



Your Soul's Plan
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DID I
REALLY
PLAN
THIS?

a look into our pre-birth plans and why



CHAPTER 1



Pre-birth Planning

YOU MAY FIND THE CONCEPT of pre-birth planning—particularly the planning of painful challenges—astonishing. I know this feeling well. For most of us, this notion presents a new and radically different way of looking at the world and our purpose in it. The more traumatic our challenges, the more difficult the concept may be. My understanding, acceptance, and eventual embrace of the idea occurred slowly and in stages, particularly in regard to the most painful aspects of my life. With each stage I felt the healing of old wounds. Anger and resentment faded and were replaced by feelings of peace and joy. I saw a beauty in life that previously eluded me.

My purpose in writing this book is not to persuade you of the absolute reality of pre-birth planning, but rather to offer, in a spirit of helpfulness, an idea that has been profoundly helpful to me. I ask only that you consider its possibility. You need not be convinced of the idea to benefit from it. You need only ask, “What if? What if I really did plan this experience before I was born? Why might I have done that?” Simply asking these questions gives new meaning to life challenges and launches a journey of self-discovery. That

journey demands no particular beliefs regarding spirituality or metaphysics, only an interest in personal growth and the acquisition of wisdom.

On these pages you will read the stories of ten courageous individuals. You will learn what they planned before birth and why they planned it. The process of understanding pre-birth planning may be likened to viewing a sculpture. If you want to truly appreciate a sculpture, you would not view it from only one angle. Rather, you would walk entirely around it, pausing in various places to look from a new perspective and observe the nuances that are now suddenly visible. Each story is one such perspective. By viewing pre-birth planning from ten angles, you'll arrive at a more complete and integrated understanding than only one or two perspectives or a purely theoretical discussion would allow.

I strongly encourage you to read the stories with your heart. The heart has a higher form of knowing, a greater wisdom, than the mind. Intellectual analysis will carry you only so far. These stories are meant to be *felt*. When you as an eternal soul planned your current life, you were not concerned with what your mind might come to know. Instead, you wanted to experience the feelings that would be generated by life in a physical dimension. Life challenges are a particularly powerful means of creating feelings, which are, in turn, vital to the soul's self-knowing. These feelings cannot truly be comprehended by the mind; in fact, the mind is a barrier. In many ways life is a journey from the head to the heart. We plan life challenges to facilitate this journey, to break open our hearts so we may better know and value them.

Empathy is a key that unlocks the door to the heart and makes possible an understanding of these stories and their spiritual meaning. Just as it took courage for the people in

this book both to plan their challenges and to share them with you, it will take courage for you to empathize. I believe that empathy heals. If you seek healing, you may find your courage well rewarded.

This chapter provides you with the information you need to appreciate the stories' metaphysical aspects. If you are unfamiliar with metaphysics, some of these ideas may strike you as unusual, just as they once did me. I ask for your patience. They will have greater meaning and validity as you see them applied in the stories—and still greater meaning and validity as you apply them to your challenges. This chapter will also give you an overview of the commonalities I found in the interviewees' life blueprints. With this roadmap you will have a framework in which to incorporate the wisdom they share.

Why We Incarnate

The planning we do before birth is far-reaching and detailed. It includes but goes well beyond the selection of life challenges. We choose our parents (and they choose us), when and where we will incarnate, the schools we will attend, the homes in which we will live, the people we will meet, and the relationships we will have. If you ever felt you already know someone you just met, it may well be true. That person was probably part of your pre-birth planning. When a place, name, image, or phrase seems oddly familiar the first time you see or hear it, that familiarity is often a vague remembrance of what was discussed before incarnation. In many planning sessions, we use the name and take on the physical appearance we will have after birth. Such practices help us recognize one another on the physical plane. The feeling of *déjà vu* is often accurately attributed to

a past-life event, but many déjà vu experiences are memories of pre-birth plans.

When we enter the Earth plane, we forget our origins in spirit. We know prior to incarnation that we will have such self-induced amnesia. The phrase *behind the veil* refers to this state of forgetfulness. As divine souls, we seek to forget our true identities because remembering will give us a more profound self-knowing. To obtain this deeper awareness, we leave the nonphysical realm—a place of joy, peace, and love—because there we experience no contrast to ourselves. Without contrast, we cannot fully know ourselves.

Picture, if you will, a world in which there is only light. If you never experienced darkness, how well would you comprehend and appreciate light? It is the contrast between light and dark that leads to a richer understanding and, ultimately, a remembering. The physical plane provides us with this contrast because it is one of *duality*: up and down, hot and cold, good and bad. The sorrow in duality allows us to better know joy. The chaos of Earth enhances our appreciation of peace. The hatred we may encounter deepens our understanding of love. If we never experienced these aspects of humanity, how would we know our divinity?

Imagine you are originally from a place in which the most exquisitely beautiful music ever created plays. This music is rapturous, resplendent. As long as you have lived, you have always heard it. It has never been absent, nor has any other music ever been present. One day you realize that because you have always heard it, you have never *really* heard it. That is, you have never really known it because you have never known anything else. You decide, therefore, that you would like to know the music truly. How might you accomplish this?

One way would be to go to a place where the music of Home does not exist. Perhaps a different music plays, a

music that contains jarring notes or strident passages. This contrast would instill in you a new appreciation of the music you always heard at Home.

A second way would be to go to a place where the music of Home does not exist and recreate it from memory. The experience of composing those magnificent sounds would give you an even deeper understanding of their beauty.

A third possibility exists, one that is much more challenging but that also holds the greatest promise. It occurs to you that a truly profound knowing can be gained by going to a place where the music of Home does not play and once there recreating it *but only after you have forgotten what it sounded like*. The experience of remembering and then composing the extraordinary symphonies of Home would produce the richest, fullest, and most expanded knowing of their inherent grandeur.

And so bravely you travel to the world that offers the third option. There you hear music that you, lacking memory, believe to be the only music you have ever heard. Some songs are lovely, but many strike your ears as dissonant. These harsh tones foster within you a desire—and ultimately a resolve—to create original music.

Soon you begin to write your own compositions. At first you are distracted by the loud music of your new world. Over time, however, as you turn away from the external blare and listen to the melodies in your heart, your musical creations grow in beauty. Eventually you compose a masterpiece, and when it is finished you remember something: the masterpiece you wrote is *the very same music* that had played at Home. And this recollection triggers yet another: *You are that music*. It was not something you heard outside yourself; rather, it *was* you, and you *were* it. And by creating yourself in a new place, you now know yourself—truly

know yourself—in a way that was not possible had you never left Home.

This is the experience the soul desires. A soul is a spark of the Divine; a personality—a human being—is a portion of a soul's energy in a physical body. The personality consists of temporary traits that exist only during the physical lifetime and an immortal core that reunites with the soul after death. The soul is vast and goes well beyond any one personality, yet each personality is vital to and dearly loved by the soul.

Importantly, the personality has free will. Life challenges may therefore be accepted or resisted. Earth is a stage on which the personality enacts or deviates from the script written before birth. We choose how we respond—with anger and bitterness or with love and compassion. When we recognize that we planned our challenges, the choice becomes clear and much easier to make.

While we are in our physical bodies, our souls communicate with us through feelings. Feelings like joy, peace, and excitement indicate we are acting and thinking in ways that are consistent with our true nature as loving souls. Feelings like fear and doubt suggest we are not. Our bodies are exquisitely sensitive receivers (and transmitters) of energy that tell us through feeling whether there is a match or a mismatch between who we really are and the ways in which we are currently expressing ourselves.

Why We Plan Challenges

Life plans are set up so we experience who we are not before we remember who we really are. That is, we explore the discordant sounds in our earthly lives before we recreate the symphonies of Home. This pattern became quite clear

to me as I conducted research for this book. I refer to such life blueprints as “learning-through-opposites” plans.

For instance, a deeply compassionate soul who wishes to know herself as compassion may choose to incarnate into a highly dysfunctional family. As she is treated with a lack of compassion, she comes to appreciate compassion more deeply. It is the absence of something that best teaches its value and meaning. A lack of compassion in the outer world forces her to turn inward, where she remembers her own compassion. The contrast between the lack of compassion in the physical world and her inner compassion provides her with a more profound understanding of compassion and, therefore, herself. From the perspective of the soul, the pain inherent in this learning process is temporary and brief, but the resultant wisdom is literally eternal. There is a component of learning through opposites in every story in this book.

Remembering who we really are — majestic, transcendent, eternal souls — is one way to surmount our life challenges. For example, people who define themselves as the body will feel great anguish if their bodies are severely damaged. Others whose bodies endure the same damage but who define themselves as the soul will experience far less torment. Because our challenges call us into recollection of ourselves as souls, the very event that initially caused suffering may ultimately alleviate it. This expansion of self-concept from personality-body to soul may or may not reduce our pain, but it can certainly ease our suffering. Such awakening is both a purpose and a profound benefit of life challenges. It revitalizes our passion for life, the passion we felt before we incarnated. It is, quite simply, cause for celebration.

As we awaken or respond positively in other ways to our challenges, we carve an “energetic pathway” that makes

it easier for others to cope with—and heal from—their challenges. This idea is based on the premise that we are all energetically connected to and affected by one another. The stories in this book suggest that each of us has an impact that far exceeds our knowing. Our ability to affect the world so forcefully is equally a wonderful opportunity and a great responsibility.

Each of us is a seed that was planted within our world's current vibration. When we raise our own frequencies through the growth produced by life challenges, we raise the world's frequency from within. Like a single drop of dye added to a glass of water, each person alters the entire hue. As we create feelings of joy, even if we do so while living alone on a mountaintop, we emit a frequency that makes it easier for others to be joyful. As we create feelings of peace, we resonate an energy that helps to end wars. As we love we make it easier for others, both those whom we meet and those who will never know of us, to love. Who we are is therefore far more meaningful than anything we may ever do.

In chapter 7 you will meet Christina and her spirit guide, Cassandra. Cassandra had this to say about the energetic pathway:

When a specific life challenge is accepted, one can receive healing energy from those who have blazed a trail. The path of light is paved with compassion and healing love that raises the frequency of the person traveling the road [behind them].

Learning and healing from a specific life challenge raises the auric field of the one who has survived a challenge. Others in their presence know they have something that bathes them in hope and faith. The experience need not be the same; just the healing frequency can carry the

soul forward, but the receiving soul must be prepared to receive. Even if the physical form [of the receiver] does not change or “heal” by Earth standards, the soul moves to new heights.

Suffering is a gift of immense proportions both to the soul and to the chosen others who are allowed to assist that soul on its healing journey. The language of suffering is a frequency of its own. It comes in the eyes, hearts, and minds of those who are there. It is profound and mundane all at the same time. See it, believe it, and impart love and compassion to those in need. Small acts of consciousness and kindness make healing possible. Thoughts of beauty and grace can be projected out and perceived even remotely by those who can benefit.

Just as our energetic impact radiates throughout this dimension, so, too, does it extend throughout other dimensions. You will see references to “higher” and “lower” dimensions. *Higher* does not mean better, nor does *lower* imply worse. These terms refer simply to frequency. Higher dimensions vibrate at faster frequencies than ours and are therefore nonphysical, but they overlap and incorporate lower dimensions. In short, all is one. For this reason our individual frequencies, whether those of love or fear, emanate endlessly outward, affecting both nonphysical beings and other people who may seem to be “elsewhere” and quite separate from us.

As you read the stories, it is helpful to bear in mind the limitations of language in discussing some of these concepts. For example, I will at times refer to people “coming from” the spiritual realm when they incarnate and “returning to” that realm after the death of the body. These words and others like them are intended to indicate a change in perception, not place. They are not meant to suggest separation between

dimensions. Incarnation does not literally remove us from our eternal Home; rather, it simply limits our capacity to see the nonphysical part of it. Death, then, is the dissolution of the veil that screened the nonphysical realm from us.

