According to [Sylvia Brown](http://www.amazon.com/gp/product/0453007147/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0453007147&linkCode=as2&tag=in5d-20&linkId=RVKCH5RUFCS37KDN), everyone chooses a particular ‘Life Theme’ before incarnating to this planet. This serves as a template for your life path and will provide various challenges along your way. Which Life Theme did YOU choose?

The following is an excerpt from [Sylvia Brown’s book, My Guide, Myself](http://www.amazon.com/gp/product/0453007147/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0453007147&linkCode=as2&tag=in5d-20&linkId=RVKCH5RUFCS37KDN)**. by [Sylvia Brown](http://www.amazon.com/gp/search/ref%3Das_li_qf_sp_sr_tl?ie=UTF8&camp=1789&creative=9325&index=aps&keywords=Sylvia%20Brown&linkCode=ur2&tag=in5d-20&linkId=CWZOZI4I4Y2OCIFW)

**Activator**: The focus here is to perform the tasks that others have failed to accomplish. These may be truly gargantuan or quite menial, but the focus is always on getting the job done right. Activators are the turn-around artists or the troubleshooters of the world, the ones who successfully reverse failure. Naturally, these entities are in great demand and so have a tendency to spread themselves too thin. Activators should make every effort to confine their energies to tasks where a genuine opportunity to achieve beneficial change exists.

**Aesthetic Pursuits**: Music, drama, crafts, painting, and writing are included in this category. An aesthetic theme is not to be confused with a little “flair” for one of those enterprises. When an aesthetic theme is present the entity is driven by his or her innate talent. A need to create [manifests](http://in5d.com/in-order-to-incarnate-to-earth-you-had-to-master-manifestations/) itself at a young age and dominates the individual’s entire life. If the secondary theme is a complementary one, the entity has a long and productive career. If not, the acclaim and privilege the entity receives only leads to dissipation and often tragedy. Examples can be found in the lives of many famous people. The agonized existence of Vincent Van Gogh reflects a very different but equally tragic application of a conflicting secondary theme.

**Analyzer**: Not only does this entity want to know everything, but how it works and why. Analyzers are afraid they will miss something or that some detail will be overlooked. The rest of us learn from their continuing scrutiny of the most minute detail. These entities thrive in [scientific](http://in5d.com/everyone-chooses-a-life-theme-before-incarnating-which-did-you-choose/scientific-proof-our-dna-is-mutating.html) or highly technical settings, where their skills are essential. In everyday life situations the challenge is to let go and trust the senses.

**Banner Carrier**: The first lieutenant of the cause fighter may be found [picketing, demonstrating, or possibly lobbying](http://in5d.com/expect-huge-changes-during-this-rare-astrological-alignment/); these entities also fight the battle against injustice. The key to success in achieving this theme is moderation, tact, and discrimination. It is far better for these entities to select one cause and see it through than to scatter their impact among many.

**Builder**: These entities are the cornerstones of society, the unsung heroes and heroines of wars and organizations. Good parents are often builders, enabling their children to go on to a much larger canvas. Without these cogs, the wheels would never turn, yet builders rarely receive credit for the accomplishments made possible by their efforts. They need to keep in mind that not all prizes are won on this plane of existence. Often those who get the credit on earth are not perfecting as rapidly as the builders who help to make their accomplishments possible.

**Catalyst**: Here are the thinkers and innovators, those agents of action who make things happen. Catalysts are the classroom stars whom everyone aspires to be, the ones invited to parties to ensure excitement. Catalysts are essential to society for their innovations. [Catalysts](http://in5d.com/why-wont-my-family-listen-to-me/) generally have boundless energy and actually appear to thrive on stress. They must have an arena in which to perform or they become morose and counterproductive.

**Cause Fighter**: The number of causes in infinite: [peace, whales, hunger, and so on](http://in5d.com/how-to-find-inner-peace/): and the cause fighter will either be drawn to them or will create more. These entities fulfill an important function by speaking for others who are perhaps too absorbed with their own themes to address social issues. Cause fighters have a tendency toward impulsiveness that can place themselves and others in jeopardy. It is essential that cause fighters consider the possibility that the cause itself is minimal compared to their ego involvement.

