who you are. You just don't know what meeting you has done for me.



#### ABOUT THE AUTHOR

Wilnona and Jade are Advocate Awarded Authors. They have contributed writings to eight books over two years. Jade and Wilnona are the Co-Founders of The Inspirational Women in Literature Media and Journalism Conference. They star in the Sacramento based reality TV Show *Just Writin Life*. They are coming out with their own series *The Miss-Fit Guides* and are the editors of *The 25 Hottest Indie Authors, Artists and Advocates Magazine*. They travel the world speaking about writing, assisting abuse victims, business, and women's empowerment. They have co-hosted conferences on three continents. [www.andwethought.com](http://www.andwethought.com)

**"We do not create our destiny; we participate in its unfolding. Synchronicity works as a catalyst toward the working out of that destiny."**

**David Richo**



## DO YOU WANT THIS YEAR TO BE YOUR BEST YEAR EVER?

If so, let Judi Moreo be your coach and mentor. Judi will provide the tools and techniques you need to achieve your desired results and she will hold your hand through the process. She will work with you to design a program specifically for you to take you from where you are to where you want to be.

Not only will you receive guidance and feedback, you will benefit from Judi's extensive background in leadership, management, image, presentation skills and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

For more information, call Turning Point International at (702) 283-4567 and speak with Judi personally about the possibilities for you.

"Judi has the ability to enable you to do things that you would never consider doing. She helps you to open your eyes, and live your passion. She is extremely approachable, and always available to her coaching clients."

- Deborah Clark

"Judi Moreo is a true professional and I would recommend her coaching services to anyone who is looking to build their business. Judi understands business, coaching, and the steps it takes to help people obtain their professional goals."

- Mack Jackson Jr.





# ARMAN & GAYANE ADAMYAN

## AN INTERVIEW

BY JUDI MOREO

**R**ecently Aimmee Kodachian, the producer of my television show, “The World of Book Reviews” decided to move my show, along with several others that she produces, to the Armount Television Network. Upon arriving at the station, I had the pleasure and the honor to meet the owners of the station, Arman & Gayane Adamyan.

Armount Television Network was the first Armenian station in Nevada and is now the largest Armenian Television network in the state based on programming, viewership and coverage. Armount TV is broadcasting in high definition (HD) and in other formats, providing 24 hours of entertainment and news programming.

Arman & Gayane immediately made me feel at home in the station. They are a team and Aimmee and I quickly became members of their team. We are all working together to bring our viewing audience the best possible television experience. They are passionate about what they are doing. Leaving Los Angeles and moving Armount TV to Las Vegas was a big step. The Adamyan’s are Armenian. They saw the Armenian

population in Las Vegas increasing enormously and as there was no Armenian television station in Las Vegas at the time, they saw an opportunity.

I was curious to know more about them and I am sure you are too, so read on. They are a fascinating couple.

### When did you first get into television?

Arman: My passion for television production started when I was 16 years old when my father formed the 1st TV station called Shirak Television in my hometown Gyumri, Armenia. I started volunteering at his company, then was hired as a video editor. After 5 years my family moved to the United States and I continued working with tv companies for another 13 years. I always had that idea of opening a tv station, mainly in Los Angeles. Before being in tv station, I’ve tried all kinds of different businesses. I used to have a coffee shop with my wife, and my family owned and still runs an alteration store called Denim Revival, which is one of a kind in the U.S. It repairs jeans with any age and condition. I also had a web development company in Armenia, but no matter how I went around, I’d always come back to the television job.

Gayane: I was in my early 20’s when I

started my career as a TV host for Shirak Television.

### What types of programs do you host and produce?

Arman: We produce programs in English as well as Armenian. Our first production was the cooking program “[Spice it up with Chef Aram](#)” and it’s getting more and more audience by each day. Another project we are working on is our free smart tv and smartphone application, that gives people the opportunity to watch our channel regardless of their geographic location. Also, soon our audience will have the option of over air broadcasting which will allow them to watch our channel even with the simplest dish. We have a lot of plans, but everything step by step, I don’t want to fully open the parenthesis.

### How did the two of you meet?

Arman: Gayane was hosting a show I was producing. After a few months of working together, we formed a friendship that led to a relationship very quickly.

### Who influenced you?

Arman: My father is a photographer and so I have been around cameras all my



life. I grew up having a passion for film and photography.

Gayane: I always liked journalism and radio. An opportunity came up for a television host and I thought I'd give it a try. I immediately fell in love with the profession.

**What inspires you?**

Arman: I like toys...very expensive toys! For me, television is not a business, it's an expensive hobby.

Gayane: The people I meet inspire me. I enjoy meeting people from different aspects of life.

**What does Armount mean?**

Arman: The name has Armenian origins and meaning. It's named after Ararat Mount and the logo represents the mountain. Sometimes people think I got selfish and named it after my name (laughing), but I didn't.

**What were the biggest surprises you have encountered in the television world?**

Arman: The television world is full of surprises. The biggest one, I would say,



was when we opened our station in Las Vegas; the first week we were offered to produce a live telethon for Syria Refugees with 200 guests in a little studio we had at that time.

**What is your proudest television moment?**

Arman: When I received the proclamation from Clark County Commissioners

that they recognize June 1st as Armount TV Day.

Gayane: When we got full coverage broadcasting in Las Vegas Metropolitan.

**What's the best advice you were ever given and who gave it to you?**

Arman: My ex-boss said...don't do it! (laughing)

**What was the most important decision you ever made?**

Gayane: Make the big leap and move to Las Vegas.

**What advice would you give someone who wants to pursue a career in television?**

Arman: Follow your dreams and don't let anyone discourage you. It is very rewarding when you accomplish your dreams.

**Where to from here for the Adamy-ans?**

Arman: To become a full power television network in the US. We hope to grow and become one of the largest Armenian channels in the U.S., because we're putting a lot of effort and time in getting to that point. We are open to any ideas and projects and welcome anyone who would like to go big with our channel. We're getting a lot of suggestions from people now. It's amazing what creative ideas they come up with.

Gayane: Ditto!

**I have every confidence you will do that. It has been my pleasure to learn more about you and to work with you on my show. I look forward to a long and successful relationship with Armount Television.**



**Behind The Entertainment scene** with Stephanie Thompson

LIVE IN LAS VEGAS AND ONLINE  
24 HOURS A DAY ON [AKEXPERTSTV.COM](http://AKEXPERTSTV.COM)

**STEPHANIE'S MOVIE REVIEWS**

WITH A FOCUS ON FOUR CATEGORIES OF FILMS: BIG SCREEN OR BLOCKBUSTERS // INDEPENDENT // COMEDIES // CHILDREN'S & FAMILY

ON THE SHOW, STEPHANIE INTERVIEWS EXPERTS SUCH AS DIRECTORS, PRODUCERS, ACTORS, ACTRESSES AND SPECIAL GUESTS WHO SHARE INSIGHTS AND HAVE DISCUSSIONS ABOUT FEATURED MOVIES.

