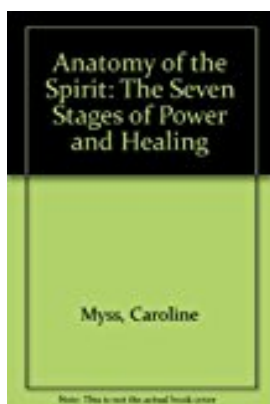


[PDF] Anatomy Of The Spirit: The Seven Stages Of Power And Healing

Caroline Myss - pdf download free book



Books Details:

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Description:

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* --This text refers to the edition.

From Publishers Weekly 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.
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