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## CHAPTER 6

# ADOPTION: WHO REALLY CHOOSES WHO?

*Adoption is a difficult experience for a child. No matter how loving the adoptive parents are and how wonderful a life they provide, at some level the child still feels unwanted, unloved, and unworthy of love. So what is the role of adoption in a soul's plan? In this regression I learn everything I ever wanted to know about adoption—the spiritual reasons, the lessons, and the opportunities it provides. This is my first regression to an inner, or earlier, age of myself in this life rather than to a past life personality.*

**T**he issue," I began, "that probably has had the most impact on my life is being adopted. Don't get me wrong. I had great parents and have a great life. But as I get older I can see I've never trusted relationships. I was always the one who left so I wouldn't be the one left. I know I've been emotionally unavailable my whole life, even as a child. I never let myself feel anything for fear of being hurt."

Pamela and I used NMR to test for programs I might have taken on in my childhood, such as feeling unworthy of love and feeling unwanted.

"You know, Ann, children that are adopted into very, very loving homes—it isn't that they're not getting the love, it's that they feel unworthy of it and so they're blocking the love. I would say that seems to be what we have happening here."

We continued on with NMR, looking for emotions. We found some: I was unhappy in the womb. I was angry and felt shame. I thought there was something wrong with me and that I was making my mother unhappy. And I felt rejected.

"So, in the very beginning, Ann, you're already thinking, 'Maybe if I was better. . . .'"

"Yeah, growing up I always thought to myself, 'Whatever you do, don't rock the boat so they don't send you back.'"

"Exactly," Pamela added. "If my mother is going to give me away just for who I am, these people will too, unless I'm really making nice. That's a very heavy feeling, a very heavy emotion."

More NMR revealed that my birth was difficult because I was struggling *not* to get out. "See, as long as you're *in* mom," Pamela explained, "she can't do anything about it. As soon as you're *out* of mom, now what? What will happen to me then?"

"Is that what breech births are about?" I asked. "The fetus doesn't want to be born?"

"Often, yes," was the answer. "So are there any other programs you want to check before we begin?"

"Where are we going?" I asked.

"To the fetus in this life. That's where the emotions are."

"My fetus? How can my fetus talk?"

"She will communicate mentally, and the subconscious mind will speak her thoughts."

"Will I talk or act like a baby?"

"Some people do, some people don't. Some prefer to keep more of a mental or emotional distance from an inner self, which is what all the inner ages are. To do that, people unconsciously direct their subconscious mind to act as a translator for the inner self by conveying the emotions, energy, and attitude of the inner self through tone of voice and descriptive phrases—although just hearing what an inner self is thinking and feeling can trigger an emotional response in the present self. Sometimes an adult's inner child will use phrases the adult self finds hard to believe a child would know or use. I always say you never know what a child, including an inner child, has picked up mentally from older kids and adults. And again, when the subconscious is acting as a translator, it may speak in the language of the adult self in an attempt to help the adult self more clearly grasp the thoughts, feelings, and attitude of the child one was."

We did more NMR and learned I did not trust love, I did not trust emotions. I also believed that my mother gave me away because she didn't want me. We asked if there was anything else I needed to know before the regression, and the answer was no.

During the hypnosis induction I experienced my body getting smaller and smaller until I was that little embryo in the womb. (The transcript of this induction is one of the sample inductions at the back of the book.) When Pamela asked me to go to the sad feelings, a weepy, scared little voice responded, "I'm all alone here. I'm just floating around in here and I'm *all* alone. There's nobody."

"No one at all?" Pamela asked.

"I feel like I'm in here all by myself."

"Does your mommy know you're there?"

"Yeah."

"What did she think when she found out?"

"She was afraid. She thought, 'Oh no, this can't be. I'm married to someone else. This is terrible.'"

"What did you think as you heard mom thinking that?"

"That I was terrible."

"You know what, baby girl? I know this is very hard to understand, but when mom says this is terrible, she means it's terrible for *her* that she has a baby in her body. She doesn't mean *you're* terrible. I'll tell you something about humans. Are you listening, baby girl?"

"Yes."

