

# Contents

Acknowledgments	xi
Preface	xiii
<i>Chapter 1 • Infidelity</i>	1
<i>Chapter 2 • Impotence</i>	31
<i>Chapter 3 • Interdimensional Parenting</i>	67
<i>Chapter 4 • Being Single</i>	107
<i>Chapter 5 • Celibate Relationships</i>	151
Epilogue	191
Appendix: Mediums and Channels	193



## *Acknowledgments*

I AM DEEPLY GRATEFUL TO the courageous souls whose stories appear in this book. Motivated by love and a desire to be of service, they opened their hearts to me so that you, dear reader, may more fully open your heart to both your loved ones and yourself.

To Barbara Brodsky and Aaron, Pamela Kribbe and Jeshua, Corbie Mitleid, and Staci Wells and her spirit guide: Thank you once again for sharing your love and wisdom with the world. Truly, you are wayshowers. Traveling this road with you has been my joyful honor.

To Liesel, the love of my life: Thank you for your love and unwavering support. You inspire me each and every day to become a better version of myself.

Thank you to Sue Mann for your always insightful, incisive editing. This book could not have been in more capable hands. Thank you Emily Han for your eagle-eyed proofreading and Sara Blum for your beautiful interior layout. Thank you to Barbara Hodge for your exquisite cover design.

Thank you to Sylvia Hayse for helping to carry my books around the world.

Thank you to Dr. Linda Backman for permission to quote from the inductions you created and that I used with the people who share their stories in these pages.

This book would not have been possible without the contributions of many others who shared their wisdom and offered their support. In particular I thank Michelle McCann and Kat Baillie.

Thank you to the many guides, teachers, helpers, angels, masters, and other nonphysical beings who made this book possible, including the Beings of Light channeled by my wife. You are my teachers, teammates, and friends.



## Preface

YEARS AGO WHEN I WAS forty, my life was profoundly unfulfilling. I found the corporate work I was doing to be bland and devoid of any deeper meaning. Although I longed for a romantic relationship, I was unable to manifest one. I was drifting through life seemingly rudderless, going through the motions, each new day as empty and uninspiring as the previous. I wondered why I was here on Earth. I had no idea of either the answer to that question or how to find it. At times I wished I could go Home.

In my search for meaning, I had my first session ever with a psychic medium. She channeled my spirit guides, who told me I had planned my greatest challenges for the purpose of spiritual growth *before* I was born. Shortly thereafter I met a woman who is able to channel her own soul. In some fifteen hours of channeling, her soul told me in detail how the pre-birth planning process works. The resonance I felt with the concept of pre-birth planning was clear, strong, and undeniable.

At about the same time, I had what is known as a spiritually transformative experience. One day, as I was doing nothing more than walking down the street, I felt pure, overwhelming, unconditional love for every person I saw. This love was fundamentally different from the love one might feel for a parent, child, or romantic partner; it was a divine, transcendent, all-encompassing, totally immersive, limitless love. I understood intuitively that this experience was a gift from my soul saying to me, “This love is who you really are.”

I decided to leave the corporate world and write books about why we plan our biggest challenges before coming into body. In the years that followed, I wrote *Your Soul's Plan*, *Your Soul's Gift*, and the book you are now reading. The life that has emerged from the writing of these books is so deeply fulfilling

and uniquely “me” that it would have been beyond my wildest imagination or ability to comprehend when I was forty. Equally important, the research I did for the books taught me that human suffering is not random, arbitrary, or purposeless; rather, it is rich with meaning. That understanding created a deep healing for me. My hope and intention are that it creates a similar healing for you.

It is important to understand there is not just one truncated, linear, concretized life plan—a Plan A so to speak—for each person’s life. There is a Plan A, but there is also a Plan B, C, D, E, and on and on . . . so many plans that full comprehension is beyond the capacity of the human brain. These additional plans are the soul’s accounting for the many and various free will choices that can be made by the incarnate human. Each of us has free will, and it is our free will that makes the Earth school a truly meaningful experience. Without free will we would be nothing more than automatons, in which case no true learning would occur or even be possible.

Plan A is the highest vibrational plan; that is, a life in which the personality (a portion of the soul’s energy in a physical body) makes the most loving decisions possible in each moment. In this case there is no vibrational difference between the personality and the soul. In essence, the soul is fully inhabiting the body and living that lifetime without the dilution or alteration created by the ego or smaller self. Saints and masters may execute this plan, but the rest of us will invariably make at least some and usually many unloving decisions. Although unloving decisions can cause pain for self and others, they also result—if we live life consciously—in healing, expansion, and a greatly enhanced capacity to love. It is for this reason that making mistakes is not a “bad” thing. In fact, we came here to do just that. Our mistakes *are* our growth, and our growth *is* our service to the world and our fellow humans.

