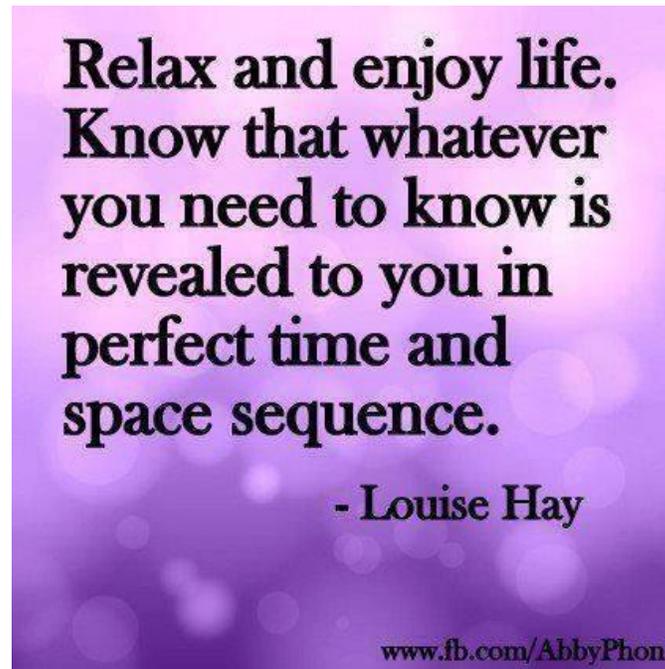


True-Living: When The Student is Ready—Relax!
By Mary Ann Pack ©2014

“Relax and enjoy life. Know that whatever you need to know is revealed to you in perfect time and space sequence.” ~Louise Hay



I tend to have a VERY active "thinking" life.

I analyze EVERYTHING--sometimes to death!

Many of us even tend to over analyze and that paralyzes us from taking action.

We always want to make sure everything is perfect, before we make a decision or move forward.

Unfortunately, that keeps us stuck and we'll never experience our dreams.

In recent years, I've begun to live my dream of coaching. In the coaching certification program that I chose, the coaches are called "Dream Builder Coaches". I love that, don't you?

All these years I wanted to take action, but didn't. I always had some circumstance, situation or excuse as to why I couldn't follow my dreams. I had to finally stop analyzing and thinking so hard--not that I didn't give this

decision a lot of thought, but I had many years to "think" about it!

I suffered from analysis paralysis!! I thought I had to have everything just perfect before I could broach my dreams.

I finally decided to relax, enjoy life and KNOW that everything I need to know is revealed to me at the perfect time and space sequence!

I decided to follow my heart and where it will lead me.

For years I've felt like I was chomping at the bit, wanting to move forward, but I always got in my own way. This feeling is the "longing" and "discontent" that we feel when we are aching to expand our life experience. I felt like time was running out for me. I was getting too old to pursue my education and dreams.

I'm NOT late--at 55 I'm right on time. THIS is the perfect time for this opportunity to come into my reality.

I have been experiencing transformation in my life for years now. I really was not ready for coaching prior to this time in my life. Once I began to relax and enjoy life, the answers began to arrive. I found the perfect coaching certification for me. When I could see my way clear to begin asking what the possibilities could be, amazingly the way began to open up for me.

My mindset has been transforming into the positive by reading inspiring books, listening to audios and studying. Slowly, but surly, I have been changing my mindset.

Hey, late blooming is way better than NEVER blooming, right??

NOW is my time! I accept this opportunity with welcome arms.

Here's a little excerpt from the sweet welcome letter from Mary Morrissey who founded Life Mastery Institute for coaches...

"Most of all, remember your intention. For every person you touch, there is a ripple effect of good in the universe that reaches even further than you will ever see. Know this.

Your contribution is significant. You will change lives.

Welcome to DreamBuilder Coaching!

I know you are going to soar : -)

Celebrating You, Mary"

So, I promise to keep my intention positive and with love for all the lives I get to touch! Let the ripples commence!!

If you were here right now, I'd even pinky-shake on it!!!

Dream – Grow – Live!

~Mary Ann Pack
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