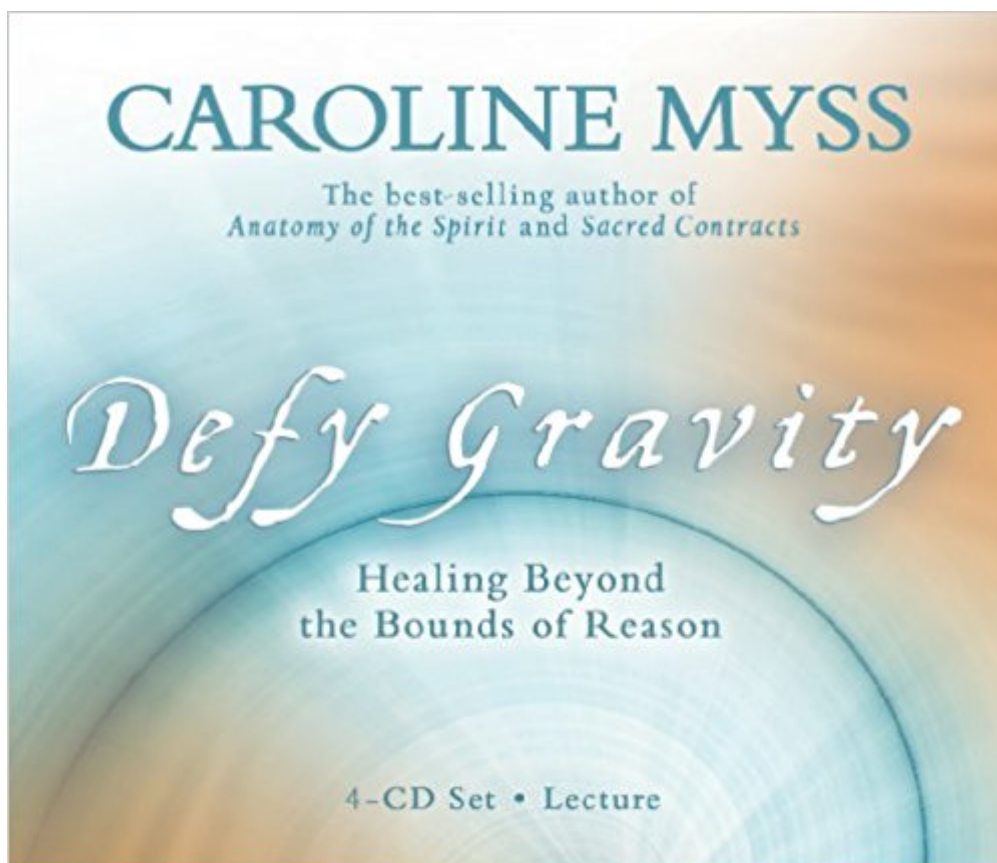


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# Defy Gravity 4CD: Healing Beyond The Bounds Of Reason



## Synopsis

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.

## Book Information

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## Customer Reviews

Caroline Myss has been in the field of energy medicine and human consciousness for 20 years. Since 1982, she has worked as a medical intuitive, providing individuals with an evaluation of the health of their energetic anatomy system. She specializes in assisting people in understanding the emotional, psychological, and physical reasons why their bodies have developed an illness. Her New York Times bestsellers include *Anatomy of the Spirit*, *Why People Don't Heal* and *How*

## They Can, Sacred Contacts, and Entering the Castle.

I've been an armchair student of Carolyn Myss for about 3 or 4 years. When I got my first CD of her material I was taken by her at first because I could hear her--I am hard of hearing. I didn't have to rewind her CDs to catch something I could not hear, but I do replay her CDs a lot for the material. Some reviewers indicate she is egocentric. To me, the soft-spoken people living out in the ethers to promote materials are the ones who are egocentric. They float along as if they are uplifted by a cloud and they want everyone to see that--it's just not real. This CD, as well as a lot of her other words, upsets the occasional overly-sensitive customer. To those people I say you are fighting the wrong battles. You don't have to listen to Carolyn, and I like that she never prostitutes who she really is to please overly-sensitive people. Hint: Over-sensitivity is egocentric. I understand this--I used to be overly-sensitive. I overcame mine. Try it sometime. Where Carolyn comes across as "harsh" to some people is actually her respect and belief that people really can handle the Truth; that they really can make the mystic's journey. She believes in people and refuses to allow you to continue with not believing in yourself. She takes a bucket of water and tosses it on that bad witch sitting on your shoulder to help you get rid of false beliefs about yourself. Her style is to wake people up to their own strengths, not hold people's hand with a soft voice, validating your intention of remaining a victim--or a prostitute. She doesn't believe in your being entitled, either. Defy Gravity is one of her best pieces. I say that reluctantly because I think all of her work is excellent, and I say excellent because what I have learned from her has actually helped me in my life. I know the dark night of the soul as so many people do. She helped me make sense out of mine; and once I made sense out of mine, I could help others in similar situations. You can be yourself, live fearlessly, and feel profoundly connected to all the universe. I suggest for those listening to this one also get her program on "Spiritual Madness". That pairs nicely with this one, makes a good introduction to the discussion of the Dark Night of the Soul in Defy Gravity, but DG stands alone well. Carolyn takes us through the meaning of spiritual crises and some situations that can take us there. No, we are not crazy, nor is it some "ordinary" depression (although most depression is really based in the spiritual crisis). She gives those crises deeper meaning. I love how she also weaves history into her work to show how connected we human beings are across time. Sometimes I feel as if through Carolyn I am receiving spiritual direction from Teresa of Avila or John of the Cross. I feel a kinship with Newton. Whenever she brings in history I feel as if they are my people, my spiritual kin--human beings as imperfect as I am who have found their ways. Her approach through history makes me realize that my life matters, too on this caravan of time. Carolyn takes us once again back through the chakra

