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# The Soul of a Butterfly: Reflections on Life's Journey

By Muhammad Ali, Hana Yasmeen Ali



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**The Soul of a Butterfly: Reflections on Life's Journey** By Muhammad Ali, Hana Yasmeen Ali

Former boxing legend Muhammad Ali, one of the best-known and best-loved celebrities and an international good-will ambassador, offers inspiration and hope as he describes the spiritual philosophy that sustains him.

*"During my boxing career, you did not see the real Muhammad Ali. You just saw a little boxing. You saw only a part of me. After I retired from boxing my true work began. I have embarked on a journey of love."*

So Muhammad Ali begins this spiritual memoir, his description of the values that have shaped and sustained him and that continue to guide his life. In *The Soul of a Butterfly* the great champion takes readers on a spiritual journey through the seasons of life, from childhood to the present, and shares the beliefs that have served him well.

After fighting some of the fiercest bouts in boxing history against Joe Frazier and George Foreman, today Muhammad Ali faces his most powerful foe—outside the boxing ring. Like many people, he battles an illness that limits his physical abilities, but as he says, "I have gained more than I have lost....I have never had a more powerful voice than I have now." Ali reflects on his faith in God and the strength it gave him during his greatest challenge, when he lost the prime years of his boxing career because he would not compromise his beliefs. He describes how his study of true Islam has helped him accept the changes in his life and has brought him to a greater awareness of life's true purpose. As a United Nations "Messenger of Peace," he has traveled widely, and he describes his 2002 mission to Afghanistan to heighten public awareness of that country's desperate situation, as well as his more recent meeting with the Dalai Lama.

Ali's reflections on topics ranging from moral courage to belief in God to respect for those who differ from us will inspire and enlighten all who read them. Written with the assistance of his daughter Hana, *The Soul of a Butterfly* is a compassionate and heartfelt book that will provide comfort for our troubled times.



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### Editorial Review

From Publishers Weekly

Few lives have been more zealously recorded in movies, photography and literature than Ali's. So it's fortunate that this book is not so much a memoir as a collection of the supreme athlete's spiritual contemplations. Structured as a series of minichapters on abstract virtues—love, friendship, peace, wisdom, understanding, respect, etc.—it consists of Ali's religious reflections, buttressed by personal anecdotes, Sufi parables, aphorisms, personal letters and poetry. What might be seen as mawkish or cloying from someone less universally beloved has real poignancy coming from boxing's brashest champion ("The Mouth" was one of his many nicknames), who is slowly being driven behind a wall of silence by Parkinson's. The book has the intensity of a deathbed confessional. Ali is settling his accounts, apologizing to Joe Frazier and Malcolm X for hurting them. But primarily he is giving advice to his many children, for whom he obviously feels an overwhelming love. (His daughter Hana addresses her love for her father directly in the book.) Besides Ali's love, readers will be struck by his remarkable faith. With the Black Muslims, he found not only an expression of his own pride in being black but also a personal relationship with Allah, which served as the wellspring for the remarkable courage he displayed both inside ("The Rumble in the Jungle") and outside (refusing the Vietnam draft) the ring. It's hard not to be moved by Ali's spirit. Photos.

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From [Booklist](#)

Who could have imagined the Muhammad Ali who first shook up the world writing a "Recipe for a Good Life" that includes "one teaspoon of patience" and "one dash of humility"? No tablespoons of trash talk or fiery rhetoric here--this disorganized pastiche of poems, meditations, Sufi stories, recollections, and advice is thoroughly softhearted, sometimes cloyingly so. There's not much in the way of boxing--when Ali writes of the run-up to his Olympic gold medal in Rome, for instance, it's only to reveal his fear of flying and to impress upon readers the importance of conquering one's fears. And the writing is, well, . . . not good ("Everything that God created was put here for a purpose. The sun has a purpose. The clouds have a purpose. Rain has a purpose." And on the list goes). But still, Ali's fans will learn a lot about the kinder, gentler man he has become. He even apologizes, in a moving poem, for taunting and ridiculing Joe Frazier. In the book's best poetic moment, Ali wonders, "Who would win the Rumble between the / Butterfly and the bee?" The butterfly wins here by TKO (technical knockout). *John Green*

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About the Author

Muhammad Ali's core principles of confidence, conviction, dedication, giving, respect, and spirituality guided him and made him one of the most beloved symbols of peace and well-being in America and the world.

First known for boxing, and later for his conscientious stance on the Vietnam War draft, Ali focused his awareness of the needs of his fellow citizens and those in the developing world to direct his good work. In addition to challenging racial and religious preconceptions at home, he served as a symbol of hope and a catalyst for constructive international dialogue, delivered sorely-needed medical supplies to an embargoed Cuba, provided more than 22 million meals to the world's hungry, and helped secure the release of fifteen U.S. hostages from Iraq during the first Gulf War. The United Nations named him a Messenger of Peace, and he was awarded the Presidential Medal of Freedom, as well as Amnesty International's Lifetime Achievement Award. In September 2012, he was the recipient of the prestigious National Constitution

Center Liberty Medal.

Among his many projects, Muhammad cofounded the Muhammad Ali Center with his wife Lonnie, and contributed substantially to the awareness and research efforts regarding Parkinson's disease.

Visit the Muhammad Ali Center in Louisville, Kentucky, or online at [AliCenter.org](http://AliCenter.org).

Hana Ali is former heavyweight boxing champion of the world Muhammad Ali's daughter and lives near her father and stepmother in Berrien Springs, Michigan.

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Have you spare time for any day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a wander, shopping, or went to the actual Mall. How about open or read a book called The Soul of a Butterfly: Reflections on Life's Journey? Maybe it is being best activity for you. You realize beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have other opinion?

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