

Clara Dudley is a nurse in Los Angeles. One Christmas her father gives her a necklace to wear at her wedding. The necklace came from her English ancestors who emigrated to the United States in 1642, just after the Mayflower left England for the New World. When Clara looks in the mirror wearing the necklace, she sees another woman's face looking back at her. Because of her recent automobile accident, Clara assumes she is hallucinating, but it soon becomes clear she is not.

Intrigued by the girl in the mirror and knowing that there has to be some connection, she travels to England to search for her ancestors and is visited by a dark haired girl, who Clara has to acknowledge is a ghost. A glimpse of the spirit convinces her that it's the same girl she sees in the mirror.

While searching for answers as to why the ghost still lingers at the inn for four hundred years, Clara discovers her own past life. She finds her ancestors are not the genteel aristocrats she expected them to be. In fact it becomes clear she was the daughter of a terrorist who attempted to assassinate the King of England, which is a true historical event, remembered even to this day in England as The Gun Powder Plot of 1605.

Little does Clara realize that delving into her past life will change her own life in more ways than one.