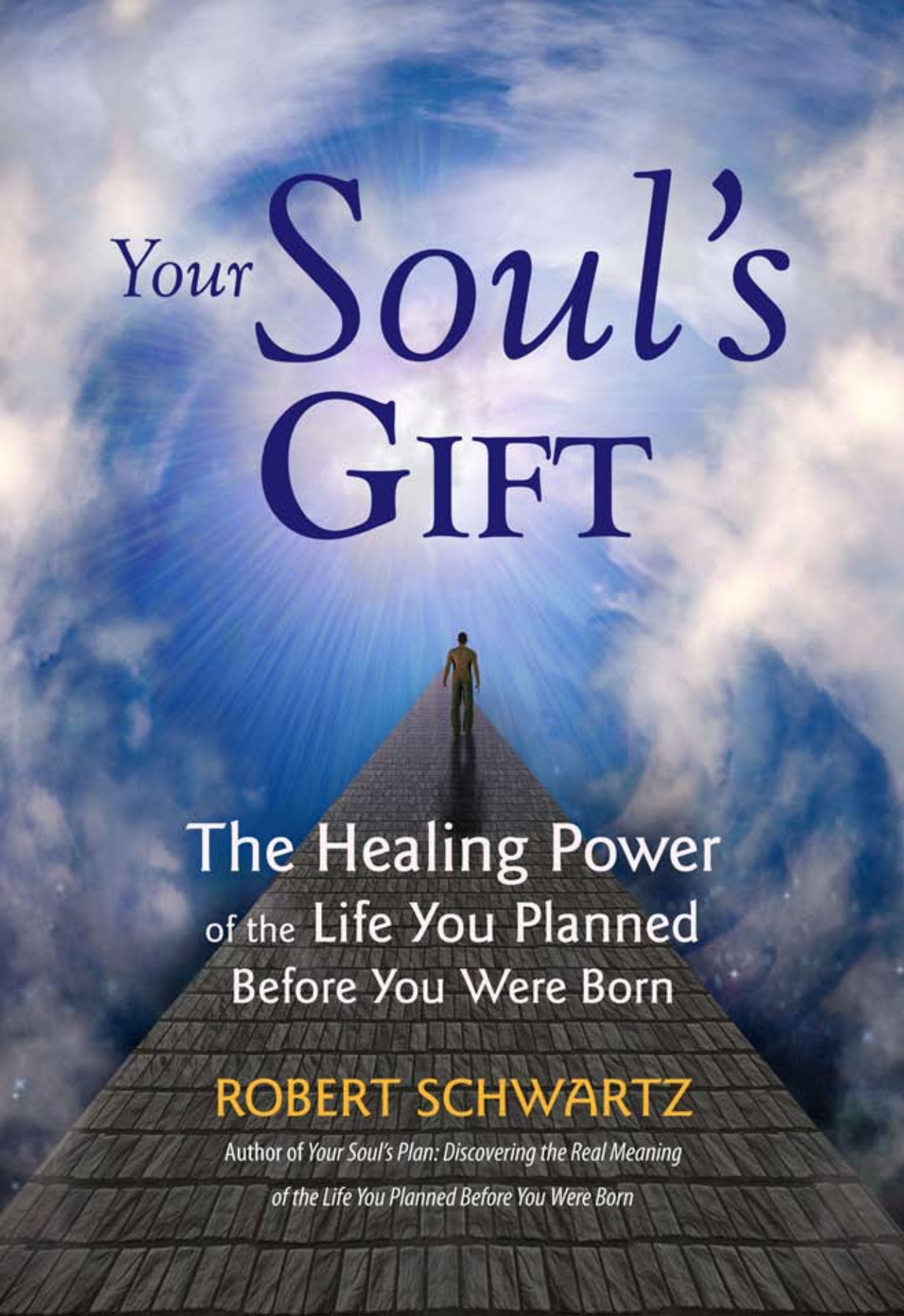




Your Soul's GIFT

The Healing Power
of the Life You Planned
Before You Were Born

ROBERT SCHWARTZ

*Author of Your Soul's Plan: Discovering the Real Meaning
of the Life You Planned Before You Were Born*

Your
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GIFT

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A Note to Readers

THERE ARE MANY PEOPLE WHO truly cannot afford to buy books. My mission is to make the healing information in this book available to as many people as possible, including those who cannot afford to purchase it. Please ask your local library to carry this book, or after you finish reading it, please consider donating your copy to your library. This simple act of kindness will touch many lives.

Thank you for helping me to bring a healing awareness of pre-birth planning to the world.

With gratitude,
Robert Schwartz
rob.schwartz@yoursoulsplan.com

Would You Like to Know Your Life Plan?

ROBERT SCHWARTZ IS A TRAINED hypnotherapist who offers both past life and between-lives regressions. In a past life regression, you can experience the previous life or lives that best help you to understand your current lifetime. In a between-lives regression, you may experience your pre-birth planning session, thus discovering specifically what you planned before you were born and why. These sessions are invaluable in assisting you to know the deeper purpose of your life: what your experiences mean; why certain patterns reoccur; why certain people are in your life and what you sought prior to birth to learn from those relationships. Physical and emotional healing, forgiveness, greater peace and happiness, and a profound knowing of who you are and why you are here can come from these sessions.

If you prefer not to experience hypnosis, Robert also offers general spiritual guidance sessions in which he draws upon his knowledge of pre-birth planning to help you understand the deeper meaning of your life. Often, these sessions make use of the Divine Virtues Exercise, a powerful tool developed by Robert to help you understand the qualities or Divine Virtues you sought to cultivate and express in this lifetime. Prior to birth, most people plan to develop several specific qualities, and life challenges play an important role in this process. Through the Divine Virtues Exercise, you gain an understanding of what those qualities are; that is, you acquire an expanded awareness of your life purpose and plan.