"Good. Well, it would be *wonderful*, baby girl, if every single mommy and daddy were so happy and so thrilled that a baby was coming. Now you would *think* that would be so because they do things to have babies come. But they aren't always prepared or ready for that. Can you imagine that? Sometimes they're very shocked, very upset that there's a baby. And I'll tell you some of the reasons. I'll tell you the very reason for you, okay?"

"Uh-huh."

"Your mommy and your daddy—do you know anything about your daddy right now? Let's see if you remember your conception. Would you do that for me *before* I tell you what's going on here with your mommy?"

"Uh-huh."

"Okay. Think back. Your legs and arms will get smaller and smaller until they disappear. And your body disappears until you're just in this little egg. And you can be inside the egg or outside the egg. You can go in and out! We're going right back to the moment of your conception, to when this egg began to grow. And now we're going back just a little bit farther. Where are you? Are you inside or outside the egg?"

"I'm not in."

"You're not in. All right. Then you're spirit right now. And are you aware of your mommy? See if you can find her. Maybe

you see her energy. Look for your mommy and daddy. And begin to let that picture open for you. Mommy and daddy are together and you're in the spirit form, but you can see with your spirit, sense where they are and what's happening. Now the impression begins to gather. Are mommy and daddy inside or outside a building?"

"Inside."

"And are they talking softly or loudly?"

"Not loud."

"Can you hear their words? Can you make sense of them?"

"No."

"Is the sound of their voices pleasant?"

"Uh-huh."

"Okay. You know, you can tell what's going on in their minds. Whose mind do you want to get into, daddy's or mommy's?"

"Mommy's."

"Okay. So get into mommy's thoughts. What is she thinking?"

"I'm lonely."

"So mommy's feeling lonely. And what is she feeling with the presence of this man here? Is she happy with him being here?"

"Uh-huh."

"Okay. How's her body feeling? Can you tell from her thoughts? Is she having pleasant feelings?"

"Yeah."

"So it's a happy situation. She's okay with this?"

"Uh-huh. I mean, she's feeling like she shouldn't be there, but. . ."

"But she's liking it?"

"Yeah."

"Why do you think she's feeling like she doesn't belong there?"

“Cuz she’s got a husband. But she’s lonely. And it’s so nice. He has his arms around her and it just feels really nice.”

“What’s he feeling?”

“Same thing. He’s lonely, too.”

“Oh. And why are you here, spirit?”

“Because these two are going to be my parents.”

“How do you have this knowing?”

“Because I decided that they’re going to be my parents.”

“Go back to when you decided. Just let yourself drift with that thought back to when you decided *these two* would be your parents. Where are you? Are you alone? Are there others?”

“No, there are others. They’re helping me plan things.”

“What draws you to these two as parents?”

“It’s for something I have to learn. I have to have parents that are going to help me learn my lesson.”

“And how do you know these two are the ones who will do that?”

“Because they’re not married and they’ll have to give me away. And I have to get to my other parents.”

“That’s right. It’s *all* part of a plan, a very important plan. And the reason it had to happen this way was because you needed to be the child of parents who couldn’t have their own babies. So somebody had to have the baby *for* them. So *she* didn’t reject *you*. In a sense *you* rejected *her*. So it was *your* power that made all this unfold because you didn’t want to be raised by this mommy and daddy. That’s not what you wanted—or it would have happened that way, because the universe does *not* make mistakes. And what do you plan to accomplish in this lifetime that you are going to live?”

“Learn about rejection. It’s going to help me to realize myself in a spiritual way. But I have to overcome the human stuff to get there. So this will be a good way to teach me many

lessons about my own strength. It doesn’t have to come from other people.”

“Very good. Then moving back to the womb where you are floating around feeling so alone, what is mommy thinking?”

“There’s no way she’d get rid of me, kill me. She doesn’t believe in that. So she’s going to give birth to me and give me away. She tells me she loves me even though she can’t keep me. But still, it’s so lonely in here ‘cuz I don’t know what’s going to happen to me. And she’s got such mixed-up feelings about me. She keeps saying, ‘I love you, I just can’t keep you.’”

“So let’s talk to you now, baby. Hearing your mommy saying she loves you but she can’t keep you, is this confusing to you?”

“Yeah. I think if she loves me, how could she not keep me? I mean, there’s gotta be a way.”