Presence and acceptance/gratitude is the divine combination that allows us to enact our higher vibrational pre-birth plans. When you are fully present to and grateful for or at least

accepting of whatever arises in your experience, you tap into the Universe's field of infinite potentiality. That is, your presence and acceptance/gratitude give the Universe an energetic Yes!: a yes to healing; a yes to deeper understanding; a yes to guidance, abundance, health, spiritual clarity, and creative solutions for the highest good of all.

Giving that energetic Yes! to life requires faith and trust in the goodness of life and the Universe. We can cultivate faith and trust in several ways; one of the most important and helpful is through a *felt knowing* that the challenges we planned before birth are rich with meaning and purpose. Ultimately, this book is intended to be a pathway to that felt knowing.

Those of you who receive my email newsletter (which I invite you to sign up for at [www.yoursoulsplan.com](http://www.yoursoulsplan.com)) know I have been publishing channelings done by my wife, Liesel. She channels a collective of wise, loving, deeply caring, nonphysical beings who are in a state of unity consciousness and whom we affectionately call the Beings of Light. They said the following to me about pre-birth plans:

We are enamored of bringing together the practice of present moment awareness with your work.

When viewed from a mental level, these things can seem contradictory; however, they are not necessarily so. The way in which presence (which is being present in the now moment *and* in a state of acceptance of, or gratitude for, what 'is' in the now moment) plays out in pre-birth planning is that it allows the highest version of the pre-birth plans to become the working version.

We have described previously that to put our language into the English language is like trying to take an infinite number of words and distill it into some hundred words. Similarly, pre-birth planning contains within it an essentially infinite number of permutations of actual plans. This can seem contradictory to the human mind—as though this is not planning at all if there are an infinite number of possibilities—but We assure you that

this is still a kind of planning.

The plans themselves all fall under what We refer to as a probabilistic, multidimensional curve form. For purposes of visualization, a simplified version of what We mean by a multidimensional curve form is that which is shown to you within mathematics and statistics as a bell curve.

There are pre-birth plans that are very likely courses of events, and there are pre-birth plans that are on the far fringes of the bell curve. For many individuals, presence and truly deep connection with their souls may be on the far fringes of the bell curve of possibility; however, this would indeed be the highest alignment pre-birth plan that could be chosen in any given moment.

So, within the bell curve of possibilities there are pre-birth plan choices that could be made that make the Universe 'sing' more than other choices. All choices ultimately lead to learning and enlightenment, but some paths are far less circuitous than others.

The paths that are chosen that are in greatest alignment with the deepest Self, with Presence and Spirit and Consciousness, are those paths that are most direct and therefore least circuitous.

In other words, the vast majority of what is planned is set up as a possibility or probability, not a certainty. Life plans are fluid, fractal, and organic. Whether or not a particular plan actualizes depends upon the free-will decisions of the individual, the vibration of the individual in the current now moment, and the external events/free will decisions made by seemingly separate "others." To the extent one is fully present, the highest vibrational plan naturally emerges and can be actualized on the Earth plane. This version of the life plan is the least arduous and painful path to both self-realization and profound service as well as deep joy and fulfillment.

This book is the third in a series that examines the pre-birth planning of major life challenges. In the pages ahead we will look at the soul-level planning of challenges that occur in, and



also in the absence of, romantic relationships. As with my previous two books, healing insight and enlightening information are gleaned from talking with wise, compassionate, nonphysical beings through mediums and channels. Barbara Brodksy channels Aaron (an ascended master) as well as The Divine Mother, a blending of the highest feminine consciousnesses (Mother Mary, Quan Yin, and others) in our universe. Corbie Mitleid channels a person's soul or higher self. Staci Wells channels her spirit guide. Pamela Kribbe channels Jesus, who uses his given Hebrew name, Jeshua.

Much additional wisdom is derived from past life regression and from Between Lives Soul Regression or BLSR, the form of hypnosis in which I specialize. In this form one can speak directly with very highly evolved nonphysical beings (often referred to as the Council of Elders) who know what was planned for the current lifetime and why, how one is doing in terms of fulfilling one's plans, and how one may better fulfill one's plans. A BLSR contains an abbreviated past life regression.

May you see yourself and your life reflected in the pages ahead. May the wisdom and healing found by these courageous souls become your wisdom and healing.



## CHAPTER 1



# *Infidelity*

**S**URVEYS 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?  
[to Bob] How do you feel about me now?

"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.