**Controller**: The challenge of this entity is obvious. Napoleon and [Hitler](http://in5d.com/symbolism-for-a-type-1-civilization-breaking-out-of-the-3d-symbolism/) were typical examples of this theme manifested in its most negative sense. The controller feels compelled to not only run the broad overall show but to dictate to others how they must perform the smallest detail of their lives. In order to perfect, these entities must learn self-control.

**Emotionality**: Not only the highs and lows but every subtle nuance of emotion will be felt by these entities. Frequently, emotionality is a secondary theme of poets and artists. As such, it will indeed enhance creativity while imposing a severe challenge. The recognition of a need for balance is all- essential here, as is the establishment of self-control.

**Experiencer**: It’s not unusual for this entity to go from flower child to bank president to vagabond touring the world in a self-made boat. Experiencers dabble in nearly everything and master many of their pursuits. Wealth is merely a by-product of a multifaceted experience. [Good health](http://in5d.com/dr-ed-group-genetic-blueprint-a-seed-plus-saliva-equals-miracle-health/) is essential to an experiencer; it is important not to jeopardize this by excesses.

**Fallibility**: These entities appear to be always at the wrong place at the wrong time, for they have entered life with a physical, mental, or emotional handicap. Helen Keller, who as an infant contracted a fever that left her deaf and blind, is an excellent example. Her triumph over these handicaps is an inspiration to everyone. It is important for entities with a fallibility theme to remember that they chose this path in order to set an example for the rest of us.

**Follower**: Initially, these entities might have preferred to be leaders, but on some level they decided not to make the necessary commitment. The challenge of the follower is to realize that leadership is impossible without them and so recognize their own importance. Perfection comes from accepting the self-chosen theme and providing the leader with the best support possible. Discrimination is essential here in deciding exactly who and what to follow.

**Harmony**: Balance remains all-important to these entities, and they will go to any length to maintain it. Their personal sacrifices are admirable up to a point, but the real challenge lies in the acceptance of life’s wrinkles. What can’t be changed must be adapted and accepted.

**Healer**: Entities with this theme are naturally drawn to some aspect of the healing professions, physical or mental. The good they do is obvious. The only danger is that they can easily become too empathetic. It is essential that those with a healer theme pace themselves so that they avoid burnout.

**Humanitarian**: While cause fighters and banner carriers cry out against the wrongs committed by and against mankind, the humanitarian theme takes these entities into the action itself. Humanitarians are too busy bandaging, teaching, holding, building, and so on, to have time for protests. Those in this category aren’t much concerned with the concept of evil and they are inclined to excuse mankind for its faults. Since humanitarians rarely stop with family and friends, reaching far beyond to anyone and everyone who touches them, they are in danger of over-extending themselves. The challenge for the humanitarian is to avoid physical burnout through self-love and nourishment.

**Infallibility**: These entities are born rich, handsome, attractive, witty, and so forth. When we consider that perfection is the universal goal, this theme becomes one of the most challenging. There is often a tendency toward excesses of all kinds. It is almost as though the entity wants to tempt fate. Curiously, there may often be a lack of self-esteem that causes the entity to fear that he or she is not lovable as an individual. The goal here is to truly accept the theme and learn to live with it.

**Intellectuality**: Here is the theme of the professional student. [Charles Darwin](http://in5d.com/what-if-everything-you-were-taught-was-a-lie/), who used the knowledge that he acquired through intensive study to experiment, hypothesize, and eventually publish, is an excellent example of one who has perfected this theme. But since knowledge for its own sake is frequently the goal among intellectuals, there is often a danger that the knowledge that has been so ardently sought and painfully acquired will go nowhere.

**Irritant**: Deliberate fault finders, entities with the theme of irritant are essential to the perfection of others for, in their company, we are forced to learn patience and tolerance. Though it’s important not to play into the irritant’s innate pessimism, we must also be [non-judgmental](http://in5d.com/metaphysical-explanations-of-specific-physical-aches-pains-and-sicknesses/). We must remember that irritants are perfecting their themes so that we can perfect ours through them.

**Justice**: Many of our founding fathers, concerned as they were with fairness and equality, are examples of the justice theme in operation. Those with justice as a theme will eagerly give their names when they’ve witnessed an accident or crime. As admirable as all this sounds, it is essential that these entities use discretion in their choices. Mob violence is another misguided attempt to right a wrong. It is imperative that those with justice as a theme remain God- centered.

