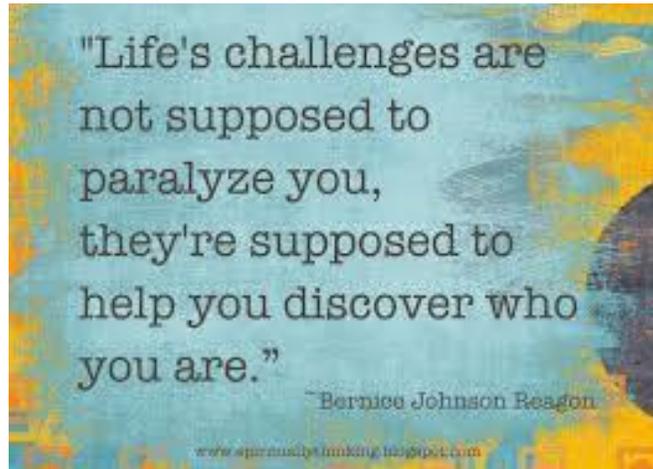


True-Living: Discover Who You Are

By Mary Ann Pack

*"Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are."
~Bernice Johnson Reagon*



Every piece in your life--no matter how hurtful, dark or scary they may seem--all fit into the puzzle of your life and are essential.

We just need to discover where they fit as part of our grand and glorious picture!

Betrayal is part of every great person's story.

Resentment over betrayal or abuse in your life only punishes YOU--not the one who perpetrated the act. We suffer by holding resentment OR we free ourselves by forgiveness.

Forgiveness is "giving for". It's "giving" one perception "for" another. Our change in perception is that which opens our lives and awareness to love.

Forgiveness doesn't mean you make it okay. Forgiveness is freeing up of a person who doesn't want to be held by resentment.

Forgiving is done for ME! It's MY shift in perception.

When I can separate the BE-ing from the BE-havior, I can finally experience compassion for someone who may be very unskilled at love.

We're either expressing love or calling for love. The very unskilled person's expression of love can be very hurtful, even abusive. They have been screaming out for love from very deep hurts that you may never know.

Bypass the behavior and see the essence of the being.

Even if you can just be "willing" to start to shift your perceptions and begin to see with love, you're on your way.

When you can do this, your life's challenges will stop paralyzing you and you will begin to discover who you really are.

A beautiful, divine spirit experiencing humanity.
Remember, this is who you are! This is who we all are in essence.

Struggling with forgiving or confused with who you are?

Contact me by email, if you would like to be added to the notices of upcoming Dream Builder Courses.

To YOUR being all that you are meant to BE!

Dream - Grow - Live!!

~Mary Ann Pack
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