The concepts of *oneness* and *separation* are important in order to understand fully why we choose to experience life challenges. When we are in spirit, we have a continuous awareness of our inseverable link with all other beings. We know we are one with one another and, indeed, with the entirety of creation. Unqualified compassion and empathy are our very nature. Although we have individual identities, we do not perceive that we are separate from other individuals. This fundamental concept is paradoxical to the human brain, which, by design, perceives the illusion of separation. When we as souls project a portion of our energy into physical bodies, we intentionally restrict our focus to that of the body, thereby blocking our perception of oneness. That we are capable of narrowing our perceptual range allows us to plan lives in which we play pre-scripted roles and thus provide challenges for one another. We hope we will respond to these challenges with love. If we are able to do so, after a physical lifetime we will return to spirit with a deepened understanding of the compassion, empathy, and oneness that we temporarily screened from our own awareness.

As the stories indicate, we plan life challenges to accomplish certain goals. One common objective is healing; specifically, the healing of “negative” energies left unresolved from past lifetimes. Let’s say, for example, that a person was consumed by fear during one incarnation. At the conclusion of that lifetime, the individual may carry traces of the energy of fear. This is particularly true if the person died while experiencing great fear. The low frequency energy of fear cannot be carried fully into the high frequency nonphysical realm

where the soul resides, yet an energetic residue may still cross over. The individual feels this lingering energy and is motivated to plan a new life in which it will be healed through the expression of love.

We also plan challenges to balance karma. Karma is sometimes conceptualized as cosmic debt, but it may also be described as unbalanced energy with another individual. Typically, we have karma with members of our soul group—others at the same evolutionary stage with whom we have shared many lifetimes. In those past lives, we have played the roles of husband, wife, daughter, son, brother, sister, mother, father, beloved friend, and mortal enemy to the same souls. (I recall the true story of a father who was reading a bedtime tale to his young daughter. As he finished, she smiled and said, “Daddy, remember when you were my child, I was your mommy, and I read bedtime stories *to you?*”)

One soul in the group may, for example, have had an incarnation in which many years were spent taking care of someone who was physically ill. If the soul who played the role of caretaker then plans a life with the challenge of illness in it, the soul who received the caretaking may seek to balance that energetic exchange by offering caretaking. In body, however, neither soul will remember the plan. The one who chose to be the caretaker may feel burdened by the need to care for another person, perhaps even viewing it as punishment for misdeeds in a past life. In truth, however, there is no punishment, simply a desire to balance karma. Similarly, because we have scripted the roles we play, we are not victims. No one is to blame; in fact, there *is* no blame. The universe does not punish us by making “bad” things happen. Like gravity, karma is a neutral, impersonal law by which the world operates. If we stumble and fall, we do not

blame gravity or feel victimized or punished by it. When we realize that karma works in the same way, feelings of blame, victimization, and punishment in regard to life challenges dissipate. In their place we may find an understanding of what we had hoped to learn and an abiding appreciation of the challenges that expand our souls.

An understanding of karma helps us to move beyond judgment, particularly in regard to those who have experienced major traumas or “setbacks” like drug addiction or homelessness. Usually, these individuals are living their incarnations and balancing past-life energies just as they had planned. Their lives, sometimes labeled “failures” from the viewpoint of the personality, are often unqualified successes from the viewpoint of the soul.

Most souls plan life challenges to be of service to others. This desire is a fundamental aspect of our true nature as eternal souls. When we are in spirit and aware of our oneness with one other, we view service as a basic purpose of life and see opportunities to serve as wondrous blessings. Like souls who are balancing karma, many of those who appear to be struggling with life are actually performing acts of service. A soul may plan, for instance, to experience alcoholism so that others may express and thus know themselves more profoundly as compassion. Some of society's harshest judgments are meted out to alcoholics and others who gift us with the very experiences we sought. If only more people knew this!

A *lightworker* is someone whose life plan is particularly service oriented. Broadly, the term applies to anyone who is committed to helping others. Though one does not have to plan great challenges to be a lightworker, many lightworkers have done just that with the intent of surmounting those challenges for the benefit of society as a whole. This type of

life blueprint is no better (or worse) than any other. Indeed, given the large number of incarnations each of us plans, many will play this role at some point.

Naturally, we plan life challenges in part for our own personal growth. As souls we learn a great deal between incarnations, but the lessons become more deeply instilled in us when we concretize them on the physical plane. Learning while in spirit is similar to classroom work; life on Earth is the field study in which we apply, test, and enhance that knowledge—a powerful experience for the soul.

Ultimately, regardless of the specific challenges they contained, every life blueprint I examined was based on love. Each soul was motivated by a desire to give and receive love freely and unconditionally, even in those instances when the soul had agreed to play a “negative” role to stimulate another soul’s growth. Many souls were also motivated by a desire to remember self-love. Literally, we *are* love. I base this statement not only on my research, but also on direct, personal experience—the revelation of my soul described in the preface. Life challenges give us the opportunity to express and thus know ourselves more deeply as love in all its many facets: empathy, forgiveness, patience, nonjudgment, courage, balance, acceptance, and trust. Our earthly experience of ourselves as love may also take the form of understanding, serenity, faith, willingness, gratitude, and humility, among other virtues. Love is the primary theme of pre-birth planning and, therefore, the primary theme of this book.

As we enter the physical plane, we are love temporarily hidden from itself. When we remember who we really are, our inner light, our love, shines forth for all to see.

That, I believe, is why we are here.

CHAPTER 1



Healing

THE JOURNEY YOU TAKE AS you read this book will be most meaningful and healing if you embark with a certain conceptual framework in place. Let us begin, then, with this most fundamental of questions: Why do we plan before we are born to have certain experiences—including great challenges—in our lives?

Karma

Karma is sometimes conceptualized as “cosmic debt,” but in my exploration of pre-birth planning, I have come to view it more as a lack or absence of balanced experiences. For example, if you have a disabled child and dedicate your life to caring for and loving that child, after this lifetime either or both of you may feel a sense of imbalanced experience. On the soul level, you would likely seek to balance the experiences from that lifetime, and if so, you may plan another incarnation together in which you switch roles. You may therefore choose to be born with a physical disability, and you may ask your former child to play the role of your mother or father. Motivated both by great love for you and by a desire to balance the experiences of that past life, your former child would likely agree to your request. And so another lifetime would be set in motion.

The soul's feeling of balance derives *not* from what it does for another soul, but rather from experiencing what it did not previously experience. For instance, the soul of your former child will feel a sense of balance after it experiences caregiving. Similarly, your soul will feel a sense of balance after you experience receiving care. The same principle would apply if you had abandoned your disabled child in the past life. Though you might very well choose to "make things up" to your former child in another lifetime, that act of doing so would not create a feeling of balance. Rather, the feeling of balance would come from experiencing abandonment yourself. "Hear me well," Jeshua said when speaking about this point. "Karma is not balanced by doing good to someone else as people like to think. It is not by doing something to someone that one balances one's karma, but by going through the experience oneself."

Too, there is a distinction between balancing and releasing karma. Karma is balanced when the soul feels it has experienced all sides of an issue. Karma is *released* when the underlying causes of the original imbalance are resolved. The distinction is significant; unless we heal the underlying causes of our karma, we will tend to create new karma even after the original karma was balanced.

Let us say, for example, that in a past life you held the false belief that the resources of the Universe are limited, that there is not enough to go around. Let us say, too, that this false belief generated great fear in you, so much so that you chose to steal food from your neighbor. At the end of that lifetime, when you transitioned back to the nonphysical realm and had your life review, you felt a desire to balance this experience. You therefore planned to experience material loss of some kind in your next lifetime. You also chose to carry both the energy of fear and the false belief in scarcity back into body for the purpose of healing them.

The experiences you plan for your next life would balance the karma, but they would not necessarily address the fear or false belief. If left unhealed, the fear and false belief would likely

prompt you to take other actions that would generate more karma. The original karma is released only when the underlying fear and false belief are healed. On the soul level you would be aware of this fact and so might plan, for example, the experience of poverty or financial setback in your next incarnation, not as self-punishment for the act of theft in your past life, but rather as a means of mirroring to yourself those aspects of your consciousness (the fear and belief in lack) in need of healing. Though we dislike and resist suffering, it is a potent healing mechanism even if we have no conscious understanding of when or how it brings healing. A conscious awareness of its purpose, however, may empower us to learn the underlying lessons and create the needed healing in a much less arduous manner.

In one of our discussions, Jeshua described karma as “a set of false beliefs about oneself and the world ... the belief in fear and separation.” I believe that at this pivotal time in humanity’s evolution, we are returning to a state of unity consciousness in which our fears and belief in separation are healing. Contrary to popular concept, such healing can occur quite rapidly, even instantly. Said Jeshua:

The releasing of karma can happen instantly when the soul realizes the true nature of its own being: pure Divinity, one with Spirit. From this realization springs deep peace. When the soul can hold this insight, it will liberate itself quite easily from the bonds of karma.

There is a story in the Bible about a criminal who was put on the cross next to me. He was touched profoundly by the energy of compassion I radiated, and because of the deep surrender he experienced in his death process, I could tell him, “Today you shall be with me in paradise.” There was a genuine release of karma in that moment, an awakening that he would remember in lifetimes to come.

There is a paradox at work here that is inherent in duality [third-dimensional life]. Heavy karma can create great enlightenment; souls who have explored their dark side thoroughly

and carried heavy karma on their shoulders may become the greatest and most compassionate teachers for others. They may have taken a long time to become free, but they will all tell you that the difficulty was not in the amount of struggle and suffering they had to go through, but rather in seeing that the struggle was not real, that it was a result of their belief in fear and separation, and that in truth they were free from the very start.

Releasing karma is not difficult in the sense of having to go through a lot of suffering. It is difficult in that it goes against deeply seated illusions that have clouded humanity's consciousness for a long time. The key is to become aware of who you truly are [soul] and to remember that you are unconditionally loved by Spirit and that you are safe and free Now. Is it difficult to realize this? You surely *think* it is.

This book intends to help you remember who you really are: the vast, wise, loving, limitless, eternal, and Sacred Being who planned the life you are now living. As you come more fully into this remembrance, you will see ever more clearly that you can balance and release your karma and heal in the ways in which you need to heal. You are the powerful creator of all you experience, both the challenges you planned before you were born and the healing you create in this and in each Now moment.

Healing

We also plan challenges and other life experiences to heal various energies and aspects of our consciousness that may be unrelated to our karma. For example, in *Your Soul's Plan* I share the story of Penelope, a young woman who planned to be born completely deaf. When medium Staci Wells and I accessed Penelope's pre-birth planning session, we discovered that in the lifetime prior to the current one, Penelope had the same mother she has now. In that past life, Penelope heard her mother shot to death by the mother's boyfriend. Penelope was psychologically traumatized by this event, so much so that it led her to commit suicide later in

that lifetime. She therefore returned to Spirit with what could be termed an “energy of unresolved trauma,” which now needs to be healed. In her pre-birth planning session, Penelope’s spirit guide asks her if she would like to be born deaf so that no similar trauma will happen again and so that she may complete her healing from the previous lifetime. Penelope responds, “Yes, that is what I want and what I wish to do.” So begins the planning of the life experience of complete deafness.

I also related the story of Pat, a gentleman who plans before birth to experience several decades of alcoholism. Pat forges this life plan in part because of the way in which he died in a previous lifetime. In that life Pat died in combat; he was the last man standing in a battlefield. As he roamed the battlefield looking at his fallen comrades, he felt intense fear. While in this state of extreme fear, he was shot and killed. The energy of fear was thus left lingering in his consciousness, very much in need of healing. Before he was born, Pat knew that a prolonged experience of alcoholism would be so emotionally painful that it would drive him to seek God, after which he would have a spiritual awakening that would heal the fear he had carried into body. Pat’s healing began one day when he came home from work, drank literally every last ounce of alcohol left in his home, fell to his knees, and called out to God for help. In that moment Pat felt God’s presence. Several weeks later he checked into rehab and never drank again. Pat planned and brilliantly completed a circle of healing; he planned for the fear he carried into body to express as alcoholism, for the alcoholism to create emotional pain, for the emotional pain to drive him to discover his spirituality, and for his spirituality to heal the fear he carried into body.

