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Archetypes, the latest work from New York Times best-selling author Caroline Myss, offers readers an engaging and illuminating way to better understand themselves and those closest to them. Whether we're aware of it or not, each of us identifies with certain universal myths and symbols, otherwise known as Archetypes. In this new work, Myss covers ten primary archetypes: Caregiver, Artist, Fashionista, Intellectual, Rebel, Queen/Executive, Advocate, Visionary, Athlete, and Spiritual Seeker. She helps us to determine which archetypes best define us as individuals, laying out each archetype's unique path, hidden strengths, and potential weaknesses. By identifying our personal archetypes, we can gain the knowledge necessary to consciously define and live an authentic life that reflects who we really are. Myss also includes suggestions for embracing one's archetype to the fullest, providing tools for avoiding common pitfalls and daily practices for enhancing the positive qualities of each archetype. In addition to the ten archetypes above, there's a glossary covering more than 20 sub-archetypes. Much like highly popular books on the enneagram, Myers & Briggs, and astrology, which also allow people to type themselves, Archetypes is destined to become a classic. Its publication is set to coincide with the launch of a major new social platform, www.ArchetypeMe.com, where users can take a quiz to discover their archetype and find an individualized experience around content and community.

In 1979, Dr. Bernie S. Siegel, a successful surgeon, took a class from Elisabeth Kübler-Ross that focused on crayon drawing for healing, especially with patients facing life-threatening disease. Siegel incorporated into his practice these techniques — many of which were laughed at by others in the medical community. But his Exceptional Cancer Patients “carefrontation” protocol facilitated healings, often deemed miraculous, and attracted attention. “Dr. Bernie” discovered and shared the fact that while patients might need antibiotics, surgery, radiation, and chemotherapy, their bodies also want to heal. He found that this innate propensity could be aided by unconventional practices, including drawing. Why? Drawing produces symbols often representing the subconscious. Siegel shows how to interpret drawings to help with everything from understanding why we are sick to making treatment decisions and communicating with loved ones. All those facing ill health, and those caring for them, personally and professionally, will welcome the hands-on, patient-proven practices offered here.

Masaru Emoto has photographed thousands of water crystals throughout his years of research, yet few have been as beautiful and life affirming as those formed from the words “love and gratitude.” In *The Miracle of Water*, Dr. Emoto demonstrates how water's unique role in transporting the natural vibration of these words can help you welcome change and live a more positive and happy life. This thoughtful book includes new and extraordinary water-crystal photographs that provide convincing reasons for all of us to choose positive words and strive for perfect resonance for a more healthy, peaceful, and happy life.

Internationally renowned motivational teacher, spiritual instructor, and popular theologian Caroline Myss has created a transcendent work of unique insight and revelation in *Entering the Castle*. This exciting new teaching of contemporary mysticism is also a brilliant synthesis of the psychology of consciousness and of Eastern and Western mystical traditions. Myss provides a highly original inner path to self-knowledge -- which is also the road into a spiritual knowledge of God and your own soul -- as she reveals a necessary external path, one that takes you out into the world to serve God and others as a mystic without a monastery -- without having to retreat into total silence, self-denial, or isolation. As her main template for this extraordinary, modern spiritual journey, Myss uses the beloved, revered writings of *The Interior Castle* by Teresa of Ávila. Adapting Teresa's vision of the soul as a beautiful crystal castle with many floors, or mansions, and many rooms within those mansions, Myss guides us from room to room, helping us meet different aspects of our self, our soul, and our spirit -- preparing us for the ultimate encounter with God and our own divinity. Through intense practices and methods of spiritual inquiry adapted for contemporary life, she

helps us to develop our personal powers of prayer, contemplation, and intuition and to ascend the seven levels of soul knowledge that build an ever stronger interior castle of our own -- a soul of strength and stamina. As in all her books, Myss also recounts stories of profoundly moving real-life experiences -- of her own, as well as of her students and of renowned spiritual figures -- that bring home the universal truth of her insights. Presiding over the entire book and journey are the great mystics, ancient and contemporary, of Christianity, Judaism, Islam, and Hinduism with their inspiring lives and discerning spirits. And over all, the benevolence, truth, and gentle and tough love of Teresa of Ávila shine through. Doubtless Myss's most deeply personal, revealing, compassionate, and transforming book yet, *Entering the Castle* is a comprehensive guidebook for the journey of your life -- a journey into the center of your soul. There, peace, God, and a fearless bliss wait for you to discover them...and claim them for your own.

