

## BOOK REVIEW OF SOULSHAPING IN THE PACIFIC RIM REVIEW OF BOOKS

You're not going to buy this book. But you're hearing about it here and soon you'll see someone else reading it at a bus stop or waiting for the ferry. One day it will be put in front of you 'and if' you open it you will realize that the book was a long time coming.

It took a month for me to open this book. I walked by a homeless guy hocking them from his shopping cart on the street, twice. Then Leila, my video shop owner was reading a copy, which I snatched to peruse a paragraph while she found *The Wrestler*. 'We are each here as part of the sacred dance, stepping on each other's toes turning each other toward God, one clumsy step at a time.' - Jeff Brown. I asked her if I could rent her book. She gave me a copy that the author had given her because she seemed like a giving person.

There were 2800 fans of this book in a Facebook group talking about it while it was still only self published and less than 6 months old. When I finally met Jeff he said the book had a will of its own.

What hooked me into this book is that it's the story of a guy as he stumbles through the turmoil and confusion of his life and begins to hear the voice of his soul. One of my weaknesses is sci-fi or fantasy stories with a youthful protagonist who discovers their destiny and against all odds perseveres, irreverently, blossoming into their fulfillment: Harry Potter, Lord of the Rings, Enders Game etc. Imagine

that you have a destiny, and your soul knows and is trying to tell you; but you aren't able to hear your soul from all the distractions of life. How unsettling is that idea?

Soulshaping is Jeff Brown's story, his journal as he chases his destiny. It is a clumsy and personal journey. I'll skim Eckart Tolle in the Common Ground and bits of Deepak Chopra books that people have on their shelf. But I can't buy them for the same reason I can't hang out with my old Judo

Sensei for too long; they are coaching all the time. This book is different. It is vulnerable, authentic and magical. It has made me listen inwardly and have courage to face my dreams again. It is one of those books that makes you believe you're here for a reason. I think we all need one of these to have in our hearts and readily available to pass on to friends or acquaintances when they need them.

~Reviewed by Luigi Bianco~