Our life plans are designed to heal certain energies left unresolved from our prior lifetimes. These include judgment (of self or others), blame (of self or others), anger, guilt, and many other such negative emotions. If we complete lifetimes with these emotions still present in our consciousness, they become like residue on our souls. Our souls will then seek to transmute such

emotions by planning (or in some cases, being almost reflexively drawn into) lives that reflect these emotions back to us so we may address them. That which remains unhealed from one lifetime must be healed in another.

Service to Others

On the soul level, the desire to be of service to others is a major motivation for planning certain life experiences. This desire is an organic expression of Oneness consciousness, which is our natural state of being in our nonphysical Home. By *Oneness* I mean that there is truly only one being in the Universe. You, I, and indeed every person are but individualized expressions of the One. It is for this reason that the term “service to others” really means “service to *seeming* others.”

Let us say at the soul level you and I are planning a life together. When in a state of Oneness consciousness, you know that I am literally you. This knowledge is more than just an intellectual concept as it is for most of us when we are in body; rather, you actually *perceive* that I am you and that you are me. Naturally, then, you are inclined to be of service to me. Conversely, since I experience that you are literally me, I of course want to be of service to you.

Service to others is an accelerated path of spiritual evolution. What you give, you receive. What you teach, you learn. A common mistake—in truth there are no mistakes; all experience results in learning—of the spiritual aspirant is to focus overly on one's own growth, as though such growth is independent of service to others. Excessive focus on self, even when that focus is on spiritual advancement, actually slows one's evolution. We tend to forget this truth after we incarnate, but on the soul level we are acutely aware of it. We therefore plan to be of service to others in order to foster the expansion and evolution of the One of which we are all integral parts.

What does *service* mean? Certainly, service may refer to acts of lovingkindness.² One of the most common roles by which we serve through lovingkindness is as parents who nurture our children. Yet, it is also true that negative roles are sometimes planned upon before birth. Indeed, those who challenge us most in life may be doing so at our behest. Pat's children, for example, knew before birth that his alcoholism would prevent him from being as fully present or loving as he might otherwise be. They chose him as a parent not in spite of his planned alcoholism but rather *because* of it. They felt that the experience of having an alcoholic father would best foster their own evolution.

Those who play the most negative roles in our lives are not *always* doing so at our request. In the chapter on rape, for example, you will see that a higher part of the rapist's soul permitted the pre-birth planning of a rape so that a lower or darker part of the soul would have the opportunity to heal anger. Beverly, the woman who was raped, did not request such an experience, but she did know before birth that the rape was likely to occur. Her soul agreed to this plan for reasons I will explore in that chapter.

Three Layers of the Soul and Healing False Beliefs

That a higher part of a soul allows a lower part to carry out an act like rape was not something I had seen in the research for my first book, at least not in those terms. When I encountered it in subsequent research I was perplexed; my understanding had been that we as souls are Love. Jeshua clarified by explaining, "The soul is both love and nonlove. The soul is growing and evolving and is not all-knowing and all-love. The soul is the experiencing part of you, and through experience it moves from nonlove to love."

There are three "layers" to the soul: the Spirit-self, the Soul-self, and the earthly personality. The core of our being is the

2 Acts of kindness motivated by love. Similar to the Buddhist term *metta*.

Spirit-self, what some would refer to as Spirit, God, or the I Am presence. This part of the soul is all-wise and all-love. It is part of the realm of Being: ever-present, unchanging, One with all other beings, and All That Is.

The Soul-self is part of the realm of Becoming. This is the aspect of us that takes part in duality. The Soul-self evolves through experience. It can make what we could consider to be mistakes. It can forget its eternal connection to Spirit and feel cut off from the Love from which it was created and toward which it grows.

The earthly personality in each lifetime is one expression of the enormous and much larger energy that is the Soul-self. The personality is inspired by the Soul-self, and the Soul-self learns from the experiences of the personality, particularly the *feelings* experienced by the personality. Much healing can and does occur in our nonphysical Home when we return there between incarnations, but some healing can occur only through the experience of living through and surmounting a challenge while in body. In the nonphysical realm we have a greater knowingness, but life on Earth gives us the magnificent opportunity to transform that knowingness into a *felt experience*. It is the difference between having and being wisdom.

The Soul-self knows more than the earthly personality but is not necessarily completely aligned with Spirit. The Soul-self is multidimensional; it can express in several different dimensions or incarnations simultaneously. The healing that each of us does in our current lifetime brings healing to the other personalities that have been created by the Soul-self, and their healing brings healing to us. In the chapter on mental illness, you will see that Mikála agreed before she was born to experience several forms of extreme mental illness so that she could heal herself and in so doing bring healing to several of her Soul-self's other incarnations.

The question arises: Why would Spirit or God allow mental illness and other forms of suffering to occur? One answer is that Spirit is inherently unlimited. If Spirit were to prevent the

Soul-self from planning an incarnation and having certain experiences, then Spirit itself would become limited, which is contrary to the nature of Spirit. Spirit therefore allows the soul to experience all manifestations of ignorance, fear, and even darkness.

When the Soul-self plans an incarnation on Earth, the plan is created from both knowing and ignorance, love and fear. Ignorance includes false beliefs, some of the most common being “I am unworthy,” “I am powerless,” “I am alone,” “Love is painful,” “Life is untrustworthy,” and “Life is suffering.” The soul will attract life circumstances according to these beliefs. Over time, as the world mirrors these beliefs to the personality, they will come into conscious awareness. When the personality realizes the creative power of belief and the fact that one’s outer world is but a reflection of one’s inner world, then he or she may set about healing those false beliefs.

Doing so requires more than just intention and awareness; also necessary are experiences that disprove the false belief. We are better able to create such positive experiences when we act *as if*—as if we feel ourselves to be worthy, as if we know ourselves to be powerful, as if love is safe and life joyful. With the passage of time and repeated positive experiences, our false beliefs will be transformed. Perhaps most important, false beliefs cannot be changed by forcing ourselves to think different thoughts. False beliefs change when and because *feelings* change. Can you *feel* that you are worthy, powerful, and not alone? Can you *feel* the presence of Spirit and the Love the Universe has for you? Can you *feel* joy in and trust for life? To be truly released, beliefs must be addressed at the level of feeling. It can be the work of a lifetime.

If the outer world mirrors our beliefs to us, and if we therefore have repeat experiences and even entire lifetimes that provide evidence of those beliefs, how can we ever heal our false beliefs? To answer this question, we must understand that suffering results from the stories we tell ourselves. For example, the experience of having your romantic partner leave you is inherently neither good nor bad. If, however, you respond by thinking, “No one

will ever love me” or “I will never be happy,” you have created a story that in turn causes you to suffer. In the instant before your mind created the story, you had what Jeshua refers to as a *moment of choice*. In that moment you chose how to respond to the external event. There is a space within you from which you respond. When you become aware of this space, you also become aware of who you really are: not a victim, but a powerful creator. From this awareness healing is born.

Your soul uses challenges and crises to create a *need to choose*. If you never experienced challenge or crisis, if you were always surrounded by loving people and peaceful circumstances, you would have no need to choose. You, the earthly personality, would be happy, but you would not be motivated to go within, remember who you truly are, and consciously choose healing. Your soul, which longs to integrate its unhealed aspects, would feel that something were missing, and it would still feel clouded by the residue of unaddressed false beliefs. Your soul seeks to heal from within. Since you are an extension of your soul in physical form, you are “within” your soul and may therefore bring healing to it.

If there are unhealed aspects to your soul, you need not suffer continually until your healing is complete. As Pamela Kribbe points out, “The growth process is not linear. Lifetimes with a lot of negativity are alternated with more quiet and peaceful lifetimes, enabling the soul to recover from traumatic experiences and focus on other aspects of itself. The soul is not forced to pick bad circumstances until it ‘gets it.’” Ultimately, and though it may appear otherwise, your soul wishes for you to heal until you are swimming in joy.

Contrast

Our nonphysical Home is very much as it is classically portrayed: a realm of great peace and love, joy and light. In such a realm we experience no contrast. We desire and plan lives on Earth because here there is ample contrast (duality): up and

down, hot and cold, good and bad, love and not-love. As souls we learn through contrast. Contrast helps us to understand better who we are. Contrast also serves to generate intense feelings, and it is through feelings that we grow and learn. The feelings we experience are likely to be more intense if we forget that life on Earth is but a play on a stage, a play that we ourselves wrote. When we believe that the illusion of life on Earth is real, the stakes seem to be higher and so our emotions tend to be stronger. The intensity of the experience accelerates our evolution—if we feel our emotions and learn to work with them in loving ways. Nonphysical beings often speak of how wondrous the opportunities for spiritual advancement are on Earth and how humans may evolve more in one lifetime than they can in an infinitely longer period of “time.”

Contrast is particularly stark in a learning-through-opposites life plan. In such a life blueprint, the soul plans to experience precisely the opposite of what it most wishes to learn. There are infinite shades and variations of learning-through-opposites plans. A common plan at this time in history is for souls who want to learn about unity consciousness—the Oneness of all beings—to incarnate into families in which they are very different from all other family members. The interpersonal frictions and even ostracism that result cause them to feel separate. The pain of feeling separation drives them inward and over time they come into a *feeling-knowing* of the Divinity that dwells within. When they sense Holiness within self, they are able to sense Holiness within everyone. They realize that Divinity permeates all things and all beings, that It is the very essence of all that exists. This awareness is the dawn of unity consciousness, a consciousness into which humanity is now rapidly moving.

Life Challenges Benefit the Personality

I am often asked, “Why must I suffer so that my soul can evolve and heal?” The answer to this fair and natural question is

that life challenges benefit you, the incarnate personality, as well as your soul.

Noted psychic teacher, healer, and channel John Friedlander addresses this question with the following example. Let us say that for many years, and perhaps in several jobs, you have had to work with very difficult people. You have found the experience of working with these people to be tiresome and burdensome. At times you have felt it is more than you can bear. You have fantasized often about winning the lottery so that you can retire and, as you tell your friends, “never have to work with jerks again.”

If your life plan is to learn kindness and generosity, you are very unlikely to fulfill your dream of winning the lottery. The predominant energy in your aura is that of the intended life lesson, and it is this energy that creates your experience. Because the egoic mind does not understand the link between “working with jerks” and learning kindness and generosity, you may feel your life circumstances to be unfair or even harsh. Yet, as you develop kindness and generosity, you are deeply enriched, as is your soul.

You and your soul are engaged in an exquisitely beautiful, meaningful, and mutually beneficial partnership.

The Pre-Birth Planning Process

After you complete a lifetime on Earth, you merge back into your soul.³ The phrase “merge back into” is somewhat misleading in this context, because you are never separate from your soul. Nevertheless, your consciousness blends into that of your soul in a more complete way. An ocean wave is never separate from the ocean, but when the wave dies, it reunites with the ocean in the same way that you reunite with your soul. Your soul is

3 Strictly speaking, the personality is eternal. A discussion of the eternity of the personality is beyond the scope of this book. Interested readers are referred to *Psychic Psychology: Energy Skills for Life and Relationships* by John Friedlander and Gloria Hemsher for an extensive and detailed explanation.

enriched by all that you bring back, all that you experienced in your lifetime.

