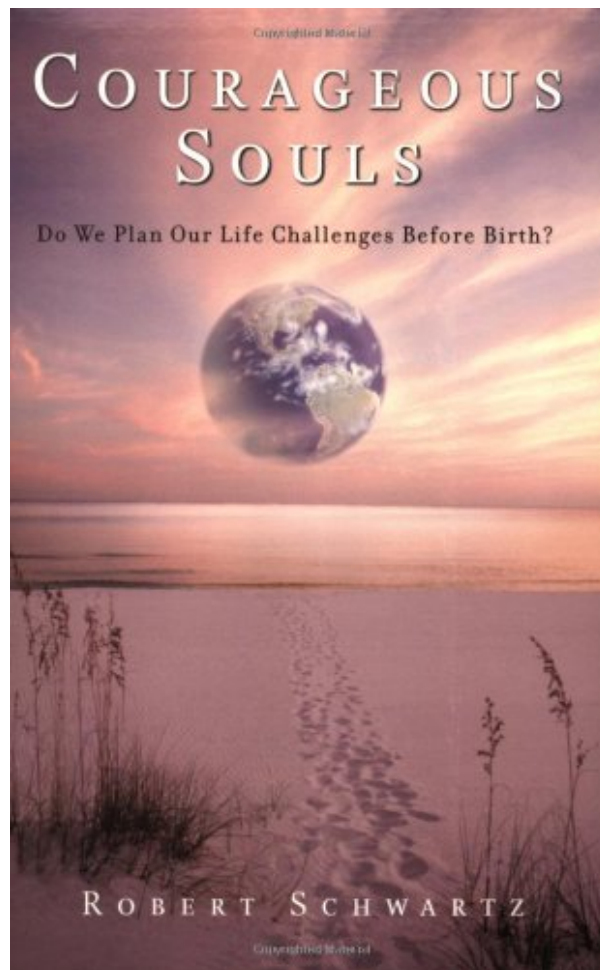
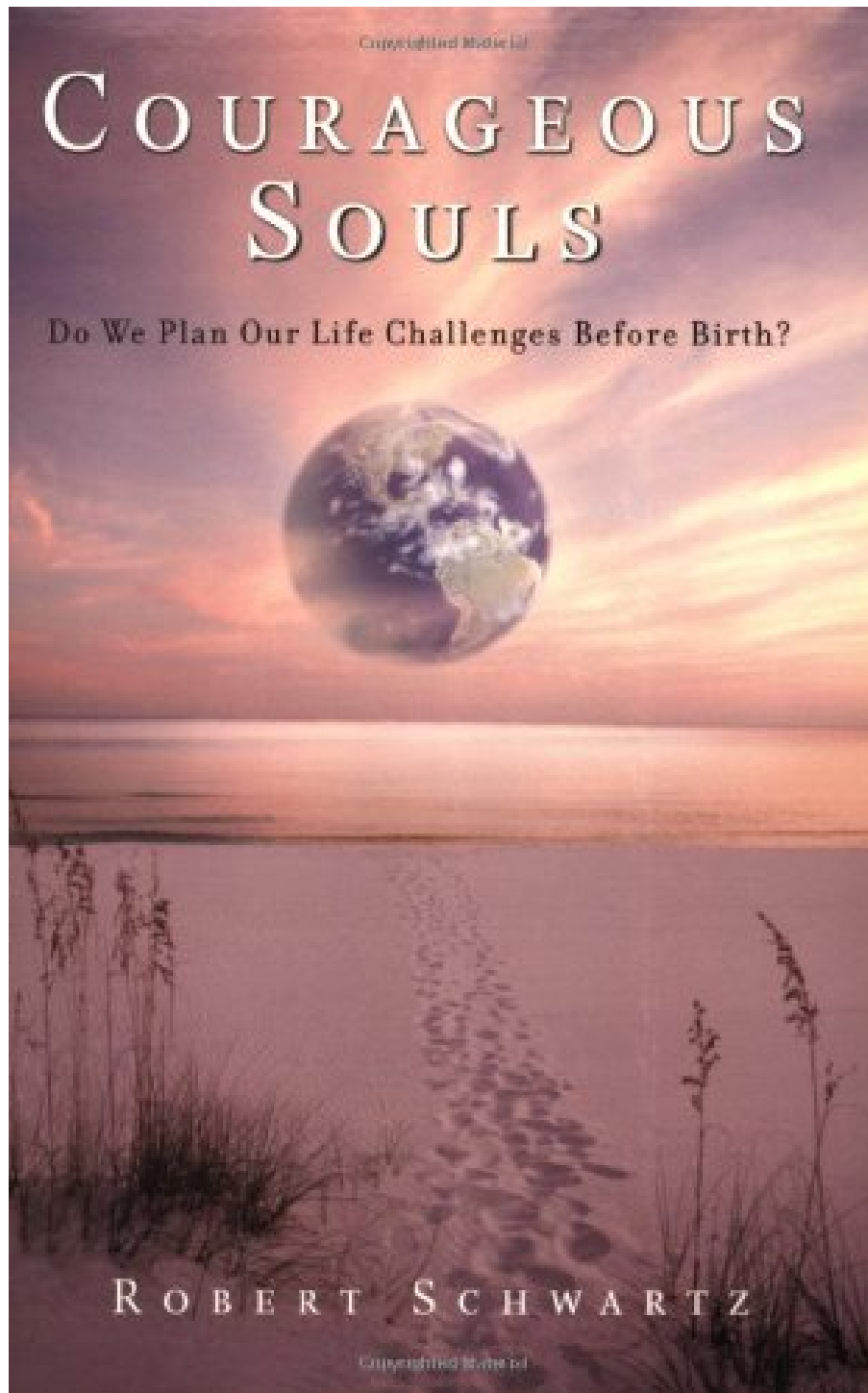


