

"Healers often cannot teach, and teachers cannot heal. Myss can do both!"

LARRY DOSSEY

Anatomy of the Spirit takes the interconnectedness of mind, body and spirit even further than ever before. Based on fifteen years of research into energy medicine, it shows that we can be responsible not only for our health but for our healing.

In this breakthrough book, Dr. Caroline Myss, who is herself able to diagnose illness by intuitive means, sets out a unique programme specifically designed to promote spontaneous physical, emotional and spiritual healing. Here she explores the links between spiritual and emotional stresses and the specific illnesses these create in different parts of the human energy system.

Anatomy of the Spirit also presents Dr. Myss's long-awaited model of the body's seven centres 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. With this model, Dr. Myss shows how you can develop your own latent powers of intuition as you simultaneously develop your personal power and spiritual maturity. As you begin to understand the anatomy of your spirit, you will discover the spiritual causes of illness, how to sense and correct an energy imbalance before it expresses itself as physical illness, and how to recover emotionally and physically from an illness you may already have. By learning to see your body and spirit in a new way that draws on old truths, you can begin to develop a spiritual maturity and authority that will change your life.

"An offering to your soul that shimmers with insight.

Caroline Myss is a new, original voice that will be heard. She writes and speaks from the heart with great clarity and vision. I enthusiastically endorse her teachings.

Pay attention – there is much to learn here!

DR WAYNE DYER

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ANATOMY of the SPIRIT CAROLINE MYSS PH.D.

ANATOMY OF THE SPIRIT



The SEVEN STAGES of POWER and HEALING

CAROLINE MYSS, PH.D.

Energy Anatomy

CHAKRA	ORGANS
1	Physical body support Base of spine Legs, bones Feet Rectum Immune system
2	Sexual organs Large intestine Lower vertebrae Pelvis Appendix Bladder Hip area
3	Abdomen Stomach Upper intestines Liver, gallbladder Kidney, pancreas Adrenal glands Spleen

MENTAL, EMOTIONAL ISSUES	PHYSICAL DYSFUNCTIONS
Physical family and group safety and security Ability to provide for life's necessities Ability to stand up for self Feeling at home Social and familial law and order	Chronic lower back pain Sciatica Varicose veins Rectal tumors/cancer Depression Immune-related disorders
Blame and guilt Money and sex Power and control Creativity Ethics and honor in relationships	Chronic lower back pain Sciatica Ob/gyn problems Pelvic/low back pain Sexual potency Urinary problems
Trust Fear and intimidation Self-esteem, self-confidence, and self-respect Care of oneself and others Responsibility for making decisions Sensitivity to criticism	Arthritis Gastric or duodenal ulcers Colon/intestinal problems Pancreatitis/diabetes Indigestion, chronic or acute Anorexia or bulimia Liver dysfunction

Anatomy Of The Spirit Editor

J Spring



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Energy Medicine East and West David F. Mayor, Marc S. Micozzi, 2011-05-31 Energy Medicine East and West A Natural History of Qi provides a unique comprehensive overview of Qi or bioenergy for students and practitioners of energy medicines Chinese and Oriental Medicine and all disciplines of Complementary and Integrative Medicine Mayor and Micozzi start with a comparative historical account of the ancient concepts of Qi and vital energy before covering theories of Qi a discussion of the organized therapeutic modalities based upon Qi and its applications to specific health and medical conditions Contributions are included from international experts in the field The book moves from anatomical and bioenergetic complementarity of Western vital energy and Eastern Qi through convergence of perspectives and models to demonstrations of how the traditional therapies are being melded together in a new original and creative synthesis David Mayor and Marc Micozzi are experienced medical practitioners authors and editors David Mayor has been actively involved in bioenergy research practice and publishing for over 30 years and is author editor of Electroacupuncture A practical manual and resource 2007 as well as other acupuncture texts and studies Marc Micozzi is Professor in the Department of Physiology and Biophysics at Georgetown University School of Medicine Washington DC As author editor of Fundamentals of Complementary Course director MSc Acupuncture Coventry University UK Over the last decade most books on Asian medicine paid tribute to the aura of evidence based medicine experience counted little RCTs were convincing This book at last returns to an old tradition of debate opening up quite a few new horizons Reading it my striving for knowledge was married with enjoyment and happiness This book made me happy Thomas Ots MD PhD Medical acupuncturist specialising in psychiatry Graz Austria Editor in Chief Deutsche Zeitschrift f r Akupunktur To simply review the chapter headings is to know the truly remarkable expanse of this book a wonderful bridge between the mysteries of the East and the sciences of the West well documented well written and enlarging both Enlightening nicely depicts outstanding advances in energy psychotherapeutics thus ultimately helping to move forward the human condition Maurie D Pressman MD Emeritus Clinical Professor of Psychiatry Temple University School of Medicine Philadelphia PA Emeritus Chairman of Psychiatry Albert Einstein Medical Center Philadelphia PA past President International Society for the Study of Subtle Energies and Energy Medicine Lafayette CO USA **Yoga Journal** ,1997-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Gems of Sacred Literature.* [The Editor's Preface Signed: R. C., I.e. Richard Cattermole.] Richard Cattermole,1841 **Body & Soul (Watertown, Mass.)** ,2003 Letters to a man of the world ... Revised. [The editor's and translator's preface signed: R. L. Tafel.] Jean François Étienne LE BOYS DES GUAYS,1868 *The American Directory of Writer's Guidelines* Stephen Blake

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