Eventually, your soul will long for a new physical life and the creation of a new personality begins. If it is time for you to reincarnate, your energy seeds—forms the core of—the new personality, which is whom you will be in your next life. This personality is genuinely new. Who you will be in your next life is not who you are now, just as who you are now is not who you were in another incarnation. The creation of a new personality is a sacred birthing that is accomplished not by your soul alone, but rather by your soul in partnership with Spirit. You—the new, emerging personality—have life and awareness. You feel connected to your soul like a child to its mother, and you are aware of your soul's greater wisdom.

At some point, when the desire for a new incarnation grows stronger, there will be a planning session in which the blueprint for your next life is forged. In the pre-birth planning sessions she sees, Staci Wells often describes this step as “the soul trying on the cloak of the personality.” At this stage you receive input from various spirit guides who explain the purpose of the opportunities and challenges in the life-to-come. You are able to express any feelings, doubts, or questions. If you are concerned about any portion of the life plan, your guides and soul reach out to you in loving, compassionate support. You have free will and so must agree to the life plan before it is finalized. Though you can object and even say no, you will sense the great kindness and wisdom of your soul and your guides and so be likely to agree to the plan. Your soul feels grateful to you for your agreement and, indeed, for all you will do in your upcoming incarnation. Both your soul and your guides hold you in the utmost respect for the courage you show.

Spirit and your soul forge your life plan in an intuitive, not analytical, manner. Your soul has a knowingness about what it needs to work on, and it desires experience in these areas. Spirit responds to this desire by presenting your soul with various options for life plans. Your soul receives and absorbs these options as you would images on a movie screen. The planning process is

difficult to measure in linear time, and the length of the process differs from soul to soul.

The language that is used in this book, and that must necessarily be used if we are to have any discussion of pre-birth planning, makes the process appear more analytical than it is. Here we use third-dimensional language and third-dimensional human brains to comprehend what is truly an interdimensional phenomenon. The language used to describe this phenomenon is therefore an approximation of what actually happens. Like other interdimensional phenomena, pre-birth planning is far more grand and magnificent than language can ever portray.

Free Will

Free will and pre-birth planning mesh in a rich, intricate tapestry. To understand how they work together, let us take the example of someone—I will arbitrarily call this soul George, even though the soul is androgynous—who has had many lives in which he made certain plans before birth but then deferred to the wishes of others when in body. In other words, George desires before he is born to learn and grow in certain ways, but when on Earth he tends to allow others to dictate how he lives his life. During the life review that occurs after each incarnation, George sees that he has this tendency and resolves to heal it. He therefore plans at the soul level to carry back into body energetically the tendency to defer to the wishes of others.

Let us say that there is another soul in George's soul group (a collection of souls who are at more or less the same evolutionary stage and who incarnate together repeatedly, playing every conceivable role for one another) who has precisely the opposite tendency. This soul, whom I will arbitrarily call Sally, tends when in body to tell others what to do, imposing her will inappropriately on them. In her life reviews, Sally sees that she has this tendency and resolves to heal it. She therefore plans at the soul level to carry back into body energetically the tendency to dominate others.

George, who is aware of Sally's plan, goes to her and says, "I see that you are carrying into body the tendency to dominate others for the purpose of healing it. I am carrying into body the tendency to defer to the wishes of others for the purpose of healing it. Let us plan to marry when I am thirty. Though we know this will likely be a turbulent marriage, our hope will be that I learn to stand up for myself and that you learn to respect the wishes of others." Seeing great wisdom in this plan and the potential for much spiritual growth, Sally joyously agrees. Typically, there is a feeling of joyous collaboration among souls, even when difficult challenges are being planned.

Now, let us say that when George is twenty-five, he takes a job with an employer who runs roughshod over him, treating him with a profound lack of respect and kindness. George marshals his internal resources and makes a stand. He tells his employer, "Stop. You may not treat me this way. If you want me to continue working here, you must treat me with respect and kindness." In the moment George makes such a stand, there is a tremendous increase in his vibration. If he is able to maintain his increased vibration until he turns thirty, and if Sally does not raise her vibration to a similar degree, then by virtue of the Law of Attraction one of two things is likely to happen: either George and Sally never meet, or if they do meet, there is no attraction. In either case the planned marriage never occurs; their dissimilar vibrations prevent them from coming together. (Sally's soul would have taken this possibility into account in the pre-birth planning process and created a contingency plan. In that plan Sally will meet another partner who will provide her with the opportunity to learn the desired lesson.)

This hypothetical story illustrates how pre-birth planning and free will intersect in the most elegant of ways. Here, George used his free will to learn the planned lesson (standing up for and being true to himself), thus obviating the need for the planned challenge of the difficult marriage.

The New Human

Although life challenges produce tremendous growth for both the personality and the soul, suffering is not necessary for growth. As humans we have always had free reign in exploring our consciousness and using our creative power. Over thousands of years, we have made decisions that were increasingly based on fear and a belief in separation. Now, this process is beginning to reverse as we increasingly base our decisions on love and compassion. The human race is at the cusp of evolving into spiritual maturity. Said Jeshua:

Even though the exploration of extremes is a viable process, it is now time to create a new balance and move beyond learning through suffering. Suffering can be a means of awakening, but that does not mean one shouldn't do everything to learn in different, more joyful ways. We do not judge suffering or negativity, but at the same time we will do everything we can to help you move beyond it.

Humanity is evolving and recognizing ever more the Oneness behind all life forms. Humanity is now capable of breaking through the illusions of fear and separation and embracing its true destiny: to become the inspiration and the gateway to a New Earth that is the home of many different beings who live together in peace, joy, and creativity.

The new humans will move beyond the learning-through-suffering paradigm. Less driven by fear, we will find that curiosity, creativity, and love become our primary motivations to grow and learn. As fear diminishes and we feel safer, we will more fully indulge the natural curiosity we have about one another. We will give up unneeded boundaries and allow ourselves to feel what others feel, connecting with them in deeply empathetic ways. Creativity will become a greater motivator as we feel free and safe to engage in uninhibited, joyous self-expression and sharing of ourselves and our abundance. Love—the surrendering

of ourselves and the merging of ourselves with that which is greater—will expand human consciousness in ways we have not yet allowed ourselves to imagine.

“Beating” Life Challenges

Resistance to life and the challenges it offers often manifests in an attitude of “I am going to beat this thing.” If you decree to the Universe that you are going to “beat” anything, you have just commanded the Universe to deliver to your doorstep more of what you do not want.

When you exude the energy of *beat* (or any of its variations, such as *fight*, *battle*, or *conquer*), the Universe feels you exuding beat energy and, like a tuning fork, brings it to you in obedient service. Regardless of your conscious intentions, the Universe manifests around you the vibrations to which you are resonating.

When you think “I want to beat this,” the cells within your body respond and beat themselves into dis-ease, and healing of any kind is literally beaten out of your set of options. The harshness of the energy of wanting to beat something may also (and usually does) appear in other areas of your life, such as money, relationships, and personal circumstances.

You may feel that you have beaten a particular life challenge, say, cancer. If the cancer healed, it did so not because of the energy of beat, but rather in spite of it. The preponderance of the energy of your thoughts, words, and actions resonated to a frequency much higher than that of beating, even though your conscious mind may have believed that you were engaged in a so-called fight against the cancer.

For thousands of years, people the world over have unknowingly brought strife into their lives by trying to beat a life challenge. Peace, joy, prosperity, healing, and all the other blessings of the Universe are not created by beating anything; rather, they are created by embracing everything.

Why Ask Why

When you ask why something has happened or is now happening, you create a vortex of energy that attracts to you the answers you seek. Regardless of whether your conscious mind becomes aware of an answer, the energy that is drawn to you through the asking of why is deeply healing. I do not suggest you should obsess about why; on the contrary, the greatest healing is magnetized to you when you ask why and then release the question into the Universe as you would a helium-filled balloon into the sky. The balloon will find its proper destination, as will your question. When you ask why, the Universe responds, though not always in ways you can identify or in the time frame you may prefer.

If uncovering the deeper meaning of the events in our lives is beneficial, why do we not incarnate with full memory of our pre-birth plan? There are several reasons. As mentioned, our lack of memory of “the other side” makes life on Earth seem more real, and that perception causes us to experience intense feelings from which we learn much during an incarnation. In addition, if we were to reincarnate with full memory of the plan, it would be akin to taking an open-book test in school: less learning may occur if we are in some way handed the answers. Much greater learning may result when the test is closed book, when we search for, find, and integrate the answers on our own, just as you are doing now. Too, discovering the questions we want to ask and have answered is a valuable part of the journey. If we knew the answers, we would never look for the questions.

Ultimately, the intent in asking why is not for the mind to figure out the entirety of your pre-birth plan, but rather to prompt you to surrender to your heart. When you heed the call of your heart, you are fulfilling your life plan, even if your mind has no conscious awareness of that plan.

Victim Consciousness

A great shift in consciousness is now occurring on our planet. This shift depends completely upon those of us who are in body to raise our vibration, which means, quite simply, being the most loving people we can be. As we raise our vibration, Earth rises in vibration as well. Spirit guides, angels, loved ones, and others in the nonphysical realm can send love, wisdom, light, and inspiration to us, but we must receive and embody these gifts. The nonphysical beings who love and guide us cannot create a shift in human consciousness for us.

Victim consciousness—the belief that you have been victimized by a person, experience, or life in general—vibrates at a very low frequency. When we understand that we are the powerful creators of all we experience even if we may not know how or why we created something, we move out of victim consciousness, raise our vibration, and, in turn, raise the vibration of Earth. If your pre-birth intention was or your current intention is to contribute to the shift in human consciousness, know that moving out of victim mentality is a powerful and magnificent way to do so.

Victim consciousness is a false belief, one that has become part of our limited, habitual way of thinking. It has tempting secondary benefits: it is a way to obtain sympathy from others; it is a means of bonding with others who also believe themselves to be victims. Victim consciousness and its secondary benefits are not to be judged because it is easy to believe what we have been taught and natural to want support from and bonding with others. My intent is not to judge the choice to perceive ourselves as victims but rather to clarify that *it is a choice*. The alternate choice is to come into remembrance of our identity and power as expressions of the eternal souls that planned the lives we now live, to know ourselves as the creators, not the victims, of our experiences. This awareness uplifts the entire world.

Victim consciousness tends to be self-perpetuating. If you believe yourself to be a victim, you vibrate at the frequency of

a victim and energetically draw to yourself experiences that will confirm in your mind that you are a victim. One key to breaking this cycle is to release blame, for blame places you vibrationally at the frequency of victim consciousness. We may more easily release blame when we take responsibility for having agreed to our life plans. Such self-responsibility is the fertile ground in which expanded consciousness and self-knowledge blossom.

Judgment

Like victim consciousness, judgment resonates at a very low frequency. Judgment creates separation, separation creates fear, and fear creates most of the problems in our world. The current shift in human consciousness is in part a return to Oneness or unity consciousness, which is our natural state of being in our nonphysical Home. We cannot return to this state of Oneness consciousness if we are in judgment of and therefore separate from one another. An awareness of pre-birth planning makes it easier to release judgment of others, for then we come to realize that every life plan is birthed in love and founded on wisdom.

Society reserves particularly harsh judgments for people who have certain experiences such as homelessness, alcoholism, drug addiction, and AIDS: “She needs to get her act together,” “He isn’t really trying,” “She’s weak,” and “He needs to pull himself up by his bootstraps.” The judgments of people who have AIDS are particularly harsh: “He must have been promiscuous,” “She deserves it,” and “AIDS is God’s way of punishing homosexuals for being homosexuals.” Yet, in truth these experiences are planned before birth, and they are plans of boldness, plans many would not dare to undertake. When we understand pre-birth planning, our judgments evaporate and are replaced by an abiding respect and admiration for the courageous souls who face such challenges.

Judgment may, however, be a useful tool for gaining insight into your life plan. Ask yourself, “What trait do I judge most

harshly in the people who are in my life?” Then ask, “What is the opposite of that trait?” In all likelihood, before you were born you wanted to develop and express that opposite quality. In regard to the trait you have judged in someone else, it is likely you had that trait in a past life, and it is certain you have that trait (to some degree) now. All judgment of others is cloaked self-judgment. If you did not have the trait you judge, you would either be unable to recognize it in another or you would not judge it if you did see it.