STEPHANIE THOMPSON, IS A MEMBER OF THE SCREEN ACTOR'S GUILD AND AFTRA. PRODUCED AND DIRECTED BY AIMMEE KODACHIAN. FOUNDER OF THE "AIMMEE KODACHIAN AND THE EXPERTS" SHOW AND ONLINE ACADEMY





## Do you wish you were more CREATIVE?

- Are you feeling stuck, trapped, or overwhelmed?
- Do you have a desire to be more creative?
- Do you want to overcome your doubts and fears about your creative abilities?
- Do you want to write a book, paint pictures, or begin a new creative project of some kind?
- Do you want to start a new business venture? Or, take your current business to a new level?

If so, you will want to work with a *Creativity Coach*!

### What are Creativity Coaches?

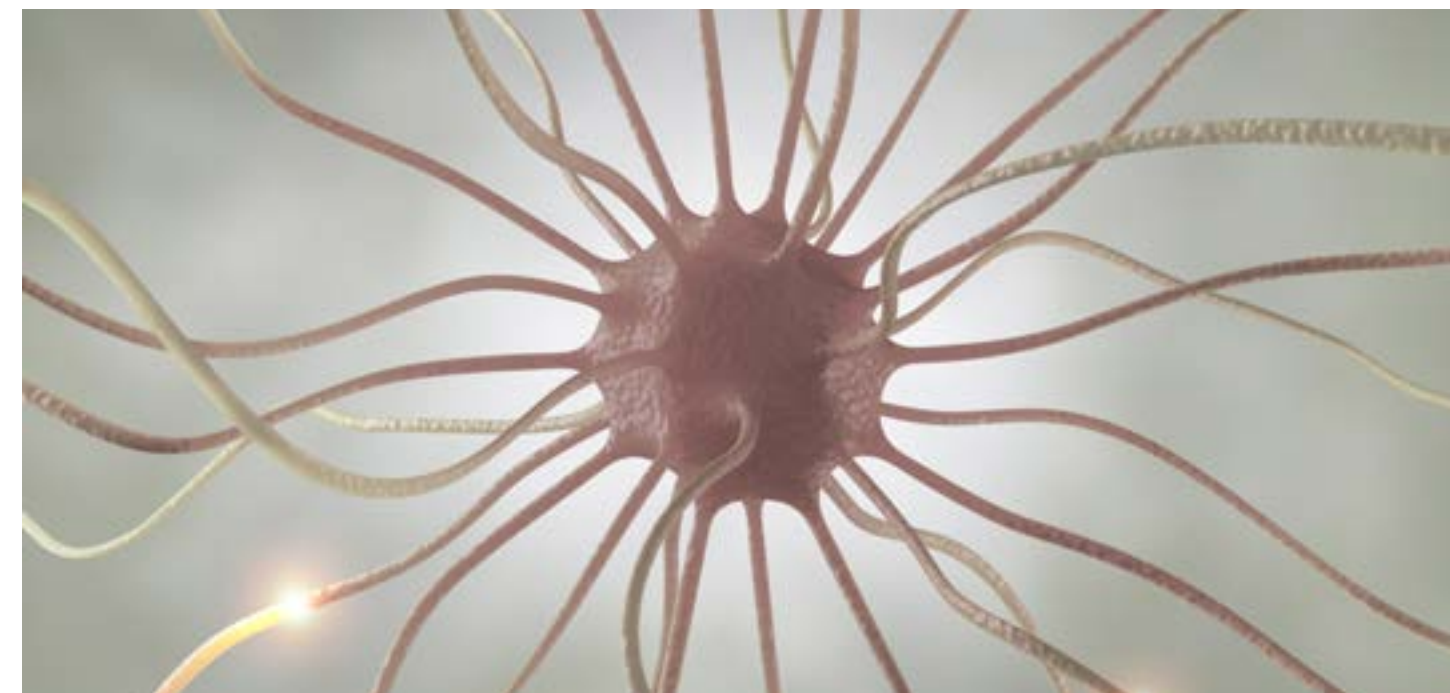
- Creativity Coaches guide, direct, and help you stay focused on your creative work.
- Creativity Coaches help you get unstuck and move your projects forward.
- Creativity Coaches inspire you to push yourself to new levels of creativeness, innovation, and resourcefulness.
- Creativity Coaches help you build your confidence in your creative abilities.
- Creativity Coaches assist you in reaching higher levels of success.

Whatever your reason for seeking out a coach, Judi Moreo will help you acquire the skills you need to achieve your desired results. Your personally designed program will provide you with tried and true methods of getting from where you are to where you want to be in a positive and supportive atmosphere.

Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and realize your ambitions and aspirations.



Call (702) 283-4567 or email [judi@judimoreo.com](mailto:judi@judimoreo.com) today for your complimentary "Strategy Session". Together you will evaluate your current situation and set a strategy for achieving your goals within a realistic, workable time frame. Judi will work with you in-person, by phone, or by e-mail.



## 3 SIMPLE STEPS TO RE-PROGRAM YOUR MIND

BY JUDI MOREO

**I**t is a known fact that our minds, more specifically our subconscious minds, control our lives. We are what we think or believe. Research has shown that there is a mind-body connection and that the mind can help us overcome health problems.

There are many ways to reprogram your mind: NLP, hypnosis, visualization, EFT, havening, affirmations and coaching. The method you choose will depend on your mind-set and budget.

You may feel able to make positive changes on your own with a little knowledge and some resources. You can find

a ton of information online or by going to your local library.

If you need help then there are hypnotherapists, NLP practitioners, and coaches who can be hired to work with you.

Whichever route you choose, one element that is crucial is your attitude. For any method to be successful in creating change in the subconscious you have to want the change and to believe totally in its success. You cannot succeed without this belief.

While every method is different, there are three steps that each uses to reprogram your mind.

**1. Relax.** To achieve relaxation you have to take your brain to Alpha level. This is the level where you are able to 'speak' directly with the subconscious. Alpha level brainwaves are experienced first thing in the morning as you first awaken and last thing at night just before you go to sleep. In Alpha level you are awake (conscious) and aware of your surroundings but your subconscious is fully alert and you are most responsive to learning and accepting new ideas.

You can achieve Alpha level by practicing relaxation techniques.

**2. Visualize.** Picture your goal as an image or movie with you 'in the moment.' It must be in the present, so you must be



living it. Use all of your senses to make it as real as possible. Tell a story and if you can add some humor even better. Your subconscious loves stories and it loves humor. By fully engaging your senses, it becomes more real. Make the scenes really bright and colorful. Hear the sounds, feel the emotions, touch and taste things.

When visualizing always answer these questions:

- What can you see?
- What can you hear?
- What can you feel? (Physical touch as well as emotions.)
- What can you smell?
- What can you taste?

**3. Affirm.** While visualizing yourself living your goal, it is also important to affirm this. You can either say your affirmations out loud or just think them. To make them even more powerful and effective, you can write them down and display them wherever you will see them regularly throughout your day. You can also record yourself saying them out

loud and listen to them first thing in the morning and last thing at night.