From the New York Times best-selling author of *Sacred Contracts* and *Anatomy of the Spirit*, a timely guide with 100 prayers for entering into a personal relationship with the Divine. *** In her most personal book to date, beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred. *Intimate Conversations with the Divine* offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust. "We are one holy system of life and great cosmic truth, which is that all life-including all of us-breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

Maintaining that archetypes are the root of depression, this self-help manual takes Caroline Myss's work to a new laser-level in seeking out/honoring archetypes vibrating out of harmony.

Caroline Myss, author of the New York Times bestsellers *Anatomy of the Spirit* and *Why People Don't Heal and How They Can*, presents an exciting, highly original program in this long-awaited book. Based on her internationally popular workshop of the same name, *Sacred Contracts* is a brilliant synthesis of psychology, healing guidance, and spiritual insight. As a medical intuitive, Myss has found that people often don't understand their purpose in life, which has led to a spiritual malaise of epidemic proportions. This metaphysical disease in turn leads to depression, anxiety, fatigue, and eventually physical illness. But our purpose—our individual Sacred Contract—is often difficult to apprehend. For this reason, Myss developed an enjoyable and ingenious process for deciphering your own Contract using a new theory of archetypes that builds on the works of Jung, Plato, and contemporary thinkers. She first recounts how the concept of Sacred Contracts took form in myths and other cultural traditions through the ages. She then examines the lives of the spiritual masters and prophets—Abraham, Jesus, the Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own. With her signature motivational style and stories, Myss explains how you can identify your particular spiritual energies, or archetypes—the gatekeepers of your higher purpose—and use them to help you find out what you are here on earth to learn and whom you are meant to meet. In coming to know your archetypal companions, you also begin to see how to live your life in ways that make the best use of your personal power and lead you to fulfill your greatest—in fact, your divine—potential. In this process, you learn how to see your life—and the lives of others—symbolically, allowing you to manage your personal power without getting caught up in emotional drama. You will also learn how to fulfill your Sacred Contract: what you and only you are here on earth to do. Finally, Myss offers specific guidance for locating your physical and emotional vulnerabilities and healing any susceptible areas. Both visionary and practical, *Sacred Contracts* is a completely unique process of self-discovery and spiritual archaeology and a bold, powerful work of spiritual wisdom.

'And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom' Anaïs Nin Elizabeth Lesser shows how it is possible to deal with fearful change or a pain-

ful loss and be reborn, like the Phoenix, to a more vibrant and enlightened self. In *Broken Open* she shares penetrating tales from her own life, the lives of those she has taught and counselled and the lives of friends and family, tales that explore the big challenges of death, illness and divorce, as well as the daily roller coaster rides of relationships, parenting and work. Woven into these stories are quotations from great poets and philosophers. And following them is a toolbox of valuable aids, including meditation, psychological enquiry and spiritual practice. The result is a book that runs the gamut of the human experience, and in a style that is genuine, funny, often heartbreaking, but always inspiring, she shows us how we, too, can allow the pain of adversity to break us open instead of breaking us down, making us bitter or closing our hearts.

