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# Dying to Discover about Your Pre-Birth Agreements?

*"Heard melodies are sweet, but those unheard are sweeter."*

John Keats

© by Prana Miller

**"What is your life's purpose? Why are you on this particular planet at this particular time in history? Why are you living your life the way you are living it? Is there some deeper meaning to your existence? Did you agree to be here, and if so, what other agreements do you have while you are here? Is who you are limited to just your five senses, or even to your six?"**

These and many other questions were answered for me at age seventeen just shortly after I slammed my motorcycle into a stationary car at more than 100 miles per hour.

I was rocketing down a 30 mph residential street at over 100 mph as I rounded the crest of a hill and shot into the air a foot above the pavement. I was screaming, "I did it!" (referring to "catching air"), as I looked up from the speedometer to see a late 60's, full size, four door American land-yacht backing out of a driveway right in front of me while I was still in the air. The grey haired elderly woman had no way of seeing me as I appeared out of nowhere at over 100 mph.

One of the last things I remember doing before the impact was slamming on both of the breaks while I was still in the air, and then realizing that it wouldn't help and laughing at myself out loud.

A split second later the fairy tale began. . . and everything went into slow motion, as if some temporal/spatial anomaly were occurring, and, as I would learn in just a few more seconds, that's exactly what *had* occurred.

I felt the familiar presence of my guides around me, and I heard them say, "Relax; be calm; all is well. This is the first in a series of Near Death Experiences that you agreed to, and all is proceeding perfectly according to plan". Then memories and realizations from the "other side" began to rush back in. The music of the spheres began to play in my awareness, flooding into and through all of reality. I was reminded of many things as it took what seemed like forever to travel the last few yards to my imminent impact with the car. An indescribable feeling of Love, Compassion, and Well Being surrounded me, and I felt no fear whatsoever in the face of my impending demise. My



guides assured me that they would pull most of my awareness out of my physical body just before the impact such that I would feel very little pain, and I began to feel myself both inside of and outside of my physical body simultaneously.

As the bike hit the pavement the brakes were already on so I skidded straight at the car and T-boned it broadside on the passenger side of the vehicle. Everything was in slow motion as I felt myself moving like cold molasses towards the car. All of my senses were distorted and even the sound of the impact went like a tape set on . . . v-----e-----r-----y . . . s-----l-----o-----w-----. I literally watched the front tire hit the car, explode, and then very slowly move backwards towards me as it crumpled against the motor, as my body slowly slumped forward. My helmet impacted the gauges first, smashing the glass whose shards I watched fly away slowly. Then I slid forward towards the car and my head smashed into it as my chest was ripped open by the broken glass of the gauges. I smelled my own blood and watched the drops fly in all directions, still in slow motion.

I honestly had felt no fear since the moment everything had gone into slow motion, because I sensed the presence of my guides who had been with me since birth. I felt enveloped in a super-human unconditional love, and immediately obeyed their kind request to just relax completely and everything would be fine.

Just as my helmet impacted the car my jaw broke in several places, my shoulder ripped, and my lumbar spine cracked. Just then I seemed to sort of black out for a split second, and there was a kind of sensation that was somewhat like an electric shock

associated with a sort of flash of light, or burst of energy. Then, simultaneously, I felt I was being pulled out of my body as I watched it ricochet off of the car and slam hard down onto the pavement.

Just as I realized that the "shift" had occurred I started to yell out, "You see! I knew it wasn't real! I knew there was no death! I knew it!" Just as I began to realize I was in a "parallel dimension" I heard my guides say, "There are uncountable parallel dimensions, and this is only one of them. And each one can be perceived in many different ways," they added, as they proceeded to remind me, and re-orient me into the "non-physical realm". First they slowed everything down to a complete stop and I walked (or rather floated) around as I observed the scene from every possible angle. I could either touch things as if they were solid, or I could pass through them.