Because what we experience outside ourselves is always a projection of our inner reality, it is not possible for us to be in nonjudgment of another until we are wholly in nonjudgment of ourselves. Speaking nonjudgmental words and engaging in nonjudgmental actions are not indicators of being in nonjudgment. The one true indicator of nonjudgment is how we experience ourselves, for that is how we truly experience others.

Care must be taken here not to go into judgment of judgment. Although none of us enjoys being judged, we chose for good reason to incarnate in a time in human evolution in which judgment is commonplace. Simply put, judgment is a powerful teacher for us, and some of us learn best through the experience of being judged. That experience is an effective means by which to develop empathy, compassion, emotional independence, and many other divine virtues. The lives we plan before we are born are opportunities to develop and express such virtues.

Anger Toward Your Soul

If you have experienced trauma, and if you feel that the traumatic experience was planned by your soul, you may feel anger toward your soul. If so, do not judge the anger as bad, and do not judge yourself for feeling anger. Your anger and indeed all your feelings, whatever they may be, are understandable and natural and right and true. Honor them. Respect them. Do not suppress them; instead, embrace them with love. Know that you are not

your emotions; emotions are things you carry. Like all things that are carried, emotions may—when you are ready—be set down.

In my conversations with Jeshua, he addressed the anger you may feel toward your soul:

Don't see the anger as a messenger of truth as in "my soul made the wrong choices"; see it as a messenger from the most hurt part of you. See it as a child who is in need of your attention and healing powers. Don't worry that the anger will alienate you from your soul or that your soul will be offended by it. *It is okay to feel the anger.*

Hold the angry child within your arms and see what happens. You will see that not only is the child angry but also it is very lonely and sad. It longs for your company and guidance. Healing occurs the moment you connect to the child from your heart. If that happens, you are aligned with your soul: love flows through you and heals you from within.

Work *with* the anger; do not fight it. Your hurt part needs to *feel* the energy of a wise, gentle, and compassionate parent from you.

Resistance

Suffering occurs when you resist emotions like fear and anger that may arise in response to the events in your life. The adage "What you resist, persists" is true: When you focus on something you give your energy to it, and resistance is a powerful form of focus. How then can you release resistance to negative emotions like fear and anger and so allow healing to flow in their stead?

To do so you must do what you would do if you had no such emotions. For instance, I felt much fear about revealing in the Preface that I experienced abuse as a child. (I also felt shame about the abuse itself.) For me this is an intensely personal matter. Before I wrote about it, I felt that doing so would be the equivalent of standing naked in front of the world. Had I allowed myself to be guided by my fear and shame, I would have chosen not to share this aspect of my life. Instead, I asked, "What would

courage do now?" I made myself vulnerable by opening in this way—there is power in vulnerability—and I feel greater self-respect and self-esteem for having faced my fear and shame. Too, much of the fear and shame have now simply evaporated. In the same way, the mediums in this book spoke openly of some of the challenges they have experienced. We are no more courageous than you are. You will release your resistance to the circumstances and events of your life by doing what courage tells you to do.

If you believe you lack courage, remember that when your soul planned your life, you had the opportunity to succumb to fear and say no to the plan. Bravely, you agreed to it. Only the most courageous of souls choose to incarnate on Earth. You are one of these souls. The more difficult the life plan to which you agreed, the more courage you displayed in agreeing to it. If you have forgotten how courageous you are, this book will help you to remember.

When fear arises, remember this: You knew before you were born that fear would be a prominent component of your earthly experience. To know fear while in body is part of your plan. And so be very certain of this: *Only the courageous plan fear*. The courage it took to plan fear is the same courage it now takes to transform it. That you are in body is testament that you have the courage needed to transform your fears into love. Your desire to transform fear into love is one reason why you chose to incarnate at this special time of the shift in consciousness.

We Are Here to Heal

At the most basic level, the pre-birth contract is the same for everyone: embrace and transmute all discordant (unloving) energies. Energies we have not transmuted from any life will come to us in this life so that we may do so. We all requested this opportunity before we were born; indeed, it was a prerequisite for birth into the physical realm at this time. This lifetime is therefore of primary importance in the cosmic calendar. We are

here to integrate into the whole of our Being and in so doing heal the remnants of all unintegrated energies from all our lives, both physical and nonphysical.

When we resist any aspect of life, we resist healing, too. When there is a block in one direction, there is a block in every direction. Ultimately, then, the purpose of every life challenge is the same: to grant us the opportunity to embrace that which we have so far resisted. As well, every life challenge is healed in the same way: through the realization of the power of what we think, say, and do. Our *experience* of life is not determined by our life plan but rather by how we respond to that plan. Our responses—our thoughts, words, and actions in every moment—create our experience and potentially our healing.

It is here that an awareness of pre-birth planning is profoundly helpful and healing. When we understand that we planned our lives, then we know there is deep meaning and purpose to all that occurs. When we know there is deep meaning and purpose to all that occurs, it becomes infinitely easier for us to think, speak, and act in loving ways. As we respond to life in loving ways, our previous resistance becomes acceptance, our acceptance turns into receptivity, our receptivity grows into embrace, and our embrace is transformed into gratitude for the experiences that open our hearts and expand us as souls.

You have embodied on Earth at this time to heal by awakening consciously to the memory of yourself as soul. Your healing comes and is completed when you see the light of your soul and know that light to be who you truly are.

CHAPTER 1



Infidelity

SURVEYS INDICATE THAT ALMOST ONE in every five adults in monogamous relationships has cheated on the partner. Nearly half of all people admit to being unfaithful at some point in their lives. If discovered, infidelity can destroy trust and breed suspicion, confusion, rage, and feelings of betrayal and perhaps inadequacy. The unfaithful partner may be racked with guilt and even self-loathing. Bonds of love that took years to grow can dissolve overnight.

Given the prevalence of infidelity, to me it seems likely it is often planned before birth. Yet, why would any soul want to be betrayed? Why would another soul agree to be the betrayer? How can evolution be served by such a painful experience? And how can an understanding of one's pre-birth plan be used to foster healing in the wake of the devastation created by infidelity? To explore these and other questions, I spoke with Tricia about the betrayal she experienced in her marriage.

Tricia

Seventy years old at the time of our conversation, Tricia began by telling me how she and Bob, her now-deceased husband, had connected on their first date when both were in their early thirties.

“We just couldn’t stop finding out about each other,” she recalled. “The restaurant where we had dinner closed, so we walked and walked and talked and laughed until the middle of the night. It was like I found home. This man—his exuberance and his light-heartedness! We were looking at the stars, and he asked if he could kiss me. Of course, my goodness I said ‘Yes.’ My knees buckled! I felt faint. I had never felt anything like it. It was this feeling of *I know this person*. After that first date, we were together.” Tricia and Bob married four months later.

“Nothing bothered us,” Tricia told me. “On our honeymoon in Hawaii somebody stole all our money out of our room, and we just laughed about it.”

For the next seventeen years Tricia and Bob enjoyed marital harmony. The relationship was everything Tricia had ever hoped for and more. Then, abruptly, something changed.

“Bob came home from a conference, and he was telling me about this woman, Claire, he had met. I had heard her name from some of his colleagues and that she was this beautiful, young, athletic, single girl. Bob was all delighted because he had gotten a note from Claire. I said, ‘Why would Claire write you a note?’ He snapped at me—he’d never done that before—said ‘I don’t know,’ jumped up off the couch and stomped away.

“There were many other hints, and one of them was very blatant. His clothing was soiled from an ejaculation. In my innocence and love for him, I remember doing the wash and thinking, ‘I hope he’s OK. I won’t say anything because I don’t want to embarrass him.’ That’s how naïve I was.”

Tricia began having a recurring nightmare in which Bob was with Claire. In the dream he told Tricia, “I’m leaving. I don’t love you anymore. I love her.” When Tricia told Bob about the dream, he said, “I’m so sorry you’re going through that,” but he did not say there was no reason for it.

“There was one time when Bob came home from one of these meetings where Claire was a participant, and he reached to kiss me. He smelled like perfume. I backed up and said, ‘That’s

disgusting! What is it?' He made up a story about having gone out to dinner with friends and the waitress hugging him."

Not long thereafter, Bob, who was unhappy in his job, told Tricia that he'd like to move to Oregon. She agreed. After the move he found a new job that was to his liking. Ten years passed, years in which "we recaptured the fairy tale," as Tricia put it. During this time period the troubling hints were seemingly forgotten.

Then one evening Bob was writing in his journal while Tricia prepared for bed. "I felt this flush of emotion come over me," Tricia said. "It was from my gut. I started breathing heavy. Bob said, 'Are you OK?' I said, 'No, I'm not!' The voice coming out of me was very unlike my own. I said, 'I'm feeling so much anger. I need you to do something for me. I want you to tell me everything you did with Claire.' Now, this was ten years later. We hadn't even discussed Claire; she was long gone. I had no idea why I was saying this. It was like being in a play where you have to say certain words. Bob's eyes popped! He dropped his journal, looked stricken, and said, 'We kissed a little.' I threw the phone at him and hit him in the face."

Bob then admitted that he had a year-long affair with Claire.

"I fell to the floor," Tricia continued. "*I thought I would die!* We went on with this conversation through the whole night. I was so sick that I was throwing up. I was yelling words I had never used in my life. I could see the impact on his face. I heard a voice in my mind that said, 'Hold him. Just love him,' but I ignored it. Bob dissolved in regret and remorse."

Tricia yelled at Bob night after night, week after week. "Tricia, what do you want from me?" he would ask her. "I want you to die!" she would shout in response.

Six months later Bob started to feel unwell. A biopsy showed that he had the most aggressive form of prostate cancer. He was given three months to live.

Putting aside her anger, Tricia moved a hospice bed into the living room so Bob could watch TV and look at birds through the window. She slept on a pad at the foot of his bed. "I did everything for him—cared for him, bathed him, tried to get him

to eat.” They looked at old photos, watched movies, and talked about the happiest times in their relationship. They also found a way to heal.

“We went back in our memory and changed things to the way we hoped they would have been. We said to each other what should have been said then. We pretended that Bob had just come home from work. He’d then tell me that he had been tempted by this girl. We actually had the conversation that would have saved us at the time. It was like redoing the mistakes. It was so powerful because each time we did that it took away the sting.” Gradually, subtly, Tricia felt her anger dissolving.

“I told Bob—and I was telling the truth—that I had found complete forgiveness. And I saw in him something I had never seen elsewhere in my life—unconditional love, absolute unconditional love, for me.”

Then, three months after his diagnosis, Bob died.

“He lives in my heart,” Tricia said softly. “I know he’s there. I hear him. Sometimes I hear his voice. Sometimes it’s just a feeling.”

Prior to this conversation, Tricia had said she believes Bob’s affair with Claire was planned by all of them before this lifetime began.

“Tricia,” I asked, “what is your understanding of why each of you wanted to have this experience?”

“Bob felt—he mentioned it—that this lifetime was for him to stand up for himself and say *no* when he should, to not be manipulated by another person,” she explained. I wondered if Bob now felt that he had failed in this lesson. Would he plan another lifetime to “get it right”?

“For myself,” Tricia said, “I came here to learn unconditional love. Bob was my greatest teacher. Through him I learned what unconditional love is. When I was young, I stomped on hearts. I would break up with men, or I would have an affair—and once with a married man. I didn’t understand the pain I was causing. The greatest lesson was to learn the cruelties that can happen when you do something without thinking of others.

“For Claire, I actually spoke to her several times. She said she felt a victim to life and that the only way she could not be a victim was to seduce people—men and women, family members—into doing her bidding, which would make her feel confident and powerful. She probably came here wanting to overcome the feeling that the world is against her. When we first spoke, I don’t think she had overcome that yet. I last talked to her a few years ago; she was much wiser and was very kind to me.