For more information please visit Robert's website at www.yoursoulsplan.com or write to him directly at rob.schwartz@yoursoulsplan.com.

Soul-inspired Jewelry

TO VIEW A LINE OF soul-inspired jewelry that will help you and those you love to focus on and express the Divine Virtues you are cultivating in this lifetime, please visit the Online Store at www.yoursoulsplan.com. These beautiful gifts serve as heartfelt reminders of what your life is truly about.

Dedicated to

Dad and Mom

I love you

and

Rebecca & Calvin

Bob & Kathryn

Marcia & her pets

Kathryn

Jim

Debbie

Carole

Rolando

Carolyn & Cameron

Beverly

Mikála

and

Their loved ones

*We never know how high we are
'Till we are asked to rise
And then if we are true to plan
Our statures touch the skies.*

—Emily Dickinson

Contents

Acknowledgments	i
Prologue	1
Preface	3
Introduction	9
<i>Chapter 1</i> • Healing	37
<i>Chapter 2</i> • Spiritual Awakening	61
<i>Chapter 3</i> • Miscarriage	95
Abortion	126
<i>Chapter 4</i> • Caregiving	133
<i>Chapter 5</i> • Pets	171
<i>Chapter 6</i> • Abusive Relationships	207
<i>Chapter 7</i> • Sexuality	229
<i>Chapter 8</i> • Incest	265
<i>Chapter 9</i> • Adoption	311
<i>Chapter 10</i> • Poverty	353
<i>Chapter 11</i> • Suicide	391
<i>Chapter 12</i> • Rape	433
<i>Chapter 13</i> • Mental Illness	479
Epilogue	523
References	525
Appendices	
A: Interviewees	527
B: Mediums and Channels	528

Prologue

“I WAS FOUR OR FIVE years old when the nightmares started. On some nights a huge, black spider dropped from above, its underbelly opening to devour me as its talons curled around my face. On other nights a massive shark rushed up from somewhere below, with rows of glittering, razor-sharp teeth around a mouth that became an immense dark abyss about to engulf me. Another time, a primeval bird of prey, with a beak like a knife, swooped down from the ceiling to plunge into my heart. Sometimes my nightmares didn’t coalesce into creatures, though. Instead, the walls of my bedroom crawled, or foggy clutches emerged from the night air. But always I felt the certainty of death.

“Terror surged through me as I awoke in the middle of those nights. Then I knew I was in my bedroom, but the creatures were still there—I saw them, heard them—clearly impossible, but just as clearly still about to kill me! Screaming, I clawed the sheets as I scrambled across the bed, until finally I found myself on the floor: heart pounding, gasping for air, in a dark, empty room.

“In Harry Potter’s world, a creature called a Boggart erupts from its hiding place to take the form of your deepest fears. To conquer it, you have to imagine the object of your terror in a way that you will find silly or laughable. My decades of nightmares (accompanied by crushing depressions and inescapable obsessions) seem that way to me now: a bad horror movie, ridiculous. I wish Harry Potter’s techniques had been around when I was that terrified little girl.

“Many people imagine that the goal and reward of true healing are to be found in peak moments of divine ecstasy—an opening onto eternity as the Universe lifts us into its galactic swirl ... or as a profound stillness breathes with us—and we know God. But

no, that isn't it. Those moments come out of nowhere and usually disappear as mysteriously as they arrived. Awakening is inspired by such moments, and we all seek to prolong them. But in my experience no therapy, meditation, knowledge or practice will invariably take us to the mountaintop, much less keep us there.

"Evolving to reach a place where we are serene, joyful and enthusiastic about daily life, every day (or almost): that's the real goal and the real reward. The day I knew I had 'made it' was the day I realized that I had not had any nightmares in ages. Even more important, I also realized that I had not felt depressed, obsessed, invaded or out of control for years. It dawned on me that I was no longer a seeker. I had found what I was looking for, and it had become a way of life where I am happy nearly all the time, and often for no particular reason.

"Life requires much less effort now. I appreciate the people, places and things that give color and richness to my world, as I see that all of them do. I often feel joyous and free. This is the kind of healing that happens when we follow our soul's plan. This is the kind of healing that is possible, not just for me, but for everyone.

"It is the kind of healing that, for me, has created a Heaven on Earth."

—Mikéla Christi
(Chapter 13: Mental Illness)

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 he 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 Mikæla 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

3 Strictly speaking, the personality is eternal. A discussion of the eternality 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.

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 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, who 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, Sue 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

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 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.

IN HIS GROUNDBREAKING FIRST BOOK, *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*, Robert Schwartz brought the idea of pre-birth planning into the mainstream. Now, his brilliant sequel delves even deeper by exploring the pre-birth planning of spiritual awakening, miscarriage and abortion, caregiving, abusive relationships, sexuality, incest, adoption, poverty, suicide, rape, and mental illness. Working with a team of gifted mediums, Schwartz brings forth great love and wisdom from “the other side” to explain why such experiences are planned—and the deep, soul-level healing they can create.

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- Forgive those who have hurt you and create a lasting inner peace
- Understand the qualities you came into this lifetime to cultivate and express
- See profound purpose in experiences that once appeared to be meaningless suffering
- Develop a heartfelt knowing of your infinite worth, beauty, magnificence, and sacredness as an eternal soul

“This book is an incredible guide map to your soul and the various jewels stored inside it. Read this to reconnect with your TRUE SELF.”

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— Raymond Moody, MD, PhD, author of *Life After Life*



Photo by Lisa Burroughs

Robert Schwartz is a certified hypnotherapist who offers spiritual guidance and hypnotherapeutic regressions to help people understand their life plan. For more information please visit www.yoursoulsplan.com.

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