“There may well be a way. But your mommy isn’t seeing that way. Your mommy is married to a man other than your daddy, and your mommy is afraid if he finds out he’ll leave her. And she’s afraid to be alone with a baby girl without a husband. So your mommy has two problems: she loves you, and she is afraid. And her fear is stronger right now, wouldn’t you say?”

“Uh-huh.”

“What’s really important for you to hear, baby, is that she hasn’t met you yet, has she? She doesn’t know anything about you yet.”

“Well she knows I’m part of her and this guy, my father. And she really did like him.”

“Yes, she would love to keep you for that reason.”

“Yeah.”

“But she’s *afraid* to. And something about people that you need to know is that sometimes they let things like fear stop them from doing what they really want to do. Maybe your

mother would really like to keep you, but she's too afraid. And maybe she thinks she would be doing you a big favor—that she loves you enough to see to it that you have a mommy and a daddy who are married and together so you have a family. If she keeps you, then she's afraid you won't have a daddy because her husband will leave her. So you won't have a mommy *and* a daddy. She's afraid she won't be able to take care of you properly. Do you think that's going on in her head?"

"Yeah."

"So it's important for you, baby girl, to know that *there's nothing wrong with you*. You aren't bad. You aren't wrong. In fact, you belong here or you wouldn't *be* here. Did you listen to when the spirit part of you said it knew this was going to happen and that it was important for this to happen?"

"Yes."

"You're part of that. You're experiencing that. It's important for you to be able to *feel* your mother's love for you. Even though you know she's so afraid, she wants so much for you to have a family that she is going to give you away. But it's also important for you to know what's going to happen to you. Do you remember, baby girl, where you come from?"

"You mean from the spirits?"

"Yes. Remember that?"

"Yes."

"And do you remember the light all around you when you were in spirit?"

"Yes."

"Do you know where that light is now?"

"No."

"Okay. Spirit of this baby girl, she needs you. You need to be with this baby girl and be part of this baby girl's body so that I can say to this baby girl, 'The light that you come from is inside you, it's right there with you.'"

"Then I won't feel so alone."

"That's right! Not only do you feel its presence loving you, but you can talk to it. And it will talk back to you."

"It's like having a friend in here with me."

"Yes it is! So ask that light inside there with you, 'What will happen to me after I'm born?' What does it tell you?"

"That I'm going to be taken care of and I'm going to have everything I need. My new parents are going to really love me and it's going to be okay. I'm going to get a good deal!"

"When you hear this, baby girl, from that light, do you feel calmer?"

"Well, it makes it not so scary. Everything feels calmer because I'm not so afraid."

"Good. Move forward to when birth is beginning and tell me what happened at your birth. Tell me what happened when you were born. How do you know it's time?"

"Well I've been ready to go ever since my spirit came to me and was with me. I haven't been afraid. I've been ready to go! I just had to get big enough so I could go."

"Are you big enough now?"

"Yeah, I'm big enough now. I want to go, but I want to stay with her because she's my mother. But I'm not afraid of going anymore. I'm ready. I guess I want to go more than I don't want to go. So I just say it's time to go."

"I'm going through this tunnel thing. And then when I'm out, somebody hits me. That hurt! I didn't like that. Then someone takes me and wraps me up and cleans me off and puts me in this bin. I want to see what my mother looks like from the outside, and she's trying to see me. But all I see is really dark hair."

"Everybody's making a fuss and taking care of me. Actually, they do hold me and rock me. But it's like these strangers are holding me. It would have been nice if they had given me to her to hold me and rock me so I could have felt the outside of what I felt the inside of."

“Yes, that would have been nice. Why don’t you, there in your bin, baby girl, close your eyes. I’m going to ask you, adult Ann, to be there at your birth, as the adult. I want you to be there to catch the baby as it comes through the birth canal and hold her. Be right there at the birth canal.

“And now, baby girl, as you see that opening, it’s light, it’s full of light, now in that next push, that’s it, use all your strength to push, push, push. And as you come out, go right into those arms.

“Now, adult Ann, look down into your arms. There’s a beautiful, beautiful baby girl there. Look into her eyes. See that intelligence, that spirit in her eyes. See who she is. Notice how perfectly formed she is. Touch her and tell her how beautiful she is and how important she is to you.

