Why incarnate to experience contrast?

as channeled from the Beings of Light through Liesel

"Why would someone climb a mountain, or run a marathon? Why would they choose to go through this potential intense discomfort and pain? Why not simply remain resting in the most comfortable position? Those who climb a mountain or run a marathon wish to know themselves and what they are capable of more completely. In a spiritual sense, those souls who choose human incarnation for the purpose of experiencing contrast are the souls that gravitate to what could be thought of as a spiritual form of mountain climbing or a spiritual form of a marathon. They realize that the reward in reaching the view from the top of the mountain is a more robust understanding of what it means to be made of the vibration of unconditional love."

"Always know Our love is truly with you, because Our love truly is you."

Your Soul's Plan Rob Schwartz

Disclaimer: This information is not meant as medical advice, nor is it meant to diagnose or treat any disease or mental health disorder.