

Who Am I? Why Am I Here?

A Guided Journey by Donna Packard

Instructions

For this activity, you will need:

- A journal
- Paper to draw or paint on
- Art supplies: Colored pencils, pens, pastels, watercolors and/or crayons - your choice
- Downloaded audio '*Who Am I? Why Am I Here?*' (It is recommended to use headphones while listening.)

Instructions:

Be sure to take time to read through these instructions before you begin.

1. Find a time when you will be able to relax without interruption for about 45 minutes. Turn off your computer, phone, television or other outside distractions.
2. Prepare for the experience by gathering your journal, art supplies, headphones and the downloaded audio '*Who Am I? Why Am I Here?*'
3. When you are ready to begin, get into a comfortable position, close your eyes, relax, breathe, and listen to the audio. This spoken journey audio is about 13.5 minutes long. There is additional music to listen to, if you choose, while doing your drawing as per the directions below.

4. After listening, *with your non-dominant hand* (if you are right-handed do this with your left hand, and if left-handed do it with your right hand), draw or paint a symbol to remind you of the gift you received and of your experience. Let go of any worries or judgments of how it looks or how it comes out. It may look like child's drawing, and that is okay.
5. Continuing with your non-dominant hand, free write in your journal for 5 or 10 minutes about your experience. To 'free write' means to simply write what comes with no concerns about whether it makes sense, or about having complete sentences or proper spelling, grammar, or punctuation. Just keep writing! Write whatever comes to you, letting it flow freely, with no judgments about how it sounds or how you are writing it or whether or not it is grammatically correct. Just let the words flow onto the paper.
6. Once you have completed the above, pause, take a breath, and be still for a few moments. Then, when you are ready, switch to your dominant hand and write any feelings, thoughts and insights about this experience in your journal.

Listen to this audio journey at least twice a week for the next month. Each morning as you awaken and each night before you fall asleep, focus on the type guidance you are seeking - the questions for which you are seeking answers. Thank your Inner Guidance for sending you messages to guide you, as if you already know the answers. Then, watch for signs and messages to come your way to help you to remember your Divine Nature and to remember who you are and why you are here. These messages may come in various and unexpected ways, such as from a dream, or from something someone in the grocery store happens to say to you, or a headline that jumps out to you, or a book that opens to just the right page with what you needed to read, or through nature. Pay attention and know that your Soul and Spirit Guides are guiding you. Write in your journal each day about your experiences, messages, inspirations, messages and insights. It is not necessary to do the non-dominant hand drawing or writing for the subsequent times you listen again to the guided journey (unless you choose to). Share a prayer of gratefulness to your Source for the guidance you are receiving.