

Amazing Life Institute- Positive Life Skills ™

"Independence" Means Being happy Within!

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When you think about it, there are many people who feel trapped within their own lives and sometimes, just feel like getting away! The question becomes, 'What is it, that keeps us where we're at? What is it that keeps us from changing ourselves, and our lives? The simple answer is 'Its What We Believe.' What we believe about ourselves, what we believe about others, what we believe about the situation we're in, and on, and on.

What we 'believe' drives not only our actions, but our inactions 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 . . .

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

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But what if there were a faster way? What if there's a way to change, not just one thing, but many things that are causing problems in your life, all at once? And what if it were gentle, 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?

This is where we can help. The processes we use are very fast, very gentle and very confidential. In just a few hours you can find yourself completely free of the past and looking forward to life with a freeness you may never have known before.

If this interests you, or you know of someone who would like to improve their life, please let them know about the [Amazing Life Institute](#) and we'll give them a free 30-minute consultation to answer all of their questions and let them know there is something they can do right away to start creating your own Amazing Life.

Make today 'your' Independence Day and decide to live your 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 ALI as well as an instructor of Hypnosis and Advanced Hypnotherapy, Neuro-linguistic Programming (NLP), and Thought Pattern Management® at the Amazing Life Institute. He is also a Master Results, Motivational and Life Coach. And is certified in many other modalities as well.

Rich has devoted his life to helping people with all manor of needs, from resolving their most difficult and challenging issues, the negative and traumatic past, to creating positive and motivational behaviors that create within them their Amazing lives. Rich is driven to research, find and use the best and most powerful tools available to bring about Health, Happiness and Success on every level in Mind, Body and Spirit.