

Amazing Life Wellness - *Positive Life Skills*™

“Independence” is Finding Happiness Within!

By Rich Aydelott

When you think about it, many people feel trapped within their lives and sometimes feel like running away! The question is, 'What is it, that is keeping us where we're at? What is it that keeps us from changing ourselves and our lives? The simple answer is: 'It is What We *Believe*.' What we believe about Ourselves, what we believe about Others, what we believe about our Situations, our Life and on, and on and on...

The Truth is always *Simple*... However, *Simple* is Not Necessarily *Easy*...

What we '*Believe*' drives not only our Actions, it drives our In-Actions as well. Think about it for a moment, how much effort do we put towards something we believe to be "impossible"? Not much - Right? So if what we're doing is keeping us stuck - it's time to change. When you think about it, do you question your value in life or as a person?

Is there a harsh little voice in your mind that reminds you of all of the things that can, and do go wrong in your life? How would you like to 'Fire' that little voice, and send it packing! How would you like to replace that voice with one that is nice, and not only encourages you, but helps you have the life you want?

Here's an interesting thought. "Over 90% of our lives happen outside of our conscious awareness." What that means is, we consciously, only focus on a very small part of our lives, about 10% or less. Have you ever told someone 'Don't do that!' and they said 'Do what?' 'I'm not doing that . . .' Think about it . . . Has anyone ever told you to stop doing something you didn't even know you were doing? That's the way it is with our mind, it only pays attention to certain things, and unfortunately, what we do, usually isn't one of them . . .

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But you may ask, How do we change something if we don't know what it is, or that I'm even doing it? And this is a great question. The First step is becoming consciously aware of what we're doing, or not doing, and then, we have to take conscious steps to change it... given some time, it may eventually change...

There is a faster way! What if there's a way to resolve not just one or two things, but many if not all of the things that are causing problems in our life? And what if we can do this gently and quickly? And what if you didn't have to just talk about it, or explain to anyone your whole life history and all of the dreaded details of your life's story?

We Can Help You Transform Your Life!

This is where we help... Our processes are very Fast, very Gentle and very Confidential. In just a few hours you can find yourself completely free of your negative past and really looking forward to a Better Life with a Freeness you may never have known before.

If this interests you, or you know of someone who would really like to improve their life now, please let them know about Amazing Life Wellness and we'll give you a free 30 minute consultation to answer all of your questions and understand just how easy it can be to start creating and enjoying your own Amazing Life.

Make Today your 'Independence Day' and decide to live life to the fullest!

Contact us right away to find out how we can help you and all those you care about.

Rich Aydelott is the founder of Amazing Life Wellness, an instructor of Advanced Hypnotherapy, Neuro-Linguistic Programming (NLP), and Thought Pattern Management® at Amazing Life Wellness. He is also a Master Coach in the areas of Results, Motivation, Life, Health & Wellness, and is certified in many other holistic and healing modalities as well. Rich has developed the rapid transformation processes: The A.R.T. of Unconditional Love, Accelerated Human Awakening and the Zip Process for unlocking and unleashing our fullest Human and Spiritual potentials to begin living a Better Life today.

Rich has devoted his life to helping people end all forms of suffering and enjoy living their Best Life. These processes work with all manor of issues, from resolving our most difficult and challenging problems, our negative and traumatic past, to creating positive and motivational behaviors that create within us our most Amazing lives. Rich is driven to research, find and use the best and most powerful tools available to bring about Health, Happiness and Success in every level in our Mind, Body & Spirit.