



**Why Am I  
HERE ?**





**Why Am I  
HERE ?**

**A Concise Guide to Your  
Purpose and Potential**

**JOYCE KELLER**  
with **ELAINE J. KELLER**



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by Joyce Keller with Elaine J. Keller

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To Jack, Elaine, Scott, Alex, John, Nick, Flo, and Tina.  
The great loves of my life.



*The two most important days in your life are the day you are born and the day you find out why.*

Mark Twain

*Occasionally I told astrologers to select my worst periods, according to planetary indications, and I would still accomplish whatever task I set myself. It is true that my success at times has been preceded by extraordinary difficulties. But my conviction has always been justified: faith in the divine protection, and the right use of man's God-given will, are forces formidable beyond any the "inverted bowl" can muster. The starry inscription at one's birth, I came to understand, is not that man is a puppet of his past. Its message is rather a prod to pride; the very heavens seek to arouse man's determination to be free from every limitation. God created each man as a soul, dowered with individuality, hence essential to the universal structure, whether in the temporary role of pillar or parasite. His freedom is final and immediate, if he so wills; it depends not on outer but inner victories.*

Paramahansa Yogananda, *Autobiography of a Yogi*



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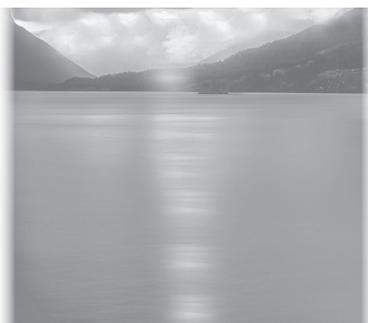


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## Introduction



### What is Karma, Really?

#### ***You've heard of "karma," of course.***

By now, nearly everyone has. In fact, we've been pretty much deluged by self-help gurus theorizing on the subject, so much so that phrases like "instant karma," "it must be karmic," "good karma," and "bad karma," have invaded our vocabulary, seeming to

threaten either perpetual doom or good luck by an unknown and a grossly unfair set of gods.

The fact is that karma is a centuries-old school of thought linked to the Eastern concept of reincarnation. Reincarnation's basis is that through each rebirth we are given new opportunities to develop ourselves and alter past mistakes by changing the *attitudes* associated with making these mistakes. Not changing the underlying attitudes causes a worsening set of circumstances, and as we undergo increasingly difficult experiences, we seem to be caught in the grip of a relentless downward spiral. But this is not cause for worry. The purpose of these bad or unpleasant experiences is to bring about a positive change in our temperament, leading to our soul's evolution. Someone who wantonly takes life for granted without regard for the pain and suffering of others, for example, may find himself in a situation that elicits his compassion for others while providing the opportunity for him to experience the sacredness of life. That's what karma is—an *opportunity*.

For this reason we select our own experiences prior to birth—yes, we select our situations!—and these experiences become opportunities for growth. Likewise, our astrological chart is preselected with our highest

good in mind, put into place for us to best experience spiritual progression. Nothing about our births is arbitrary, but instead consists of a design created to set into motion our one constant and greatest gift, the meter by which all our decisions are made on earth: that of free will. Free will is the motor that propels us forward with the assistance of our moral compass, spiritual rudder, and sense of discernment.

Helping us along the way to evolution is *inner knowledge*, knowing ourselves and the meaning of the pitfalls we face, so as to best dodge them and create a blissful, caring, and fulfilled life.

You may be asking, with so many how-to-succeed books offering creative visualization, positive thinking, and success affirmations, why do so few succeed at creating a beautiful life for themselves, filled with all the good things humans yearn for, such as success in career, family relationships, and love?

Many of the self-help gurus today have obviously read up on karma. While they have gotten some of it right, many have missed the point by focusing on karmic causes in this lifetime. In truth, karma is brought about by *past life* attitudes that need to be corrected before we can succeed in the present.

The other misconception is in not understanding another great truth: karma is *changeable*. This misunderstanding has given the karmic principle a ring of finality, ignoring the power within each of us that is capable of influencing and changing our life direction and experiences. This is why we have been given free will. Karma is not to be suffered through like some harsh penance or punishment; rather, karma is intended to be transformational. Our karma is influenced by our every step through life, shaped by our growing attitude and understanding, and can be washed away just as the waves wash away our footsteps in the sand.

