

Creating the world I desired began with the thought “enough is enough”. I knew I was ready to move forward in my life. I was ready to let go. Let go of my old way of dealing with life. I was tired of my behavior patterns, tired of being angry, tired of being depressed, tired of being afraid to speak up. I was so tired of living, I just wanted to die.

I was 32 years of age when I first became aware of “being tired” of something. I was tired of hiding the fact that I was raised by an alcoholic. It was then that I started looking for help and allowed myself to open up through an organization called “Emotions Anonymous. I had so many feelings that were bottled up and hidden in my soul, afraid to share what made me, me. I started to let go of my shame.

In my late thirty’s I became aware that I was tired of being sick. I came across a book “Sick and tired of being sick and tired?” It helped me look at the foods I was consuming. I learned to let my food be my medicine to gain my energy back as I eliminated foods that robbed me of energy!

In my early forty’s I became aware of being tired of being depressed and angry. I came across a book, “The Dance with Anger”. This was my first baby step of letting go of anger and look at why I did the things I did. I discovered how it was that I functioned in my everyday life.

In my mid forty’s I realized that there were many things I had not done because of thinking, “I can’t do that”. I tried skiing, snorkeling, kayaking, parasailing, white water rafting.

I've heard it said that where you find yourself is where you're supposed to be and if you don't know who you are, start your own business. In my late forty's, I found myself owning my own business in the Multi Level Marketing Industry. That is where I really woke up from my emotional coma and came alive. While on my short MLM journey of 6 years I discovered I had dreams. After twenty two years of quietly serving my family working at home I knew it was “my turn, now”. My body mind and soul woke up. My spirit started to soar . . . until the business fell apart then I had to take a look at my relationship with God.

As I longed to know who I really was, in my early 50's I began to study the bible, I mean really study. I received much joy as I surrendered myself and let God direct me where he wanted me to be. He just wanted me to be happy and grateful for what He had done for me. What he had done for me he has also done for you because of His Great Love for us all. He sent his son Jesus Christ to die on the Cross for us. There is no Love greater than this.

One day you will be ready to surrender. I hope it will be soon because once I surrendered all the stress & worry was gone. I just trust God through everything. My life is still & peaceful. I have nothing to prove to anyone.

I hope my story inspires you to Love & Respect Yourself as you step forward in pleasing God, not Man!

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