“The healing that has come through this—I don’t know how to explain how powerful this is because it changed all our lives.”

“Tricia, some people who read this chapter will have been hurt by a partner who had an affair. They may be in the most acute part of the pain. They could read your words and think, ‘It sounds like she’s saying it’s OK my partner cheated on me because we planned it, but I don’t feel that way. I’m in agony! I’m furious!’ What would you say to them?”

“When I was in the midst of all this,” Tricia replied, “I don’t know if there was anything that could have convinced me this was not the most horrible, tragic thing ever. If it were a movie, it would be a tragedy—but the ending would be transformational.”

Tricia’s comment echoed what I had seen in my clients who had healed from their greatest challenges. In the middle of the experience, it’s important and necessary to acknowledge, honor, and fully feel one’s pain. Years later, those who had the courage to do so spoke of how vital the life challenge had been in their evolution.

Tricia then surprised me with this revelation: Bob had once told her that the possibility of an affair with Claire had been planned by all of them before they were born.

“When did he say that?” I asked.

“In his hospice bed, a few days before his passing.”

“How did he come to that awareness?”

“He would go to what he called ‘the other side.’ When he would come back, his eyes would shine and he would say he was told we plan our lives, that we write a script to face things to grow spiritually but that we have free will in how we respond.”

I asked Tricia if there was anything else she'd like to say to someone who's in pain because the partner has had an affair.

"I know just how that person feels. What I said to myself the whole time—the words were comforting—was that he didn't do it because he doesn't love me. It had only to do with his own weaknesses, not because he doesn't love me, not because he's trying to hurt me, not because he's not a good person. Realize that you're still the same person your partner loves, and your partner is still the same person you love."

Tricia's Past Life Soul Regression

To determine if Tricia, Bob, and Claire had planned Bob's extramarital affair before they were born, Tricia and I began with a Past Life Soul Regression. I guided Tricia through the usual relaxation steps, then down a stairway and into the Hall of Records. She moved slowly along the hallway until a particular door captured her attention. I prompted her to step through the doorway and into the past life that lay behind it.

"Are you outside or inside?" I asked.

"Inside. It's a café with chairs and round tables, spacious, with counters and people behind the counters. It's day. There's light coming through the window. I'm alone. It's stuffy, warm. It smells rank—cigarette smoke.

"I have high heels on. They're plain, not terribly attractive. I'm wearing nylon stockings, a skirt—I can feel the hemline—and a brownish woman's jacket with a very bright red blouse. They're nice daytime work clothes. The skirt matches the jacket. I have fingernail polish on, a bracelet on my right arm, and a ring on my left hand. It's a gold band with another ring beside it—looks like a small stone chip—very small."

I asked Tricia to visualize a mirror in front of her face. "What do you notice about your reflection?"

"I'm a young woman, very attractive, red lipstick. I have a hat on. I have shoulder-length dark wavy hair and very light skin. I'm small and slim."

“Allow the mirror to dissolve,” I said gently. “What are you doing right now?”

“I’m looking at the tables. I feel very emotional, nervous, unhappy, scared. Somebody’s gonna be there. I’m meeting them. I have a purse on my right arm. I’m opening it to get a handkerchief. Occasionally people walk by the window. A man with a hat walks by. There’s a newspaper on the counter. I’m walking very slowly, stopping, looking—I’m nervous. There’s a room divider, a lady sitting on a high stool, a little farther two men drinking something.

“It’s very quiet. A man is walking up to the door.”

“Is he the person you’re meeting?”

“No.”

“Does the person you’re meeting ever show up?”

Tricia was quiet as she allowed the scene to progress.

“No.”

“How do you feel when this person doesn’t show up?”

“Horrible!” she replied, pain in her voice. “Betrayed. Abandoned. Very sad. Very sad.”

“Do you know who you were going to meet?”

“Somebody very important to me.” She began to cry. “It’s . . . my husband. This was his way of telling me that if he didn’t come, he wouldn’t be back. I know it now. I know it now. I am sure of it. *I hoped so, so much.*”

“Tricia, I want you to sense the energy of the man who didn’t show up. Is your husband in that lifetime someone who is or was in your current life?”

“Yes,” she said, her voice quivering. “It was Bob. My Bob.” She started to sob.

“Allow any emotion that comes up to flow through you, knowing that tears are healing and cleansing to your soul,” I suggested.

We paused for a few moments as the tears flowed. When Tricia’s crying subsided, I advanced her to the next scene in that lifetime.

“There’s a sidewalk, trees—beautiful, almost park-like,” she described, now suddenly cheerful, “a very nice day. I’m walking,

feeling happy, breathing the air. There's a young boy on a bicycle ahead of me. I wave at the boy. I know him. He's my child."

I asked if she knew whether the boy's father is the same man who had not shown up at the café.

"He's not the same man," she said with certainty. "It's a very different feeling." Often, people have such *feeling-knowing* of certain facts in their regression. It's the same type of knowing we experience when not in body and Home is on the other side.

"I'm young and healthy," she continued. "I feel like I'm maybe thirty. I'm married to the boy's father. Now I'm hugging the boy. Then he gets back on his bike. He's ahead of me now. There's a dog running in the grass. There's a building up ahead that I'm walking toward a big brick building, like an office or college building. I feel very contented, very happy, happy to be with the boy.

"I'm going into the building. I'm meeting my husband. I walk through the doors. Double doors—big, gold, very large handles. The floor inside is polished tile. The boy leaves his bicycle outside and comes with me. I hold his hand. We're walking in a hallway. There's a man"—she was now laughing joyfully—"my husband. The boy runs into his arms. I feel very happy.

"My husband is holding my waist. He's grabbing a jacket, putting it on. Now we're walking down the hall. He's holding my hand. We go out the door, and my son gets his bike. We walk back down the path I came up."

"Tricia," I said, "let's trust that your guides and soul have brought you to this scene for a reason. What do you need to know about the scene you're being shown?"

"I feel so blessed. Something very bad happened, and I got through it. That's why I feel so blessed."

"Is the bad thing that happened was that your first husband left you?"

"Yes." With this Tricia began to cry again. "I'm sure."

"Is there more for you to experience here, or are you ready to move ahead?"

"I'm ready."

“On the count of three,” I instructed, “you will automatically move forward to the next significant scene or event in the life you are now experiencing. *One . . . two . . . and three!* Where are you are now, and what is happening?”

“I’m quite old now, at least sixty. I’m in my house in my bedroom. I’m alone. I feel tired and weak. I’m cold, but I can’t pull the blanket over me. I can’t move. My eyes are closed.”

I asked Tricia if she knew whether this was the last day of that lifetime.

“I believe so.”

“Do you feel complete with this scene or is there more for you to experience here?”

“I feel very complete with that life. I’m ready to move on.”

“Whenever you are ready,” I said, “let the life you have been examining come to a close. Your soul knows exactly what happens at the ending of a life. Your soul knows how to exit out of a physical body when a life has been completed.

“You have just died and are moving away from the physical body. You have been through this experience many times before, and you feel no physical pain or discomfort. As you move out of the body, you will be able to continue to talk to me and answer my questions because you are now in touch with your inner, true self—your soul. Feel your mind expanding into the highest levels of your being.

“We are now going to a place of expanded awareness as you move upward into the loving realm of an all-knowing, spiritual power. Even though you are only at the gateway to this beautiful realm, your soul can feel the joy at being released. Everything will become very familiar to you as we progress further, because this peaceful realm embodies an all-knowing acceptance. Now, as I count to three out loud, I want you to silently ask your spirit guide to appear when I reach the count of three. *One . . . two . . . three!* Describe the look and/or feel of your guide.”

“A beautiful light,” Tricia observed, a note of awe in her voice. “A woman—feels very feminine and light.”

“Ask your guide to give you a name to call her.”

“Reeding.”

“Ask Reeding why you were shown that particular past life and what is important for you to understand about it.”

Tricia then relayed to me the conversation that unfolded in her mind as I prompted her to ask a series of questions.

Reeding: You took things too seriously in that lifetime. You found great joy when you let go.

Tricia: What was my plan with Bob and Claire in my current lifetime? Why did we create that plan?

Reeding: You were to know and experience unconditional love.

Tricia: Who was I to feel it for?

Reeding: Bob.

Tricia: Did Bob agree to play the role he played to give me the opportunity to know unconditional love?

Reeding: Most definitely.

Tricia: How am I doing with learning this lesson?

Reeding: Splendidly, though you still take yourself too seriously. Do not be afraid you will backtrack.

Tricia: Are there other reasons I planned to experience betrayal by Bob?

Reeding: Forgiveness.

Tricia: In the past life I saw, did I die without having completely forgiven my first husband [Bob]?

Reeding: Yes.

Tricia: What else can I do to come to a place in my current lifetime of complete forgiveness and unconditional love?

- Reeding:** Stop resisting who you truly are. The jealousy you still feel brings guilt. The guilt makes you unaccepting of your true self, your true nature.
- Tricia:** How can I release the jealousy and guilt?
- Reeding:** You've taken it too seriously. Learn from Bob, who was a teacher of lightheartedness. You came here [to Earth] with a playful heart. You came here to play. You came here to be happy. You allowed yourself to believe that was not right. You allowed yourself to believe that was not the real you. This is a learned behavior.
- Tricia:** How can I unlearn this?
- Reeding:** Remember how to play. Remember who you were as a child. Bob came to teach you that. He was a teacher of playfulness. Remember how much fun it can be to play.
- Tricia:** I want to know if Bob is OK, if he loves me where he is, if he's happy, and if he loves me like he did when he was here.
- Reeding:** He's doing very well . . . and he adores you.
- Tricia:** When will I see him? Am I doing the right things in this life to be ready to be with him?
- Reeding:** Bob wants you to live life and to be alive while alive. You will see him again. You will be with him. And yes, he wants that, too.

With this Tricia told me that she felt complete in talking with Reeding. I began the process of bringing her out of trance: "We ask that all vows and promises tied to the past life we just examined that no longer serve be released and nullified."

"Tricia, I would like you to place in your conscious memory all that you have seen and experienced. All the thoughts,

feelings, and awareness that you have gained today will continue to be useful and empower you in your current life, both consciously and unconsciously. You will now gain a sense of renewed energy and purpose. Allow this all-knowing knowledge to settle calmly within your conscious mind in proper perspective.

“As I count slowly from one to ten, I’d like you to come back into the room today with your eyes open, feeling awake and alert and able to continue to process this experience. The healing, understanding, and good work you have accomplished today will remain etched in your super-conscious mind and will be reflected in your choices, actions, and self-concept from this day forward.” I then counted slowly from one to ten, increasing the volume and firmness of my voice with each count.

“Tricia, take a moment now to stretch, orient, and ground yourself. When you’re ready to discuss the experience, let me know.”

We sat in silence for a few moments.

“Oh, my goodness!” she suddenly announced. “It was very emotional and releasing. I feel much lighter,” she said with a laugh. “And I was so struck by the woman I was looking at in the mirror—how much resemblance there was to myself as a young woman!”

I asked Tricia what she gained most from the experience.

“Number one was Bob. In the last part when I was talking with Reeding, I felt Bob so strongly and so lovingly. That was the absolute, healing part.”

“What else do you feel came from this session?”

“When I experienced being stood up, it felt very familiar to me—the same anger and hurt I felt when I found that Bob had chosen that relationship with Claire.”

Tricia’s pre-birth plan with Bob and Claire had thus allowed her to recreate the same feelings of abandonment and betrayal that she had not been able to heal in the past life. As souls we often choose to relive a particular experience or emotion in order to master it in the current lifetime.

