

MYSTICAL MATTERS

with Val Ryan

Dear Val,

Do we have a blueprint for our lives? Are we drawn to make certain choices even though they might not be the right ones, ya know, kinda predestined? Signed, HP

I believe we do have a blueprint for our lives. Before we're born, we write a chart for our life with the help of a Soul Group. The chart includes our goals, guides and outs. The Soul Group consists of every person, spirit and energy you've ever encountered in your lives, past, present and future. It's filled with the thoughts, feelings and memories of all those who share your karma. All decisions made by the group are in the best interest of both the individual and the group. This is where you'll return when it's your time to crossover and what I call Home.

When we incarnate, we decide which goals to focus on, including a life virtue and purpose. The virtue is an overall theme such as wisdom, patience, health or communication. Let's say in a previous life you were surrounded by sick people and for whatever reason were unable to aid them. This time you become a nurse, doctor or other healthcare practitioner to work through whatever lack is felt in your soul. Each embodiment is the

soul's way of coming one step closer to wholeness. As Neale Donald Walsch writes in *Conversations With God*, we don't really learn anything new each time around so much as we "re-member" ourselves. Every experience is an opportunity to gain greater awareness of who we are and who we are is one with the Light.

Our purpose is part of the life virtue and can be as grand as seeking a cure for cancer or simply helping the little old lady next door take her daily medication. As far as God is concerned, there is no difference between the two; each is done in the service of healing. Ask yourself, "What's motivating me?" Each decision you make emanates either from love or fear. You'll know which not only by how it feels, but how the universe responds to it. Fear based thoughts and actions create confusion. Those that come from love create peace.

Another aspect of the chart is choosing our guides. Spirit Guides are assigned to us at birth and live in our aura. They gently nudge us towards positive choices and if we make a less than healthy one, they watch over us as we integrate the life lesson. These spirits are chosen from our Soul Group based on their past life experiences, which make them the most qualified to guide us in the direction of our life purpose.

And then there are the outs. There are times in one's life when we may have completed our purpose and are thus ready to crossover. Like the teenager who doesn't survive a car crash. When the pivotal moment arrived, he had successfully gained the knowledge required to return home. For those left behind, this can be difficult to comprehend. I knew such a boy named Jimmy. While it was devastating at the time, with age and experience, I've remembered that he is apart of my soul and not even death can separate us. "Having become perfect in a short while, he reached the fullness of a long career; for his soul was pleasing to the Lord." Wisdom 4:13-14. Any time there is a life or death situation, this is a possible out. If you've fulfilled your purpose, you'll leave the material plane. If not, you'll stay and continue this leg of your journey.

While our chart includes a great many things, understanding these three aspects is a good way to see the role predestination plays in our lives. And don't forget we have free will too. Seek consciousness of purpose or simply allow life to unfold. There is no right or wrong way of living. Do what you want to do. If it doesn't work out, do something else, because sitting on the fence doesn't get you very far. Life is exploring, learning, growing and remembering your soul. Live fearlessly, knowing you are in the presence of God's loving light.

Have a question for *Mystical Matters*? Email Val Ryan at
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