

Inspiring the Hunt for the Treasure Within

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For Immediate Release

Media kits, review copies and interviews available on request.

Feature story inquiries welcome. Book cover jpeg available online at www.brighttreasures.net.

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A GREAT MOTHER'S DAY STORY:

Parenting Auditions and Pre-Life Casting Calls? Did we choose our parents and set up our life challenges before we were born?

This Mother's Day, explore the idea that your soul chose your mother before you were born. Authors Rebecca Whitecotton and Robert Schwartz claim that souls purposefully select families and life challenges that will give them the opportunities they need to grow and learn.

When Mother's Day rolls around, do you find yourself thinking that if you could choose any mom in the world, you would choose the one you have? That's exactly what authors Robert Schwartz and Rebecca Whitecotton think you did – before you were even born. And if you chose a mom who pushes all your emotional buttons, or even a mother who abandoned you, they think you chose her for a reason.

The idea that souls plan their family makeup and life challenges before birth is the theme of two recently-released books, *Courageous Souls: Do We Plan Our Life Challenges Before Birth?* by Robert Schwartz, and *Child of Mine, Know This*, a children's book by Rebecca Gittrich Whitecotton. Based on metaphysical theories of reincarnation and pre-life existence, the authors discuss the possibility that souls purposefully select families and life challenges that will give them the opportunities they need to grow and learn.

In *Courageous Souls*, Schwartz tells the stories of ten individuals who he says planned before birth to experience great challenges. Working with four mediums and channels, Schwartz discovers what they chose and why. He presents information that mediums obtain from pre-birth planning sessions in which souls discuss their hopes for their upcoming lifetimes. In so doing he opens a window to the other side where souls, as eternal beings, design both their trials and their potential triumphs. Schwartz says that seemingly purposeless suffering acquires meaning with the realization that it was planned.

One man, Schwartz says, chose to be born with homosexual tendencies to parents who were homophobic in order to experience and overcome the emotion of shame. In another example, Schwartz

says that a woman agreed before birth to parent two handicapped children in order to assist them in following their own life plans.

Similar ideas are presented in a much different way in *Child of Mine, Know This*, a heartwarming children's book about the love that bonds parent and child throughout eternity. After acknowledging that children are wise and ancient souls who selected their families and their life plans, Whitecotton discusses the promises that souls make to each other before they are born: "Before this lifetime began, I made you a promise. I promised to be the best parent that I could be. I promised to teach you the ways of the world as I know it."

But, the book explains, the promises are not always easy to keep since we forget our spiritual existence and the promises we made once we are born. Whitecotton writes, "I made these promises knowing that many times I would forget what I promised and make choices that don't honor the true spirit in each of us." *Child of Mine, Know This* then encourages both parents and children to find those heartfelt choices that honor the true nature of the people they are closest to.

For parents and children interested in exploring their family relationships and challenges further, Whitecotton (<http://www.brighttreasures.net>) offers a free mp3 meditation for older children and adults to explore their relationships with their loved ones, as well as a free downloadable preview copy of *Child of Mine, Know This*.

Child of Mine, Know This is published by Bright Treasures, <http://www.brighttreasures.net>, and is available for \$15.95. *Courageous Souls: Do We Plan Our Life Challenges Before Birth?* is published by Whispering Winds Press, <http://www.CourageousSouls.com>, and is available for \$14.95. A free pdf sample of *Courageous Souls* is available on the About the Book page.

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Review copies of both books are available to verifiable reviewers upon request. Robert Schwartz and Rebecca Whitecotton are available for interviews.

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Additional Resources:

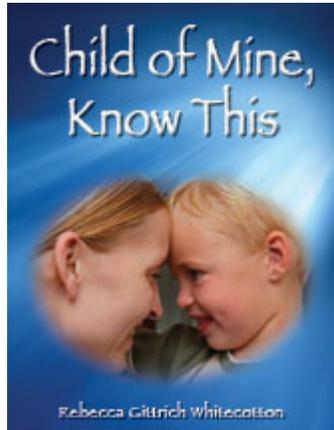
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Carista Luminare-Rosen, Ph.D. is a counselor in private practice who specializes in holistic approaches to preparing for parenthood. Her inspiring and groundbreaking text, *Parenting Begins Before Conception* shows prospective parents how they can lay the foundations for a healthy and happy family even before the child is conceived and born. The book explores the universal forces underlying conception and show parents how they can optimize their child's physical, emotional, mental and spiritual health by considering a host of important issues well in advance. Weaving together modern preconception and prenatal health knowledge with ancient wisdom about soul embodiment, the author guides parents through a unique program designed to optimize the whole health of both parents and their future child.

***Child of Mine, Know This***

By Rebecca Gittrich Whitecotton

\$15.95 hardcover

ISBN 978-0-9725450-1-3

Published by Bright Treasures

Child of Mine, Know This is an emotional and heartwarming love letter from parent to child about the spiritual nature of children and adults and the roles we agreed to play with each other in the adventure of life. The metaphysical message acknowledges that our children are not lesser beings simply because they are smaller, and touches on the possibilities of previous lives and the roles parents and children play to help each other on their spiritual and physical paths. A popular and unique feature is that the book was designed to be easily personalized by taping your own photographs over the photos in the book, but the book is whole and complete without added pictures. There is a special quality to the collaboration between reader and author that makes it a great idea and a totally unique book that families will cherish forever.

For more information visit www.brighttreasures.net or www.childofmineknowthis.net

About the Author

Rebecca Gittrich Whitecotton is a mom, writer, editor and graphic designer who lives in Illinois with her children and husband. *Child of Mine, Know This* is Whitecotton's first children's book, but she is no stranger to writing. She has written for such publications as the *Chicago Tribune*, the *Chicago Suburban Times* newspapers, *Chicago Parent* and other magazines, and has worked as a reporter, editor, freelance writer, public relations director, marketing director and graphic designer. She has a bachelor's degree in journalism from Northwestern University and a master's degree in sociology with a concentration in religion from The University of New Mexico.

What People Are Saying

"This is the single most imaginative children's book to come along in ages. What a marvelous enticement for a young mind! I am thrilled to add my kudos to the mountain of praises I am sure this book will garner."— **Neale Donald Walsch**, Author, *Conversations with God*

"A hallmark book in an age of emerging global consciousness."

— *Light of Consciousness* magazine, Winter 2006

Winner of the Award of Excellence from *Children of the New Earth* magazine, October 2006

"*Child of Mine, Know This* is simply beautiful. The gorgeous, touching photographs and Whitecotton's thoughtful expression of her own spirituality make this a perfect gift for any parent - or child!"

— Mary Manin Morrissey, author of *Building Your Field of Dreams* and *No Less Than Greatness*

"This is a marvelous book for parents to share with their little ones, on the purposes and yearnings of parenthood and their wishes for the beautiful unfoldment of their children in love."

— Rev. Greg Barrette, author of *The Tao of Unity*

"What a beautiful treasure! *Child of Mine, Know This* has great potential for families who would like their children to understand the true relationship that exists between them."

— Rev. David McClure, Windward Unity Church, Kailua, Hawaii

"*Child of Mine, Know This* is the most simple, profound story that we should read to our kids weekly!"

— Patrice Karst, author of *God Made Easy* and *The Invisible String*