Then they caused the scene to become more and more pixilated until finally nothing could be differentiated from anything else and it was just sort of a vibrating energy field, then it *dis-integrated* to the point where everything was "no-thing", whatever that looks like. Then it slowly started to re-coagulate and get denser and denser. The visual changes were associated with a sound or frequency modulation that moved from high to low, as everything got more "solid". And I could hear the indescribably beautiful *music-of-the-spheres* around, in, and through everything.

It all began to feel very familiar to me and began to make perfect sense, as it seemed as if I were awakening from a third dimensional dream where the illusion had tricked me into believing that it was actually solid. I also noticed that I had more than just six senses; in fact I had many but from the perspective of this physical body I cannot explain what they were. They did, however, have something to do with perceiving so-called reality in multifaceted ways outside of third dimensional restrictions.

The guides proceeded to show me how the rest of the scene would play out, according to the particular time-line I had chosen, as I watched my body and the motorcycle crash to the ground with a gruesome, bone shattering sound. I watched as the neighbors ran from their houses in horror, and heard the poor old lady

scream and cry in terror. I felt horrible for what I had created and floated over to console the shocked people, only to put my hand on their shoulders and have it pass through them. (Because without my guides' intervention I could not touch things and perceive them as solid). I said, "I'm sorry! I didn't do it on purpose, I was just being really reckless and stupid and I apologize. But I'm OK, you don't have to worry about me, I'm fine." But they couldn't hear or see me.

Then we started to float up towards space and I thought it was time to go home so I prepared myself for the reemergence into the light. As I looked down I could see the ambulance racing toward the scene of the accident just a few miles away and I thought, "It's too late for me guys, you can slow down". Then that scene went into super slow motion again as we raced out of the atmosphere into outer space. At my back I was feeling "the Light" and I was really ready to dive back in and tried to turn but could not. I floated at every possible angle but could not turn and face the Light. Then my friends said, "If you stare directly at it you won't be able to go back into your body, because your frequency will rise and that would burn out your body's circuits. I said, "So what. That earth-suit is destroyed; why would I want to go back into it?"

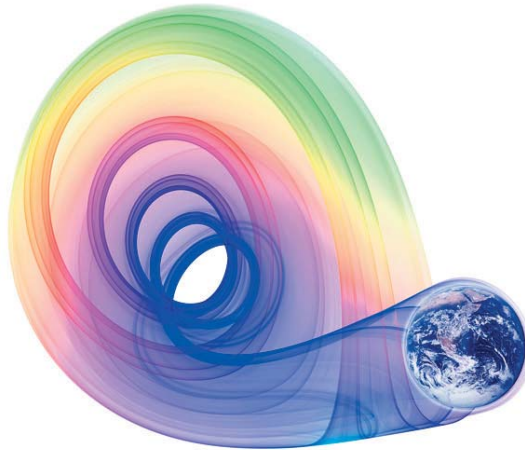
The answer to my question came instantly as the post-life review began. I saw myself as a spirit deciding which parents to have as well as every other detail of my pre-birth agreement. I saw this first *wake-up call* as well as every other detail of my life beginning at conception right up until the moment of the crash. After that, the rest of my life became potential realities, with my pre-birth agreement being the desired blueprint to follow. And all those potential realities were based upon where I was *choosing* to be in every Now moment, and could be changed in this or any other Now moment, because within the Now lies all the power that ever was or ever will be, and nowhere else.

I saw the *Cosmic Blueprint* I had decided upon beforehand, and then overlaid upon it I witnessed what had actually occurred. It was somewhat like placing a translucent piece of vellum paper over a drawing and then sketching over it. Then moving the papers slightly so as to make visually pronounced all of the places where it was not quite lined up properly. Depending upon the individual soul, the life could vary from being nearly perfectly aligned to being 180 degrees off course, and every possible scenario in-between.

To go into even more detail about the Cosmic Blueprint aspect of a particular life sojourn, it was like looking at an anatomy book where

the different pages that represent the different systems of the body overlay one another. (For example, the see-through skeletal system page overlaid by the see-through circulatory system page, etc.) If they are all lined up just perfectly they seem like just one drawing, but if even one bit of one page is off even in the slightest it starts to look askew. Then if many parts are off quite a bit it stops looking like a proper human being altogether. And so it is with the four main learning arenas of our lives: health, wealth, career/contribution, and relationships.

