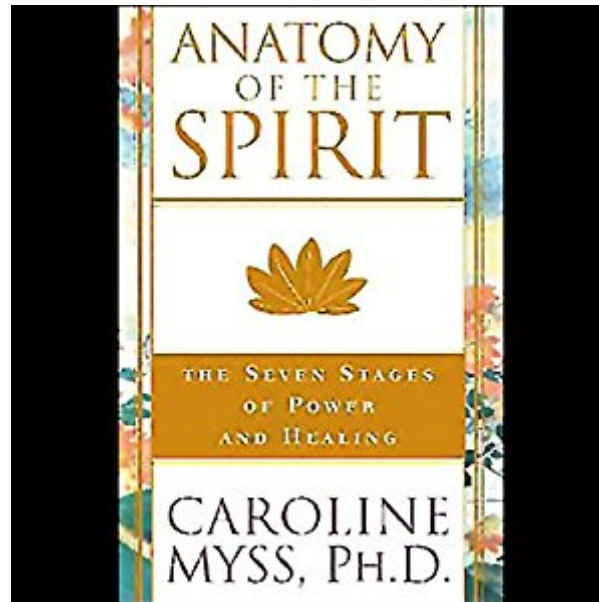




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# Anatomy Of The Spirit



## Synopsis

Encoded within your body, teaches Caroline Myss, is an energy system linking you directly to the world's great spiritual traditions and the divine energy that seamlessly connects all life. On *Anatomy of the Spirit*, Myss surveys our most revered wisdom traditions, including Judaism, Christianity, and Hinduism, and identifies seven specific levels of spiritual development; the stages of power in life. These seven great truths also grace the human body as an energetic system; a spiritual compass pointing the way to better health and spiritual guidance. With research, examples, and self-diagnostic guidelines. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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#102 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult  
#110 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

Powerful & Transforming . I've read it several times and its lead me on a journey that's completely changed every aspect in my life. This has lead me to other books by her (all of which are read more than one or even twice). She's a good teacher who is passionate about her information. I once thought she was too harsh , arrogant and rough for my liking. Something inside me changed, however, (maybe the cancer diagnosis) and I just became open to everything she offers. It's a guide. This was my first book of hers. Took me 3 readings (maybe more) to grasp it. It's hard but worth it. My entire life is changed for the better. I first got it on tape through Audible (and app). Later on, I realized I needed to have the written word as well. It will take you on a journey you'll never forget. That said, one needs an open mind of acceptance. After being diagnosed with breast cancer my M.D. Referred me to a Reiki Master who's also an intuitive healer. It was she who suggested this

book to me. I'

I realize some people find Caroline's delivery a little...harsh...but I hope you'll give the material a chance. I think what she has to say about the part we play in our own illness(s) is very valid. It can be painful to think that the grudges we bear, the way we allow ourselves to remain mired in pain, resentments or the past can actually create a state of illness in our bodies, but if you open your mind and think about it logically, it makes complete sense. I'm grateful that the medical community has become more willing to accept the mind-body connection we all have. 20 years ago, this was thought of as quackery. Today Dr. Oz would speak on it on his show. Caroline's book is a great book. Read it, and help protect your body and quality of life.

Informative and insightful regarding the parallels of the body with spiritual matters. I'd like to see an updated version of the book from Caroline.

One of many excellent books written by Caroline Myss. I bought this book again as I was unable to locate the hard copy of I had purchased when originally published. I will suggest to everyone, that rereading this many times over certainly gives one more clarity.

A must read! Will truly help you understand illness and healing from a different more spiritual perspective. Empowering in that you can better understand personal trauma as possible root causes for ailments. This can be life changing.

Extremely interesting book. I must say that at times I was bogged down in the "terms" and in relating to the depth of understanding the "languages" of the spirit. I had to re-read a lot of the intro material. What an enlightening book! What a gifted woman--Caroline Myss. I found that this is not a book that I could breeze through. It has taken time for me to digest slowly-a portion at a time.

loving this book another informational read

superb!

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