

# The Planning

By Barbara Findeisen

You are planning this current lifetime, and with you are Guides who are helping you choose.

*Can you see them?*

*What are they saying?*

*Are you eager to come into this lifetime or are they urging you?*

*What do you say to each other as you decide about this lifetime?*

It is at this time that you will be deciding on the lesson you wish to learn in this lifetime that will help you along on your soul journey.

*Do you decide on this lesson or do your Guides have some suggestions?*

You need parents who will help you to learn this lesson. They won't necessarily be the ones who will make you feel the most comfortable or make your childhood the happiest, but you will choose them because they are good teachers for you, though undoubtedly you will grumble later when you have forgotten why you chose them.

*Why do you choose your mother?*

*Have you known her in another lifetime?*

*Why do you choose your father?*

*Have you known him in another lifetime?*

*And what about your siblings?*

*Are you going to be a boy or a girl? Why?*

You have something to say about your physical body sheath, though you will probably be limited by how you have treated your body in earlier lifetimes.

*What are your physical strengths and vulnerabilities going to be?*

*How will they help you in your soul's journey?*

The choice of your body is important because your body is going to be your laboratory in which you learn to handle the energies of life. Nothing can take the place of this form of learning, so observe carefully what you choose for your body and why.

## **Prenatal Experience**

Now you have made the choices and must leave the Light. It is hard, after you have garnered wisdom in other lifetimes, to have to be limited again by the body of a baby.

*Are you reluctant to do this or do you look forward to the chance to grow further?*

*Where are you while this new sheath for your soul is forming?*

*Are you inside it, aware of each cell as it presses forward to the completion of the human form?*

*Or do you hover outside, waiting until the last minute to take possession, perhaps joining your body only in the moment of birth?*

*What does your mother feel when she knows she is pregnant?*

*Is she happy about you?*

*Or is she frightened?*

*Does she feel overwhelmed with all that is involved in having a child?*

*How does your father react when he learns your mother is pregnant?*

*Is he happy? Or dismayed? Or perhaps overwhelmed, too, with the thought of so much responsibility?*

Go through the stages of your growth in the uterus.

*Do you feel bonded with your mother?*

*Are your parents happy together or do they argue?*

*What is the emotional climate in which you begin this sojourn?*

Remember that you have chosen this way in order to learn as much as possible. If your mother is overwhelmed by her own pain and cannot spare any light for you, you will have to find love and light by your own strength alone, and perhaps that has something to do with the lesson you have chosen.

Now the new body is complete. If you have not entered it before or if you have only flitted in and out trying it out, now you must embrace it and go through the experience of forgetting all the lifetimes back of lifetimes which have been strung like pearls on your soul's necklace of experiences. Finally you are going to have only the here and now of your baby self. You have

to win back all that you have previously experienced but have forgotten, slowly thinning out the fog of your forgetting.

## **Birth**

The birth is beginning. It is a long journey.

Here the therapist works to uncover specific traumas in the stages of the birth process. These differ with each individual. Body work and breathing exercises are helpful in recovering the memories and experiences.

*Finally you are born. What does your mother say? How does she respond to you? Do you feel wanted and cherished? Do you feel bonded with your mother? And if your father is there, how does he feel about you? Is it a safe world?*

*What patterns have you brought with you from your experiences in the uterus and from the birth process that reflect the nature of your previous soul path in other lifetimes and set the pattern of what you will experience in this one?*

Spend time tracing these patterns and core issues and tying in past-life, prenatal, birth, and current experiences.