**Lawfulness**: [Practicing or teaching law](http://in5d.com/the-20-universal-laws/) is an obvious choice for these entities, who are almost obsessed by issues of legality. Some of those entities may also be found serving on governing boards. When elevated, these souls keep the world safe and balanced, but they must always be on guard against the possibility of using their power in a self-serving manner.

**Leader**: Those who pursue this theme are controlled and premeditated, rarely innovative. They become leaders in areas that are already established. Their drive is toward success rather than creation. Their challenge is to avoid power trips.

**Loner**: Though often in the vanguard of society, those with the theme of lner invariably pick occupations or situations in which they are in some way isolated, or set apart from others. Loners are generally happy with themselves but should watch their irritation levels when people come into their space. If each theme recognizes the presence and significance of other themes, the result will be far greater tolerance and understanding in the world and eventually [peace](http://in5d.com/how-to-find-inner-peace/).

**Loser**: Entities with a loser theme are extremely negative, though unlike those with fallibility as a theme, they are born without handicaps. Often they have many good points, but choose to ignore them. Though their theme may resemble that of the irritant in the proclivity for constant criticism, they are different in that they invariably place the blame back on “poor me.” These entities are prime martyrs, moving from one elaborate soap opera to another. By observing this theme in action, we determine to be more positive. It is important that we not judge the people who have this theme, remembering that their patterns were chosen to enable us to perfect ourselves.

**Manipulator**: This is one of the most powerful themes, for manipulators are easily able to control situations as well as people. By viewing people and situations as a chessboard, those with a manipulator theme can move people and circumstance to their advantage, as though they were pawns. When such a person works for the good of others, this theme is elevated to its [highest purpose](http://in5d.com/earth-chakras-and-vortices/). When the theme is misused, the ultimate goal of perfection takes a long time to achieve.

**Passivity**: Surprisingly, entities with a passivity theme are actually active but about nothing. Though they will at times take stands on issues, it is always in a nonviolent manner. Although any extreme is hurtful to the individual, some tension may be needed in order to bring about the perfection of the soul.

**Patience**: The patience theme is clearly one of the most difficult paths to perfection. Those with this theme seem to desire a more rapid attainment of perfection than entities with less challenging themes. Often, they carry great amounts of guilt when they feel that they have strayed from their goal and become impatient. This attitude can lead to self-abasement and, sometimes, to [suppressed anger](http://in5d.com/a-new-age-for-humanity-luminous-v-1-0/). These entities must be lenient with themselves, for living through the circumstances they have chosen to express this theme is difficult enough.

**Pawn**: The biblical Judas was the classic example of this theme. Whether the means is negative or positive, pawns trigger something of great magnitude into being. We cannot evolve toward universal perfection without the pawn, but those entities who select this theme should preserve their dignity by only picking worthy causes.

**Peacemaker**: Entities who select the theme of peacemaker are not as pacific as the name implies. Peacemakers are actually pushy in their desire for and pursuit of peace. They work endlessly to stop violence and war addressing a larger audience than those who’ve opted for [harmony](http://in5d.com/how-to-remove-past-life-karma-through-the-universal-law-of-wisdom/) as a theme. Their goal of peace far exceeds an allegiance to one particular group or country.

**Performance**: Those with a performance theme find it highly rewarding but frequently exhausting. These entities are the true “party animals.” Some will go into actual entertainment careers, but others will simply be content to entertain in their homes or offices. The challenge here is for those with performance as a theme to combat burn-out by looking within, thus acquiring the ability to nourish and “entertain” themselves.

**Persecution**: This arduous theme is chosen to allow others to [grow spiritually](http://in5d.com/accelerated-spiritual-growth/). Entities with a persecution theme live their lives in anticipation of the worst, certain that they are being singled out for persecution. Experiencing pleasure can throw them into a panic because they are convinced that somehow they must pay for it.

**Persecutor**: Those with a persecutor theme may range from wife beaters and child abusers to mass murderers. It’s difficult to see the purpose of this theme within a single lifespan, but these seeming “bad seeds” have a self-chosen role to play that enables mankind to evolve toward perfection. Once again, it is imperative that we not attempt to judge the individual.

**Poverty**: The theme of poverty appears most frequently in third-world countries, yet it can be even more of a challenge in affluent societies. Some entities with poverty as a theme may even have all they need to be comfortable and yet [feel poor](http://in5d.com/what-is-a-soul-contract/). With progress, the frenzy fades and is slowly replaced by a sense of bliss as the realization comes that the trappings of this world are transitory things whose importance will quickly pass.