Not only was I watching my life review, I was *experiencing* it from three, or more, different perspectives *simultaneously*: as the giver, the receiver, and the neutral witness of every thought, word, and deed. I was the one doing, the one receiving what I was doing (and I was also those who were subsequently affected by those



who were affected), and the one in the audience eating popcorn. As the actor I cried every tear, and laughed at all the funny parts as if they were real, and yet, simultaneously, watched it all from afar with an attitude of, "it's just a movie". All of the perspectives were true and yet none was real. And, moreover, it was not just tri-simultaneity I was experiencing, because all the while, within my peripheral awareness, was the ambulance slowly making its way to the accident, as well as other things I'll describe in a moment.

The parts of "the movie", where I had harmed others, felt almost unbearable as I myself had to experience the receiving end, and quickly pledged to never do anything like that again. Yet, at the same time it was all surrounded with unconditional love and forgiveness, because it was all about lessons and never about retribution.

The entire life review took exactly seventeen Earth years to complete because I had to experience every single breath of it at the same rate at which it occurred; even while I slept I observed what had occurred during the dreamtime. And the detail

it went into was beyond belief. Every last random thought was highlighted as I was shown how each one eventually came back exactly as it left in order to shape my life experience.

Meanwhile back on earth the ambulance was taking probably less than ten minutes to arrive, and both perspectives were occurring *simultaneously*, from *seemingly* distinct points of perception.

Then, as the life review arrived at the point where I was pulled out of my Third Dimensional Space/Time Continuum Reference Point Vehicle (i.e. my physical body), another set of senses I'd been barely aware of opened up fully and I began to perceive myself as a light body surrounded by a quantum field of pure potentiality. A song played in the spheres that went, "*You are always at the center of creation, you are always at the center of the universe,*" as my perceiving consciousness witnessed uncountable "*potential-destiny lines*" (I call them nano-worm-holes) moving away from me in all possible directions. They were a million times finer than a human hair, appeared *both* straight *and* curved at the same time, looked like laser beams and multicolored fiber optic cables, and reached out to infinity, and each and every one represented a "potential reality". And every changing thought, word, and deed, dictated exactly which *potential-destiny line/nano-worm-hole* would be experienced next.

At my guides' suggestion I began to explore the different destiny lines by thinking different thoughts. As I thought a thought of unconditional love I would be drawn up into one of the countless possible fiber-optic/laser beam/nano-worm holes, and began to experience the fruits (vibrations) of that particular quality of thought.

And as I traveled up into a particular strand I could never stop and look back on my original reference point, because each particular reference point was being swallowed simultaneously as a new one was being created. I could not *return* to the "original" location because I was always *in* the original location. I was always at the center of the universe, because I could *be* nowhere else. And I was always at the center of creation because I could *do* nothing else, other than *be* constantly creating my own universe, (unless I chose to go into mental silence or return to the *Great Mystery*). Whether that creation occurred consciously or unconsciously, by choice or by default, made absolutely no difference because the universe *around* me had no choice but to mirror *back* to me exactly that which I had out-pictured. Wherever I went, there I was, with the same free-will to use either consciously or unconsciously, with no way out other



than entering into mental silence, or reentering *The Void* that I'd never really left.

The lines looked as if they went somewhere, but whenever I followed one I was always still at the center seeing all possibilities occurring simultaneously from that "new" particular perspective, and choosing which one I wanted to experience by the quality of the thoughts I chose to ponder. Certain types of thoughts limited the availability of certain choices, but to get the lost choices back all I had to do was think thoughts of a similar quality, and choice by choice, thought by thought, nano-worm-hole by nano-worm-hole, I would be moving in that direction till eventually they abounded once again.