“Also,” Tricia continued, “I saw how hard I am on myself. I’ve been wearing a hair shirt, so to speak. I’m hard on myself when it does nothing but harm. I saw so much good humor from Reeding. I didn’t expect that at all. It feels like being forgiven by God.

“I feel like I’ve been given permission from the ethers—maybe self-permission—to be happy.”

Tricia’s Between Lives Soul Regression

Tricia’s Past Life Soul Regression had given us some insight into the plan for her current lifetime. To gain greater insight, Tricia and I did a Between Lives Soul Regression (BLSR). A BLSR contains an abbreviated past life regression, but that portion of Tricia’s BLSR is not relevant to the topic of infidelity and so has been omitted here.

After I guided Tricia through the initial parts of the regression, she described what she experienced as her consciousness returned to her nonphysical Home.

“I see an opening ahead of me,” she began. “It’s light blue. I move through it and am in an open space. There are three beings at a table. They’re dressed in something that looks like translucent gowns. There’s a light coming from their bodies. They have hoods over their heads.

“One of them is getting up. It’s a man. He is walking toward me. He’s very beautiful: sleek, soft skin, large blue eyes. He’s human but doesn’t look quite human. He walks over to me. He’s holding my hand, looking at me.”

“How does it feel to be in his presence?”

“Pure, pure love.” She sounded blissful.

“Ask him if he has a name we should use.”

“Milton.”

“Tricia, I’d like you to ask Milton if he has any particular message for you.”

“All I feel is love. I don’t hear words. I just get feelings.”

“I’d like you to ask Milton if we may question him and the other beings there.”

“He says yes. He’s walking me to the table with the others. The others are rising. There are white chairs around the table. The table is also white. I can see the other two beings now. They look very much like him, only one is female. The other is male. They’re telling me their names. The female is Entera, and the other is Jonah. Jonah is walking away. I don’t know why. Milton is offering me a chair. Entera is on the other side. We’re sitting now.”

I prompted Tricia to ask if Milton and Entera are her Council of Elders.

“Milton says they’re only part of the Council. There are nine others. They are present, but I don’t see them. Now Milton is putting his hands on the table. Entera puts her hands on his, and my hands are on top of theirs. Milton explains that this bonds us for conversation and makes conversation clearer so I can understand.”

“Tricia, ask Milton, Entera, and the rest of your Council why you came to Earth in your current lifetime. What did you hope to accomplish?”

“Milton says that I very much wanted to address abandonment, and that it was agreed—*Oh! Bob is here! Bob is here! Bob is here!*” she announced excitedly. “Bob is walking up to me with Jonah.” She began to cry softly. “Bob is dressed just like they are. He puts his hands on mine, and I smile. He sits at a chair on the opposite side. He’s so full of love. There are other beings walking with Jonah to the table. I feel overcome.”

I then prompted Tricia to question Bob and the Council. She relayed to me the responses she heard.

Bob: We planned this life together. I told you it would [to Tricia] be very hard for you, but I wanted to do that [play that role] for you.

Tricia: Why are you here with these others?

Bob: I am with them because you’re here. They help me to explain. They help you understand.

- Tricia:** What was my pre-birth plan with you?
- Bob:** I had things I wanted to address in this lifetime, a weakness I wanted to overcome. You wanted to help me with that. My weakness is being a pleaser. I wanted to know how to be who I really am and not be fearful. Being a pleaser is based on fear. We agreed that my choice [the affair] would help your abandonment issue, which is also an issue of fear.
- Tricia:** How was I helping you to overcome the fear that made you a pleaser?
- Bob:** Previously I chose lives of being dominated by others, mostly women. Also, I had a lifetime as a woman who was dominated by her world. My soul had a scar from that. In our plan you would not dominate me. You would be loving and allowing. This would allow me to see who I truly am.
- Tricia:** Do you feel that was accomplished?
- Bob:** Yes. Yes, I do. I'm very grateful to you.
- Tricia:** Did you, Claire, and I plan the affair to give me an opportunity to learn about and rise above abandonment?
- Bob:** Yes. Claire is deeply loving and is a part of the agreement out of that love. In the planning, you insisted you would be able to forgive. You, the Council, and I hoped there would be an immediate bonding and healing that would occur much earlier than it did. I hoped I would be immediately forthcoming [about the affair] and that we would heal at that moment. It didn't happen. I was too weak, and so it went on and on.

Entera: There was a soul intervention. It was time for Bob to come home. The illness was used to bring Bob to an awareness he could not otherwise attain.

Bob: That's why I passed from my life. The illness allowed me finally to overcome the weakness and fear.

Tricia: How does the Council feel I've done in terms of learning about and forgiving abandonment and betrayal? Is there more for me to do?

"Milton is reassuring me," Tricia told me. "I'm feeling a wave of love from all of them."

Milton: There's such love for you. There's no judgment. Everything you have done and will do is divinely orchestrated, accepted, and never wrong.

Tricia: How can I release any guilt I still feel about the way I reacted, any anger I still feel toward myself [for reacting that way], and any jealousy I still feel toward Claire?

Entera: The personality is necessary as a catalyst for [soul] growth. Realizing this will help you to release guilt and jealousy, which are both fear-based.

"Now she's showing me the rest of the Council to impress upon me the gift of being here."

Entera: You are more than the personality in a life, but the personality is to be respected, admired, and encouraged because that's why you come into a life: to be a human and have emotions, to feel feelings. This allows you to grow and

is a gift to your soul. That's the purpose of your lives. It should be celebrated, not feared or condemned.

"I feel such love and acceptance from them all. They're telling me that I'm doing a wonderful job and that I can't do any wrong. No choices would be wrong, and I didn't harm Bob; I helped him. That's so meaningful to me."

Tricia: How do you feel about everything that happened? How do you feel about me now?
[to Bob]

"He just squeezed my hand. It's like he's joking with me, saying without speaking something like, 'If you don't know by now how much I love you . . .'"

Bob: You must look at the plan as mission accomplished.

"He's laughing. They're all smiling. It's beautiful, so beautiful."

Tricia: Will we incarnate together again? Will you wait for me so we can do that?

Bob: Yes on both counts.

Tricia: What else would you like me to understand?
[to the Council]

Milton: The courage you and Bob had to plan and create this life together, a life with such pain and such joy. Pain is personal, productive, and subjective in a lifetime.

Tricia: What is Claire's relationship to me? Is she in my soul group? Have I had other lives with her?

A soul group is a collection of souls who are at approximately the same vibration and evolutionary stage. The members of a soul group take turns playing every conceivable role for one another across many lifetimes.

Milton: Yes, she is in your soul group. She was in a lifetime with Bob as his twin sister. You were not in that lifetime, but you have had lifetimes with her. She was your father in a lifetime.

Tricia: Why didn't I have a full lifetime with Bob? Why did we meet as we did? Why have I felt so much more love for him than anyone else in my life, almost like a worship?

Entera: The meeting was set so that Bob could have much of this life facing his weakness and have other significant moments before you met. The meeting was planned to be when it was. It would not have worked the same if you met earlier.

The love comes from a soul connection of many lives together. You will have lives together that occur simultaneously. The love will always be there. Nothing will ever harm it.

I understood Entera's reference to simultaneous lives to mean that Tricia and Bob will have parallel selves together in parallel dimensions. The reference to simultaneity also served for me as a confirmation that Tricia was truly talking with her Council because simultaneity and non-linearity describe the true nature of the cosmos. Linear time, by contrast, is an illusion of the third dimension, an illusion created by the limitations of the five senses and the human brain.

Tricia: I miss you, Bob.

Bob: I'm with you. I'm always with you. You can hear me. I haven't left you. I will always be with you. I will remind you [that I'm there].

Tricia: Bob, thank you. You gave me a life I couldn't even have imagined. Thank you for all your love, your devotion, and your sweet nature. Thank you so very, very much for everything.

I want you to know that I have never stopped loving you. There has never been a moment I haven't loved you. Even when I was saying things I knew were hurting you, I loved you, and I tried to stop.

Bob: I know.

"He's so filled with love!" Tricia exclaimed again. "There are so many smiles now, so much reassurance. I think there's nothing I can say that he doesn't already know. I'm so anxious to hold him again."

Bob: I remember it all. I remember how we would hold each other and say we were in heaven. I live in your heart.

"I feel so much love and acceptance. Now Bob is getting up."

Bob: I will be leaving, but I've never really left.

"He's squeezing my hand and walking away."

Milton: Your pre-birth plan has been fulfilled.

Entera: But, your life has more to give, and you have more to give. Within your plan there was a hope that you would surpass doubt and get to a place of belief in yourself. That's [the purpose of] the

continuation of your existence as Tricia. Now, just believe it.

Tricia: What is the “more” I’m to give?

Entera: To express what you’ve learned through compassion and listening, to express your knowing without fear.

Tricia: How do I move from doubt to belief in myself?

Milton: When you write, you edit yourself.

“He’s showing me a visual of when I write. I change it and change it.”

Milton: Stop editing yourself [in life]. Believe what you’re saying.

Tricia: Should I take action in some way or just allow life to come?

Entera: Life runs most smoothly in a flow. Allow life to come to you. There’s not-doing as living.

Tricia: My body is aging. Is there something I should do to extend my life or make my body healthier?

Entera: The body follows consciousness. The body follows joy or fear. Follow joy, and the body will follow.

Tricia: Where did my eating disorder come from? What is the best way to cope with it?

Milton: It comes from feeling starved for attention, starved for meaning, and fearful of not being accepted.

Entera: Food is a joy, but it cannot fulfill the soul.

“She’s showing me music, meditation, and acceptance of myself without fear.”

Tricia: Why do I only see three of you when I know that there are nine more?

Milton

and Entera: We are your guides for this journey. There is no need for you to visualize the others. They’re here, and you can feel them and their love.

I asked Tricia if she now felt complete in talking with the Council.

“Other than expressing my gratitude for their help and overwhelming love and acceptance of me, yes. I wish I had the words, but I know they can feel my deep appreciation for bringing Bob to me. I’m so grateful for the opportunity to see him looking so radiant and feeling his nearness again. Thank you. Thank you.” I was moved by the impassioned way in which Tricia spoke.

I guided her focus back into her physical body, bringing her back gradually and gently.

“Oh, wow!” she said suddenly as she opened her eyes. “I didn’t even know I had tears—now they’re running down my cheeks.”

“Tricia, what parts about the experience stood out to you?”

“Bob,” she said without hesitation, “I’m amazed. I didn’t think I would see him there, and I didn’t expect him to look or feel the way he did. It was the best part of him that I’ve always felt and known, but when you’re living life, you feel a lot of other parts, too. It’s astounding! And the feel of his hands on mine—my hands were tingling all the way through. It was like an electrical pulse. And the faces of those wonderful beings—almost alien, beautiful, ethereal.

“Also, it was very good for me to realize—and I don’t want to forget—that Claire is beloved by the whole soul group, and to not look at her as this invader into a life that was good until she came along, but more as a catalyst, a friend.

“This experience has lifted me. I’m just sitting here in this big puddle of gratitude. And that’s from my heart.”

Tricia’s Session with Corbie

To expand upon what we had learned in her regressions, Tricia and I had a session with medium Corbie Mitleid, who has a particular gift for channeling people’s souls (higher selves). Because a soul consists of all the personalities it has ever created, a soul will sometimes refer to itself as “we” or “us” when speaking through Corbie. Both Tricia and I were excited to see what Spirit would share with us.

“Mother/Father God,” Corbie began, “thank you for giving me the opportunity to be of service today. Surround us with your unconditional light of love, protection, wisdom, compassion, service, and truth. May only truth be spoken. May only truth be heard. Let me be a clear mirror to bring Tricia, Bob, Claire, and Rob the information that is sought today. May I remain always head, hands, and heart completely in your service. In the name of the Christ this is done. Amen.

“I’m seeing three luminescent souls pull out chairs and sit at a round table,” Corbie announced. “They are coming in specifically to talk with us today.”

