

MY LIFE IS A JOY TO ME!

One of the goals of Alpha Programming is to strengthen the areas in our lives we naturally fear.

The list below is not all inclusive. These appear to be the most common fears that create a lack of confidence and therefore decrease a person's productivity:

1. The fear of not being loved.
2. The fear of poor Health
3. The fear of not having enough Money
4. The fear of not being Accepted

Because of these fears, we lack self-confidence – the self-esteem is lower than it would otherwise be. As a result, the level of performance is limited by a person's mental –self-image.

When these above areas in our self-image are weak, the negative force we call fear has a great deal of control over our decisions and the way we handle situations. At times it runs our feelings, moods and reactions. As you strengthen yourself by Alpha Programming, you are putting into your subconscious, the seeds of thought of the person you want to become. You will notice the FRUITS of your planting. The fears you once felt in your life, will have NO MORE ROOM within you.

This gives you a great feeling of freedom – an overpowering positive well of greatness flowing from within you. Then, you can become the person you were created to become.

To fear is negative. The feelings of fear are real, but the things you fear are only your personal creations. They are not real except in your subconscious which runs your feelings.

To release ourselves from fear actually allows us to tune into the positive spiritual radio station which creates a flow of Positive Self- Energy. The Inspiration from Light enlarges our ability to DO, to become, to create for us a great JOY for life.... thus, the Name of my book....*"MY LIFE IS A JOY TO ME!!"*

When you feel fear trying to rule your feelings and actions, just say, "I ERASE IT...I NOW SEEK FOR LIGHT AND KNOWLEDGE FROM THE LORD". I have experienced results in my own life and the Joy is worth all the effort of daily relaxation and programming.

There are 14 CD's in the series each focused on specific topics to be listened to for 21 days each

- 1) I erase and replace – I forgive
- 2) Stress relief
- 3) I can cleanse my inner vessel
- 4) Persistence is a joy to me
- 5) Love thy neighbor as thyself
- 6) Good health brings me joy
- 7) Abundance..... the Lord's law ...is a joy to live
- 8) Self-confidence brings me joy
- 9) Public speaking brings me joy
- 10) Marriage brings me joy
- 11) I am a lean person
- 12) I am lean...inner cleansing keys
- 13) I love learning my multiplication tables
- 14) I love learning