And to further clarify, I was also not really able to *go* anywhere on any of the lines because in truth a multi-dimensional aspect of myself (the *One Self*) was *already there* in every possible potential reality. So it felt more like simply choosing to place more awareness into a place where I already was. Rather than arriving somewhere, it felt like coming home to a place I'd never left before, yet had never been to. Or waking up to (*not in*) a place I had fallen asleep to, yet a place to which I was still brand new - eternally so.

Actually, in a broader sense of what seemed to be occurring, I was able to access a state of awareness where all potential realities were observing all other potential realities simultaneously from their own perspectives, yet not feeling separate. So instead of actually moving somewhere within time and space, what was actually occurring was that I was simply choosing to focus my point of awareness down to one particular aspect of my multidimensional self, which *seemed* to be occupying a particular point on the space/time continuum graph.

At my guides' suggestion I then chose to think thoughts of darkness and was immediately taken down a painful path. And with each subsequent negative thought I was surrounded by increasingly dark choices. But even in the darkest of the dark there was always at least one light-filled nano-worm-hole I could choose and it would, eventually, if I continued to think increasingly higher vibrating thoughts, return me to a perspective where it became increasingly easy to choose even more light-filled thoughts. To the point where the bliss was so all encompassing that there was only one (but *always* at least one) dark thread available for selection. Because, as my guides reminded me, if there were not at least one dark choice then free-will would end and *The Game* would be over. Each direction, light or dark, compounded itself and eventually became a juggernaut with its own momentum, moving in



its own direction, all based upon my free-will choice. I heard many, many songs playing in the spheres during the near death experience, and during this part I kept hearing, "From the lightest light, to the darkest dark, and everywhere in between; and as always, in all ways, it is always all you".

However, I did not perceive these seemingly separate forces as being in opposition to one another, because in reality two forces do not exist at all; rather I sensed a pure, positive stream of energy, a primal *Will-to-Good*, with which I was ONE, that was either being remembered by me or forgotten. I intuitively knew that this primal Will-to-Good was *all-that-there-is*, and that I had a choice in every moment to either allow that or to disallow it. I saw that light was information, and that darkness was the disallowing, forgetting, or controlling of information. Light is all that there is and darkness is just amnesia of that truth. It was that simple.

Then the main screen of my perception switched to another image of an enormous, oblong, egg-like shape as large as the universe itself, which they called the "Cosmic Egg of All *Un-manifest* Possibilities". (The smaller screens still continued to display the aforementioned dramas). For the sake of ease of explanation I will say I was at the center of the Cosmic Egg, but from a deeper awareness I perceived it all from uncountable perspectives in every possible realm.

My guides then showed me how to "surf" the space/time/character continuum, as the Cosmic Egg began to morph into a Mobius-Strip/figure-8 symbol (the instant I generated a desire), which they called the "Infinite Rainbow of All *Manifest* Possibilities". The first of the three requirements to play *The Game* was that I had to choose (desire) a "*spatial* Reference Point" within the Cosmic Egg, because the illusion of dimensional space cannot exist within the Cosmic Egg because the Cosmic Egg has no dimensions, though it does contain All *Un-manifest* Possibilities, which includes dimensions. And what hatches from the Cosmic Egg is never by chance, but rather it is solely dictated by the thought with which it is inseminated.

So I chose the most familiar thing possible: third dimension, Milky Way galaxy, planet Earth. Then, the second requirement was to select a "*temporal* Reference Point", so again,

I chose the most familiar: 1979. The third requirement was that I choose a "*characteral* Reference Point" (I have to invent the word here), but in my case, for the sake of the lesson I was learning, I was not allowed to choose any character other than myself.

Then, just as I chose my spatial/temporal/characteral coordinates, the Cosmic Egg's oblong sphere completed its morph and my chosen coordinates became the intersection of the mobius strip. Accordingly then, one loop of it became the past and the other became the future, as it were, though ultimately it is always, *all*, happening *now*. Thusly also in our lives, it *seems* as if we are sandwiched between the past and the future, but we are not. My guides emphasized strongly at this point that *all* humans are *always* surrounded by the Cosmic Egg, and that the above process is *always* occurring for *all* humans every single time we think a thought. Therefore we humans, as long as we are engaged in thought, are constantly moving from one parallel dimension to another via the nano-worm holes. When we cease thought completely, there is just a silent witness who remains, and when that witness disappears, the Cosmic Egg collapses into *The Void*.

