

## What is my Soul's Expression?

Eventually a question creeps into our minds: "Why am I here?" Next comes, "What is my Soul's Purpose?"

Consider asking this question instead: "What did my Soul come here to experience or express?"

Our Souls didn't choose to live an Earthly lifetime to pay penance for some misdeed in a past life. Our Souls didn't come here to learn a lesson. Our Souls didn't incarnate with a mission to fulfill. The Soul chooses to come to this time-space plane called Earth in order to *experience* it. To feel it, touch it, taste it. And to contribute Itself to the grand symphony that is Life.

Each one of us is here to contribute our unique gifts, our unique way of seeing this world. You are unlike anyone else on this planet, anyone else who *ever lived* on this planet. You have unique gifts and talents, and a unique way of expressing them. Without **your** expression, the symphony falls flat.

What do you love to do? What makes your heart sing, your pulse race, your adrenaline pump, your brain light up with joy? You know what this is. Don't get bogged down with thinking that it's not "important" enough or big enough. Just answer these questions: *What brings me joy? What do I love to do?*

At this point, you're not trying to figure out what you love to do and make a career out of it. You're uncovering what your Soul came here to express. This is important; the first step is to simply uncover your Soul's Expression. Incorporating it into your daily life is the next step. Fashioning your career around it is a further step.

For now, just answer these questions: *What brings me joy? What do I love to do?* Think about this over the next several days. Notice how your mood changes when you do the things that bring you joy, or even just think about the things that light you up.

Then find ways to bring that joy-giving Soul's Expression into your life. Daily.