

Welcome to your free report:

How to master your choices and transform your life



The 3 vital parts of choice making process

When we want to create change into our lives, it's important to understand that **we** actually **create** all kinds of circumstances – desired or not so desired – into our lives **all the time** (which often is called manifesting). How do we do it? We make choices and then act on them. A **choice always has an outcome**, a result, a consequence **that we will experience in our lives**.

We create all the time by
making choices and
acting on them

A **choice is** not a decision (which happens in our minds), but it is **the action we take on our decision**. We make choices all day long; big or small, important or less important **by choosing what we do (or don't do) next, why, and how**.

Most of the time we don't even realize we're making choices, because we make so many of them unconsciously, accidentally and unintentionally. We make a lot of choices habitually: that's just what we're used to do in our everyday lives and so we don't pay attention to whether these choices are the right ones to perform the way we'd like them to. Habitual choices can also result in 'same shit and different day'.

Deliberate, intentional choices will of course create desired results into our lives - and undeliberate, habitual, or accidental choices can bring us the (often recurring) results and circumstances that don't represent what we really wanted.

So, **the reason why we encounter unwanted situations or circumstances in our lives are our wrong actions – or lack of action.** We so often use our amazing power - our free will and ability to choose and create via our choice making process - in an uncontrolled way.

The 3 vital parts of choice making process: what and why

The first thing we need to pay attention to in our choice making process is *what* outcome we are looking for. *What* do we want to change or create and *why*. *The what and why* needs always to be **what you want to change or have in your life – not what any**

other person thinks or expects you should want. Should is always what we don't want to do... not really.

All of our choices based on what other people (or even society) wants or expects us to choose are packed with negative *whys*; reasons and feelings like fear, guilt and shame. Sometimes we even think we do so out of love... but true, unconditional love is always free of requirements or conditioning. So, obviously, the result of our choice cannot be great... when we are not choosing what we truly want, but rather what others make us feel we should or are expected to want.

'Shoulding' is a feeling arising from obligation (often connected with expectation) and **one of the reasons why we make choices resulting in something we didn't want in the first place.**

In today's world, we increasingly tend to see ourselves through the lenses of other people. Mainly thanks to the internet and social media. The illusion it creates is we start to think and believe that we should be, have or do what others are, have or do. (That's mostly our ancient survival instinct's doings; it's just looking for acceptance and safety in numbers). But that is not you. That's others defining who you are and what you should want.

The *what and why* of your choice needs always to be something you really want for yourself. This is the foundation for creating successful results via your choice making process.

So, *the what and why* of your choice making process can give you the results you really want, when the choices are consciously made and represent what you truly want for yourself. The trickier part is *the how*: **what kind of action will**

The 3 vital parts of choice making process: how

give you the result you are going for? How can you ensure that you take the right kind of action?

Have you ever tried to copy the ways someone else has succeeded to do or have something you also want - or bought one of those ready programs of 'Do what I've done and get these results'? Did you get the same results? Or even more importantly, did you get lasting results? Did you wonder why not, because you did everything according to the instructions...

There was a time - a long time ago - when I also fell for those programs and just ended up losing my investments. Now I know that any of those ready programs are not built the way I am built to choose, for example, more freedom or money for myself. Knowing how to master my choice making process has enabled me to have my own individual blueprint that works for me. That's why I'm not sharing it with you but letting you know that you need to know and use your own.

The thing is that we all have to go for what we want in our own individual way, taking **individuated action**. Copying what others do and how they do it will just not work for most of us. If that would be possible, we'd all be already having and doing what we want and love - and be billionaires! World peace and poverty would probably be solved too!

The *what-why-and-how's* of your choices and related actions are the essence of mastering your choice making process, because they determine the outcome, the result of your choice.

Think about things differently...

Thoughts and beliefs shape our reality

Our minds can have a narrow and distorted image of us and what we are capable of, because it holds on tightly to all the expectations, values and opinions of other people, school, society and even media. We have been told who we are, what we can be or have - and what not.

Our minds, our egos have been trained and molded to its current state since we were children. It holds all the beliefs, thinking patterns and interpretations of morality and truth taught to us. As we grow up this problem grows along. We give up on our dreams. We settle for less than we want and deserve. **We have been conditioned to believe we are living our 'destiny' and there's nothing we can do about it.**

We live in a world where limitations are not only accepted, but somewhat also encouraged. We learn to believe that making mistakes is weakness. Failure in our society is undesired, so we only dare to live our lives by making very safe and secure choices. Making the 'safe' and 'secure' choices will of course keep us from the true freedom and experiences we desire.

We are conditioned to believe that we are destined to go through life, not to create it the way we want it to be. That life just happens to us and all we can do is to react to whatever comes our way.

We need to recognize that we have been buying into negative thinking patterns and false beliefs of ourselves and what we are capable of in order to erase them and start honoring and expressing who we really are - to be able to start living our life in our own terms and no-one else's. This is also the key to self-love, self-respect, and rock-solid self-esteem.