The purpose of the infinite Rainbow is to limit the perception of reality so that it can be experienced to the point where it seems as if the illusions of space and time are actually real. Wow! It sounded like a lot of fun and I was ready to play; or stated more accurately, I was ready to remember that I'd been playing all along UN-consciously due to earth-bound spiritual amnesia, and now it was time to start playing consciously again.

At first I chose things that were familiar in my recent history studies. For some reason the first thing I thought was, "Washington crossing the Delaware", and immediately my awareness went to a place on the past loop of the figure-8/Mobius-Strip which then became the new intersection point, because the so-called past was not somewhere I was "going to", it was somewhere which became my new reference point, my new definition of Now.

Up close it was amazing to witness, as it looked like a translucent, pixilated, rainbow ribbon, back-dropped by the inky blackness of a starless, pixilated void. As I got even closer it became more opaque as the pixels began to coagulate more and more. Then came a point where it took on the density of cold honey, yet not sticky at all. I pushed my awareness through (it felt like sticking my head through a liquid mirror) and on the other side was . . . George Washington with a huge battle raging around him! Entering in just a little bit I could begin (to a limited degree)

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to see, hear, smell, taste, and touch the event without being perceived by the actors on that earth-drama stage. If I backed away even a bit it was like un-focusing a telescope and things would get blurry, and if I moved in a bit more I appeared as a ghostly figure to onlookers. Then if I moved in even more it felt as if I were actually there, to the point where I felt a flash of fear as a cannonball went off nearby and I experienced a painful blast of pressure slam against my body, yet most of the pressure went through me as I was still not fully in third-dimensional form. If I had wanted to (and my guides had allowed me) I could have actually taken on physical form ("densified", I have to invent another word here) to the point where my body could have been killed. Wow! The womb was not the only doorway into the third dimension.

Then I tried "quick skipping", where I would dip in for a second just a little ways down the time-line and see the same place an hour later, then a day, then a year, then 10, then 100, then 1,000. Wow again! It was somewhat like watching an organic, interactive, multi-sense enabled DVD on fast-forward, or by chapters if I chose. Moving *along* the rainbow changed the perceived point in time (*when* I was), moving *laterally* to it changed the geographical location, namely to any specific point in any universe (*where* I was), and moving *up and down* changed which particular character's perspective I was perceiving through (*who* I was).

Then I decided to try looking at the future and was told, "You may not try now. There is a reason why we are saving exploration of the future for one of the next times we meet. We are going in through the back door this time, and will not visit *The Place of Souls* until your next near death experience."

So I decided to jump into the past again to see Siddhartha Gautama becoming fully enlightened; then to ancient Egypt to see the pyramids being built with telepathic technology; then to Atlantis just before the fall; then hit and miss just to see what I'd encounter. Wow, what amazing fun! I wanted to spend "time" in many of the places where I'd seen something or someone I'd been attracted to . . . it was enticing, seductive, and I felt myself being drawn back, drop by drop, into Samsara.

All the while, however, I was being reminded by my ever-present friends, "Do NOT get lost in the illusion!" You must stay *ultra* aware or you'll forget. Its job is to cause you to forget and your job is to awaken. You must overcome the world! That is the principal thread of everyone's life's purpose to which all other threads are connected. As you construct your life experience you must keep refer-

ring back to the cornerstone, your *Pre-Birth-Agreement Blueprint!*"

I quickly popped back out next to the Infinite Rainbow and for a moment it felt just like it had when I had left my body at the scene of the accident: extreme disorientation, like the effects of a powerful drug wearing off. I asked them, "Who is allowed to do this? Because I could have actually affected the outcome of major historical events that could have eventually affected entire planets and even galaxies and universes! The potential for abuse here is mind boggling." They replied, "Don't worry. At this point we would have stopped you before you had gone too far, but your point is very astute, and your question cannot be fully answered during this NDE. However, suffice it to say that those "who are allowed to do this" can be divided into two categories: the first we will call *Light-Workers*, and the second we will call *Those Who Have*

*Forgotten*. They are not called Dark-Workers because it is impossible to work for the dark because it, in reality, does not exist. The Truth is *All-That-There-Is*, and one either remembers it or one is in amnesia.