“I want to begin by thanking the three beings who have joined us,” I said. “Are we talking with the souls of Tricia, Bob, and Claire?”

“We have agreed to hold hands in faith and compassion that this work will serve you,” came the reply, which I took as yes. As always when Corbie channels, her voice had suddenly deepened, and her speech had slowed and became more halting and deliberate. “We are here and glad to be asked.”

“I’d like to ask Tricia’s higher self,” I continued, “did you plan before Tricia was born for her to be in relationship with Bob and for Bob to have an intimate relationship with Claire? If so, why?”

“This is the higher self of Tricia. We agreed, Bob and I, that our bond was strong enough to allow this incursion in this life.

We three know each other well. This was not a stranger barging into our life uninvited. It was service. It was love. We three love each other, and so the blending of lives is always healing when the lives are seen outside of time, as if finishing another chapter in a book you love. This life was a chapter—no more.

“You [humans] believe that there is not enough love to go around,” Tricia’s higher self added. “An affair is seen as ‘I am not loved enough. I am not enough.’ It is difficult when in the body surrounded by rules and noise to understand this, but no soul looks at another and says, ‘You must not have celestial congress with that other soul.’ We know that we are infinite. Why set boundaries? It is something we so wish people would understand.”

“Are you saying it’s OK for anyone who would like to have an affair to have one?” I wondered. I asked not in disapproval or challenge, but simply to clarify.

“You say ‘OK’ as if it is permission. Does one want to learn within the construct of the world one has chosen to reincarnate in? Perhaps not. If one is sufficiently connected to All That Is, that rule [monogamy] may be held loosely. Having an affair, as you put it, is only a difficulty when the boundaries of duality are likely to trigger other lessons. In this, Tricia’s lessons are forgiveness and the understanding of the Love that reaches out to all three souls. The forgiveness may not just be for Bob or Clair, as the personality Tricia may wish to learn to forgive herself for any jealously, anger, or hurt.

“All of it is a shade and hue of the duality that pulls the soul away from unconditional love. Unconditional love is just that: there is no condition that would take away the feelings of love and acceptance among the three souls. That is what we all hope for someday when we are in the body. This is but a step on the road.”

“You mentioned that Tricia is learning lessons about forgiveness and love,” I said. “How do you feel she has done in this lifetime in regard to learning those lessons?”

“When you ask that of us, the vision is this: The boat may be in stormy water and spray may be in her face, but she is strong.

She will make the voyage to peace. We gave her depth, vision, and tenacity. These things will help her to heal from any perceived betrayal.”

With that, Tricia jumped into the conversation.

“Why am I still in this life?” she asked her higher self. Her tone conveyed genuine interest, not resistance. “And what do I have to give in the rest of my life?”

“Dearest, every lesson you succeed in learning before you rejoin us can be spread like wildflower seeds to others. You may meet someone whose situation is as yours, but they are still enraged. They still rail at God. They still hate the ones they perceive as having betrayed them. We have been working on this in many lives, and while you may not remember them, the learning has been gifted to you. Also, until you are both feet in the grave, love may once more beckon and you may choose to live that love. There are more lessons than the main one.”

“When I was reacting in anger toward Bob,” Tricia replied, “he was so remorseful that he over-compensated by adoring me in a way he never had. I suggested that was guilt. He swore that he just saw me for the first time and that this was a love that had nothing to do with guilt. I’ve always wondered if this was true.” As Tricia spoke, I heard in her voice her deep longing for Bob.

“The adoration was truth,” her soul affirmed. “There was no falsehood in how much he loved you. You would have had the same deepening had you accepted Claire and the three of you had become joined, though in your time and space that can be difficult. Because humanity is taught scarcity, you do not believe that three can share; it must be two. If it is three, one will lose.”

“Rob,” Corbie said, her voice suddenly back to its usual tone. “Now Bob’s soul is coming in with a vision. I see feet walking on wet sand. When Bob first returned Home, he found comfort walking on lonely beaches that he created, listening quietly to the surf and allowing it to lull him. His soul will now speak.”

“Just as the footprints are washed away, may any hurt be washed away from Tricia,” Bob’s soul offered. (Corbie’s speech had slowed once again.) “We hope that as we are drawn further

down the path, there will be an opportunity that as three loving adults we may find unconditional love. Love is not necessarily sex. Love can be, 'I am you.' Love can be, 'It is my hope and desire to see your life joyful. Let me be part of it.'"

I then asked Bob's soul to speak to those who have had an affair and who feel remorse, regret, or self-judgment.

"Forgiveness is potent medicine not only for the one being forgiven but also for the one who forgives," his soul told us. "Forgiveness is like the wave that washes away the footprints in the sand. To all of you reading: The most important thing is not to beat your breast, rend your clothing, or cut yourself to bleed with pain. It is to be forgiven and to love honestly. Turn your regret and remorse into a self-promise that love throughout the rest of your particular existence will be unconditional no matter what the circumstances. That will include yourself. Loving yourself after what is perceived as a transgression does not mean that the transgression is not bothersome to the personality. It means that your humanity, your 'flawed' behaviors that are required to learn in the Earth school, are accepted, the lessons learned. The 'flaws' are felt, but then like the schoolbook you have finished, it can be closed shut.

"Tricia," I said, "what else would you like to ask?"

"I would like to ask Claire's higher self if Claire understands that I'm grateful for the learning that's come from this experience and that there is forgiveness in my heart. I have felt the sisterhood between us, but I wasn't able to speak that to her because I don't see her. I want to make sure at least her higher self is aware of that and can get that through to her."

"Never fear," Claire's soul assured. "All of the love, all of the tenderness, all of the compassion that you wish to give to Claire's personality comes through us, and though she may not be able to accept it from you directly, this indirect route is as good. It will help to heal that personality of its own anguish, for part of that personality has not yet come to terms with the one who passed. It is to be hoped that Claire's personality will understand this so that she may have a fulfilling relationship of her own before she

transitions. Your love and forgiveness make that more possible because they open and heal her.”

I then asked Tricia’s soul for some healing words for those whose partner has had or is having an affair and who feel hurt, betrayed, or angry.

“The most difficult thing,” advised Tricia’s soul, “is when a person sees the partner’s affair as a failure. Even should the partner act that way, it does not mean [one has failed]. It means that the partner may not see completely. No person whose partner has an affair must take it as a mark of their lesser being. There are lessons. It could be that the lesson is needed by the partner. Remember, you see things from a two-dimensional viewpoint. We, here, understand that if a personality is the pained party, it can often be that it volunteered to be the shattered mirror the partner must gaze at, accepting that it was the partner’s hand that shattered the mirror. Whether or not that partner learns the lesson is not up to the one who agrees to be the mirror. It is only when you believe that another’s action was done because you forced that partner to do it that the lesson—all truth—is lost.”

“Is there anything else Tricia’s, Bob’s, or Claire’s soul would like to share with readers?”

“This is Tricia’s higher self, speaking for all of us. Love is not confined to shapes. Love is not confined to construct. Long, long ago you learned that all are one. ‘How can that be?’ you say. ‘I don’t love the other. How can the left hand burn the right?’ That is the connection—the soul connection—we all have with one another. We three have explored love, forgiveness, and boundaries of many lives and will continue to do so. We are like the beautiful flower that shapes and reshapes itself from year to year. We are the bulb that sleeps in the ground in winter and then blooms again. The bulb has one flower, perhaps another the next year. It does not say to the flower next to it, ‘Because I am a yellow tulip and you are a pink crocus, something is not right.’ We are flowers. We all grow from the same soil. We all need nourishment, sun, and rain—or for the soul, the shining light of love and the tears of forgiveness.

“We all three extend such gratitude to those three brave incarnations who sought to learn the lessons. We are greater for their willingness to step into a world of duality and the finite that we may have infinite singularity here. Blessings on all three for their generosity to us.”



Tricia returned to Spirit from the past life she saw without having forgiven Bob for leaving her. What we leave unhealed in the past we plan to heal in the future. Tricia chose to carry energetically into body the energy of unforgiveness, not for the purpose of expressing it but rather for the purpose of transmuting it.

How may Tricia do that? “Stop resisting who you truly are,” her spirit guide Reeding advises. Like each of us, Tricia is a being made by love, from love, and for love. When we come into body and step behind the veil of forgetfulness, we forget this eternal truth. Conditioning, the vast majority of which is at the subconscious or unconscious level, takes over. We are conditioned to believe that life is hard and requires hard work. Some of us are taught that happiness is not right and not who we really are.

Too, when we are behind the veil and in a state of perceived separation, ego rises to the forefront. Ego tells us that we must defend ourselves from those who have betrayed us. Yet defense requires a focus on attack and therefore calls attack to us. As *A Course in Miracles* tells us, “In my defenselessness my safety lies.” For only in complete defenselessness is attack not foreseen and therefore not attracted.

How do we overcome conditioning and ego? “Remember how to play,” Reeding tells Tricia. “Remember who you were as a child. Bob came to teach you that. He was a teacher of playfulness. Remember how much fun it can be to play.” How perfect, then, that Bob, the “cause” of unforgiveness in the past life and rage earlier in the present life, is himself a source of their healing. Bob’s love for Tricia was so great that he agreed to provide not only the opportunity for her to learn forgiveness but also one

pathway to that destination. When we plan our greatest challenges before we are born, we gift to ourselves—and others gift to us—that which we will need to surmount them.

The plan to experience infidelity in their marriage was intended to benefit Bob as much as Tricia. Both saw this experience as providing the opportunity and the motivation to move from fear to love. Tricia moved from a fear of abandonment to forgiveness and gratitude; likewise, Bob moved from a fear of not pleasing others to a greater sense of sovereignty. Fears are often best resolved by “kissing them on the nose,” and Bob planned to do just that when he agreed in their pre-birth planning to the extramarital affair. He knew this affair would likely enrage Tricia. For a “pleaser” to agree to such a plan is an act of courage. Bob was able to summon such great courage only because behind it is his great, everlasting love for Tricia.

Just as Bob agreed to the infidelity as an act of love and service to Tricia, so, too, did Claire. Claire is a member of their soul group, a collective of souls who are at more or less the same vibration or stage of evolution. Out of love the members of a soul group take turns playing every conceivable role with and for one another: parent and child, brother and sister, best of friends, and even mortal enemies. At the soul level there is no judgment of any role; rather, the soul views all roles as opportunities for expansion, healing, service, and the cultivation of wisdom and virtues. On the Earth plane little is as it seems: Our greatest tormentors in the physical are often those in our soul group with whom we share the strongest love, the longest history, and the greatest trust. Tricia knew before she was born that the role of betrayal is best played by those she trusts most.

Her healing complete, Tricia may now be of service to Claire. As Claire’s soul told us, all of the love, tenderness, and compassion Tricia wishes to give to Claire may be transmitted to her through her soul. In the physical realm, due to the limitations of the five senses we appear to be separate beings in distinct bodies. In reality all minds are joined and each of us is a cell in the body of one Divine Being. The forgiveness Tricia has cultivated is felt

and known by Claire at levels below conscious awareness. The love Tricia sends to her helps her to heal from Bob's death and even makes another loving, romantic relationship more likely.

What, then, to do with the knowledge that infidelity is planned before birth? An awareness of pre-birth planning is not to be used as a spiritual bypass. Wounds are healed as emotions are allowed and felt, ideally without resistance or judgment. For you who feel you have been betrayed, know this: Any anger or rage you feel is valid. Feel it deeply and freely for as long as it calls to be felt. Let an understanding of life plans abide quietly in your mind and heart; it will be there for you when you are ready.

On the Earth plane, we humans are engaged in the process of purification or clarification: We are blends of light and dark, love and fear, ever seeking to release darkness and fear and move further toward light and love. This alchemy takes myriad forms, only one of which is infidelity. Yet the content of each form is the same: the learning of how better to give and receive love. Such is the touchstone of our life plans.