



In researching *Your Souls Plan*, I collaborated with medium Staci Wells, who has the ability both to see and hear our pre-birth planning sessions. In these sessions we work closely with our spirit guides, highly evolved beings who help us select those challenges that will produce the growth and healing we seek.

Typing through an instant messenger on our computers, Staci and I conducted a session for Penelope, a young woman who was born completely deaf. We sought to understand what Penelope had planned and why she had planned it:

“Staci,” I asked, “would it be possible for you to provide the conversation that took place in Penelope’s pre-birth planning session when she chose deafness?”

Penelope and I waited a few moments as Staci “tuned in” to the discussion. She then described the

planning session in such detail that I felt as though I had been transported there.

“I am hearing ‘thought-conversation,’” Staci typed. “I am also seeing. Penelope is in a large room. The walls are high; there are many images on the walls—images from past lives. Her main spirit guide is there along with other guides. I see Penelope sitting cross-legged on the floor; also on the floor are the other souls with whom she will interact in important ways in the lifetime to come. Some of the souls have been with her in previous lifetimes but will remain on the other side while she incarnates. Her main spirit guide stands behind her, directing the proceedings, acknowledging everyone there.

Spirit guide: We are gathered here to help Penelope decide on her life that is to be. Many of you have helped Penelope before in other lifetimes and between lives. Penelope still burns from her experiences in her most recent life and seeks healing in the life that is to be. She asks each of you now to join your energy with hers as she decides what she is to be, what she will and will not experience, and how she may best interact with all here in order to achieve her goals.

“They all join ‘hands’” Staci continued. “I see the energy pulsing from one to another until it pulses throughout the room like waves that penetrate everyone there.

“The first thing Penelope decides is her body color, as that will be part of the connection between herself and the soul who was and is her mother. As Penelope decides this, I see her soul take on the darker color, ‘trying it on for size,’ but also adopting it as her own.

“There is thought-conversation between Penelope and her mother, agreements made for her mother to give birth to her and take care of her in ways she could not in the previous lifetime. Penelope expresses to the soul who is her mother that she still feels a great need to be cradled in her mother’s arms. There is an agreement made about lots of cuddling time.

“But then the memories of what she witnessed in the previous lifetime spring to her mind, and Penelope asks please not to let that happen again. The man who shot her mother in that lifetime stands up among the crowd and agrees to not inhabit physical form while Penelope and her mother are in physical body. Then he sits back down.

Penelope: But the sounds. I am afraid I will still hear them. I don’t want to hear them at all.

Spirit guide: My dear, you know that they will continue to resonate within your hearing range. Would you prefer to be born deaf so that no sound will ever remind you of those sounds again? You will continue to be influenced by them and by what you saw and experienced, only you will feel them at a deeper, subconscious level, where it will be easier for you.

Penelope: Yes.

Spirit guide: Wait. [Holds up his hand.] Before you agree to this so readily, think on this first: you will continue to be influenced by the atrocities you witnessed in that life because you have told me it is your desire to complete your healing process. You will still feel them, but at a level you will be unable to define for quite some time.

Penelope: Yes, that is what I want and what I wish to do.

“Her energy changes somewhat as she gets more serious. The excitement of being born and living again has now been somewhat overshadowed as she realizes what she will work on. But she agrees and moves on to the next step in the planning process.

Penelope: I want to give to other people in some capacity. I want to expand my ability to be compassionate. In my last life, my ability to express compassion ended when my mother died. I want to care compassionately for many people.

Spirit guide: You will have the opportunity to use your own experience in the life that is to come to turn your self-knowledge outward and give to others in a kind, compassionate, and caring manner, and to teach others as well.