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# Sacred Contracts Awakening Your Divine Potential Caroline Myss

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Hero Within - Rev. & Expanded Ed. Augsburg Fortress Publishing  
"The author of the legendary #1 New York Times bestseller *The Seat of the Soul* shows us step-by-fascinating-step how to create a life of love and where that now leads" --

*Entering the Castle*

Chronicle Books

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."

**Defy Gravity**

ReadHowYouWant.com

"When I begin to write, I open myself and wait. And when I turn toward an inner spiritual awareness, I open myself and wait." With that insight, Pat Schneider invites readers to contemplate their lives through spiritual observation and exploratory writing. In seventeen concise thematic chapters that include meditations on topics such as fear, prayer, forgiveness, social justice, and death, How

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the Light Gets In gracefully guides readers through the philosophical and spiritual questions that face everyone in the course of meeting life's challenges. Praised as a 'fuse lighter' by author Julia Cameron and 'the wisest teacher of writing I know' by the celebrated writing guru Peter Elbow, Pat Schneider has lived a life of writing and teaching, passion and compassion. With *How the Light Gets In*, she delves beyond the typical 'how-to's' of writing to offer an extended rumination on two inner paths, and how they can run as one. Schneider's book is distinct from the many others in the popular spirituality and creative writing genre by virtue of its approach, using one's lived experience--including the experience of writing--as a springboard for expressing the often ineffable events that define everyday life. Her belief that writing about one's own life leads to greater consciousness, satisfaction, and wisdom energizes the book and carries the reader elegantly through difficult topics. As Schneider writes, 'All of us live in relation to mystery, and becoming conscious of that relationship can be a beginning point for a spiritual practice--whether we experience mystery in nature, in ecstatic love, in the eyes of our children, our friends, the animals we love, or in more strange experiences of intuition, synchronicity, or prescience.'"--Provided by publisher.

Saint Teresa of Avila  
Delacorte Press  
This is the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

*Your Sacred Self* Simon and Schuster  
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.

*Intimate Conversations with the Divine* Simon and Schuster  
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.

*Four Archetypes* Hay House  
"Desire is here to stay. The challenge we all face, and which I intend to guide you through, is to learn how to take into account the full measure of who you are and use the positive force of all four of your soul's desires to lead you to your best life." —Rod Stryker  
According to ancient Yogic tradition, your soul has four distinct desires: • The desire for purpose, the drive to

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become who you are meant to be • The desire for the means (money, security, health) to prosper in this world • The desire for pleasures like intimacy, beauty, and love • The desire for spiritual fulfillment and lasting freedom Learning to honor these four desires is the key to happiness, and to a complete and balanced life. But how can you discern what will truly satisfy your desires? How can you increase your capacity to achieve them? What if your desires seem to conflict with one another? Is it really possible to live a spiritual life while also wanting material pleasures and success? For more than three decades, master teacher Rod Stryker has taught yoga in the context of its deepest philosophy. His course, called The Yoga of Fulfillment™, has helped thousands recognize their soul's call to greatness and to achieve their dreams. Now, in this wise and richly practical book, he has distilled those broad teachings into a roadmap for becoming the person you were meant to be. It is filled with revealing true stories, provocative exercises, and practices for unlocking your inner guidance. And even if you've never done a yoga pose, you can follow this step-by-step process to:

- discover your soul's unique purpose—the one you came into this world to fulfill.
- recognize the goal(s) you need

to focus on at any given time and enliven your capacity to reach them.

- overcome self-defeating ideas and behavior.
- recruit your deepest energies and strengthen your resolve to meet any challenge.
- learn to live with joy at every stage of your growth.

The Four Desires is nothing less than a complete path toward living your best life possible—a life that is rich in meaning and in means, a life that attracts and emanates happiness, a life that is your unique gift to yourself and the world.

Self-Esteem Harper Collins The 'SoulCollage' book gives you everything you need to contact your intuition and create an incredible deck of cards - one that has deep personal meaning and which will help with life's questions. Inside this book are many beautiful examples of cards made by regular people, not professional artists. Following the simple 'SoulCollage' directions, your hands move fragments of cut-out magazine pictures around, fitting them together in a surprising new way and gluing them down on a card. Cards containing the images that select you - come straight through your Soul, bypassing the mind. 'SoulCollage' is great for use in art therapy as well. This

book explains - The easy steps for making and consulting the cards; How to work with the language of symbols, dreams, and archetypes; How to set the mood so that even shy people can say what the card is telling them; Ways to encourage inner wisdom to bubble up and answer your deepest questions.

The Seat of the Soul Harmony Scribe Edith Ellis met the spirit of George Washington one evening in 1955. He contacted her from the Other Side to ask if she would serve as a channel so that he could dictate his autobiography for his "fellow American Patriots," believing that he had kept his personal feelings about his life far too private. Edith agreed, although she was nearly blind and in her mid-70s. So began a most extraordinary partnership between Edith Ellis and the "Founding Father of America." The result is this remarkable book that has taken more than 60 years to reach the public. This book is a must-read for everyone who feels the spirit of the Founding Fathers surrounding us again.