Affirmations must be:

- In the present tense.
- Said with positive conviction. (You must believe in what you are saying.)
- Charged with emotion.

For example: I am giving a presentation to my department and superiors. I am standing at the front of the room. I feel confident and calm. I am speaking with conviction. I know my topic. My presentation is interesting and fun to give. The audience members are listening intently. They are smiling and nodding their heads as I speak. My voice is confident and easy to hear, even at the back of the room. I am standing tall wearing my favourite navy suit. I feel smart.

Knowing these three simple steps can help you successfully program your mind for positive change.



#### ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or judi@judimoreo.com.



## RECEIVE your gift of 40% off regular price!

- 30-day money-back guarantee
- 8th product of your choice FREE
- FREE New Business Owner Account
- Please take before and after pictures!



We've got you covered day and night with the latest advances for younger, more beautiful looking skin.

#Creating Beautiful Lives

[www.buynucery.com/370045](http://www.buynucery.com/370045)

Contact Joan Peck, Beauty Advisor at  
(702) 423-4342 or joanpeck39@gmail.com





# UNANSWERED PRAYERS

BY GINA GELDBACH-HALL

“

Thank God for unanswered prayers...” A quote from a Garth Brooks song I have heard many times, each time

appreciating the sentiment. It started in college when I wanted to be in a sorority so bad I could taste it but didn’t make the grades I needed to be initiated. That

incident made me turn tail and run back home into a series of decisions that ultimately lead to my hiring in the fire service.

I know if I had made my grades that year, been initiated and stayed in Reno, my life would have turned out very differently; not better or worse, but sig-

nificantly different. Those unanswered prayers were the start to a journey never considered as a freshman in college.

Twists and turns in life propel us to reach new levels of wisdom and understanding not possible without the unexpected bumps in the road. I’ve come to appreciate them even if they are heartbreaking and hard to come to terms with at times. For example, I had been volunteering my graphic designing talent for an organization I loved and was finally starting to see a vision come together, all their advertising having a cohesive

and recognizable format, when I was fired. Now, a few would say I wasn’t “fired” but when they ask you not to do it, some might consider that fired even if I received no pay. I will admit, I was hurt deeply and felt betrayed but as I look back, there was a huge silver lining in my “firing”.

That act opened up my days and the talent I had obtained after years of honing my graphic design skills took me to a new level in my artwork. I was able to cultivate my talent for re-mastering photographs into works of art I’m now selling. Had I still been doing graphic designing for them, I’m pretty sure this other skill would not have emerged as it has. Sometimes, our worst days become our greatest gifts disguised as a ‘bad’ thing.

It was the blending of my previous experience coupled with a desire to follow my heart that lead to a series, that at the time didn’t seem to connect, bringing me to the point I am now. It really boils down to attitude, I could be super heartbroken and made that my new ‘normal’, or, I could pull up my boot straps and follow the bread crumbs to a new and potentially wonderful future.

Sometimes, the best thing that can happen is to be “fired” so you can start following your heart. Not all roads are paved but the prettiest scenery is usually in the back roads off the beaten path. Don’t be afraid to take the scenic route now and then, you’ll never know what you might discover and how you’ve been preparing for it all your life.



## ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational keynote speaker, author, life coach, and facilitator with 25-years of emergency services experience from EMT and firefighter to battalion chief. Her book, *Firegal... Rising from the Ashes*, is available on Amazon.com.

She continues to inspire leadership and service and helps others to ignite the flame of empowerment within their lives and work. She is available for coaching and speaking engagements. Visit her website [FiregalWisdom.com](http://FiregalWisdom.com) for more information.



# ARE YOU LICENSED TO SYNCHRONIZE YOUR JOURNEY?

BY HOLLY DUCKWORTH



ur society has rules you have to be of a certain age to drink, vote, and drive. We have licenses to be in certain professions. You get a license for your car, a license to drive, etc. All these licenses essentially break down to permission. You have to have someone else give you permission.

There is one thing you don't need permission from others for, believing in synchronicity. Synchronicity gets better and faster when you consciously give yourself the mental permission... your internal permission, to see divine alignment around you.

There is a little game we play as trainers. In the game, go around in a circle and each participant says, "If you really knew me..." finish the statement. You go round and around and after while your answers start to synchronize with the people in your group. If you really knew me you would know I love to bake. If you really knew me you know I love chocolate. If you really knew me you know I see Spirit message in license plates.

You see, I live my life knowing that the right message will come at the right time. Sometimes, I see it in numerology, others in colors, sometimes clouds and often those darn vanity car license plates. I see things this way because I have given myself, and the Universe, permission to speak to me in these unique visual, auditory, sensory ways.

I could tell you 1000 stories of synchronicity in my life. While synchronicity has many definitions and corresponding words, some call them coincidences, others call them alignment. No matter

what you call it when you're open to them, you give yourself license to synchronize your journey.

For me, synchronicity happens often when I am driving.

I see vanity license plates all the time. As I keep in alignment with these synchronous messages, I began to take photos. Now, I have hundreds of them.

On a recent synchronous occurrence, I was sitting in a parking lot with a friend crying over a recent challenge I was experiencing. I looked up and the car that parked across from me had the plate "BELIVE" (Believe). You better believe I put that frown upside down and started believing again.

A while back, I was going out on a date with a gentleman I was little nervous about. When he picked me up, we drove away and the car in front of us had the plate "GV-THX" (give thanks). That set the tone for a wonderful stress free evening.

Years ago, I was very sad as I was driving away from a friend's house. I looked to the car in front of me and the plate read "PRAY HD" (pray hard). Last week, I came off stage, left the venue, picked up my car, and the plate in front of me was "GR8FUL" (grateful) and I was. Messages are synchronizing everywhere when you are open to them.

As a professional speaker, I actually have a Ted-like talk called *Life Lessons Learned in Vanity License Plates* where I share some of my collection.

For some, my little license plate messages may seem too silly to be real. For me, this divine synchronicity shows that

everything in life can be a miracle, if you open to its possibility.

As a reader of *Choices*, you know the power of choice in every aspect of your life. Give yourself the license to synchronize your journey. I'd love to hear your stories.



## ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized author, speaker and coach for mindful leadership and motivation. She writes regularly on the future of mindful leadership for publications such as the *New York Times*, *Science of Mind* magazine and Meetings Net News. Join Holly in the conversation. Listen/watch her weekly show "Presence: How to Live & Lead Consciously." Available on iTunes. She lives in Denver, Colorado. Learn more at [www.hollyduckworth.com](http://www.hollyduckworth.com) visit her on LinkedIn & follow her on twitter at @hduckworth.





## WHAT'S LOGIC GOT TO DO WITH IT?

BY JUSTIN WEIS

**D**uring the summer of 1999, after having lunch at a nondescript sandwich shop on the west side of town, I walked outside and had a 'mental push' that caused me to desire to drive to the opposite side of Ellensburg, Washington to get an ice cream cone. That ice cream cone was followed by a series of meaningful coincidences that helped me make radically different decisions about my future and forever changed the path my life.

