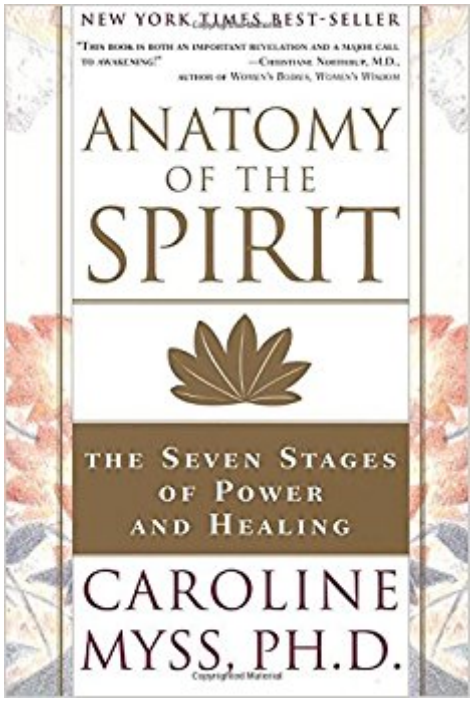
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Anatomy Of The Spirit: The Seven Stages Of Power And Healing



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Synopsis

Building on wisdom from Hindu, Christian, and Kaballah traditions, this comprehensive guide to energy healing reveals the hidden stresses, beliefs, and attitudes that cause illness.Ã Â Anatomy of the Spirit is the boldest presentation of energy medicine to date, written by one of its premier practitioners, internationally acclaimed medical intuitive Caroline Myss,Ã Â who is amongstÃ Â the "hottest new voices in the alternative health/spirituality scene" (Publishers Weekly). Based on fifteen years of research into energy medicine, Dr. Myss's work shows how every illness corresponds to a pattern of emotional and psychological stresses, beliefs, and attitudes that have influenced corresponding areas of the human body. Anatomy of the Spirit also presents Dr. Myss's breakthrough model of the body's seven centers of spiritual and physical power, in which she synthesizes the ancient wisdom of three spiritual traditions-the Hindu chakras, the Christian sacraments, and the Kabbalah's Tree of Life-to demonstrate the seven stages through which everyone must pass in the search for higher consciousness and spiritual maturity. With this model, Dr. Myss shows how you can develop your own latent powers of intuition as you simultaneously cultivate your personal power and spiritual growth.By teaching you to see your body and spirit in a new way, Anatomy of the Spirit provides you with the tools for spiritual maturity and physical wholeness that will change your life.

Book Information

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Customer Reviews

What sets Anatomy of the Spirit apart is Carolyn Myss's ability to blend diverse religious and

spiritual beliefs into a succinct discussion of health and human anatomy. For example, when describing the seven energy fields of the human body, she fuses Christian sacraments with Hindu chakras and the Kabbalah's Tree of Life. Fortunately, Myss is a skilled writer as well as researcher, able to ground her extensive spiritual and religious discussions by using real-life stories and a tight writing style. Those who are squeamish with the notion of biography affecting biology will find this book a struggle (in one chapter, Myss links pancreatic cancer with a man's refusal to unburden his life and start fulfilling his dreams). Many, however, hail Myss for creating a valuable contribution to the ongoing exploration of spirituality and health. --Gail Hudson

One of the hottest new voices in the alternative health/spirituality scene, Myss is a "medical intuitive" whose work with Dr. C. Norman Shealy resulted in their coauthored book, The Creation of Health. In this engaging volume, Myss describes our "spiritual anatomy" and how its dysfunctions affect the physical body. Going beyond the spirit/body connection, she presents a complete program for spiritual growth, drawing on concepts from three major religions. Linking the seven chakras of Hinduism to the seven Christian sacraments and the Jewish mystical Tree of Life, Myss details the struggles associated with each chakra and its correspondents. To Myss, our primary foundation, or first chakra, for example, corresponds to baptism and the mystical Jewish concept of Shekhinah. This chakra's energy, according to Myss, is concerned with our "tribe," be it our family, country or other group we identify with, and it activates our need for loyalty, honor and justice. Misplaced loyalties or conflicts will most likely manifest in the lower part of the body, in afflictions like lower back pain. The author intersperses her text with case studies and keeps her discussion close to real-life concerns. Her tone can be gratingly authoritative at times ("all human stress corresponds to a spiritual crisis"), and it's questionable whether the alleged correspondences are as firm as Myss posits. Still, there's wisdom here, in words that eschew New Age jargon and that make otherwise esoteric material accessible to a general readership. This book has breakout potential. One Spirit Book Club main selection; author tour. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Powerful & Transforming . I've read it several times and its lead me on a journey that's completely changed every aspect in my life. This has lead me to other books by her (all of which are read more than one or even twice). She's a good teacher who is passionate about her information. I once thought she was too harsh , arrogant and rough for my liking. Something inside me changed, however, (maybe the cancer diagnosis) and I just became open to everything she offers. It's a

guide. This was my first book of hers. Took me 3 readings (maybe more) to grasp it. It's hard but worth it. My entire life is changed for the better. I first got it on tape through Audible (and app). Later on, I realized I needed to have the written word as well. It will take you on a journey you'll never forget. That said, one needs an open mind of acceptance. After being diagnosed with breast cancer my M.D. Referred me to a Reiki Master who's also an intuitive healer. It was she who suggested this book to me. I'

I realize some people find Caroline's delivery a little...harsh...but I hope you'll give the material a chance. I think what she has to say about the part we play in our own illness(s) is very valid. It can be painful to think that the grudges we bear, the way we allow ourselves to remain mired in pain, resentments or the past can actually create a state of illness in our bodies, but if you open your mind and think about it logically, it makes complete sense. I'm grateful that the medical community has become more willing to accept the mind-body connection we all have. 20 years ago, this was thought of as quackery. Today Dr. Oz would speak on it on his show. Caroline's book is a great book. Read it, and help protect your body and quality of life.

Informative and insightful regarding the parallels of the body with spiritual matters. I'd like to see an updated version of the book from Caroline.

One of many excellent books written by Caroline Myss. I bought this book again as I was unable to locate the hard copy of I had purchased when originally published. I will suggest to everyone, that rereading this many times over certainly gives one more clarity.

A must read! Will truly help you understand illness and healing from a different more spiritual perspective. Empowering in that you can better understand personal trauma as possible root causes for ailments. This can be life changing.

Extremely interesting book. I must say that at times I was bogged down in the "terms" and in relating to the depth of understanding the "languages" of the spirit. I had to re-read a lot of the intro material. What an enlightening book! What a gifted woman--Caroline Myss. I found that this is not a book that I could breeze through. It has taken time for me to digest slowly-a portion at a time.

loving this book another informational read

superb!

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