



# **Your Soul's Plan**

*Robert Schwartz*

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Would you like to understand the deeper spiritual meaning of physical illness, parenting handicapped children, drug addiction, alcoholism, the death of a loved one, accidents, deafness, and blindness?

*Your Soul's Plan* (which was originally published under the title *Courageous Souls: Do We Plan Our Life Challenges Before Birth?*) explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, *before we are born* for the purpose of spiritual growth. Through compelling profiles of people who knowingly planned the experiences mentioned above, *Your Soul's Plan* shows that suffering is not purposeless, but rather imbued with deep meaning. Working with four gifted mediums, author Robert Schwartz reveals the significance of each person's life plan and allows us a fascinating look into the "other side."

Each personal story focuses on a specific life challenge, organized by type for easy reference. Accessible both to those familiar with the metaphysical aspects of spirituality and to the general reader, the moving narratives that comprise *Your Soul's Plan* help readers awaken to the reality that they are transcendent, eternal souls. With this stirring book as a guide, feelings of anger, resentment, guilt, and victimization are healed and transformed into acceptance, forgiveness, gratitude, and peace.

Robert Schwartz is also the author of *Your Soul's Gift: The Healing Power of the Life You Planned Before You Were Born*, which explores the pre-birth planning of spiritual awakening, miscarriage, abortion, caregiving, abusive relationships, sexuality, incest, adoption, poverty, suicide, rape, and mental illness. There's also a chapter about the pre-birth planning we do with our future pets.

Robert Schwartz is a hypnotherapist who offers general Spiritual Guidance Sessions, Past Life Soul Regressions, and Between Lives Soul Regressions.

*From the Trade Paperback edition.*

## **Your Soul's Plan Details**

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# From Reader Review Your Soul's Plan for online ebook

## **Jean says**

I found this book while taking Metaphysical courses. It discusses reincarnation, and how our soul's plan what they need to grow to perfection. We choose the situations we are born in, to balance our karma and gain the experiences we need to do so. We also do this in "Soul Groups" so if you feel like you know someone the first time you met them, they were likely a part of your life in a different incarnation. This was a very interesting read.

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## **Linda Nelson says**

If you are into self-help books, then this is a book for you. Robert Schwartz, with the help of several people he interviewed, has searched for meaning and purpose to help others live courageously. His information is channeled for these individuals, in an attempt to discover the reason behind their life problems they have faced.

This book covers problems like Physical Illness, Parenting Handicapped Children, Deaf and Blindness, Drug Addiction and Alcoholism, Death of a Loved One, and Accidents. Robert manages to turn all these problems into life learning experiences, which changes a person's perspective and allows some hope to enter into the individual's lives.

If you feel you are struggling in your life, then maybe you really do need to read this book.

I received this book in a Giveaway from The Library Thing.com

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## **Jennifer says**

Well, I think this is one of those rare books that will change my life. I'd read a book on this subject before, Journey of Souls, which was trying to be more objective and scientific, so I was ready for this one. I definitely recommend this to anyone going through a difficult time.

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## **Cobus Koekemoer says**

I urge everyone to read this book. Just by knowing there is a bigger picture (truth) and by expanding your perspective, your physical life in general becomes more meaningful and your attitude towards your life and everyone you encounter will change for the better. You will become aware of what is truly important and stop "sweating the small stuff." Open yourself up to the truth - you've got nothing to lose - only to gain tremendously.

