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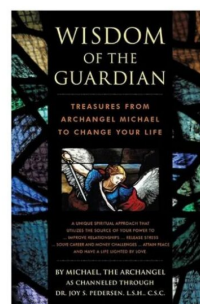
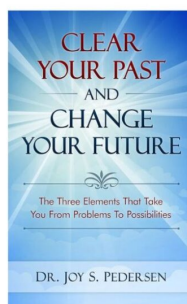
An Interview with Dr. Joy S. Pedersen: A Grounded Approach to Growth, Clarity, and Confidence

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CREATING SUSTAINABLE SUCCESS THROUGH EMOTIONAL AND SPIRITUAL INTELLIGENCE



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About: Sage Joy is a spiritual healer, teacher, and best-selling author of *Clear Your Past and Change Your Future*, a book that shares her experiences with Archangel Michael while offering practical tools for healing, empowerment, and spiritual growth. Through her Sacred Circle membership, private sessions, teachings, and group experiences, she guides individuals in releasing what no longer serves them, reconnecting with their soul, and bringing the joy of spirituality into everyday life. Internationally recognized for her work, Sage Joy has received numerous honors. Express Success LLC earned the 2013 New

Jersey Excellence Award, and she was named Business Spiritual Healing Specialist of the Year (2023 and 2024), Global Business Leader, and Best Life Coach in Sarasota (2025). Known for her compassionate presence and commitment to personal transformation, she supports individuals seeking healing, alignment, and a deeper sense of purpose.

1. To begin, could you please describe yourself in a few words and share what you do at Express Success LLC?

I am a spiritual healer, coach, and teacher who helps people clear what is blocking them internally so they can live, work, and lead with clarity, health, and confidence. At Express Success LLC, I support individuals and business owners in aligning their inner world with their outer goals, so success feels grounded, sustainable, and authentic.

2. What originally inspired you to found Express Success LLC, and what was the deeper purpose behind creating it?

Express Success began while I was working at Paramount Studios, when people regularly asked how I had built my career and navigated opportunities. I saw many capable people doing everything right externally while feeling stuck, drained, or disconnected internally. I initially taught the Law of Attraction through workshops, but over time, I realized that mindset alone was not enough. People could manifest easily in some areas and struggle deeply in others. That led me to incorporate spiritual and emotional healing. The deeper purpose became creating a space where inner healing, mindset, and aligned action work together so success does not come at the cost of health, joy, or integrity.

3. You work as a spiritual healer, health coach, and Law of Attraction teacher. How do these roles naturally come together in your work with clients?

They are not separate in real life. Emotional patterns affect the body. Beliefs influence behavior. Energy shapes motivation and decision-making. My work weaves these together so clients are not just thinking positively or pushing harder, but healing at the root while taking aligned, practical steps forward.

4. Over the years, how has your personal understanding of “success” changed?

Success used to mean achievement and productivity. Now it means alignment, stability, inner peace, and meaningful contribution. True success feels calm rather than pressured. It supports life instead of consuming it.

5. From your experience, what are the biggest inner blocks that keep people feeling stuck or unfulfilled?

Unresolved emotional wounds, fear of failure or visibility, and inherited beliefs about worthiness are some of the biggest blocks. Many people remain unconsciously loyal to old patterns that once protected them but now limit growth and fulfillment.

6. What emotional or mindset patterns do you most commonly see when people begin their healing journey?

Overwhelm, self-doubt, and a tendency to blame themselves for being stuck. There is often grief for lost time and a quiet fear that something is wrong with them. Part of healing is realizing those patterns make sense and can be gently released.

7. How do you guide individuals from fear and self-doubt toward confidence and clarity?

By creating safety first. We uncover the hidden causes of their challenges and clear them, creating a new foundation. When people feel supported rather than judged, their nervous system settles, and clarity becomes accessible. From there, we release emotional residue, reframe beliefs, strengthen trust in inner guidance, and ground everything in real-world action.

8. The Law of Attraction is widely talked about today. What do you think people often misunderstand about it?

Many think it is about forcing positive thoughts or bypassing uncomfortable emotions. In reality, attraction responds to what is embodied, not what is wished for. Healing, honesty, and alignment matter more than visualization alone.

9. What are some simple, practical ways people can start applying the Law of Attraction in daily life?

Pay attention to how your body feels when making decisions. Choose thoughts that calm rather than pressure you. Take one aligned action each day instead of waiting for motivation. Consistency matters more than intensity.

10. How do you help clients balance spiritual growth with real-world responsibilities and action?

By grounding spirituality in daily life. Growth should support relationships, work, and health, not pull someone away from them. We focus on integration so insight translates into clear choices, boundaries, and appropriate follow-through.

11. Can you share a meaningful experience from your work that reaffirmed your calling?

Seeing clients regain their sense of self after years of feeling lost is deeply affirming. When someone moves from confusion and burnout into clarity, confidence, and self-trust, it confirms that healing creates real, lasting change.

12. Why is emotional healing such an important foundation for both personal and professional success?

Because unhealed emotions drive decisions from fear rather than wisdom. When emotional weight is released, energy returns, communication improves, and people can respond instead of react. Everything functions better from that place.

13. In today's fast-moving and demanding world, how can people protect their energy while staying productive?

By learning to pause, set boundaries, and listen to their body. Productivity improves when energy is respected rather than overridden. Rest and clarity are strategic, not indulgent.

14. As a founder and leader, what lessons have you learned about building a purpose driven business?

That purpose must be supported by structure and sustainability. Serving others should not require self-sacrifice. A healthy business honors both impact and financial stability.

15. Looking ahead, what is your long term vision for Express Success LLC and the community you serve?

To create a grounded, supportive ecosystem where people heal, grow, and succeed without burning out or losing themselves. I want Express Success to be known for depth, integrity, and genuine transformation.

16. Finally, what message would you like to share with readers who feel lost, overwhelmed, or unsure about their next step in life?

Current states are not necessarily predictions of the future. Feeling lost often means something old is ending and something truer is trying to emerge. Start with kindness toward yourself and take one small, honest step forward. Clarity comes through movement, not perfection.



Joy Pedersen
Spiritual Healer and Coach

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