So, the missing part of the equation involves the personal karma of the individual, and his or her freely-chosen actions and attitudes that can change it.

More than half of our current life problems stem from past-life actions. This is the first key to take into account on your journey to life improvement.

## **The Karmic Doctrine and Past-Life Hold-Overs**

The Karmic Doctrine is a spiritual law that is meant to keep us moving toward greater development of our individual soul—the link to our consciousness and individuality that survives physical death. This doctrine carries forward from lifetime to lifetime and through the non-physical in-between periods as well as those in the third dimension here on earth. If we touch a hot stove, we instantly react by jerking back our finger, learning to never do that again. There are thoughtless, ignorant, ill-advised, inconsiderate, mean, or evil acts committed by those who do not appear to undergo an instantaneous reaction or learning experience. We see people doing terribly bad things in their lives while living out their days in comfort and wealth. We wonder why there is no justice and how the universe could let this happen.

This is where the Karmic Doctrine comes in. It is a law that balances our actions and attitudes and carries over from one physical lifetime to another, or sometimes several. It turns the tables and subjects us to the same or similar conditions we imposed or wished on another in a past life. These conditions are not meant to punish but to enhance our understanding through experiencing what the other person or people went through as a result of our actions, or lack of action. Soul memories from a past life, lying deep in our subconscious, affect us in our current lifetime through emotions. Past-life experiences become part of our emotional makeup in a new lifetime. Strong likes, dislikes, fears, and phobias in this life are usually due to subconscious memories of our experiences from a past life.

Deep within our consciousness, these hidden memories affect us greatly, sometimes in negative or restrictive ways. Many people have been helped through hypnosis, by means of past-life regression techniques, to eliminate these past-life memories that are causing problems for them in their current life. But hypnosis is not a requisite for accessing this information, as you will see. This book relays my method for getting to this hidden wisdom and will provide you with the necessary tools to understand where you have been in the past and how these experiences may be affecting you now. I say “may” be affecting you, because each individual is different and is in a unique phase of his evolutionary path. As always, you are meant to use your powers of

discernment to decide how much of the following information applies to you in the here and now, and to use what does apply to your soul's highest advantage.

Our subconscious is aware of what we need for our growth. We select an easy or a hard path, the hardest being the most accelerated type of development; the easiest, the most outwardly enjoyable but slowest in its spiritual rewards. Though we inwardly know the meaning of our lessons, their purpose has too often become obscured by our needs, wants, and the disconnection of day-to-day life. When our personal karma is understood, and altered, life becomes renewing and forgiving. The weight is lifted. That is what this book is designed to help you do: lift the weight you may be feeling, and remove the obstacles blocking your personal happiness and evolutionary path.

This part of the Karmic Doctrine, taught by the Eastern religions of Buddhism and Hinduism, was brought into the Western consciousness in the early twentieth century by the amazing "sleeping prophet," Edgar Cayce. Between the years 1901 and 1945, Cayce, a devout Christian, gave more than 14,000 psychic readings in a trance-like sleep state. Of those, the life readings, or "life histories," as he called them, delved into past lives and brought to light a range of concepts, including karma and reincarnation. This was the first time many Westerners heard of these terms.

In *Many Mansions: The Edgar Cayce Story of Reincarnation*, author Gina Cerminara explains: "No matter what our difficulty . . . we must realize that only through the transformation of the self can the situation be transcended. Our own attitudes must be changed; our own conduct must be altered. Attitudes cannot be critical, condemnatory, vengeful, proud, indifferent, negative; conduct cannot be selfish, inconsiderate, unsocial."

Karma is the law of *cause and effect*. "What ye sow, so shall ye reap." In other words, what you give out, you will get back. It knows no time or limitations, pushing forth the evolutionary path of the soul as it moves toward its final and highest destination of enlightenment, self-realization, or "godliness." Karma acts on a subliminal and spiritual level, affecting us physically and emotionally. If we do not know why we experience what we do, it is because our subconscious memories don't usually hold the awareness of thoughts, intentions, or actions of former

lifetimes affecting our existence in the here and now.