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## **Robert says**

Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born by Robert Schwartz ([www.yoursoulsplan.com](http://www.yoursoulsplan.com)) explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, before we're born for purposes of spiritual growth. The book contains ten true stories of people who planned physical illness, having disabled children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents. The information about their pre-birth plans was obtained by four gifted mediums and channels. The book presents the actual conversations people had with their future parents, children, spouses, friends, and other loved ones when they planned their lives together. For readers, 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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## **María Paz Greene F says**

Meh. El tema es muy interesante, y me ha tocado leer hartito de él... debido a la típica crisis existencial adolescente, que me vino hace más tiempo del que quisiera recordar, y que no alcanzó a verse reflejada en Goodreads. Creo que entonces me leí TODO lo que había para leer sobre el sentido de la vida, y los por qué y cómo y cuándo de TANTAS VISIONES Y RELIGIONES, que al final colapsé, porque mi conclusión hoy es tan amplia que solo podría definirse como "libertina", jajaja.

Eso dirían algunos.

Hablando en serio, acabé con TODOS los libros de esa sección, en la biblioteca de mi barrio. Tanto que los bibliotecarios me conocían. Creo, incluso, que me tenían compasión, porque en vez de leer las novelas de moda y los "Crepúsculo" etcétera, pasaba con la nariz hundida en textos de lo más oscurantistas (algunos). Muchas veces me sugerían con ojos ansiosos el último hit, que yo ni siquiera tenía la bondad de llevar a mi casa, como para al menos tranquilizarlos un poco (muy mal, María Paz). Creo que respiraron más profundo cuando dejé de ir... aunque lo hice más porque se me acabaron los libros, que porque se me hubiera acabado el interés, jajaja.

En fin, que la idea que éste libro desarrolla no es nueva para mí. Y es muy interesante y, además, me la creo... me la creo que uno planificó las cosas más importantes antes de nacer. A mí también me han sido familiares personas y eventos que no tenía cómo conocer, y también pienso que es posible que en verdad el asunto viniera desde antes, o incluso desde después, por el carácter intemporal del tiempo, valga la redundancia. Que todos nos conociéramos desde siempre, y para siempre, entrelazante por el mismo absoluto... algo hermoso y angustiante, para mí, a la vez.

Pero esta entrega en particular... no me mató. Es interesante, sí, pero el enfoque... es demasiado, demasiado amable. Tal vez no estoy tan evolucionada como para entenderlo, ni menos aceptarlo, porque el que absolutamente cada desgracia, absolutamente cada cosa, sea planificada y elegida para "mejorar la conciencia global"... ay, no sé. Me suena hasta condescendiente... además de poco creíble, a lo político cuando es capturado en algo malo y alega que "lo planeé desde el principio".

Además, están todos los casos tan endulzados que uno (yo) llega a creer que el sentido de la vida es incluso masoquista... viniendo a ella solo para elegir las mejores tragedias. ¿Era realmente necesario llegar tan lejos? Roza el mal gusto, según yo. Es como patrocinar una película gore. Hasta el terrorista que puso una bomba y causó casi la muerte de uno de los testimonios, era un "ser de luz" porque tuvo "la bondad" de bajar sus vibraciones al nivel de causar algo así, y así permitir que "los otros experimentaran el amor en sí". Me hace

sentido a cierto nivel, pero en otros... Quizá podrían haber incluido algún caso que no fuera tan extreme, porque todos y cada uno de ellos son absolutamente dolorosos. Terribles.

No sé. No sé si yo necesito tanta acción y tanto dolor, para recordar "quién soy". No sé si me interesa hacerlo, si ha de ser tan horroroso. Y esto, queridos espíritus y guías y ángeles, NO es una invitación a "hacerme saber". Porfis no. Tal vez si hubieran elegido casos un poco menos entusiastas... por así decirlo.

Jajaja. Quizá sí me falta evolucionar. Soy demasiado sensible al sufrimiento humano, para ser, justamente... un ser humano.

Algo bueno del libro es que realmente ha de ser un consuelo para muchos, especialmente para quienes han visto el lado más oscuro de la vida. Sea o no cierto todo fue planificado... a efectos prácticos eso ni siquiera importa, dado que el alivio es real, y quienes lo lean han de tener después una vida mejor. Y, en ese sentido, cumple.

