



Who Am I? Why Am I Here?

A Guided Journey by Donna Packard



www.igniteyourdivinenature.com

Free Your True Self

Re-awaken the Dream in Your Heart

Step Into Your Infinite Potential



Why Am I? Why Am I Here? What is My Purpose?

Who Am I? Why Am I Here? What is my purpose? These may be questions you ask yourself. If so, you are not alone. It may often feel that you are not fully present in your life. You are doing all of the day-to-day things, yet somehow feeling disconnected from them, or maybe even like you don't belong, and find yourself wondering, "What am I doing here? Why do I feel like something is missing? Have I missed my calling? What is life all about? Why am I here? Why am I struggling? Why am I having these experiences? WHO AM I?"

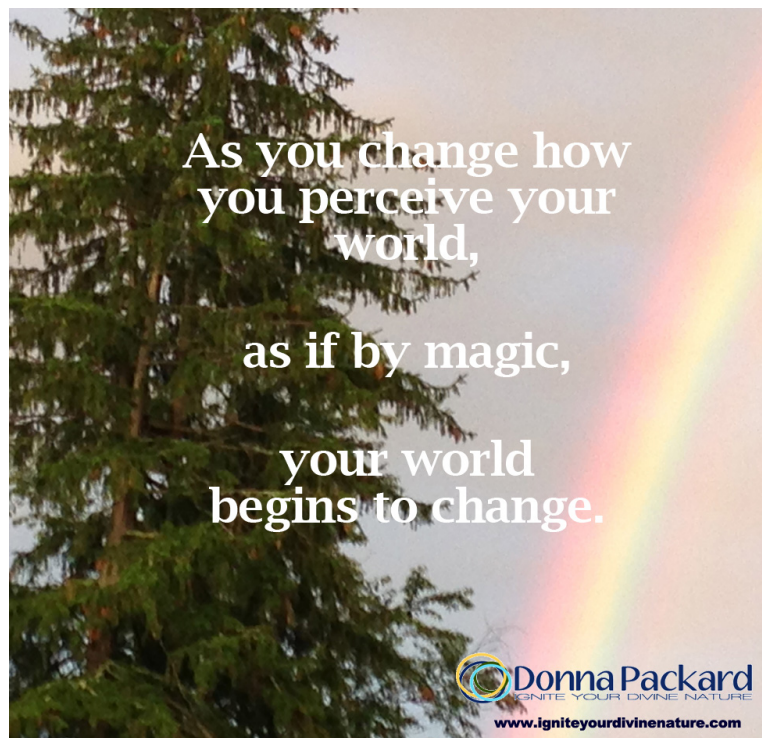
Listening to this audio will help you:

- **Answer the questions of who you are and why you are here**
- **Start you on your journey of unfolding and awakening to your life's purpose.**
- **Unlock the door to the connection with your Soul and Inner Guidance**
- **Shift your energetic, or vibrational patterns, so you may break free from what is limiting you and step into the place of Infinite Possibility**
- **Tap into the infinite field of possibility that lies at the Center of Your Heart**
- **Reclaim your spiritual power.**

What Limiting Beliefs May Be Holding You Back?

From the time you were born, you were conditioned in various ways and from various sources and experiences on how to view, or perceive, the world around you. Various limiting beliefs may have been instilled in you from family members, religion, school, and the media and from the ways you learned to see the world. You learned to see the world through these filters created from your experiences and conditioning.

You may have tried to follow all the rules of who you were supposed to be and how your life 'should' be. Some of the beliefs you have come to accept as the truth may be limiting you from living your true potential or accessing the place of Infinite Possibility that lives beyond them. Shifting these beliefs and conditioned filters of how you view the world changes your perception of yourself and the world around you. Imagine what the world might look like if you could see the world beyond your perceived ideas of how it all should be or from what you have been told is the way it is.



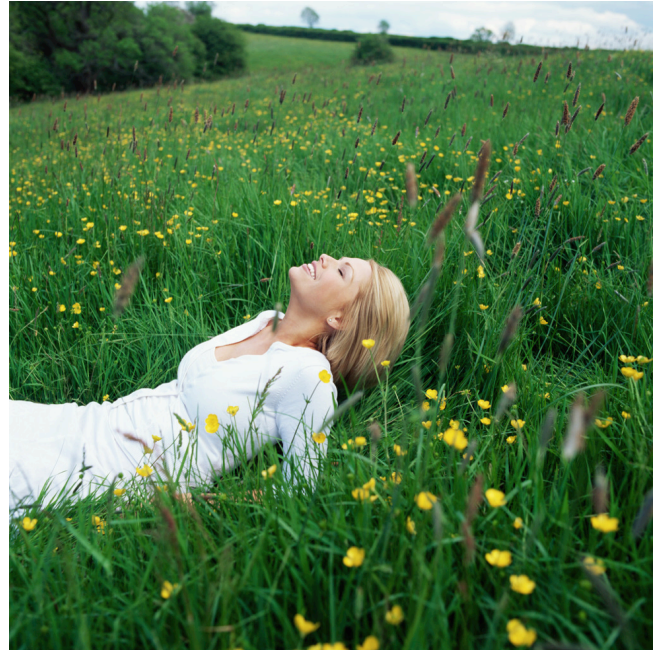
Like many, you have grown up in a consumer-oriented culture where the focus has been on being trained, or conditioned about what you need to buy to look better, feel better, or must do to be considered successful or beautiful. You may have gone to schools that compare you to others and tried to make you fit into a structure and ways of learning that may not have nurtured your True Self or your gifts and talents.