Karma does not link us up with spiritual memory, however. We may experience a balancing or growth opportunity without understanding why we are confronted with this particular lesson. This is because it would be traumatizing for us to see the actual causes of our current path, and so it is with divine grace that we are spared this knowledge. Our conscious memory of past-life experience is blocked out by a shield of protection, linking us up only with those memories we need to understand in order to keep from repeating the same mistakes.

For this reconnection with spiritual memory, I use the tool of astrology. While astrological horoscopes found online or in the daily paper paint with a broad brush that often only applies to the individual in a general way, I have, through my years of practice, fine-tuned my understanding of planetary placement, in order to ascertain where we've come from, and what we are supposed to be learning from it. In other words, to understand not only our soul's past, but our soul's potential.

*Why Am I Here?* is about reconnection with our higher selves. It is about new understanding and growth, while penetrating the protective shield that links us with, and at the same time protects us from, the memories and experiences that lie at the root of our current problems and situations. This book will help you cut through the veil and supply answers without causing trauma in the process.

This book also explains what the causes of our heartaches, problems, or confusions might be. These summaries are not meant to generate guilt, but to encourage analysis and introspection. It's up to you to turn to your own inner guidance to ascertain what applies to yourself and what doesn't. Only your heart and inner mind can reveal this to you.

**It is no more surprising to be born twice than it is to be born once.**

—Voltaire

## **Attaining “Moksha,” or Soul Liberation**

According to the Hindu religion, the purpose and destiny of all souls on the earth is “moksha,” or soul liberation. It is freedom from rebirth on the physical plane. Our soul then continues to evolve in the astral

plane known as “Antariksa,” until there is the final stage—the merging with Siva, or the Godhead. It is then like water returning to the sea—a sea of bliss.

Moksha comes when earthly karma has been resolved, and humans are fully God-realized. There cannot be any deeds left undone, anyone to forgive, or any further necessary Earth experience. If any of this is left undone, we can be pulled back into earthly expression and birth. As taught by Sri Paramahansa Yogananda, all souls ultimately strive for self-realization. That is the reason his organization, Self-Realization Fellowship (SRF), in Los Angeles, Calif., thrives, to this day. It is considered by many to be the gateway to soul liberation.

Soul liberation often unfolds when there is tremendous generosity—generosity that involves giving, and then giving even more, until it is impossible to continue giving. Being able to give generously may be the ultimate test of soul development and ultimate soul liberation—liberation that ends the seemingly endless cycle of earthly incarnations. Saying, “I don’t want to be born here again,” may or may not qualify a person for Moksha, the ending of their cycle of reincarnation.

When a seeker has unfolded to the point where he wants to end the cycle of earthly experiences, the desire for giving to others becomes increasingly powerful and spontaneous. He or she will always be looking for an opportunity to do something good for someone else. When someone has not unfolded into this pattern of generosity, he thinks about himself a great deal, and he calculates his generosity in proportion to what he will receive, or by something else. By giving in proportion to what will be received, he is creating future limitations. He is saying, “I am just this big, and I will always be just this size, because that is as far as my consciousness can take me.” Karma doesn’t work that way. Human consciousness is not like that, because by limiting or calculating your generosity, you are shrinking your consciousness, rather than expanding it to divine love and experience. It will cause pulling away from God, rather than reconnection.

If your heart is full of joy, you will be more confident, and have more to give to others. Another secret of soul growth is to have little or no awareness of what is given away to others. Give freely and generously, without calculating the value of the gift. Do not remember your generosity. Do not wait for or expect a return for your acts of generosity.

Give freely, and then, let it quickly be forgotten. Why do we have to remember, when there are universal soul records that know everything?

## Is There Such a Thing as Good Karma and Bad Karma?

The following is from the Vedic Scriptures on karma, *Dancing with Siva*:

In the highest sense, there is no good or bad karma. All experience offers opportunities for spiritual growth. Selfless, kind acts yield positive, uplifting conditions. Selfish acts yield conditions of negativity and confusion.

