

Who Am I? Why Am I Here?

A Guided Journey by Donna Packard

Transcript

Allow your eyes to close and follow your gentle breathing as it flows in and out. Allow your breath to flow in and out like the waves of the ocean, flowing freely in and freely out. And, as you breathe, allow your belly to fill with the breath and relax as you breathe out.

Breathing in and letting go, more and more relaxed with every breath.

Breathing in and breathing out...the breath begins to breathe you as you relax, letting go more and more, as you gently breathe in and out, more and more relaxed...

Relaxing and letting go, breathing gently in, breathing gently out, more and more relaxed

And now imagine that you are floating on a cloud. It's soft and comfortable and you rock gently and float and rock as you move down and down. Imagine you are moving from your head into the center of your heart...floating down, more and more relaxed, gently rocking, gently breathing, floating down and down until you land softly in the center of your Heart.

You look around and you notice there is a beautiful door before you. This door leads to the place where your Soul resides.

Notice what the doorway looks like. What color is it? And what is it made of?

You walk over to the door and touch it with your hand. What does it feel like?

And you notice a brilliant sparkling golden light emanating through the door. And you know that when you step through the door, you will be stepping into the light of Divine Love.

Open and walk through the door. And as you step out on the other side you immediately notice you have a sense of comfort, love, and peace. You feel your energy shift as you are filled with Divine Love. It's a feeling as if being in love, only multiplied many, many times over. Embrace this feeling and hold it in your heart.

Take a deep breath and look around you. What do you see or sense? Do you hear any sounds? Are there any fragrances in the air?

You notice a circle with a beautiful bench calling to you to come and sit. You feel like you've come home to a place you have always known. And you are here in this beautiful place to connect with your Soul, your core essence. This is the place of all knowing, of infinite possibility, your place of spiritual power.

And here you remember that your life is just a small piece of a much larger picture. You know you are just passing through your life experience. And you recognize the miracle of your human experience.

And here in this beautiful place, ask for your Soul's Guidance. What is my life purpose?

Who am I?

And why am I here on the earth at this time?

What am I here to express or to create?

And now imagine you are looking into the deepest mirror and you see your True Self shining before you. You remember your Divine Nature. You realize that the same Divine Intelligence who created the stars also created you. And, that this Divine Intelligence, the Heart of Creation, also breathes the breath into you and gives you your life. It expresses through you. Embrace how truly magnificent you are! And feel the essence of the deepest of love fill you. Feel pure love and acceptance in your heart for the perfect imperfection of your human experience. Know your life is a gift and a miracle for you to embrace and to experience to the fullest.

Ask this Divine Intelligence, who am I and why am I here?

What do I need to know to allow my True Self to shine?

And now imagine your Soul giving you a gift to remind you of who you are and why you are here. Receive this gift and accept it into your heart. Know this is a gift you will keep with to remind you of who you truly are.

And soon it is time to step back through the door. You take a deep gentle breath and bringing your gift with you, and remembering all you have experienced, you walk back through the door. And you're on the cloud floating up and up, little by little coming back, returning and remembering all you have experienced. Take a deep breath. Begin to wiggle your fingers and move your toes and your feet and your arms and your hands, Take a deep breath and when you're ready open your eyes. Feel yourself fully present and know your True Self is about to shine forth!