What are soul contracts and what roles do they play in our lives? How do you recognize your own soul contracts? Why is this knowledge so important for personal and spiritual growth? Can we communicate with deceased loved ones to help them, and learn from them? Includes: Self-help material for further exploring and healing contracts in your own life. Spiritual Post-Conception Birth Control and Past Life Techniques The Alchemy Institute is one of Americas foremost training programs in Past Life Regression. When my students study Past Life Regression, there are many texts we recommend. Soul Contracts is at the top of the list. Lindas compassion and her skill as a hypnotherapist show through in one inspiring story after another that proves the practical power of past life regression to transform lives. This book is filled with easy to read, fascinating true stories that open a window into a rich and extraordinary world of healing which lives inside of each of us. ~ David Quigley, founder and Director of the Alchemy Institute Dear Linda, I love what you have written as it is so personal and easy to read and most important for everyone to understand that much of what is happening in their lives has its root in their distant past of a previous incarnation. Reincarnation is a fact as we are eternal and we can free ourselves of a problem in the present when we resolve the past in the manner that Linda Baker is sharing with us. A must read for the spiritually sincere. Terry Cole-Whittaker author of *What You Think of Me is None of My Business, Dare to Be Great and Live Your Bliss* and many others Brings a broad new dimension to our understanding of healing and personal changeExcellent reading! Hal Zina Bennett,Ph.D. author of *Spirit Circle* and more than 25 books on personal growth I just finished your book *Soul Contracts*. I was deeply affected by this book. I had to buy it because I could not let it go. *Soul Contracts* rang more bells in my heart, head and body than any book Ive read this year! -J.B., Seattle, WA

An investigation of the evidence in Talmudic, gnostic, apocalyptic, partristic, and legendary texts concerning immortal, winged beings.

For more than two decades, internationally renowned pioneer in energy medicine Caroline Myss has been studying how people use their personal power. Through her special brand of spiritual insight and intuition, her popular workshops, and her bestselling books, Myss has helped hundreds of thousands of people meet the lifelong challenge of managing their spiritual energy and improving their lives. Now, in this inspiring new book, Myss expands her message about power in an entirely new spiritual direction. With characteristic originality, she explains how we become channels for divine grace and a conduit for miracles through kind, compassionate, generous actions, or, as she calls them, invisible acts of power. When we act compassionately, without a private agenda or expectation of credit or reward, God works invisibly, anonymously through us. And as we move from visible acts, such as giving a friend a helping hand, to invisible acts, such as prayer and healing, we undergo a profound journey of personal empowerment. The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power...and attract them to you.

What if one of the most effective tools you have to restore your health is not surgery or medications, but your own hands? Incredibly, your hands can heal you -- with the "energy medicine" of Pranic Healing. A powerful system that is rapidly increasing in popularity, Pranic Healing works with your own natural, vital energy -- which is also called prana -- to accelerate your body's innate self-

-healing ability. Amazingly easy to learn and apply, Pranic Healing uses a series of powerful but simple methods to generate energy, including non-touch hand movements; energetic hygiene, the practice of keeping your personal energy tank clean and full; breathing; and brief meditations. Using these unique techniques, you can identify, clear, and purify unhealthy, imbalanced energy and replace it with fresh energy that helps your body heal itself from a wide range of physical, psychological, and emotional symptoms and disorders. A self-healing guide for 24 ailments, including physical and sports injuries, chronic arthritis, irritable bowel syndrome, insomnia, hypertension, headaches, backaches, congestion and colds, menstrual cramps, even depression and stress-related disorders, is included. With step-by-step instructions, line drawings, and numerous real-life medical stories, *Your Hands Can Heal You* demonstrates and explains a revolutionary program that anyone can use to harness the energy of body, mind, and breath to produce health and facilitate repair. Personally trained by Grand Master Choa Kok Sui, who developed Pranic Healing, the authors, Master Co and Dr. Robins, provide the same detailed guidance in *Your Hands Can Heal You* as in the popular Pranic Healing workshops. Additionally, they present, for the first time in any book, the Grandmaster's special modifications to the breathing practices that can dramatically increase your power and energy and rejuvenate and balance your physical, emotional, mental, and spiritual body. This exciting new mind-body health reference proves that you can heal yourself -- with your own two hands.

Building on wisdom from Hindu, Christian, and Kabbalah traditions, this comprehensive guide to energy healing reveals the hidden stresses, beliefs, and attitudes that cause illness. *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, who is amongst 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.