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This short article is a very abbreviated version of the story of Prana's first of four near death experiences. He is in the process of writing a full-length book about these extraordinarily clear recollections. At the moment, he is in need of an editor, publisher, and an author's advance in order to complete the book in a timely manner.

We will continue to offer material by Prana, as he is able to put it into writing. His lucid and simple explanations of matters "immaterial" are some of the best we have found. If you have questions that might be generally relevant, he may be able to speak to them in a future SOL issue, so do send them to our offices.

Contact info: prana@pranazone.com.

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**The idea** of seeing ourselves as more than just little people living out their little lives, but as cosmic beings having fascinating, pre-planned, learning experiences in physical form is becoming more commonplace. **"You have prepared long and hard for this lifetime....Before you came here, much time and effort was spent watching, waiting, and planning. Many careful agreements were made with other entities who would play a role. Plans were structured, restructured, and back-up strategies studied. Many potential paths and probabilities were examined and practiced so that as many options as possible would remain open once you arrived here. Your parents were carefully chosen from among evolved beings...."** This is a description of such planning excerpted from the book *Robes* by Penny Kelly. And below, Robert Schwartz shares yet another personal experience about our souls' plans for their earth journeys.

# Your Soul's Plan

© by Robert Schwartz

**May 7, 2003.** I remember that day well, because it was the day on which my life changed, the day that launched me on the path to writing the book *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*.

I was 40 at the time, working as a self-employed marketing and communications consultant and feeling profoundly unfulfilled with my life. I often had the feeling that if I were to fall off the face of the Earth, none of my clients would notice. They would simply plug someone else into my role and continue along.

Yet, at the same time I had a feeling that there was a higher purpose to my life. I just didn't know what it was. And so, in my search for that higher calling, I did something on that fateful day in 2003 that I had never done before: I had a session with a psychic medium.

The medium introduced me to the concept of spirit guides – highly evolved, nonphysical beings with whom we plan our lives before birth and who then guide us through our lives after we incarnate. Through the medium, I was able to speak with my guides. They told me that I myself had planned many of my greatest challenges in life - and that I had done so before I was born.

I might have dismissed this as some sort of elaborate fantasy, except that my guides knew literally everything about me. They knew not only what I had done in life, but also what I had thought and felt. *Private* thoughts and feelings that I had never shared with anyone.

For example, five years earlier I had been going through a very diffi-



cult time in my personal life. One day, alone in the privacy of my home, and *silently* in my mind, I said a prayer to God. I said, "God, I can't get through this alone. Please send help." I had completely forgotten about this prayer, but my guides knew about it, and they reminded me of it. They added, "Your prayer was answered," by which they meant that additional non-physical guidance had been sent. I was astounded.

As you can imagine, when certain beings know literally everything about you, they have a great deal of credibility.

So I was listening in rapt attention when they went on to tell me why I had planned some of my greatest challenges. In the days and weeks after the session with the medium, this information was constantly on my mind. It allowed me to review the course of my life and, for the first time in many instances, see a deeper purpose to the seemingly bad things that had happened. For me, this was deeply healing.

I realized I was on to a concept that could bring similar healing to other people. I started to think about writing a book about it.

At the same time, I began to have metaphysical experiences of my own. I would like to tell you about one in particular that profoundly informed my research and forever altered the way I look at the world.

One day, I was working in my home office and decided to take a break and go for a walk. As I was meandering down the sidewalk, I was suddenly overcome by a feeling of overwhelming unconditional love for every person I saw.