“Hold that little newborn baby next to your heart so she can feel your heart beating with love for her. Place your hand over her heart and tell her she is loved, she is wanted, everything is going to be all right, that she was born for *you*, and that you are thanking her mother for carrying her safe and sound and for keeping her body so perfectly so that now, this precious gift is *yours*. Touch her skin. Stroke it. Baby girl, feel your skin being touched and stroked. That’s it. Baby girl, that’s the human touch. That’s the touch of love, that gentle, loving, stroking feeling.

“And the baby girl feels loved, feels that light inside her is completely surrounding her and is loving her and giving her that human touch through the grown-up you. And that baby girl recognizing, ‘You are not alone. You are *always* loved. This love surrounds you always. It’s right there inside you, and when you want to feel it you just ask that it surround you as it is right now, now that you feel completely and totally contented, wanted, loved. And every single part of you feels you’re perfect.’

“That’s what you’re doing, grown-up Ann. You’re looking at this baby girl and you are thinking and you are saying right

to her, ‘You are *perfect*.’ She is. She’s absolutely perfect just as she is. This whole moment is perfect. This whole life is perfect. It all unfolds perfectly. You set your plan, you stuck to your plan, and your plan is unfolding exactly as you scripted it.

“You recognize it is in this body that you will be coming to terms with those important things you set out to do. You will be healing. You will be healing your ability to love and be loved. And symbolically you will be healing the heart, too—literally as well, because the heart is symbolic of love and in a past long ago time you harmed yourself in the heart because you didn’t trust in love.

“In this life you are learning to trust in self, to trust in your light, to trust in the love that you have to give to yourself, and to trust in the love of that light that is the essence of *all* spirit, of *all* souls.

“With that recognition, now let us ask that the subconscious bring forward the directors of the mental and emotional programming. And on the screen of your mind you see written the belief: ‘I am not wanted.’ By erasing that now, the programmers are told: ‘Remove this belief, this thought, this program.’

“And now you see written: ‘I am wrong. I don’t belong here. My mother rejected me.’ Now you erase those. As they disappear, as they fade away, your directors of your belief system are altering those beliefs and moving into the new thinking. Your human is recognizing the changes taking place.

“And now, you write on that screen of your mind: ‘I am wanted. I belong here. I am perfect. I am loved. My mother made a great sacrifice because of her love for me.’ Good. And you shine those golden and bright, which tells your programmers this is the new belief, the new thinking. And then you reinforce it by thinking to yourself again, with great joy: ‘I belong here. I am loved—always—just for being me. I am perfect. I accept myself. And others accept me, too. I love my body. I love my heart. My body is perfect for me.’ Good.

"And now as I count from five to one. . . ."

I was back. I felt both exhausted and exhilarated. "I really got emotional there," I commented. "I could feel all that loneliness that I've felt all my life just . . . evaporate. It really got me that my light is always with me and I'm never alone. It feels so good to have that knowing.

"And when my newborn was held and caressed and heard all those loving things, it was so emotional. I'll never forget that. I really felt loved. What a magnificent feeling! I'm getting all teary just thinking about it. And my spirit wasn't in the egg. What was that about?"

"The spirit doesn't necessarily ride out the entire gestation," Pamela answered. "It *would* be pretty boring, wouldn't it? So it comes and goes. It even comes and goes for the first several months after the physical birth."

"What?" I exclaimed. "You know, I've always thought newborns must be pretty bored. In fact, the few I've been around, I've always told them—mentally, of course—that it *does* get better. Eventually they'll get to run around and *do* things, so they should just hang in there.

"And I feel like I have to tell all adopted people about planning it ourselves. That's huge! It certainly takes care of feeling rejected. We masterminded it! Now *that* is life changing!"

*I experienced so many changes after this regression. This might sound sappy, but I did really start to feel love all around me. And I started to feel lovable and worthy and okay as I am. When I transcribed this tape, hearing Pamela ask my adult self to let my newborn know she was perfect and she was loved made me tear up all over again. It still makes me weepy.*

*As each of my distressed inner ages came forward in subsequent regressions, Pamela would help them feel the comfort and love and protection of their light, their spirit. And the adult me was beginning to feel it as well.*