

The Awakening of a Warrior: Past Lives of a Navy SEAL Remembered

Michael K Jaco

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The Awakening of a Warrior is one man's exploration of his own past lives and what he has learned from them in his current incarnation. The book is meticulously researched and offers many thought-provoking ideas about the past, the present, and spirituality. Individuals who are curious about reincarnation or who are interested in understanding their own lives in the context of past-life experiences will find much to ponder and enjoy.

This book is best read with an open mind. Michael Jaco writes extensively about his personal past lives, which include experiences as an Indian king, an Atlantean priest-king, an Egyptian pharaoh, and a crew member with Heracles aboard the fabled ship *Argo*. He also shares his beliefs that ancient civilizations had technology similar to or even surpassing our own, some of which he asserts was most certainly alien in origin.

Though it may be difficult to accept the veracity of these statements, the author's absolute conviction is hard to deny, and there is a great deal that will be valuable to those exploring the possibilities of reincarnation and the significance of the spirit. "Where we are headed today is essentially up to us as individuals," Jaco writes. "Either by our actions or by our negligence, we determine our own and also the future of mankind. Learning the lessons of history not only allows us to not repeat mistakes but also to better inform us of how to shape our future."

The writing is fluid and very readable, with vivid, compelling descriptions of the author's past-life memories. There is, however, a nearly overwhelming amount of information included, and the book tends to run off on tangents. For example, in a chapter about his life as the head charioteer under Pharaoh Menes, Jaco addresses topics ranging from a prophecy of the American Indian Hopi culture to the building of the pyramids to the female disciples of Jesus known as Magdalenes. Though each topic is relevant to the central theme of the chapter, these tangents become distracting and offer little support for the very interesting points Jaco is trying to make.

Jaco has done extensive research not only into the time periods he recounts but also into the current understanding of reincarnation. He provides an impressive bibliography that includes both historical documents and modern works on spirituality and reincarnation. There is a great deal of wisdom in this book, as well as a fascinating and entertaining look at several eras in history.

CATHERINE THURESON (August 26, 2014)

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