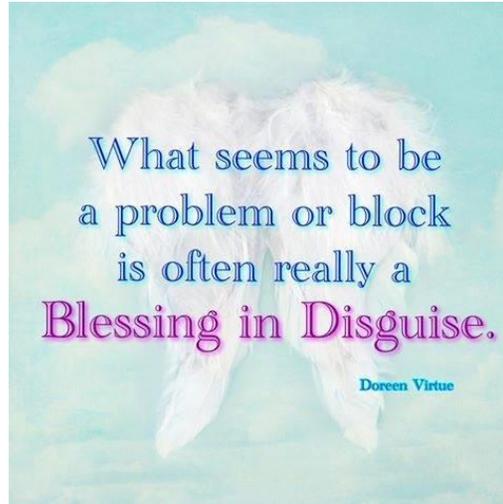


True-Living: Let Me Introduce Myself

By Mary Ann Pack ©2014

“What seems to be a problem or block is often really a blessing in disguise.” ~Doreen Virtue



Many of you already know me. I've been in Fannin County and Hunt County, Texas for the last 19 years.

When our family was transferred to Texas in 1992 I was delighted! I wanted one of those bumper-stickers that said, "I wasn't born in Texas, but I got here as fast as I could!"

I wrote my name in the soil when I got here, so I'm a Texan by choice!

Let me share a little of my background. I was born and raised in St. Louis, Missouri. We moved to the country when I was three to a small town, Ellisville. It was a great place to grow up.

I was raised in church and even graduated from Central Bible College with my degree in biblical studies.

For many years I struggled with resistance; resistance to the flow of life. I kept thinking life was happening TO me. I felt I had no control and everything just hit me in the face.

Doesn't it feel like that sometimes? Sometimes it feels we are out of control.

I began to suffer with migraine headaches in high school. My health just seemed to continue to erode and

by the time I was in my mid-thirties I was very unhealthy, but I really didn't know what to do.

I was blessed with two beautiful sons that I was able to home educate all the way through high school graduation!

By the time we got to Ft. Worth in 1992 I had already suffered with severe migraines every two to three days, I had thyroid surgery, tonsillectomy, breast fibroids, 3 miscarriages, Grave's disease, gall bladder was diseased, and took way too many drugs to cover it all up!

One day about a year after we had moved, I was driving down a familiar road near our home in Ft. Worth with my two little boys in the back seat of the car and suddenly I didn't know where I was! I didn't know if I had come to the place I needed to turn into or if I had passed it. That freaked me out! I knew the drugs I was taking for the migraines were really doing a job on my mind.

We got home safely and marched myself straight over to a friend's health food store and told the owner to "fix me"! Those two words set me on a new path of wellness! Today, I'm very healthy and happy!!

I've always known I would be in a healing profession. After I opened my health food store in Bonham, TX I was in my realm! I knew I was doing exactly what I was supposed to be doing! Unfortunately, the economy was hit hard in our little town and it took my store with it.

Some may call that a failure, but I've come to look at it as feedback. I learned so much from that experience about business, finance, bookkeeping and, of course, coaching. We will always have problems and difficult circumstances, but there is always a blessing in disguise waiting to be discovered!!

I continued to work on my coaching skills and recently decided to make a huge investment in myself to get my coaching certification!

Now I'm living MY dream life serving others and helping heal their world. Each day I learn something new to share and each day I get closer to realizing my purpose in life.

If you are feeling stuck in the current life you live and are discontented with your results and you long deeply for something better, there is hope!

My mission is to serve you; to help you find your life's purpose, increase your value to the world and live the happy, fulfilling life you were meant to live. The world needs each of us living our purpose.

I look forward to writing this weekly column! Thank you, North Texas E-News for believing in MY dream to serve our area.

Let the healing begin!

Dream – Grow – Live!

~Mary Ann Pack
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