Negative thinking patterns and false beliefs

False beliefs and negative thinking patterns are one of the causes of all kinds of problems and lack in our lives. They are the expectations and limitations we start absorbing since our childhood and manifest themselves as feelings like obligation, guilt, shame, or fear. They **create separation from who we**

truly are and what we are capable of, because they start to affect the choices we make - or don't make because we are afraid to do so.

Over time we start accepting or learning to tolerate living with those things or circumstances which we actually would want to get rid of. Through acceptance and tolerance they have become **our comfort zone** and so also a kind of a habit. Because the thought of changing them feels more hard, scary, or even impossible compared to just continuing living with them.

I'm on guard here!
How and why our minds
limit us

Your mind has one mission, to keep you safe. Safe meaning unchanged: avoiding new situations, choices and actions - which your mind interprets as danger - even when 'safe' means learned or absorbed interpretations and expectations of who you should be

what you should do or have, or circumstances which you actually really would like to get rid of.

Our minds also have the bad habit of **making things complicated** - unnecessarily. And that's why it is important to realize that things are actually quite simple. We are trained to philosophize, theorize, doubt, and overthink. Our minds always want explanations and proof instead of trusting and believing.

This training starts when we are children: we are told what we can do or have, who we can be – or not. When we grow up this problem grows along, and we lose connection to who we really are. The mind has stored the rules and expectations of others.

It's important to recognize that when you are lacking trust in yourself or your abilities, you have made the situation or issue complicated in your mind. Know and understand that you are 100 % capable of achieving extraordinary things.

How you talk to yourself makes a big difference in re-creating your life. When we change our attitude, our mindset, making new choices and taking new action becomes much easier. The truth is even not the point.

A good lie can become
the truth!

We need to remind ourselves of who we really are even if it in that moment feels like a lie, so that it can become our truth and our reality. Everything depends on you. You can have or impact everything.

...do things differently...

Many people think manifesting is a myth. And I can understand that because all the stuff and instructions that can be found about it (especially in internet), can make the very natural and everyday ability seem way more mystical than it actually is.

My perspective of 'manifesting' is mastering our choice making process to ensure that our choices will create the kind of result we want. So, it's really just a natural thing we all do all the time. It is an inherent ability we all have, because we all make choices all day long and then experience the results of our choices.

This natural, inherent ability is an amazing tool to utilize when we want to make desired changes become reality... but first we need to know what our unique and individual *how's* are; how we are to take action to master our choices in the best possible way; to ensure the results are what we wanted.

Authenticity and individuality; individual choices and individual actions are the keys to re-creating our lives - to master our choice making process successfully. To do our own individual right things in our individual right way to ensure our choice and the related action will match the desired outcome.

Now that you know how we can effectively master our choice making process to create change in your life, the necessary *what-why-and-how's*... let's talk a little bit about me and my expertise - and why this subject is so dear and important to me.

...and see for yourself.

We are Energetic Beings. The idea that **we are all made up of energy** is not new. In fact, **it's a fundamental concept in physics**. Everything in the Universe is made up of energy.

Everything is energy at
the most fundamental
levels

It makes no difference whether you call the source of this energy God, Divine Source, Universe... They are just different names for the same source, our personal view or perception of the same origin.

The same energy flows through everything - but for us humans, it always filters individually. That's what makes us different from each other. There is no duplicate of you in this world. The same way there is no duplicate of your unique energy in this world.

Just like we all have our unique looks, **we all have our unique, individual Core Energy**. And our Core Energy represents **our true, innate talents, gifts and strengths** – as well as **the ways we are built to use them**. Your Core Energy is where the answer to *the how* of your choice making process resides.

Have you ever stopped to think 'What is my true gift?' Because that's what I'm talking about here: the best version of yourself to maximize your potential.

Recognizing our true gifts can actually be quite challenging... most of us get lost in the jungle of generally admired gifts, or gifts that we think would make us a lot of money (and fast!), or gifts we'd like to have, or even what we've been told or expected to be good at. Unfortunately, usually we go wrong – I know I did. It's actually very easy to verify... **The infallible indicator of whether you are aware of your true gifts is your results.**

What's unique about My Energy My Power

I am Riitta Simoinen-Duah (she), and my expertise is to read or tune into our Core Energies.

Please note that I'm not talking about 'vibes', like when you enter a room full of people and the vibe in the room feels like, for example, tense. 'Vibes' are all about emotions and we can

pick them up quite easily. Vibes also constantly change depending on the situation.

My expertise or skill relates to what I call our Core Energy - where our innate gifts, talents and strengths reside.

My approach to 'manifesting' is very down-to-earth and practical: we make choices, act on them and get the result. No magic, no mystery.

It can be challenging to recognize exactly where we have gone wrong and created something we actually didn't want to. I'm here to help you find the choices and related actions which can and need to be amended to create the kind of result you wanted.