**Psychic**: The theme of psychic is more a challenge than a gift, at least in the early stages. An entity with this theme is able to [hear, see, or sense things](http://in5d.com/acceleration-of-metaphysical-abilities-for-immediate-results/) in a manner beyond that of natural sense perception. Often it comes to those in strict backgrounds where authority figures strive to deny or suppress the gift. Eventually, the entity will learn to accept and live with the ability, using it for good in a spiritual, if not professional, manner.

**Rejection**: This challenging theme manifests itself early, with rejection or alienation experienced in childhood. The syndrome accelerates with entry into school and subsequent involvement in relationships. Often these entities are deserted by those they love: even their own children will adopt surrogate mother or father figures. The pattern can be broken once the entity recognizes what is happening and surrenders the action and the ego involvement to God.

**Rescuer**: One often finds the rescuer working alongside the cause fighter, but when the cause fighter moves on to another cause, the rescuer remains to care for the victim. Even when the victims have obviously created their own problems, the rescuer is determined to “save” them. Often, in so doing, it is the rescuer who is victimized. An entity with a rescuer theme has a [high degree of empathy](http://in5d.com/all-about-empathy-and-empaths/) and can manifest strength for those in need. This theme presents a tough road to travel, but the spiritual rewards are great indeed.

**Responsibility**: Individuals who have chosen the responsibility theme embrace it with fervor rather than obligation and feel guilty if they don’t “chicken soup” everyone who comes into their orbit. The challenge is to decide what is immediate and necessary and then to stand back and allow others to share in the assumption of responsibilities.

**Spirituality**: The quest to find a [spiritual center](http://in5d.com/the-spiritual-side-of-rock-n-roll/) may be all-encompassing for entities pursuing a spirituality theme. When the full potential of this theme has been reached, these entities are far- sighted, compassionate, and magnanimous, but while still involved in the search, these entities must guard against being narrow and judgmental in their views.

**Survival**: For any number of reasons, real or imagined, life is a constant struggle for those who’ve selected a survival theme. At their best in a crisis situation, these souls take a grim view of day-to-day existence. The obvious challenge here is to lighten up.

**Temperance**: Very probably the entity with a temperance theme is dealing with an addiction of one kind or another. The challenge here is to avoid extremes. Perhaps the entity has conquered the actual addiction but is still dealing with a residue of feelings about it. The key to combating the fanaticism that often characterizes those with temperance as a theme is moderation: the true meaning of temperance.

**Tolerance**: Entities choosing the tolerance theme must be tolerant about everything: world affairs, relatives, [children](http://in5d.com/7-ways-our-children-are-being-brainwashed/), politics, and so forth. The burden is so great that they often will only choose one area to tolerate, remaining very narrow-minded to all the rest. By recognizing their theme, these entities can meet the challenge and so grow more and more magnanimous.

**Victim**: These entities have chosen to be sacrificial lambs. By their example, dramatically displayed by the media, we are made aware of injustice. President [John Kennedy](http://in5d.com/conspiracy-theory-or-truth-theory/) is an example of one pursuing a victim theme: not merely his means of exit, but his back pain, his family name, and the pressures placed upon him by his parents. Many victims, after having played their parts, may choose to rewrite future scripts by altering their masochistic tendencies.

**Victimizer**: People’s Temple leader Jim Jones was a prime example of the victimizer theme in action. Within the framework of one’s own viewpoint within one life, it is almost impossible to see the full purpose of Jones’ manifestation of this theme, yet it is obvious that many lives, as well as many life themes, interacted with his. In the tapestry of life, Jones’ unique role may have been to focus public attention on cult abuses.

**Warrior**: Entities with a warrior theme are fearless risk-takers who assume a variety of physical challenges. Many go into some form of military service or law enforcement. With humanitarian as a secondary theme, they may be particularly effective. Though it is important to temper aggression, it still remains that without warriors we would be prey to tyrants.

**Winner**: Unlike those entities with infallibility as a theme, to whom everything comes easy, winners feel compelled to achieve. They strive to win with great tenacity, often gambling or entering contests. Perennial optimists, they are always certain that the next deal, the next job, even the next marriage will be the best. No sooner has one deal fallen through than they pick themselves up and go on to what they know will be a winning situation. The challenge for these entities is to take a realistic approach to winning.