Karma itself is neither good nor bad, but a neutral principle that governs energy and motion of thought, word, and deed. All experiences help us grow. Good, loving actions bring us lovingness through others. Mean, selfish acts return to us pain and suffering. Kindness produces sweet fruits, called, “punya.” Unkindness yields spoiled fruits, called, “papa.” As we mature, life after life, we go through much pain and joy. Actions that are in tune with our destiny, or dharma, help us along the path, while wrong actions impede or slow down our progress. The divine law is that whatever karma we are experiencing in our life is just what we need at the moment, and nothing can happen but that we have the strength to meet it. Even harsh karma, when faced with wisdom, can be the greatest catalyst for spiritual enfoldment. Performing daily tasks, keeping good company, going to holy places, seeing to others’ needs—all evoke the higher energies, direct the mind to useful thoughts, and avoid the creation of troublesome new karma. The Vedas explain, “According as one behaves, so does he become. One becomes virtuous by virtuous action, bad by bad action.

During my life, I have had the good fortune to work with a masterful group of teachers and angels who come through to me in meditation, dreams, automatic writing, whenever I am driving a car—one of my most receptive times—or while I am channeling. They come whenever I need an answer or redirection, or to offer insight. *Why Am I Here?* is the offspring of this information.

I have come to know some of my guides extremely well, particularly

those who have been with me through my entire life. One of these is Babaji, who in Hinduism is revered as the Father. To me he is a patient and very blessed teacher. Babaji first appeared at my bedside when I was four years old, looking remarkably like Santa Claus with a dark tan. Through Babaji and his equally holy sister, and feminine counterpart, Mataji, I was carefully, but pointedly, guided to the world beyond conventional Western thought.

Other guides come and go for different purposes, and some, I have learned, have been with me over many lifetimes. Of these, I have had particular influence from members of the Self-Realization Fellowship. This organization, with which Babaji and Mataji are fundamentally involved, is written about extensively by its founder, Paramahansa Yogananda, in his extraordinary book *Autobiography of a Yogi*. The principle tenet of self-realization is that the purpose of life is evolution. This is accomplished through self-effort, says Yogananda, and through "lifting of man's limited mortal consciousness into God Consciousness." Self-realization is the knowledge that "we share kinship with God, and possess a superiority of mind over body, and soul over mind."

Through my work with master teachers, life-work with individuals on clairvoyant or intuitive levels, and through my own readings, I have become convinced of these and other spiritual truths. Many of these are offered in *Why Am I Here?* in the hopes that they will be of interest and service to you.

## Part I

# How It All Relates to You

*I consider myself a Hindu, Christian,  
Muslim, Jew, Buddhist, and Confucian.*

Mahatma Gandhi

# CHAPTER 1

## The Tip of the Iceberg



### The System

***If you are reading this book, it's*** pretty clear by now that you must have wondered at least once whether you've lived in another time and, if so, who you were. Maybe you have wondered if, and *how*, those past lives are affecting your present life. Have you also wondered about

being instantly attracted to a special person, knowing on some level that you have not only met before, but might even be *soul mates*? Do you have recurring money issues and wonder whether these problems are part of some pattern set in place even before you were born? Do you play music by ear without any training and wonder how? Do you have a special affinity for languages? Do you know a prodigy? All of these, I have come to learn, are indications of past-life issues, tendencies, and relationships, as well as karma that has been left unfinished. My intention is for this book to help you bring these issues out into the open, and achieve a successful and fulfilling resolution, once and for all.

*Why Am I Here?* offers a simple system to unlock the secrets of your past lives and their impact on your present life. It's not your imagination when you feel you "know" that teller at the bank, or that you dislike your neighbor upon first sight; you may very well have had negative interactions with this person in a recent lifetime.

This book will tell you:

- What you were like in your past life
- Why you were born
- Where you are going with your life

- What you should be doing with your life
- Who your soul mate might be
- Your greatest financial success
- Your best career path
- The karmic issues you are tangling with

*Why Am I Here?* also contains:

**My one-of-a-kind Karmic Dictionary, which you can use to pinpoint the underlying emotional cause behind a particular issue.**

*Why Am I Here* reveals my tried-and-true technique to find your soul mate and stay together, and how to attain the fulfillment and lasting abundance you strive for. It will help you discover the life contract that you agreed to prior to your birth, and to become what you are meant to be—fulfilling your most deeply held dreams and potential.