Divine appointments, string theory, meaningful coincidences or synchro-

nizations; are all terms commonly used to describe those instances that either put you on your path in life, sidetrack the plan that you once held so dearly or confirm that you are going in the direction for which you were destined.

Having the opportunity to write this article seems to be one of those instances. While reading Dr. Caroline Leaf's book, *Switch On Your Brain* last week, she addressed the quantum physics 'Law of Entanglement' which states that relationship is the defining characteristic of everything in space and time. Fascinatingly enough, soon after reading about the Law of Entan-

glement and how atomic or even subatomic particles weave everything together, I was informed that my wife was asked to write about the topic of synchronicity.

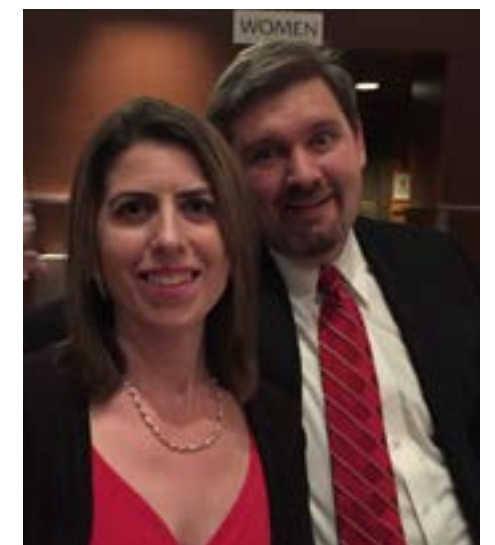
Suddenly, I was paying much closer attention to the pages I was turning in Dr. Leaf's book as it has much to do with this topic, and obviously, I am to be mindful of it at this point in my life. Being an avid believer in another law (with less quantum physics explanations), the Law of Attraction and Manifestation, I quickly recognized that I needed to offer to write an article for my wife. Or perhaps for me. Or perhaps for a reader. Who I can't be sure of, but I know when synchronization is experienced regarding anything which is true, noble, right, pure, lovely, admirable, excellent or praiseworthy; your attention, and likely, action is required.

How do we determine when we are experiencing synchronization and what should we do when it is recognized? When synchronicity occurs, you know it. It is not by accident that you recognize the connection of seemingly random events in specific order in time. Something is happening within you at that point which is driving you to look for confirmation.

Going back to 1999, while I was standing outside that sandwich shop on the west end of Ellensburg, I knew that I wanted my life to change. I knew that I was not excited about where I was at that time of my life. Did I believe an ice cream cone would change the course of my future? Absolutely not, but I remember having curiosity and willingness to drive past 3 other store-

fronts which served that cool treat to specifically arrive at a chain ice cream parlor that I had never sought out before. On that mid-July day, I did not listen to details or logic.

Details and logic recognize that a Dairy Queen was at the other end of the parking lot from that sandwich store. Instead, I followed whatever led me. Most of these connections that come together are unrelated and meaningless to the average person, but for the individual who understands their meaning; it makes a world of difference. I can guarantee, that if I attempted to explain the synchronicities that twisted me down the path in life that I have followed thus far; you would be lost by the second turn. As for me though, following those synchronicities have led me to my wonderful wife of the last 13 years, Alisa Weis and two wonderful children.



### ABOUT THE AUTHOR

Justin Weis is husband to a wonderful wife. Father of two amazing kids.





# HOP ON BOARD THE PASSION TRAIN

BY JUDI MOREO

**H**as your job gotten stale to the point where you dread going to work each day? Your home life may not be everything you were hoping for, either. This is common for many people and can be summed up with the following phrase: lack of passion. When people start out in their careers, they are hyped up. They work hard and shoot for higher goals. Of-

ten, they become disillusioned with the games other people play, and the career is not what it was cracked up to be. They end up just existing in that career.

If you can inject some passion back into your life, you will find a renewed desire to participate. The key is to reconnect with what you lost. Sometimes, just getting back to basics can give you a sense of purpose.

Volunteer for new assignments at work. Also, help others who may be just starting out. You can become a mentor.

When people lose their passion, they want as little to do with their jobs and their lives as possible. By creating different paths than you are used to, it can lead you to a place that you find exciting and worthwhile.

It's important to shift your attitude. When you lose your passion, you tend to become negative. You think that nothing will ever work to your benefit. Unfortunately, this energy gets projected out into the world and becomes a self-fulfilling prophecy.

However, if you shift your focus to a more positive stance, that too will be projected out and returned to you in kind. Which is better, to receive something negative or positive for what you project? Most people will answer that positive is better.

If you turn passion into a habit, it will become part of your life. Just the nature of repeating your passion consistently can make you more pas-

sionate. It takes some getting used to, and there will be positive experiences as well as negative ones. Like any other habit, however, you need to keep going. The beginning days are always the toughest. Create a vision of where you want to be several months from now. Continue with that vision on a daily basis. This alters your mindset to help you start implementing the steps to get there. When this happens, your passion will grow, and you will find a new zest for both your work and your home life. People will recognize the changes in you and will champion your efforts. People love to align themselves with winners.



## ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation.

Whatever your reason for seeking out a one-on-one coach, Judi Moreo will teach you the skills you need to achieve your desired results. Your personally designed program will provide you with tried and true methods of getting from where you are to where you want to be in a positive and supportive atmosphere. Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or [judi@judimoreo.com](mailto:judi@judimoreo.com).



# SYNCHRONICITY AWARENESS

## A TALE OF SURVIVAL AND GROWTH

BY BECKY GRAVA DAVIS

“

You have 90 days,” the notice stated. I had taken a personal day relaxing when a knock on the door and a hastily delivered piece of paper shattered my long-term plans and set into motion a year of fluctuating emotions and a series of “events that appear significantly related but have no discernible causal connection.” Synchronicity, coincidences, serendipity? None of the above, or so I thought. There’s more.

For four years after moving out of my house into a rented duplex and leaving a forty-plus year marriage, I had envisioned buying my own home, but procrastinated. Now, there was no choice but to move and be out of my duplex in 90 days. The owners were repurposing the entire rental complex. A few months prior, an old acquaintance and I had rekindled a friendship thanks to a Facebook post. We discovered we had more in common in our new phase of life. Karen had gained years of experience as a real estate broker after moving away from our little town. She remarried, moved back and opened her own real estate agency.

Karen was the first person I called. I don’t remember much about that day between sobs and anxiety attacks. Karen picked me up—emotionally and physically (well, in her car)—and we spent the day looking at houses for sale.



I had never bought a house on my own or made any major purchase, for that matter, as I had always depended on my husband to take care of the financing and details. I had zero confidence that I could even afford home ownership. I just needed a place to land in 90 days, a rental would do. But, Karen persevered. Weeks later, we found THE house and the bank approved my loan based on several factors to include my income from my full-time job as a community

college instructor. One day before the scheduled closing, I was summoned to Human Resources and told my full-time job was being down-sized to a part-time job thanks to massive budget cuts. I was no longer gainfully employed. The bank called and said I needed a job ASAP or the deal was off.