Pero no es mi favorito del tema. Los libros de Brian Weiss, mucho más controversiales (a mi parecer, solo porque son más famosos) son mucho mejores, y me hicieron sentir mucha más noción de justicia. Aunque la justicia, en el mundo del absoluto, no exista, porque no hay nada que no sea injusto, entonces no puede percibirse a sí misma, y ¿puede existir algo que no se percibe? Etcétera.

No sé, a veces me asusta leer cosas así. ¿Y si es cierto? No sé si quiero ser en un universo, una realidad así.

Pero, a la vez, tampoco se me ocurre una alternativa.

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### **Saiisha says**

I love recommending this book to my clients who are looking for answers to some of their situations or choices in life. It's a fascinating read with 10 detailed case studies, and it's impossible not to find parallels or answers to some of your own questions.

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### **Iona Stewart says**

This is an important book.

By means of communication through mediums and channels, Robert Schwartz examines the subject of pre-birth planning by having these interview angels, spirit guides and the souls of selected persons exposed to severe life challenges. We are given access to pre-birth conversations and thus gain “direct” information regarding how we arrange difficult life events beforehand with all the involved persons.

Six types of challenges are dealt with, a chapter being devoted to each. These are physical illness, parenting handicapped children, deafness and blindness, drug addiction and alcoholism, death of a loved one and, finally, accidents.

I was previously aware of the concept of pre-birth planning, but this well-written book has illuminated the matter clearly for me and I have been much comforted by reading it. Partly, I have myself considerable

health challenges and have been aware of the fact that they had meaning, but have now been confirmed of this. The book has comforted me. Also, the book has taught me to respect brave persons I encounter who I understand have chosen their hard lot in life for purposes of growth.

In the first chapter about physical illness, we meet Jon, who chose both to have AIDS and be gay. Jon planned the experience of having AIDS, not just for his own learning, but for the growth of his entire soul group. The progress we as personalities make on the Earth plane expands both our individual souls and every soul in our group. "The disease of AIDS is about splitting a desire for unconditional love with the belief that one does not deserve it." Jon came down to his life to heal shame – the belief that he is not deserving of unconditional love.

The author asks an angel what it would say to someone with AIDS who is trying to understand the deeper spiritual meaning. The angel replies "Remain very open in your heart. Follow that which comes only from the heart, and in this way many healings will occur on levels that are beyond your understanding." I feel this is valuable advice.

Of the souls in Jon's soul group, Jon agreed to be the one with AIDS, while the others were incarnating around him to judge him, reject him and refrain from providing him with unconditional love.

AIDS "points to a pattern of self-hatred among humankind ... movement away from light, and a belief in the Self as the body and separate from All That Is." AIDS is healing humanity.

We also hear about Doris, who suffered from self-loathing and had a toxic self-image. She developed breast cancer. Through her illness Doris learnt the correct use of sexual energy, acceptance of the female form and self-love.

Doris's cancer is neither a failure nor a punishment. It is a form of healing, not illness,

"As Jon and Doris released shame and self-loathing and chose instead to love themselves, they made it easier for every person on Earth to replace self-judgement with self-love." They created a vibration or resonance of love that radiated well beyond their immediate sphere. "By surmounting the challenges we planned before birth, we create a resonance that heals humanity."

In the chapter about parenting handicapped children, we hear the story of Jennifer, who has two handicapped boys, one with Asperger's Syndrome, bipolar disorder and ADD, the other one with severe autism and who is blind.

The two boys were brothers in a previous life, where they also were Nazis. They chose to come back "communicationally disabled" to learn what it is like to have the truth and be unable to communicate it, since before "they had the truth and deliberately buried it."

In the chapter about deafness and blindness we are given the story of Penelope, who has been completely deaf since birth. She knew she was meant to be deaf "to better understand the neglected". The medium, Staci, finds out that being deaf gives Penelope the opportunity to be more in touch with her "inner experience, intuition, thoughts, even the physical symptoms and feedback" her body gives her. It helps her to know herself.