What I can offer is a shortcut; to know your individual *how-to-do's*, how to take action on your choices in a very effective and successful way. I can also help you to identify your *why's*, so that the foundation for your choice is rock solid.

We are all 100 % capable to start re-creating our lives to become more of what we want by simply mastering our choice making process. **You just need to know** *how* you are individually built to make 'the impossible' possible: **your own individual tool kit to utilize in your choice making process**. That's really all it takes. We cannot re-create any part of our lives by trying just randomly do something differently. That's called lottery.

Your Core Energy holds the information of what kind of energetic components and qualities your being uniquely is built of. These components and qualities represent your very core; **what you are innately excellent at, what you were created to excel in.**

The reason why getting to know your Core Energy is the fast lane, is because it reveals *the how*; what kind of action will express your true strengths and gifts. After all, **success is always created by what we excel at!**

Your unique
Core Energy
is your superpower!

We were created with free will and unlimited choices: to express and experience ourselves however we choose to. Your Core Energy holds your individual toolkit to get you where you want to be in any part of your life. Yes, we all have basically the same 'equipment' but different 'models' and so different 'manuals' for how to use our Core Energy, our innate success factors, to get the best result out of what we want to create in our lives. But it's not something I should convince you; you need to experience it.

Knowing your inherent gifts and talents is also a great way to shift your self-talk and confidence. We just cannot see ourselves in the same old way anymore!

Finding your purpose

Discovering the power of your Core Energy also allows you to have **a clear sense of purpose**. Living your purpose is never about having a lesson to learn, or a mission or task to accomplish. Discovering your purpose happens through experiencing and expressing your Core Energy: your inherent gifts and talents. The feeling of purpose will inevitably follow and bring more clarity to who you are and what you really want out of life - as well as what you can offer both to yourself and the world. To show up boldly and fearlessly as who you truly are.

About me

My expertise is tuning into and reading these inherent gifts and talents held in our Core Energies and transforming that information into practical and actionable steps of how we are built to use them to live our lives to the fullest - to create what we want to have and experience.

Getting to know your Core Energy can be the most 'insane' and rewarding thing that can ever happen to you. After all, your trained mind (your ego) is finally going to meet the very core of you: the innate, real qualities you are made of. You can compare it to a new relationship: getting to know and realizing the differences between your ego (mind) and the most inner part of you, which your Core Energy represents.

I will never tell you where exactly you should go, what exactly you should want to create in your life. I will never interfere with your free will, your right to make your own choices - to be, do and have whatever it is you want to. My role is not to direct you to a certain outcome but to introduce your individual toolkit

to get where you want to be - and to experience how you can be the powerful creator of your own life's circumstances.

Since 2013, I've helped people to break through the obstacles that seem to be holding them back in life. Life's too short to be unhappy, unsure, or unfulfilled. I'm here to help you learn and develop empowering ways to handle the issues that are standing in the way of your happiness, your dreams and goals.

And no. I'm not able to help you win the lottery jackpot. But I am able to show you how you can become a winner in a much bigger game: your life.

This modality is all about you experiencing your transformation: your inbuilt power to be, do and have whatever you want to... as you start witnessing the changes you desire in your life start to become reality.

Using your inherent gifts and talents held in your Core Energy also allows you to get to where you want to be in the easiest possible way. Change should never be 'hard work' - although effort is, of course, required.

I am able to give you the information you need to change any part of your life, but I cannot give you any guarantees of actually creating the results you want - because it's all up to you. I cannot guarantee that the simple, practical instructions that I will give you will result unless you start doing them: making new choices and acting on them. I just can't do it on behalf of you. You've got to want to do it for yourself.

My Energy My Power is not about believing in me or my abilities. It's about witnessing yourself as the powerful creator of your own life's circumstances. You know, life can either be a great, rewarding adventure – or a day-to-day challenge. It's of course all up to us – as it's also a choice we make.

Let's talk!

You've probably already taken some action to make the change you desire happen... and for some reason it has not been enough. That's why you have not yet created the results you want.

Are you curious about whether the transformational tools of My Energy My Power can assist you to get where you really want to be?

I'm happy to talk with you if you're highly conscious and deeply invested in ongoing personal transformation and growth. At the very least, you will gain clarity on what is impacting your ability to create the change you want. Let's try to reveal the real reason why you're still not where you want to be!

Just let me know what's going on and what kind of change you desire. Fill up the form [here](#) and I will contact you within the next 48 hours.

Thank you so much for your time!

To living your absolute best life!

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Riitta Simoinen-Duah is an Energy Intuitive and the founder of My Energy My Power.

Her expertise is reading our Core Energies, which hold the information of our innate strengths and gifts: what we really excel in, and how we can utilize our gifts in our choice making process to ensure a desired outcome.

She's all about down-to-earth, practical action steps and real-life results – not unproven, abstract concepts.

Since 2013 she's been helping people to break through obstacles that seem to hold us back: how we can be the powerful creators of our own life's circumstances.