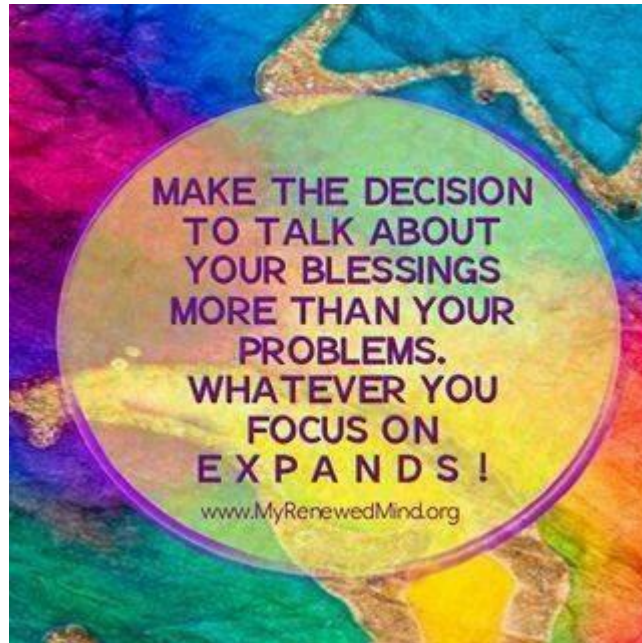


## **True-Living: Whatever You Focus On Expands!**

By Mary Ann Pack ©2014

*"Make the decision to talk about your blessings more than your problems. Whatever you focus on expands!"*  
~MyRenewedMind.org



It's the LAW of the Universe! Whatever you focus on expands.

"Focus on the smallest good thing." ~Kevin Sousa

Even if you can't seem to see big things in your life to be grateful in--start with small things.

Your warm bed, the shower this morning, the love of family and friends, etc.

When you start focusing on even the smallest good thing, your life will begin to change. The Universe is constantly listening to what you're saying verbally and internally.

If you're complaining about anything—anything at all--the Universe will hear the subject and think, "Oh they want more of that, so I'll happily obey my law and provide more of the same!"

So, you will experience life by design or default. It's your choice.

You can either utilize this law or ignore its existence, but that will not matter--the law is the law and it will work no matter your beliefs. It's created as a law--no different that gravity. It NEVER stops working.

Why do you think the Bible says to think on all the good things? Because, it was trying to instruct us in the ways of the laws. Like sowing and reaping! What goes out from you WILL return expanded.

Choose wisely and learn to activate the law in your favor and under your direction--thus, you will create your reality.

To your very best expansion,

Dream - Grow - Live!!

~Mary Ann Pack  
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