We also learn about Bob, who is blind. His life plan was designed to give him a deeper understanding of self-love through both its lack and the experience of its subsequent creation.

The chapter on drug addiction and alcoholism is particularly illuminating, since this is a group whom we often judge, wondering why they don't just pull themselves together and refrain from submitting to their addiction. The persons involved planned not only their addiction, but the specific addictive substance. We are told that for those addicted to drugs it is "essential to honour your past, know yourself, learn about who you are, and then love yourself".

We learn to see drug addicts not as such but as courageous souls who undertook the life challenge of drug addiction to learn self-nurturing.

Pat, the alcoholic, had carried into this life the energy of fear. His plan was that fear would cause alcoholism, which in turn could lead to a healing of fear. He planned not only his alcoholism but the surmounting of that addiction. He had lost his connection with the All That Is, with God, with his own divine nature and spirituality. The return to seeking and achieving spiritual connection is motivated by the total lack of it, which the alcoholism causes. This was a classic learning-through-opposites life plan.

The chapters on the death of a loved one and accidents are equally instructive.

I found the book as a whole to be thoroughly illuminating, insightful, informative, satisfying, comforting and perfectly expressed. I would absolutely recommend this book to everyone. It is one of the most important books I have read this year, in fact, ever.

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### **Kylie Sparks says**

This is an amazing book. I know it is going to be too "out there" for many people, but for me it confirms what I have always intuitively known to be true: that we plan many aspects of our lives before we are born, including our parents and significant life events. And no matter how harsh those events might seem, they serve a purpose. This book falls in the category of life changing for me.

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### **Tusk says**

One book that never leaves my coffee table, or even my briefcase when I travel, as I consider it one of the most important tools of my life, Robert Schwartz' "Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born" brings summation, understanding, compassion, affirmation, and most importantly courage to the forefront.

This book is a miracle.

Not everyone is ready for this information. Yet when it comes your way, expect to be changed -- or not -- personally, it has given me great confidence after one of the most challenging lives imaginable.

Beyond mere words, it is a gift to the world and if you feel you are questioning your place in this existence I would encourage you to find it. It makes a valuable gift to friends who are coping with challenge; thank you to Robert Schwartz for making it happen.



Keep teaching us, Robert.

Christophe Johnston  
Portland, OR

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### **Sabrina Rutter says**

This book is a very interesting exploration of the idea that we choose our life's challenges before we are born, that our suffering is not in vain. We are supposed to be growing stronger in spirit through each difficult thing we face in life. And yes we do have free will that can change these plans we made before we were born. I'm truly fascinated by this subject and have read countless books written by spiritual mediums that seem to express the same ideas as those in YOUR SOUL'S PLAN. I just wish there was a way I could know 100% without a doubt that this is really how it is. If I could though life would probably be too easy for me and I wouldn't learn as fully from my experiences. If you're interested in understanding things on a more spiritual level then this would be a great book to read!

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### **Gaile says**

I read this with great interest as I am deaf myself and somewhat in the dark as to why I would have planned this.

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### **Paul says**

Shakespeare said that all the world's a stage, and all the men and women merely players. This author goes one step further and says that we helped write the play, especially our own part. Whether you believe that or not, this book emphasizes that karma means not punishment, but opportunities, with useful insight in recognizing those opportunities in our own lives.

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### **Anne S Nicholas says**

#### **Required Reading**

For anyone seeking the meaning of life, this is required reading of the most revelatory kind. Once you read it, its basic principles seem obvious... Until you do, you may be very much in the dark.

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### **Carole says**

This is an amazing book....if you believe in reincarnation, if you believe your energy moves on and never dies this book will be a mind blowing experience. Only one other book resonated with my heart and soul and made me feel like I had found a guide book for living as a human and it was The New Earth, this book

shows us why we are who we are in this lifetime. Love Love Loved it.

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