

**True-Living: You May Be Breathing, But Are You Living?**

By Mary Ann Pack ©2014

*"If we keep breathing for another 365 days, we're going to create a year's life.*

*And, we don't get a choice about whether we're going to create a life.*

*We only get a choice about whether we're going to create that life out of design or out of default."*

*~Mary Morrissey*



Which way are you choosing life? Are you designing your life or are you letting life drag you by the tail in default mode?

You have to DESIGN your life on purpose IF you want the very best! If you have dreams it's up to you to design your life around them.

When we were very young we had perfect imaginations. We could day-dream all day long. When we got to school that was no longer acceptable. We were told to stop day-dreaming and pay attention. But, what were we to pay attention to?

Of course, we need to learn our lessons, but what about our creative nature? What about our dreams? What did you want to be when you grew up? Did you dream of traveling to foreign lands? A child's mind is so expansive—exactly the way we are meant to be—even as adults.

Maybe it's time to start imagining again! Can you do that? Maybe you've stuffed your dreams so deep down inside and you can hardly remember what they are.

What if you COULD begin day-dreaming again and imagine what you'd love to do, be or have? You CAN!! You are created from Life that is ever expanding—not contracting. You are created from Life that allows nature to flourish all around us. Nature doesn't question whether an acorn will ever get the opportunity to become a mighty oak tree! An apple seed doesn't question whether it's good enough to be a delicious apple. Each know their life's purpose without question.

So it is with humans, we are part and parcel with the most incredible, divine spark of Life—the creative forces of the universe! We are connected with the Infinite Intelligence that put those desires in our hearts! We are ALL here on this planet in this time and space of history for a reason.

Do you know what that reason is for you? If yes, then start to plan and take steps in that direction.

If not, it's time to dream again. Allow those creative thoughts flow. Ask, "What IF I could have my dream life?" "What IF it's possible for me to do \_\_\_\_\_?" "What would it TAKE for me to have, be or do \_\_\_\_\_?"

As you begin to take even the tiniest, baby steps you will be given more and more ideas and thoughts that will inspire you to take even bigger actions.

Just start. You can't steer a moored ship. You can only steer your ship as it is moving. Once you're moving you can hoist the sails, catch the breeze, adjust the rudder and your voyage will exponentially increase in speed. You will arrive at your destination much more quickly.

Need help? Just ask me!

To your life on purpose....

Dream - Grow - Live!!

~Mary Ann Pack  
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