

Why We Don't Remember The Gift of this Journey

There is a gift in not remembering who we are when we are born into this lifetime; the gift is the journey.

Many of us wonder why we do not remember who we were before we were born. We wonder what it was like to be a soul without a body and what it will be like to be one again. Many of us have a strange sense that we do remember, as if we did experience a bodiless existence, but we can't quite recall the details. We may remember feeling as if we were flying, or as if we were just incredibly light and unrestricted in our movements. Still, most of us do not recall anything in detail about the time before we incarnated into a human body.

There are many possible reasons for this deep forgetting, one of which is that remembering would probably impinge upon our ability to fully commit to this life. Experiencing life on earth without any memory of an alternative existence allows us to be here completely, and that is what is required in order for us to learn much of what we must learn here. Most of us are not meant

to spend our time here preoccupied with concerns beyond the realm of this lifetime.

Instead, it is our job to occupy our bodies and our planet with a fullness that would not be possible if we were constantly aware of another, and extremely different, realm of existence.

There is no doubt that life on earth is difficult in ways that life outside of a body is not. As we modulate our energy to move into a body, our consciousness changes, and this is a necessary change. Forgetting other levels of being protects us from a confused and divided experience. Soon enough, we will be back where we started, so thinking too much about it now is a bit like being on a fascinating journey and spending the whole time thinking about going home.

It is more in alignment with our purpose here to be fully present in the gift of this journey, unreservedly offering our energy to the experience we are having right now.

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