Now in paperback, from the New York Times best-selling author of *Sacred Contracts* and *Anatomy of the Spirit*, a timely guide with 100 prayers for entering into a personal relationship with the Divine. "I've loved so many of Caroline Myss's books, but maybe none so much as *Intimate Conversations with the Divine*. Has there ever been a more urgent need for her unique and profound (and sometimes wonderfully cranky) take on our spiritual reality, healing, and the language of holiness?" -- Anne Lamott, author of *Traveling Mercies* and *Help, Thanks, Wow* In her most personal book to date--now available in paperback for the first time--beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred. *Intimate Conversations with the Divine* offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust. "We are one holy system of life and great cosmic truth, which is that all life--including all of us--breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

Describing how to give individuals an opportunity to discover how their symbolic perceptions are organized, what needs to happen for these to change, and how they can develop as a result, this text includes three client transcripts.

"The seven archetypes of Artisan, Sage, Server, Priest, Warrior, King, and Scholar have always existed in every society; and everyone belongs to one of these groups. Thousands of people around the world have used this system ... to discover their true nature and to find fulfillment"--Page 4 of cover

What would you see if you could view the world through the eyes of a Diné healer, a Zulu High Sanusi, or a Shaker from St. Vincent Island? The answer can be found in *Shamans of the World*, an

intimate encounter with traditional healers from nine unique indigenous cultures. Through mesmerizing firsthand accounts of miraculous transformation and healing, *Shamans of the World* transports you to the otherworldly reality of the shaman. Your global adventure begins in the lands of the Diné Nation, as you meet Walking Thunder, the Medicine Woman who reveals the importance of living life with full appreciation. Next, you visit Brazil and faith healers Otavia and João, who embody "a love that breaks through all boundaries of reason and rationality." South Dakota and Lakota Yuwipi Man Gary Holy Bull come next, as you glimpse at the inner life of one dedicated to the service of spirit. Then it's off to the jungles of Paraguay, where the insights of Guarani Forest Shaman Ava Tape Miri unveil the immediate unity of all creation. The traditional healers of Bali share vital lessons on balanced living, before you explore the secrets of Japan's masters of seiki jutsu. After hearing from the Shakers of St. Vincent, who use the power of mourning and ecstatic prayer to create community-based healing, you conclude your journey in Africa, where you witness the ceremonial dances of Kalahari Bushman Mabololo Shikwe, "the man who says and knows everything." With 24 pages of full-color photographs, and poetry and prayers from the shamans themselves, *Shamans of the World* brings you authentic "first wisdom" directly from its source. Here is an unprecedented collection of our spiritual roots that offers a radical new understanding of the planet we share. Note: Drawn from the ten-volume *Profiles of Healing* series edited by Bradford Keeney and published by Ringing Rocks Foundation.

From the bestselling author of *The Secret History of the World*, an exploration of the mystical forces that shape and protect us *The Sacred History* is an account of the workings of the supernatural in history. It tells the epic story of angels, from Creation, to Evolution through to the operations of the supernatural in the modern world. This tale of how people and peoples have been helped by angels and other angelic beings is woven into a spellbinding narrative that brings together Krishna, Moses, Buddha, Elijah, Mary and Jesus, Mohammed, Joan of Arc, the angels who helped Hungarian Jews persecuted by the Nazis, and stories from African, Native American and Celtic traditions. Told from the spiritual point of view, *The Sacred History* relates every betrayal, every change of heart, every twist and turn, everything that looks like a coincidence, every portent, every clue, every defeat, every rescue moments before the prison door clangs shut. This is the angelic version of events.

Have you ever wondered why you are drawn to certain people, ideas or products and turned off by others? Are you constantly searching for something you can't put your finger on, or wondering whether you are living a life that truly fits? In *Archetypes*, New York Times bestselling author Caroline Myss delves into the world of archetypes, which have been the subject of her work for more than 25 years. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life. Within the pages of this book, Myss writes about ten primary archetypes that have emerged in today's society: the Caregiver, the Artist/Creative, the Fashionista, the Intellectual, the Rebel, the Queen/Executive, the Advocate, the Visionary, the Athlete, and the Spiritual Seeker. In each chapter, she explains one individual archetype, showing how it has evolved and then in fascinating detail lays out the unique characteristics, the defining graces, the life challenges, and other information to help you understand if you are part of this archetype family and if so, how you can fully tap into its power. She also offers tips and practical advice on how to fully engage with your archetypes. Learning which archetypes best describe you is just the beginning. You can then use this knowledge to make more conscious decisions about everything from careers to relationships, avoiding common pitfalls of your personality type while playing up your strengths. The result is a happier, more authentic you. It's never too late to change your life by embracing your archetypes to the fullest. So are you a Rebel? An Artist? A Visionary? Join us . . . and find yourself.

