



When I decided to write about pre-birth planning, I knew immediately that physical illness was one life challenge I would examine. Given that virtually every human being will face health challenges, the importance of the topic was undeniable. Could it be that souls really plan before birth to experience illness? And do they plan to have *specific* illnesses?

To my amazement, these questions were answered by an angel.

*Your Soul's Plan* contains the stories of two individuals who faced potentially life-threatening illnesses. One of these people is Jon, who has AIDS. By working with Glenna Dietrich, a trance channel, Jon and I had the extraordinary opportunity to speak with an angel who guides him in this lifetime. The following is an excerpt from the beginning of our session:

*"We are three to see you, as you are three," began the channeled entity. "We are not of the material world, but of the spiritual realm—as you consider it, behind the veil. Two of us have not been in human material form as you are. We are from the angelic realm. We remain nameless to you, as all our names are not pronounceable. So we appear in your minds only as colors in vague shapes and more as feeling."*

*I marveled at the fact that we were now speaking with angels. Through Glenna we were reaching across the veil to the nonphysical world. There was a sweetness in the angel's tone that I found soothing. The angel's greeting reminded me that beings in spirit often communicate with us through feeling, and that mediums frequently see the colors of both nonphysical beings and the human aura.*

*It was common in these sessions for the discarnate beings not to use names. Every being, whether physical or nonphysical, is energy. The term "energy signature" denotes that every consciousness is identifiable by its unique energy. The angels were able to recognize Jon, Glenna, and me—and one another—by virtue of that energy.*

*"One of we three has been in an incarnated state many times," continued the angel. "And this being will now communicate with you directly."*

*"Yes, I have been incarnate in your realm 867 times," said the second angel. "These are the times that I have spent in human bodies. There have been any number of times when I have chosen to spend my incarnate time in bodies other than human. Truly, I have chosen to be one of your [Jon's] guides as you have incarnated. We have been together many times in many incarnations. We have been sisters. We have been mother and daughter. We have been enemies who have murdered one another. And we have been dear friends."*

*"In each time you and I have decided where we will meet and in what circumstances we will bring opportunities for one another to have those beautiful growth experiences. We are truly what those in your realm consider to be soulmates. Two souls of very similar vibration—a frequency at which we both have a color and a sound that are similar."*

*"I wish to say to you that I am proud and happy at the many steps you have made forward in this incarnation. There are many things you have proven and many energies you have brought forth. I have stepped beside you. And at times I have been in front, encouraging you during those times you considered to be the darkest. Yes, my energy is familiar to you. I wish for you to remember, dear one, the beauty of your soul, the incredible light that can come into your heart. It is difficult to be that shining light when most around you desire only darkness. It is the true healer, the true sage, who remains sage amongst those who are not awake. Take heart and remain at courage."*

*To me the angel said, "We have heard your questions, but we wish that you pose them to us one at a time."*

*"Thank you," I began. "Did Jon plan before birth to have the experience of AIDS in this lifetime, and if so, why?"*