I was in shock after 22 years of working for the State and at age 65, I was being laid-off and soon to be

homeless. Retirement was years away in my master plan. I was in good health, enjoyed teaching, and needed a few more years of retirement savings to feel comfortable. The bank reviewed my projected retirement income from both the State and Social Security and reapproved the loan. I retired from the State and applied for Social Security several months shy of my full-retirement age. I am now a proud homeowner and employed teaching part-time.

Has the dust settled? Am I now content rocking in my chair on the front porch? NO! This past year has been a roller-coaster of emotions and growth and self-discovery. Had it not been for the “eviction,” the reconnection with Karen; the lay-off, I would still be sitting on my derriere in my duplex, teaching full-time and not connecting the dots—although I enjoyed teaching, I felt emotionally drained and unfulfilled at my core due to neglecting my creative side.

Mother Universe has spoken to me loud and clear this past year. The signs had been there for years, yet I had chosen to ignore them—it was easier to maintain the status quo and stay safe. But, I knew I was not realizing my potential. I’m a creative soul, but for years I stayed so busy with lesson plans, academics, and just going through the motions of everyday life that I ignored my creativity—art and writing.

Dr. Bernard Beitman is the first psychiatrist since Carl Jung (who developed the concept of synchronicity in the 1920s) to formally study coincidences. As a visiting professor at the University of Virginia, Dr. Beitman has authored several books on the subject to include his latest “Connecting with Coincidence: The New Science for Using Synchronicity and Serendipity in Your Life.”

“Synchronicity helps with psychological development. Serendipity helps get things to happen; it’s about “being in the right place at the right time,” getting what you need right when you need it,” states Dr. Bernard Beitman.

On his website coincider.com, Dr. Beitman suggests using his book to “help you recognize more coincidences in your daily life.” And, the recognition can help with “decision making, psychological changes, relationships, health questions, creativity, money problems, job issues, and spiritual development.” His book is not a panacea or magic bullet, but I have found his rationale and pragmatic approach to what some may deem as “voodoo science” to be useful in my daily awareness and personal growth.

Here are few take-away points from Dr. Beitman:

- 1. Activate and Exercise Our Observing Selves** – “Our observing self is that part of our awareness that monitors our mental activity.” (For many years, I had squashed the awareness of my mental activity, although my dreams were often about creativity.)
- 2. Use Synchronicity Awareness as a Spiritual Path** – “Meaningful coincidences demonstrate that our minds and our environments are connected.” (Having ignored my inner being and that “still, small voice,” I was spiritually deficient and not fulfilling my potential.)
- 3. Avoid Over-weighting Coincidences in Decision Making** – “Coincidences can be informed decision making but cannot be relied upon as the sole reason for a decision.” (Although overwhelmed with my sequence of events—the “eviction,” the lay-off, my reconnection with Karen who encouraged me to buy a house, I carefully weighed my

options before filing for retirement and purchasing my house.)

As I continue to heal, grow, and become more aware of my “observing self,” I have learned to expect and even anticipate coincidences in my everyday life. As Dr. Beitman so beautifully says, “Synchronicity awareness then becomes part of the fluid landscape of our minds.”



### ABOUT THE AUTHOR

Becky Grava Davis is a retired college accounting instructor still teaching part-time and enjoying mentoring students, but now spending more quality time pursuing and rekindling her passions for art, writing, and holistic healing as a certified health coach. She is a published author of several health articles for both print and online publications and working toward certification in Chair Yoga.

Becky may be contacted at:  
beckygravadavis@gmail.com



**Resilient Survivor  
Available On  
Amazon.com &  
Barnes & Noble**

# Resilient Survivor

*A true story of GROWING through  
BETRAYAL, DECEPTION and LOSS*

**BY MARLENE LIVINGSTON CURRY**

“This is a book about love, betrayal, and a mysterious death. The author, Marlene Livingston Curry, shares her personal journey through devastating circumstances in order for us to understand she has been where we are, hurt as we hurt, and felt complete devastation from the secret betrayal of the person she loved the most. She then shows us how to reclaim our self-worth, resolve the shame issues we may be dealing with, and rise to new levels of self-confidence, happiness, and success. Within these pages, you will find practical ways to meet challenges, overcome difficulties, and give up any feelings of brokenness.”

—Judi Moreo, author, *You Are More Than Enough*

“This book is both inspirational and practical. It is the kind of book you will keep close at hand, refer to often, and actually use. It is full of simple, yet profoundly effective techniques that anyone can use to regain and maintain self-worth and confidence.”

—Mary Monaghan, author, *Remember Me?*

“This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one.”

—Kathie Slaughter, Retired teacher

**WWW.MARLENECURRY.COM**

Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

EMAIL MARLENE  
marlene@marlenecurry.com



**WORLD OF BOOK REVIEWS**  
*with Judi Moreo*

**Moreo reviews books in several categories: Business, Self-Help, Novels, and Children's books.** She analyzes the books on content, style, and merit and makes recommendations for books that will suit your reading needs and preferences.

**About Judi Moreo**

- Motivational Speaker
- Popular Podcast Host, *Choices with Judi Moreo*
- Publisher of the *Life Choices* Book Series
- Publisher of *Choices Magazine*
- Author of Eleven Books Including Two International Best-Selling Self-Help Books, “*You Are More Than Enough*” and “*Conquer the Brain Drain.*”

The World of Book Reviews is live on  
Armount Television Network in Las Vegas  
and on-line 24/7 world-wide on:

Produced and Directed by Aimmee Kodachian

**AKExpertsTV.com**





# DARE TO DREAM

BY SHANA KAI

I grew up in a quaint little town in Northern California. The country farm house in which I lived had been in my mom's family for years. We had several acres where we raised our own beef, had a garden and a plethora of furry pets that I adored. The days were filled with playing in a big tree house that my dad built for my brother and me. We also had a creek not far from our house. I often went down to catch crawdads and pollywogs that inhabited the slow moving creek. It was in those moments of being on my many adventures that I found my mind wondering and dreaming of life outside the beautiful valley. I dreamed of what it would be like to live in a bigger city. I could only imagine the adventures I could have living in such a place. I spent many years as a young girl lining up all my dolls and bears on my bed speaking and singing with a hair brush as a microphone. I even practiced signing my name on pieces of paper making sure it was a fancy autograph. You know the kind you can barely read and looks like chicken scratch.

My mother was an avid reader and had a wonderful library. One specific afternoon, I went into the room where she kept her books and started looking through them. I came across one that when I read the title, I got chills. It read "Dare to Dream" by Florence Littauer. I knew this was a book I needed to read. The book resonated within my young heart and soul. I made *Dare to Dream* my mantra throughout my life.