The author explores the mysteries of life after death, interweaving scientific research and the wisdom of ancient Vedanta sages to describe what happens to us when we die and to build a case for an afterlife.

New York Times bestselling author and medical intuitive Caroline Myss has found that when people don't understand their purpose in life the result can be depression, anxiety, fatigue, and eventually physical illness—in short, a spiritual malaise of epidemic proportions. Myss's experience of working with people led her to develop an insightful and ingenious process for deciphering your own Sacred Contract—or higher purpose—using a new theory of archetypes that builds on the works of Jung, Plato, and many other contemporary thinkers. Myss examines the lives of the spiritual masters and prophets—Abraham, Jesus, Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own. Myss explains how you

can identify your particular spiritual energies, or archetypes—the gatekeepers of your higher purpose—and use them to help you find out what you are here on earth to learn and whom you are meant to meet. Exploring your Sacred Contract will shine a light on the purpose and meaning of your life. You are meant to do certain tasks, you are meant to have certain relationships. In coming to know your archetypal companions, you also begin to see how to live your life in ways that make the best use of your personal power and lead you to fulfill your greatest—in fact, your divine—potential. Both visionary and practical, *Sacred Contracts* is a bold, powerful work of spiritual wisdom. Without a doubt, your most intriguing challenge in life is to recognize your spiritual commitments and live them to the fullest.

If it could be said that a personal relationship can be developed between a human being and an impersonal spirit guide, then author Dr. C. Norman Shealy accomplished this with G. They established a type of communication that was intense, at times personal, but also productive with G providing Shealy a view of what human beings could heal if their consciousness would only break free or break through of its illusions. In *Conversations with G*, Shealy not only offers an overview of his life and his successful medical career and healing advancements, but he shares conversations with his spirit guide, G, who has been a part of his life for more than thirty years. A story that inspires the spirit as much as expands the mind, *Conversations with G* narrates a personal journey of mystical encounters with angelic teachers and materialization and dematerialism which have led to numerous medical- and health-enhancing discoveries.

A spiritual guide by the author of *Anatomy of the Spirit* offers counsel on how to create personal energy and power in everyday life, discussing how to act as a channel for divine grace and commit non-random acts of kindness in order to promote one's spiritual and intuitive development. Reprint. 50,000 first printing.

The Pleiadian Tantric Workbook assists you with healing relationships. This sequel to *The Pleiadian Workbook* teaches advanced cellular clearing to heal the male/female split, and, with specific exercises and techniques practical for everyday life, shows you how to activate and clear kundalini and sexual channels through tantra.

"So often, when something "bad" happens, it may appear to be meaningless suffering. But what if your most difficult experiences are actually rich with hidden purpose--purpose that you yourself planned before you were born? Could it be that you chose your!

The author builds on her study of the interconnection among mind, body, and spirit to reveal why people become physically and spiritually ill and ways to overcome mental and emotional obstacles to becoming well

New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who overcame a wide array of physical and psychological ailments—from rheumatoid arthritis to cancer—Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly.

Why are you here? What is life for? What are you meant to do? Best-selling author Robert Holden helps you go from looking for your purpose to living it. (Hint: It's not just about you.) "How do I find my life's purpose?" In the 10-year run of Robert Holden's call-in radio show, *Shift Happens!*, his listeners asked that question more often than any other, by far. It seems everybody is looking for their purpose, and yet we all struggle to recognize it and live it. In *Higher Purpose*, Holden takes readers on an epic journey of self-discovery that includes the hero's journey with Joseph Campbell, Carl Jung's work on true vocation, Victor Frankl's search for meaning, a pilgrimage with St. Francis of Assisi, the poetry of Wordsworth and Rilke, and much more. The journey has four stages: "The Call" explores "the calling" inside you to live a more meaningful life. "The Path" helps you to realize what inspires you, what brings you alive, to follow your joy, and to do more of what you love. "The Ordeal" tackles the inner blocks, the road of trials, and challenges you must overcome to live your higher purpose. "The Victory" encourages you to not betray yourself, to "sing your whole

