

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 2

Mastering Your Life

What is self-fate?



In the last issue of the E-Factor newsletter, we discussed Self-Mastery and how by resonating at a high frequency of energy, we attract what we want into our lives with little or no effort.

Self-Fate helps explain why so many of us don't have what we really want.

What holds us back from living the lives we desire? Some people attribute the lack of having what they want to fate – that their lives are somehow “meant to be” the way they are. Many people don’t like the concept of fate, however, because it negates

free will. But what if neither the traditional concept of fate, nor free will, really existed for most people? An unusual concept called self-fate helps explain why so many of us don’t have what we really want.

Self-fate is the idea that because our past is dominating our thought processes, and because most people are not consciously living in the moment, our past actually creates our future. Because we are

making choices based on our past experiences, we cannot change our future unless the control of the past is removed, and we choose in the now. So self-fate really means that for most of us, fate does exist, and we do not have free will. It is us who

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The “E” in E-Factor represents energy-the energy of success. I hope that by reading these newsletters, the success I’m talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
Coaching & Consulting Group

creates our fate because we are imprisoned by the past. We have pre-determined choices that we are programmed to make, and our past does the programming.

Think about a woman who is unhappy with her relationships and says that she seems to meet the same kind of men over and over again. She complains that men are all the same, looking for the same thing. She believes that she's never going to find a relationship that is mutually respectful and serving, as opposed to the relationships she's had, where she's been emotionally abused. It's no wonder she feels this way, as she's had many experiences that have created those beliefs. In fact, it's quite normal that she believes what she does,

which poses a real challenge - since she sees men as disrespectful, abusive, and manipulating, she is putting out "victim" energy. She is being a victim to the beliefs she has. And what is the result of that? The vibration she emits is picked up by those whose energy matches those beliefs: men who will take advantage of her. To them, she's an easy target. And so, she actually creates her future relationships, and will continue to do so unless she changes her sense of self, or, who she is BEING, in relationships.

The traditional concept of fate proposes that our lives are pre-determined by an outside source. Self-fate, however, is something that we can control.

In the next issue, we'll begin to discuss how we can reprogram our futures so that we achieve our unlimited potential.

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P.O. Box 52

Weslaco, Texas 78599

1-888-509-5375

info@progressivesynergyccg.com