

You chose to come into this Life.

Do you remember why?

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Within each of us there is a deep desire to know that our life has purpose. For many, that purpose is obscured from view and there is a profound sense that "there *has* to be more to my life than this!" What you're hearing is the pulse beat of your Soul that seeks to be realized and will not accept being hidden away.

At the level of your Soul, you are connected to All that IS and All that can Be. You are eternal, knowing, expanded, connected, abundant, you exist in a state of ecstasy and more, you are Love. You know no shame, anger, resentment or fear. You shine with the light of a thousand suns. You are all that you are and can be. This is you Truth. It is the spiritual blueprint of your Being

Your Soul is in a continual state of evolution and it knew that this lifetime would give you the opportunity to learn the things you need to learn to evolve at a soul-conscious level....and so, you entered this life, you were born.

What's important to keep in mind is that there was a time when you were here, in this physical existence, living life from your spiritual blueprint. There was a time in this life when you knew, beyond a shadow of a doubt that you were eternal, knowing, expanded, joyous and loving. You knew you were loved.

During the early years of your life, through the things that were said to you or the things that were never said that you so deeply needed to hear, the things that were done to you or the things that were never done for you that you needed to feel safe, acknowledged and loved in this world, changes began to take place to that magnificent blueprint of beliefs.

You may have begun to think: "maybe I'm *not* good enough to be loved", "maybe I'm *not* good enough to belong", " maybe there's something *wrong* with me" etc. You may have even adopted one or more of these fear-based beliefs and made them a part of the blueprint that defines who you are, thinking, "It must be true otherwise why would these things keep happening to me?"

One of the important ways we learn here in this Life is through Reflection. Whatever you believe is reflected back to you. For example, if you believe that you're not good enough to be loved, through the dynamic of Reflection, you will draw to you relationships and associations that reflect this belief.

In time you may tire of being in a relationship that is disappointing or destructive and choose to move away from it hoping that you'll "get it right". However, if at a fundamental level you still believe that you're not good enough to be loved, the chances are great that, through the law of Reflection, you will attract to you another relationship that substantiates this fear based belief.

And so the cycle continues. The faces may be different but the same story being told perhaps leading you to ask with exasperation "Why does this keep happening to me?!"

It seems like common sense that if you don't like what you're seeing on your computer screen, you don't expend energy throwing the screen out, you simply change what you imputing at the keyboard. It is no different with your Life. If you don't like what you're seeing taking place in your Life change the beliefs within you that are attracting these experiences.

How?

To change these adopted, fear-based beliefs you have to go within and heal the wound where the fear and pain resides. It's not enough to know about it intellectually. It needs to be healed emotionally...and yes this takes courage. Oftentimes it is best to have a therapist work with you through this part of your journey.

Living Life with Purpose

To live your Truth is the difference between simply existing/ going through the motions and truly Living.

How do you find it?

The journey of this lifetime is to heal the issues that caused you to separate from your Truth in the first place and reclaim your Divinity. The purpose of this Life is to

return to your Truth, to remember who you are so that your life becomes a living reflection of the Truth within you. And in reclaiming your Truth, the part of you that hold your divinity, your uniqueness and your gifts, to share them with this world and leave it somehow better because you were here.

This is the courageous journey from being a victim to that of a soul-conscious Being who is co-creating this world.