system (for more understanding of this for newcomers, I suggest "Spiritual Alchemy" or "Sacred Contracts"), but this time through the seven shadow passions (also known as the seven deadly sins) and the seven graces that heal them. These are rooted in Christian/Catholic theology, however she doesn't approach them through religion but through the mystical journey accessible to all human beings. Sometimes her approach through the eyes of her Catholic background offends the occasional anti-Christian bigot, and I am so glad to hear her say she doesn't buy into so-called "political correctness" (which is really another form of lying, by the way). I am not Christian; I'm agnostic, and I've never, ever found her quips or use of Christian ideas offensive, but very helpful. I respect Carolyn for respecting herself enough to stay true to herself in spite of the occasional infantilized criticism. You will find in this CD set real practical applications. She helps you identify the seven passion and how they can work in your life, how they stand against you. She takes each passion and goes much deeper and further than we usually think of them. For example, she takes greed way past money--you can be intellectually greedy, greedy about acquiring stuff, greedy for attention (sometimes we call those "attention whores", but I think a lot of people suffering from personality disorders will see themselves in this one--and they would greatly benefit from this particular work). In fact, money is a very small part of greed. She makes each passion so profound that I certainly understood myself a lot better--and understand others as well. Gluttony was presented as not really being about eating or drinking too much but things like being a glutton for punishment, or in my case, I am a book glutton (any of you, too?) At any rate, we all experience the seven passions and she helps us identify just how they show up in our individual lives, how they make us ill, how they stand in the way of our lives. This actually gets to be pretty fun. We all have the seven graces in our lives, It is a relief to me to know that wherever there is a struggle with one of the passions, there is a grace immediately offered. Carolyn says the graces don't show up as answers, but as questions--always taking us back to our power of choice (hear Spiritual Alchemy for more on the power of Choice). The bottom line is that no matter what is going on in your life, you can access who you truly are and live it. You don't have to be anyone but you. You can live fearlessly--something we all want. Carolyn does this for herself, I can tell. While most reviewers are wildly appreciative of her works, there are a few who are extreme in their negative reactions to her. Carolyn is not a codependent hand-holder, helping seekers to remain stuck in the past, or entitled to their pain. I agree with her--this is nonsense. You don't need to blame the past or the people in it. You really can forgive the past and choose to move forward. You really can learn to feel your own profound nature. There are dysfunctional behaviors we've been hanging onto that we really can release. I take back what I said in the beginning--if you are childish and get upset at a certain tone of

voice or an approach that seems harsh, Carolyn is exactly the right teacher for you, for you've got some stuff you don't need to carry forward anymore; you will learn the courage in being true to yourself and take ownership of yourself, ride out serious changes in your life, become fearless, and you will release the need to be overly-sensitive. You will have the chance to take yourself on the real mystic's journey you have always yearned for.

I love the way Caroline discusses the matter of healing. Some of us may never have considered many of the points she brings up. Caroline has a way of letting you understand and know that healing is natural, but does not always come the way we think it is going to show up. Hang in and hang on, she has a lot of enlightenment here for all of us!

I wasn't paying attention when I bought this, as I thought it was a book. What a wonderful surprise to see it was an audio CD, with a lecture by Carolin Myss herself. The subject matter could not have been more timely in life...so I really enjoyed listening to it while driving. This is not the "feel good CD of the year" in terms of being flowers and rainbows. Myss is starkly articulate and does not sugar coat. But I really can not wait to listen to it again.

I have several of Myss CDs, etc. This is among the best. I have listened to it over and over and find new knowledge each time.

Defy Gravity is yet another gem by Caroline Myss and highly recommended for anyone who has been following her precious work for the past several years. In audio, it is even more powerful in terms of deepening an understanding of the concepts of healing beyond reason, how to identify that area where grace and healing can begin and how it differs from models of healing in our consciousness that are perhaps incomplete, or have never been able to achieve a healing at all. This CD is wonderful for anyone who has often wondered where true healing comes from, wondered why so many of the world's attempts at healing are misguided and highly recommended for anyone who is need of a healing of any kind or who offers help, guidance and prayers to others in need of assistance in healing. Also recommended as a foundation to the concepts here is Myss's Entering the Castle.

loving it

I have a number of Caroline's earlier works. I found CD4 particularly useful in that it has practical application regarding the choices we make in regard to how we respond in situations. It covers, as Caroline describes, the seven graces which we can elect to apply instead of a negative response. I found the CD set easy listening. I've so far listened to the full set only once and will absorb it for awhile and then listen again. For those of you who attended Caroline's Defy Gravity seminar, and are wondering about whether to purchase the CD set. I feel, there is sufficient additional material in the CD set and am pleased I purchased it. Appreciate prompt delivery by .

Caroline Myss is world renowned for her teaching on energy anatomy and energy healing. This course is no different. In fact, this is her best course yet! Myss talk about how you need to look at yourself and your life to figure out how to heal yourself. She goes beyond her other courses that put you on the road to understanding, Energy Anatomy, Advanced Energy Anatomy and Sacred Contracts. With the aforementioned as your foundation, you are ready to go beyond what your common (tribal) senses tell you. You find that your only true limit is Yourself and Your Will. Myss gives you all the information you could want to get this done. This is truly a great course for anyone who wants to heal thyself, to truly know truth.

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