song," and to keep on saying YES to your soul's high adventure. In *Higher Purpose*, Holden explores three distinct levels of purpose: your unique purpose, a shared purpose, and the greater purpose of life. He offers inquiries, meditations, and journaling exercises to help you live your purpose every day. And he shares stories from his own life and conversations with a host of remarkable people—Maya Angelou, Louise Hay, Jean Houston, Matthew Fox, Robert Thurman, Caroline Myss, Andrew Harvey, Wayne Dyer, Oprah Winfrey, and more.

The *Pleiadian Workbook* is a direct transmission from the Pleiadian Emissaries of Light--Light beings from the Pleiades--who say it's time now for spiritual growth, ascension, and healing. Through *Amorah Quan Yin*, we are taught to open our "Ka Channels," which pull energy from our multidimensional, holographic selves into our physical bodies. These galactic healing techniques align us with our divine selves, raise our vibratory rates, and rejuvenate and balance our bodies, while accelerating spiritual evolution and stimulating emotional healing.

Draws on the mystical writings of St. Teresa of Avila to explore how to maintain a connection with the divine, in a guide that compares the human soul to a crystal castle with rooms representing various stages of spiritual development.

In her books and workshops, Myss urges her followers to look deep inside themselves by answering self-exploration questions. This journal offers users the perfect tool with which to keep track of the

answers to those questions.

This book will transform your world view. Dr. Masaru Emoto's first book, *The Hidden Message in Water*, told about his discovery that crystals formed in frozen water revealed changes when specific, concentrated thoughts were directed toward them. He also found that water from clear springs and water that has been exposed to loving words showed brilliant, complex and colourful snowflake patters. In contrast, polluted water, or water exposed to negative though formed incomplete, asymmetrical patterns with dull colors. *Thee Healing Power of Water* includes contributions from leading scientists such as William A. Tiller, who was featured in the film *What the Bleep Do We Know!?*; and from spiritual teachers such as Doreen Virtue, Starhawk, William Bloom, and Sig Lonegren.

A collaboration between a traditionally trained physician and a medical intuitive, *The Creation of Health* illuminates the deep connection between emotional dysfunction and physical illness. It describes the role that emotional disturbances play in the most common diseases and ailments, from influenza, the common cold and arthritis to diabetes, heart disease and cancer. After providing an introduction to intuitive medicine and its history, method of diagnosis, and relationship to traditional medicine, Myss and Shealy detail the deeper emotional and physical reasons why illness develops in the body. Dr Shealy offers a traditional account of a particular disease or ailment, while Dr

Myss sheds light on the deeper emotional and psychic causes through her corresponding energy analysis. Confirming the link between illness and emotion, *The Creation of Health* puts forth a groundbreaking vision of holistic healing.

A bold account of the development of human consciousness and spirituality over the ages and an examination of the dynamic global transformation of attitudes about healing. For more than fifteen years, Caroline Myss has studied why some people heal, while others do not. In her previous book, *Anatomy of the Spirit*, Dr. Myss illuminated the hidden interactions of belief and body, soul and cell to show how, as she inimitably puts it, "your biography becomes your biology." In *Why People Don't Heal and How They Can*, she builds on her earlier teachings of the seven different energy centers of the body to provide a vital self-healing program for physical and spiritual disorders. With her characteristic no-nonsense style and high-voltage storytelling, she exposes and explodes the five myths about healing, explains the cultural and individual contexts in which people become physically and spiritually ill and invested in "woundology," and teaches new methods of working with the challenges that the seven energy centers embody. To help you get and stay on the path to wellness, Dr. Myss provides rituals and prayers for gaining a symbolic perspective on your life issues; for bolstering your personal power; and for connecting with a universal divine energy. Dr. Myss's breakthrough views on energy medicine and her active approach to healing life issues and physical illness will help you overcome the mental blocks that keep you from becoming well.