Dailyom Dk Pub 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 Amora Quan Yin, we are taught to

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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.

#### The Intuitive Way Penguin

The bestselling author of *Your Erroneous Zones*, *Pulling Your Own Strings*, and *Wisdom of the Ages* combines psychological insights and guidelines for achieving spiritual fulfillment to present a three-step program designed to help readers look inside themselves to find a new sense of self-awareness and spiritual joy. Developing the sacred self, Wayne Dyer explains, brings an understanding of our place in the world and a sense of satisfaction in ourselves and others. In *Your Sacred Self*, Dyer offers a program that helps listeners establish a spiritually-oriented, rather than an ego-oriented, approach to life. Step by step, Dyer shows us how to progress from emotional awareness to psychological insight to spiritual alternatives in order to change our experience of life from the need to acquire to a sense of abundance; from a sense of one's self as sinful and inferior to a sense of one's self as divine; from a need to achieve and acquire to an awareness that detachment and letting go bring freedom. *Your Sacred Self* is an inspiring, hopeful, illuminating guide that can help everyone live

a happier, richer, more meaningful life.

An *Autobiography of George Washington* Penguin Sylvia Browne, the world-famous psychic and New York Times bestselling author of *End of Days*, takes readers on an unprecedented and comprehensive "tour" of the afterlife—a world-changing revelation that has helped millions live for today, tomorrow, and forever... This spiritual guide is packed with prophecies and inspirational advice, including:

- Must-read predictions for the future
- How psychic energy can keep people healthy and improve relationships
- Why we shouldn't fear aging and death
- How spirit guides and angels "talk" to us daily
- The truth about ghosts and hauntings
- Solving "unsolvable" missing persons cases and other true crime tales
- And more

"Psychic, medium, clairvoyant, channel—these are all words to describe Sylvia Browne's unique powers. I've personally witnessed her bring closure to distraught families, help the police close cases, and open people's hearts to help them see the good within themselves." —Montel

Williams "The Other Side and Back" is the most grounded and authentic 'entry to the other side' that I have ever read. You know immediately upon reading the first few pages that Sylvia Browne is more than a psychic—she is a master at conveying the truth that exists in the fourth dimension." —Caroline Myss, Ph.D., author of *Anatomy of the Spirit* Gyn/Ecology Harmony

"The important thing is not to think much, but to love much, and so to do whatever best awakens us to love." —St. Teresa of Avila Journey to the 16th century to discover the fiery passion of Saint Teresa of Avila, one of Christianity's most inspiring saints. A tireless reformer and the mentor of Saint John of the Cross, Teresa's greatest legacy is her revelation of ecstatic love for God—a love so powerful that it pierces the heart like a burning sword. Through illness, hardship, and persecution by the Inquisition, this courageous mystic lit the way with her unquenchable spirit to an "interior castle," a place of unimaginable beauty and light where no darkness can touch us. Saint Teresa of Avila gives you a direct link to the living presence of this brave and gentle woman, to draw upon her strength in your own times of need.

Divine Intuition Harmony The noted psychic explains the afterlife as she illuminates her findings about "the other side" and answers readers' most

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important questions about death and the afterlife.

The Four Desires Simon and Schuster

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.

Universal Human Princeton University Press

'The Intuitive Way' will be your companion as you progress through the stages of intuition development. 'The Intuitive Way' will guide you through this process using various tools.

The Other Side and Back Simon and Schuster

This inspirational book delivers messages of healing, awareness, and well-being. A companion to the popular Daily OM Website, it is a valuable guide that will enable you to find balance and wellness through conscious awareness. As you read these passages, which touch on topics including meditation, relationships, nature, and more, you'll see that they'll make the journey of your life much more meaningful. The gentle and affirming wisdom contained within these pages is intended to make each of your days a little happier, less stressful, and more satisfying. It will introduce you to elements of Mother Nature's majesty that you may never have noticed before, guide you as you discover the inward peace you've longed for, and inspire you to embrace change in every corner of your existence. As you open your mind to the

possibilities contained within, you'll discover that the power to create a fulfilling and more purposeful life was in you all along.

Why People Don't Heal and How They Can Simon and Schuster

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. 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

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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.

SoulCollage Hay House Incorporated

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.

Defy Gravity Simon and Schuster  
From the founder of the Wu-Tang Clan—celebrating their 25th anniversary this year—an inspirational book for the hip hop fan. The RZA, founder of the Wu-Tang Clan, imparts the lessons he's learned on his journey from the Staten Island projects to international superstardom. A devout student of knowledge in every form in which he's found it, he distills here the wisdom he's acquired into seven "pillars," each based on a formative event in his life—from the moment he first heard the call of hip-hop to the death of his cousin and Clan-mate, Russell Jones, aka ODB. Delivered in RZA's unmistakable style, at once surprising, profound, and provocative, *The Tao of Wu* is a spiritual memoir the world has never seen before, and will never see again. A nonfiction Siddhartha for the hip-hop generation from the author of *The Wu-Tang Manual*, it will enlighten, entertain, and inspire.