*Why Am I Here?* does this by taking an obscure but amazingly helpful technique of reading the “Nodes” of the moon (from your astrology chart), and turning this information into a workable system meant to improve your life.

Ancient metaphysicians realized that the position of the “South Node” in a person’s birth chart indicated his most recent past incarnations and experiences. In my own work, I came to realize that this signal could be used as a means of unlocking the mystery of where that person had been, and what attitudes he might be carrying over. I refer to this “carry-over” as the *soul memory*.

The metaphysicians also discovered that the “North Node” indicates the most important lessons, experiences, and relationships a person may experience in their current lifetime. I refer to these promising possibilities as the *soul potential*.

*Why Am I Here?* helps you quickly access this information, then apply it in the most creative, effective way possible.

**There is nothing noble to being superior to some other man. The true nobility is being superior to your previous self.—Hindu Proverb**

## Unlocking Your Karma

*Why Am I Here?* offers a simple, easy-to-understand system for discovering and correcting your karma.

In my twenty-odd years as an on-air psychic on America's longest-running New Age live, call-in radio show, I've developed a system of tuning into and correcting life's problems. I have put this system into practice not only in my own shows and books, but on *The Morning Show with Regis Philbin*, on *Oprah*, *Entertainment Tonight*, and in countless other public forums.

The system is easy and begins with "unlocking" your karma. To do this, my system isolates certain aspects of our individual makeup, including personality trends, why we're here, and where we've come from.

### The Keys

You'll see that unlocking, or advancing, one's karma is not difficult if you understand the keys.

#### *Where Is Your Personality Taking You?*

The first key is uncovering your basic make-up. These are your character traits, or the way you address the situations in life. The personality has the ability to move us in either a negative or a positive direction, which are both pointed out here.

#### *Where Have You Come from?*

The second key is uncovering where you've come from. *The Soul Memory Tables* indicate why you have been born in the present, and what your lesson is.

#### *What Is Your Potential?*

The third key is uncovering why you're here, or the purpose of your birth. This is what you're here to do now to get rid of karmic indebtedness incurred in the past.

*The Soul Potential Tables* give an indication of current life lessons, health, money, success issues, and soul mates.

### *Initiate the Karmic Shift*

The fourth key is initiating the Karmic Shift, or the awakening of a new outlook, by recognizing the situations that are in place for our growth. *The Challenges List* helps identify these situations.

### *Remove Harmful Attitudes*

The fifth key is isolating underlying attitudes perpetuating problems and issues in your life by using the *Attitudes, Conditions, and Tendencies* list.

### *Change Your Emotional Condition*

The sixth key is to discern where your underlying attitudes are taking you. The *Karmic Dictionary* is arranged alphabetically for easy reference, and allows you to look up the meaning of difficulties as they arise.

### *Apply the Lessons of Your Life*

The seventh key: use this meaning, or underlying emotional condition, to implement your *Life Lessons*.

Follow your road with understanding, discernment, and an open heart, and see where it takes you. Don't be surprised if it takes you where you want to go.

As above, so below  
We are all one  
God is in all of us, and in all things.  
—Anonymous

## Religions on Reincarnation

**Buddhism:** Incarnations are caused by karma and earthly cravings that must be overcome in the pursuit of spiritual perfection. Liberation from rebirth is achieved when one overcomes the “three unwholesome roots”: desire, hatred, and delusion—and attains nirvana, or enlightenment, a state of ineffable peace.

**Christianity:** While early versions of the Bible confirm the theory of reincarnation, no mainstream Christian denomination officially supports the concept.

**Hinduism:** Reincarnation is caused by imperfections of the soul; ignorance and desire perpetuate the need to reincarnate. The soul perfects itself by purifying and realizing itself, shedding earthly desires.

**Islam:** The Koran: "He brings back to life the dead earth, similarly ye shall be reborn."

**Judaism:** The early Jews believed in transmigration, or the passage of a soul upon death into another body. —Rosemary Ellen Guiley, *Harper's Encyclopedia of Mystical and Paranormal Experience*