Fast forward a few years. As I continued to live out my life Daring to Dream, I would reread Florence's book, whenever possible. Believing that one day I, too, would have a book and teach others to follow their dreams. Life began to unfold in ways I could never have imagined. One Saturday afternoon, I was speaking at a large women's event in Palm Springs; the room was full of bright

and beautiful woman who had come to be inspired. I was thrilled to be speaking in my home state and only a couple of hours away for where I was living at the time. Can you say double blessing? The event was wonderful. I delighted in my ability to be transparent with the audience and encourage them to be open to life's adventures. When the event was over, I was confronted once again with

people who would have loved to have bought a book. I sadly didn't have one. I desperately needed one but didn't have a clue on how to make this happen.

When the event was over, a woman came up to me and expressed how much she would love to introduce me to her boss. I thought *how lovely* and looked around but didn't see anyone close to her. She went on to tell me that her boss couldn't make it, but she was sure she would want to meet me. She quickly took out her phone, dialed a number and proceeded to have a conversation with her boss. Then it happened, she handed me her phone and said, "Here, she would like to speak with you." I still get chills to this day thinking about it. The lady on the other end said, "Well, my assistant must be pretty smitten with you because this is a first." I quickly responded with a gracious thank you for the compliment. She went on to say that she would like to meet me. I told her I would love that. She said, "Let me give you my name and number and when you are by your appointment book call me and we will set something up." I replied, "Wonderful." I told her I had a pin and paper in my hand and to go ahead. Then it happened. She said, "My name is Florence Littauer." I almost quit breathing! I said, "Excuse me, could you repeat that?" She said, "Sure" and said it again "Florence Littauer." Well, at that point, you can only imagine how beyond excited, delighted, amazed and surreal I was feeling in that moment. She could tell I was fumbling around to compose myself. I went on to tell her, "When I am standing face to face with you, I would love to share my serendipity story." She said she could hardly wait.

Several weeks later, I walked up to her front door, rang the door bell and stepped into her home, never to be the same. Florence was someone whom I



had admired. I dreamed about being like her and here I was standing in her presence. The woman who had written the book that had been life changing for me as a young girl. I was feeling so incredibly blessed to have met her, let alone be mentored by her. She spent hours talking with me and sharing some of her stories throughout her career. She invested many afternoons in this blue-eyed girl, building me up through her words of encouragement and wisdom. My time with her was life changing. She was the one who helped me gain the knowledge and courage to become a published author and wrote a testimonial for my book.

Remember earlier, how I said I desperately needed a book? What are the chances that a young country girl would pick up her mother's book and, years later, have the pleasure to meet and be mentored by the same author. Then, be motivated to put action behind the words "Dare to Dream" and make this her life's mantra. What are the chances many years later, I would become a speaker and get to hold a real microphone? That I would be approached by a woman at a speaking event who coincidentally had a famous boss who was a speaker and author? Little did I know that in this moment in time "Serendipity" would take over and work her magic.

Throughout my lifetime, I've learned to expect and wait for the moments and magic of Serendipity to play out in my life.

Begin living life with the expectancy that something unexpected is headed your way. Life is full of amazing opportunities. Keep a watchful eye everyday. Serendipity is waiting to work her magic in your life, too. Be brave, dear one, and *Dare to Dream!*



## ABOUT THE AUTHOR

Shana Kai has been in the beauty industry for 32 years. She is a Licensed Master Esthetician, Licensed Instructor, Certified Professional Makeup Artist, Certified Eyelash Extension Instructor, Owner of an accredited cosmetology academy, Melange Boutique and Studio, and Inspired Beauty Salon.



A woman's story of empowerment in  
a man's world...



**Where there's smoke,  
there's fire, and  
she's igniting!**

This is the story of one woman's journey of braving the flames, to ultimately rising from the ashes finding her own empowerment in a man's world. Join her on her journey as she not only changes a system but also shares her process of becoming a firegal, a force that is inextinguishable!

*Gina Geldbach-Hall*

INSPIRATIONAL KEYNOTE SPEAKER  
AWARD WINNING AUTHOR  
CONSULTANT & SEMINAR FACILITATOR

[www.FiregalWisdom.com](http://www.FiregalWisdom.com)

*Purchase today on Amazon.com*



**"The intellect has little to do on the  
road to discovery. There comes a leap in  
consciousness, call it Intuition or what you  
will, the solution comes to you and you  
don't know how or why."**

**Albert Einstein**





## KEEP CALM. SPRING LAMB IS HERE.

BY S. L. GORE

**Y**ou're fed up with winter and ready for spring. In our house, no other meal welcomes spring like a lamb feast. Before you panic, let me assure you that roasting lamb is not hard. Keep calm. Plunge in. With my recipe, you cannot fail. With this menu, you cannot fail to impress.

### SPRING LAMB MENU

Roasted lamb with rosemary and garlic  
Spinach salad with diced apple, dressed with a sweet, vinegary vinaigrette  
Endive braisé  
Pommes Sandrinoise  
*wine: pinot noir or chilled rosé prosecco*  
Mango sorbet sundae with fresh tropical fruit topped with homemade vanilla whipped cream and toasted almonds.  
*wine: slightly chilled white port*

**Leg of Lamb.** Relax. Keep calm. You can do this!

- leg of lamb, New Zealand, approx 4 lbs
- garlic, peeled cloves
- sea salt, coarse
- rosemary, fresh

1. Preheat oven to 450F.
2. Leave the netting on while cooking. (Net will not burn at these temperatures.)
3. Place lamb in a shallow roaster pan large enough to catch any juices.
4. Cut small slits in the meat and insert slivers of peeled garlic.
5. Cover with fresh rosemary springs



Spring table set with my mother-in-law's hand-painted Danish Bing & Grondahl Seagull Porcelain and fresh-cut white calla lilies from my garden.

6. and sprinkle with coarse sea salt.
6. Put in oven and immediately reduce temperature to 325F.
7. Roast from 1h 15m-1h 45m, depending on desired degree of rareness.
8. If using a meat thermometer, insert it into the thickest part of the leg and calculate 140F for medium/rare and 160F for medium.
9. Remove lamb from oven.
10. Cover loosely with aluminum foil.
11. Let stand for 15 to 20 minutes.

### Pommes Sandrinoise (Sandra's potatoes)

Tips: The more cheese on top, the richer and thicker the crust. When layering, don't stress over exact portions as the ingredients melt together, but the layers are important to distribute flavors. My family likes a flattish dish resulting in fewer layers but yielding plenty of crusty brown top. You can use a less expensive domestic cheese but will sacrifice the nutty richness of real Gruyère. If you must substitute, I recommend a sharp cheddar.

- potatoes (I prefer Yukon)
- onion (I prefer white)
- Gruyère cheese (Swiss, imported) 1 lb for 6-8 persons
- heavy cream (whipping cream)
- butter
- salt and pepper
- baking dish, not deep

1. Preheat oven to 350 F.
2. Peel and slice potatoes thinly.
3. Dice 1-2 onions, depending on portion size.
4. Shave Gruyere cheese using cheese grater. Set aside generous portion of the Gruyere for top.



Pommes Sandrinoise or Sandra's potatoes made with layers of potatoes, onion, butter and cream topped with Swiss Gruyère cheese.