I remember this experience with crystal clarity. The first person I saw was a cab driver sitting behind the wheel of his cab, waiting for a fare to come along. I looked at this man – a complete stranger to me – and felt nothing but pure, unconditional love for him. Then I noticed a barbershop on the corner. I looked through the window and saw a barber cutting someone's hair. Again, I felt overwhelming love for these people who I did not know and had never seen before. Then I noticed a young mother pushing an infant in a stroller down the sidewalk. Once more I felt the same unconditional love for these people. Everywhere I looked, every time I saw a person, I felt tremendous love flowing over me and through me.

Though I had never heard or read of an experience like this, I knew immediately and intuitively what was happening: *I was in enhanced communion with my own soul*. It was as though my soul were saying to me, "This love is who you really are. This is your true nature."

I believe that my soul gifted me with this experience because when I went on to research and write *Your Soul's Plan*, every pre-birth blueprint I examined was based on unconditional love. This was true even when the souls were scripting a "negative" role for someone to play.

Had I not had that experience of myself as unconditional love, I would have found exactly the same results in my research. But I think there would always have been a little voice at the back of my head saying, "How do you know any of this is true?" Well, I know it's true because I experienced it myself. And so I can state to you with absolute confidence and certainty that I believe that we as souls are made quite literally from the energy of unconditional love.

In order to research people's pre-birth plans, I collaborated with four very gifted mediums and channels, including one who is able to hear the conversations people had before they were born with their future parents, children, spouses, friends, and other loved ones. I

put these conversations verbatim into the book. The people I interviewed had planned such challenges as physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents.

Why do we plan before birth to experience challenges? I found four primary reasons.

First, challenges allow us to balance karma from past lives. Karma is sometimes conceptualized as "cosmic debt," but I think of it more as unbalanced energy. Let's say, for example, that in a past life one person was physically ill and another person was the caretaker. When these two people transition back into spirit and have their life review, they will have a sense of unbalanced energy. One way to create balance would be to switch roles. The one who was ill now plans to be the caretaker, while the one who was the caretaker now plans to experience illness. What makes these life blueprints so challenging is that once in body, neither soul will remember the pre-birth plan.

Second, we plan challenges in order to heal. For example, Penelope, the deaf woman in my book's chapter on deafness and blindness, planned to be born completely deaf because in a past life she had heard the gunshots that killed her mother. She was a small child when the murder occurred. She was traumatized by her mother's death and went on to commit suicide later in that incarnation. In this lifetime, she sought to focus on self-healing and wanted to make sure that her healing would not be hindered by a similar trauma. In her pre-birth planning session, her spirit guide asks, "My dear . . . would you prefer to be born deaf so that no sound will ever remind you of those sounds again?" Penelope replies, "Yes, that is what I want and what I wish to do."

Third, we plan challenges to be of service to others. In the chapter on physical illness, I write about Jon, a homosexual man who planned to have AIDS so that he could teach tolerance to humanity. In his pre-birth planning session, we heard Jon conferring with the soul of the future lover who would – at his request – transmit the virus to him. The future lover says, "There is an issue larger than all of the personal benefit of contracting this illness. We can teach our elders, honor them, and provide them with a valuable opportunity to experience, learn, and grow." Jon, therefore, is not someone to be judged or scorned, but rather someone we may thank for having the raw courage to plan such a bold mission in service to others.

Lastly, life challenges allow us to know ourselves as love. By this I mean not simply that we are loving, although certainly that is true, but that we are quite literally made of the energy of love. In our nonphysical Home, we experience no contrast to ourselves and therefore cannot fully understand our nature as love.

On Earth, in a realm of duality and stark contrast, we often encounter a lack of love. As we choose in the face of such experiences to give and receive love freely and unconditionally, we remember who we really are.

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**Robert Schwartz** is the author of *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*. A free PDF with a large sample of the book is available on Mr. Schwartz's web site at [www.yoursoulsplan.com](http://www.yoursoulsplan.com)