COURAGEOUS SOULS: DO WE PLAN OUR LIFE CHALLENGES BEFORE BIRTH? BY ROBERT SCHWARTZ



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Courageous Souls explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, before we are born for purposes of spiritual growth. The book contains ten true stories of people who planned physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents. Because very different life challenges are often planned for similar reasons, readers who have not faced these specific challenges will nevertheless see themselves - and their motivations as a soul - in these stories. As readers come to realize that they themselves planned their lives, suffering that once seemed purposeless becomes imbued with deep meaning. Wisdom may be acquired in a more conscious manner; feelings of anger, guilt, blame, and victimization are healed and replaced by acceptance, forgiveness, gratitude, and peace.

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- Used Book in Good Condition

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3 of 3 people found the following review helpful.

taken by surprise

By J. Ferris

I was interested when I read a review of this book to check it out further. I actually borrowed it from a library, thinking that it sounded sort of "far out" (although I've read much that started out in that category for me) and probably I didn't want to own it. I am a sceptic and a believer at the same time. So I was openly curious to see what it held for me. I was surprised at how clearly this book spoke to me. I didn't get caught up in how the information was passed along. But I was interested in the life stories and the "sense" it made to me, that life events, especially the intense, profound ones, are more than random. Since I have long sensed the truth that "nothing in the universe is an accident", it wasn't a stretch to me to read about how one plans the dynamic patterns of one's life before birth, for a higher purpose and that our experiences enrich our soul's growth, be they painful (or maybe especially when they're painful) or joyful. The book is organized into categories of life issues, such as trauma, addiction, medical problems, etc. But for me, the truths beyond the particular stories is what spoke to me. I realized that I was reading what I "recognized", that on some level, this way of thinking is what I have known, sometimes consciously, sometimes unconsciously.

The long story short is that I wanted to share this book with others, because of the basic truths I found in the pages and so I ordered a copy of my own. We are not victims of life's difficulties. Life is a "dream" we are living. It sure helps to be reminded of the bigger perspective and perhaps to be able to recognize life as the adventuresome journey it is. Simply our story. It is an engaging read. There were a couple of points that did not resonate with me, but I found this to be one book of late that stayed with me, reminded me of my own convictions in a reassuring and supportive way. And reinforces that in essence "we are all one". And I wish to share this message with others.

2 of 2 people found the following review helpful.

I enjoy hearing or reading of someone's experience

By M. Sparks

I have been learning about the Near Death Experience for many years. I enjoy hearing or reading of someone's experience, what it was like, how it changed them etc. This book has stories, but the revelations come via things like a psychic reading. The psychic tells the participant what their experience or lesson is and they discuss it. It loses something in the translation.

2 of 2 people found the following review helpful.

Is There A Plan for Your Life, and Did You Help Craft it?

By Gillian Holloway

The Complete Dream Book, 2nd edition: Discover What Your Dreams Reveal about You and Your Life

The impulse toward growth and love, and the impediments that make those choices difficult: this is the balance that *Courageous Souls* is all about. Schwartz explores the dance between love and fear from a transpersonal perspective, his premise being that our challenges don't just happen, they are actually planned elements in our destiny, like hurdles we are meant to clear. He believes that we plan our lives to some extent before we incarnate. The ingredients of these plans being qualities we want to cultivate and express in ourselves. Part of the process is setting the stage, or stacking the deck, not to make it easy, but to actually make it hard! We create intersections where we struggle with what we know to be true, and the forces that seem pitted against that truth, expression, or gift.

This is not one of those tiresome books that try to glorify the dreadful things that happen to us as somehow having a silver lining. But it does make a strong argument that if you are a gifted singer who is too shy to get up on stage, you may have actually built that particular life riddle/struggle before you came here. Considering the poetry and the symmetry of our passions and challenges makes sense from the perspective of life planning.

While this is admittedly a striking notion, it makes a kind of emotional sense. The author is so thoroughly decent, and has such an unencumbered style, that the book is very easy to take.

Schwartz writes beautifully and cleanly about his research exploring the pre-life plans of 10 individuals. Even if you are not a huge fan of psychic or channeled material, you will likely find his descriptions so gripping and viscerally believable that you'll relish the stories themselves.

Ultimately, the implications of his theory and research are uplifting. We are free to believe or disbelieve that our lives are planned before we are born. But his theory takes you to a place of feeling freer and friendlier toward your own life story, and perhaps coming to a place of equilibrium between the thing you long to do, and the things that make it hard.

This is a lovely, provocative book that will make you feel relaxed, empowered and curious. If you've ever wondered about your companions along the way, or the familiar dynamics of your inner life, you may find this book confirms your own instincts.

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