Endive braisé made from Julia Child's world-renown recipe. Look for Belgian endive in the produce department and simmer in lemon and onion until golden. This delightful tangy, slightly bitter side dish is my go-to for wild game or herby lamb.



5. Put a few small pats of butter on bottom of a baking dish that is more shallow than deep.
6. Layers:
  - Spread single layer of sliced potatoes over surface of dish.
  - Sprinkle diced onion over potatoes.
  - Distribute small pats of butter over layer.
  - Pour small amount of cream over layer to moisten.
  - Salt and pepper to taste.
  - Sprinkle shaved cheese over layer – be generous!
7. REPEAT 3-4 more times.
8. Spread remaining Gruyere cheese on top.
9. Pour cream over surface until 1" deep on bottom of dish.
10. Bake about 1 hour @ 350F or until cheese forms a crusty brown layer on top.

Note: Julia Child has a marvelous easy recipe for endive braisé that can be made in advance.

**“All that you are is  
all around you.”**

**Stephen Richards**

### ABOUT THE AUTHOR

Born with wanderlust, forever living in a fantasy world, S. L. Gore escaped the prairies of Kansas to follow the yellow brick road on an odyssey that took her to Europe, Africa, Latin America and the Middle East. Starting with a one way ticket to Iceland, she returned with a Viking husband, an art degree and speaking five languages.

Years in North Africa, with months on the Sahara and hundreds of hours haggling in *souks*, set the stage for the **Isis Trilogy**. A love of adventure and romance combined with a fascination for exotic lands, classical history, ancient and modern languages, mysticism, and fine dining led Gore to create **The Red Mirror**, **The Emerald Tablet** and **The Black Scroll**.

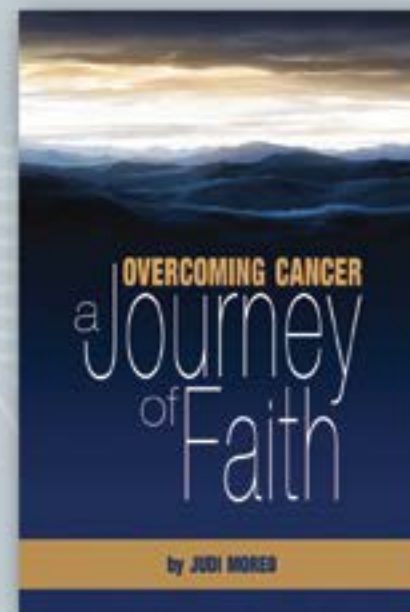
Her non-fiction publications include the self-help manual **Sex and the Zen of Shopping: How to Live Rich by Shopping Smart** and memoir contributions to three **Life Choices** anthologies. She is a regular columnist for Life Choices Magazine with the food and table art feature **Beauty and the Feast**.

Gore is always actively engaged in her community and has served as a School Board Trustee, a Planning Commissioner and a Parks, Recreation and Beautification Commissioner. A frequent guest on the Dave Congalton Radio Show, she discusses international news and foreign policy. The joyously married Nielsens have a grown daughter and son and divide their time between California and Las Vegas.



Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

## Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo 'gets it.' She understands that the question is not 'what kind of treatment do I undergo?' but rather 'how do I heal myself?' Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and doable. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

This Book and Others Now Available Online!

[www.JudiMoreo.com](http://www.JudiMoreo.com)





# NO COINCIDENCE!

BY KATHI KULESZA

**D**o you believe in fate? Do you believe that there is a purpose for your life? I have no doubt that each of us were put on this earth for a reason. I do not believe in coincidence.

I believe that I am exactly where I am supposed to be at this moment in time. Call it my life's purpose or God's will.

I moved home to Las Vegas in 2007. A ripple of circumstances resulted in my brother texting me about a job in Las Vegas. I had a trip home scheduled, so I followed up on the job, scheduled an interview, and I got it (the job).

Picking up and moving home wasn't as simple as it seemed. I absolutely loved working for Hyatt Hotels in their Chicago corporate office. I had an amazing boss, I enjoyed the work, and I loved Chicago. It was a very difficult decision to make.

How do you make big decisions? I'm not talking about what to eat for dinner or what movie to see. Do you have a process for handling the big life-changing decisions? I use pros and cons and I pray a lot.

The decision to move home to Las Vegas seemed like a no-brainer to my family. Why wouldn't I want to move home? For starters... I had a very good job in Chicago. Why fix something that isn't broken? But, my entire family lived in Las Vegas, with the exception of one sister who was also a Vegas-defector. I had been gone for 22 years and I had missed a lot of family time.



The job in Vegas was a corporate position working for a large gaming company. The role was a perfect match for my background and experience. The pay was okay, not an increase, and the relocation package was adequate. My concern was the condo I would have to sell. The financial impact of the move is what worried me the most. But, the job would bring me home.

As I was assessing the job offer, writing my list of pros and cons, and praying... I came across a page in a prayer book I used for inspiration. The message on the page answered my prayers. It said, in so many words: Do not worry about money. God will provide everything you need.

I have faith in God which is why I was able to read the message on that page, take the job and launch the domino effect of that decision on my life.

The week after I arrived in Vegas my mother was diagnosed with breast cancer. (She survived and is cancer free now.) How's that for synchronicity?

## Here's my strategy for making BIG life-changing decisions:

- Create a list of pros and cons
- Determine which pros and cons are deal breakers
- Assess how the decision aligns with your dreams, desires and aspirations
- Pray about it until God finds a way to give you a nudge in one direction

What risks have you taken in life? Do you follow your gut, your intuition, God's encouragement, or whomever you refer to as your higher power? Do you have regrets?

Once I make a decision I do not look back. I do not revisit the decision and consider the what ifs. I do not spend time looking in the rearview mirror of my life. There is NO benefit to having regrets.

Taking the job in Las Vegas eventually resulted in me leaving corporate America. I often joke that I no longer have a soul-sucking corporate job. I traded my pumps for sneakers and spent nearly a decade in the wellness and fitness industry. I was a personal trainer (I still have a few clients), a group fitness instructor, and a Wellness Coach. I'm now enjoying my new career as a professional speaker and coach.

To be completely opaque, I was fired from that gaming company corporate job. They gave me no reason for "not extending" my contract. As I walked into my boss's office early on a Thursday morning in October I knew exactly what was about to transpire. The head of human resources sitting adjacent to my boss was the only hint I needed. I had been on the other side of that conversation too many times.

Have you ever had this experience? The worst day of your life was the best day of your life?

I was running on empty. I was disgruntled with my job. You would not have known it by my performance and I certainly did not share how I felt with my team, but I was not happy.

They had brought in a "new guy" as a VP above me. No one was given an opportunity to apply for the position, it

had not been posted. He simply arrived one day, and I was his only direct report. Within a month of him being in the position, I was sure about one thing, I would not be working for him when my contract expired. One of us had to go. Apparently, it was me. You know what they say... "Be careful what you wish for."

The irony of that morning, was that the gas light flicked on in my car as I pulled into the parking lot. *I was literally running on empty.* It was the best day of my life. I stopped at the gas station on my way home and filled up my gas tank.