You may have tried to fit in, tried to do the right things, tried to make the grade. Maybe you tried to be perfect, to look the way you are supposed to, be the “ideal” weight, get the right kind of job, etc. You probably learned from various sources, including possibly some religious teachings, that there is something wrong with you in need of fixing. Perhaps you tried your hardest to do what you ‘should’ do to impress others or please your parents or partners, but still never felt quite ‘good enough’. Maybe you are still trying to keep up with all the things you ‘should’ do. Your life may have gotten so busy trying to keep up with everything on your plate, or taking care of and pleasing everyone else, that you feel disconnected from your True Self. You may feel like there is something missing or like you are hiding out and not fully showing up in your life.

Some of these experiences may have disheartened you, so you closed down and became more out of touch with your Soul’s passion and your connection with your Inner Guidance. You may have lost sight of, or given up on, the dream in your Heart.

Do you feel disconnected from your True Self? Do you find that you rarely slow down to listen within? Are you afraid of the silence or of being alone? Do you take time out to listen within and remember who you truly are? Do you connect with your Source? Are you doing the things you love and feel passionate about? Do you listen to your Soul’s guidance that recognizes and remembers your Divine Nature?

**Be still and listen to
your Inner Guidance.
Now is the time for
you to step into your
life of purpose,
passion, joy,
freedom and
abundant living.**



This audio is designed to help you:

- **Reconnect with your Heart Center, the place of your Spiritual Power.**
- **Connect to your Inner Guidance.**
- **Receive Guidance from your Soul**

This audio journey is infused with frequencies to help you shift your vibrational frequency to the vibrational frequency of Divine Love.

You will begin to remember and re-awaken to your Divine Nature, your True Self. You embrace your Infinite Potential and express the miracle of all that you are.

Shift Your Energetic and Vibrational Patterns

In this audio, you will go to the place of your pure essence, the place within you that remembers your Divine Nature. This core essence, the Heart of YOU, is the place that will guide you to remember who you truly are and the purpose your Soul has for being here now. This is a place that lies beyond all limitations, a place of expansiveness, a place to expand your boundaries and set yourself free.

**It's time to reclaim your
Spiritual Power and
remember the place of
Infinite Possibility that
dwells inside you.**



Think of it this way: As science has shown us, everything is energy. Your energetic field holds patterns in place that are dependent upon your belief systems, or the way you see and perceive the world. It holds stuck feelings and unexpressed emotions in place.

Your vibrational field is what 'attracts' or, rather, mirrors back to you the 'picture' of the vibrational field of things that are showing up in your life. For instance, if you hold a vibrational pattern of sadness and disappointment in relationships, chances are good you will continue to end up in relationships where this pattern plays out time and time again.

When you begin to perceive your life differently and tap into the field of unlimited and infinite possibilities, your vibrational field shifts. You see the world and yourself anew. You let go of judgments and embrace yourself, your

feelings, your life, and you find your human experience becomes more magical and miraculous. When you shift your vibrational patterns, you will be amazed at what begins to show up in your life.

Accessing the Guidance of Your Heart

Listening to this audio will take you out of your head and thinking mind, to the guidance of your Heart. This is where you reconnect with your Soul, the place inside you that recognizes your Divine Nature. It is the part of you that remembers the place of Infinite Potential and Possibility that is yours once you open to accept and allow it. It has always been there, but most of us have kind of been asleep, caught up in an almost hypnotic state of playing out the ways we have been conditioned to live and be in our lives. This is a re-awakening to something you have always known on a deeper level, though you may have just forgotten; it is a 'knowing' inside you. Your vibrational pattern will shift so you can begin to remember this knowing inside you; a 'knowing' that is always there for you to tap into.



You will go to the core of your Heart to access Divine Guidance to remember who you truly are and why you are here.

To gain the most from this experience:

- *Read and follow the included instructions.*
- *Listen to this guided 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 questions for which you are seeking guidance. Ask for Inner Guidance and direction.*
- *Watch for signs and messages to come your way from unexpected places. These messages will help you 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.*
- *Keep a written journal of your messages, insights and experiences.*

I feel blessed to share this journey with you and I look forward to hearing about your experiences!

To Your Magnificence,

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