I believe it's no coincidence that I moved to Las Vegas, only to lose my job. I believe it was part of my journey of fulfilling my life's purpose. God's will, if I may.

## Here's my strategy for moving through and past life's obstacles:

- Accept the situation, morn a little, but prepare to move on swiftly
- Look for the silver lining, the blessings in the experience
- Don't dwell on the past, do not think about the what ifs
- Consider your options
- Pray, seeking clarity and direction

There are no coincidences. Every experience, failure, and obstacle we face happens for a reason. I do not squander the opportunities I am given for a course correction.

**Are you willing to consider there are no coincidences? Are you able to put your faith in God or your higher power and embrace all of life's experiences, failures, and obstacles as opportunities to fulfill your life's purpose?**

**Synchronicity:** the simultaneous occurrence of events that appear significantly related but have no discernible causal connection.

I would have never expected a text from my brother in the fall of 2006, asking if I was still looking for a job, would have completely changed the trajectory of my career and life.

Was it a coincidence that I was heading home just in time to interview for the job in Las Vegas? Was it a coincidence that within one week of me moving home, my mother was diagnosed with breast cancer? Is it a coincidence that I lost my job and I'm now doing work that is aligned with my dreams, desires and aspirations? I think not!



## ABOUT THE AUTHOR

What do you get when you combine thirty years of management, leadership, and marketing experience with a personal training and life coach certification? A speaker and coach who can relate to the challenges you and your team face as you strive to excel in your careers and still have lives.

Kathi may be contacted at:  
www.kathikulesza.com  
702.569.2607



# SYNCHRONICITY OR COINCIDENCE?

BY ANTHONY BURNSIDE

**S**ynchronicity is a concept, first introduced by analytical psychologist Carl Jung, which holds that events are “meaningful coincidences” if they occur with no causal relationship yet seem to be meaningfully related or the simultaneous occurrence of events that appear significantly related but have no discernible causal connection.

I must admit that when I first heard of this Jungian term, it was as a young man listening to the band from Europe called The Police (personally I liked Synchronicity 2). Later on in life, it became apparent to me that the meaning of this word was much more complex than just a song. I guess it really depends on who you talk to. Is it a form of guidance which can predict the future, or is synchronicity just a complex mind illusion? I am not sure, but it is quite clear that there seems to be relatable events that can be mind-blowing. I have had many instances in life where I had coincidences or happenstance moments. I once bought a car (Toyota) and I swear almost every car I saw for the next month was the same kind of Toyota or close to it. One theory is that there are just so many experiences a person can have in life and not have some kind of repeat of it.

In *The Structure and Dynamics of the Psyche*, Jung describes how, during



his research into the phenomenon of the collective unconscious, he began to observe coincidences that were connected in such a meaningful way that their occurrence seemed to defy the calculations of probability. He provided numerous examples from his own psychiatric case-studies, many now legendary.

*“A young woman I was treating had, at a critical moment, a dream in which she was given a golden scarab. While she was telling me her dream, I sat with*

*my back to the closed window. Suddenly I heard a noise behind me, like a gentle tapping. I turned around and saw a flying insect knocking against the window-pane from outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to the golden scarab that one finds in our latitudes, a scarabaeid beetle, the common rose-chaffer (Cetoaia urata) which contrary to its usual habits had evidently felt an urge to get into a dark room at this particular moment. I must admit that nothing like it ever happened*



*to me before or since, and that the dream of the patient has remained unique in my experience.”*

The Scarab represented Self-Generation, Resurrection and Renewal.

Case in point: There was a man visiting Catalina Island who saw a flock of crows perched on a railing. The birds were staring at him strangely (he felt), so he scared them away. A day or so later, a friend of his emailed him an article, out of the blue, about birds. Within the article was a story that detailed crows can recognize faces and hold grudges. Not only that, the photo of the birds in the article was taken by a photographer with the same last name of the guy who scared away the birds and from that day forward, he kept seeing crows and that last name of Chapman.

We know that psychologically the brain is constantly looking for relationship between two points.

For example, when we get on an airplane. We have an uneasy feeling about maybe something could happen, Now, of course, nothing happens and we conveniently forget, until the next time.

Maybe you are suffering with financial problems, money for basic expenses such as rent, food, and utilities shows up. At first you thank the universe or God, then you realize you created this miracle. You are learning to watch how you create and why.

Maybe you have just received your last check from the unemployment office when suddenly a job comes along. Crazy, right? Is this the universe looking out for us?

Another example: A well-known example of synchronicity I heard about involves the true story of French writer, Emile Deschamps. In 1805, he was treated to some plum pudding by Monsieur de Fontgibu. Ten years later, he encountered plum pudding on the menu of a Paris restaurant, and wanted to order some, but the waiter told him the last dish had already been served to another customer, who turns out to be Monsieur de Fontgibu.

In 1832, Emile Deschamps visited a restaurant with a friend and was once again offered plum pudding. He recalled the earlier incident and told his friend that only Monsieur de Fontgibu is missing to make the setting complete.

At that moment, a senile Monsieur de Fontgibu enters the room by mistake.

When these things happen, it's important to be open and receptive no matter what it may be and receive the gift from this universe.



## ABOUT THE AUTHOR

Anthony Burnside is a security expert and close protection operative and has traveled the world with his work. He has conducted protection operations at the S.S.I. Conference at the prestigious U.S. Army War College for a former White House official and at the United States Air Force Academy. He has also provided protection for VIP's at worldwide events like the Golden Globes, American Music Awards, Grammy Awards, etc. In addition to his background in security, he is an actor, voice over artist, author and speaker and lends his talents to television, radio and the motion picture industry and has written for several national magazines and also for the *Life Choices* book series.

Anthony can be contacted via:  
anthonywavex@hotmail.com  
Twitter: @pratoriANTHONY  
Instagram: AnthonyBurnside123





CHOICES MAGAZINE  
SPRING ISSUE 2018

# A FINAL NOTE FROM JUDI MOREO

Is “synchronicity” just a happening? Are we blowing these coincidences all out of proportion? I don’t think so! If we observe how we move through life, I believe we will discover that synchronicities are events that our energy has somehow attracted into our lives. These events help us to become aware of our higher consciousness. They are meaningful and we need to pay attention to them. The more consciously aware we are, the higher our vibrational frequency becomes and the better we are able to manifest positive experiences in our lives.

Synchronicity is a term that came into popular use by Swiss psychotherapist, Carl Jung. He experienced “meaningful coincidences” where two or more signs that occurred randomly were also connected by meaning (not by cause) in both his life and during sessions with clients.

Probably everyone has experienced a coincidence, some more striking than others - but how much thought have you given to the causes, probabilities, and usefulness of these coincidences in your life? Did you know that it’s possible

to increase coincidences in your life? Dr. Bernard Beitman, professor of Coincidence Studies at the University of Virginia says, we actually do- and can - make our own coincidences.”

When you recognize the power of “synchronicity” in your life, you release the magic of possibility.

*Judi*