

# CAROLINE MYSS

Bestselling author of  
*Anatomy of the Spirit and Sacred Contracts*

## Defy Gravity



Healing Beyond the Bounds of Reason

# Defy Gravity Healing Beyond The Bounds Of Reason

**Caroline Myss**



## **Defy Gravity Healing Beyond The Bounds Of Reason:**

*Defy Gravity* Caroline Myss, Ph.D., 2009-10-13 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

**Defy Gravity** Caroline Myss, 2011-01-15 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

Healing Wisdom from the Afterlife Alexandra Leclerc, 2024-04-02 Explains the workings of the spirit world detailing the process of reincarnation and rebirth along with key concepts like Incarnation Planning Time the Life Review process and the Chatter Mind Explores how communication with spirits can help heal physical and emotional trauma better understand free will and fate and support your Soul s divine plan Presents spiritual journey work techniques to make contact with your birth spirit guide and work with spirits to break unhealthy habits and addictions Sharing insights from her more than two decades of experience as a practicing medium and energy healer Alexandra Leclerc presents wisdom from the spirit world on the cycles of death life after death and rebirth and reveals how communicating with spirits can help you navigate daily life and support your Soul s purpose She explains how the Soul undergoes an Incarnation Planning Time before incarnating in a physical body agreeing to the karmic responsibility

of certain major events and key moments Once incarnated the Soul's communication with the physical body is often clouded by current life events pain from past life experiences and the Chatter Mind which introduces anxiety and negative thoughts all of which make it difficult to follow the Soul's divine plan for this incarnation Presenting spiritual Journey Work techniques Leclerc reveals how to clear the negative traumas and memories that are holding you back from happiness and the purpose that compelled your Soul to reincarnate She explains how to communicate with the spirits of the departed to learn what is predestined for your Soul what is freely chosen and how to stay on target with your Soul's purpose She shows how to make contact with your birth spirit guide and how to work with spirits to break unhealthy habits and addictions process grief heal physical and emotional trauma as well as aid the Souls of departed loved ones as they transition into the beyond The author also describes the Life Review process that happens after we die a part of the preparation for our next life and a part of our Soul's ongoing process of self development Through this practical guide to working with the spirit world you will discover ways to make the often chaotic experience of life clearer and more fulfilling *Healing This Wounded Earth* Eleanor

Stoneham,2011-03-01 The world is seriously wounded threatened by violence egocentricity and mass consumerism Government intervention alone will never solve society's problems We need personal responsibility and healing on a global scale This carefully researched book skillfully weaves science and spirituality with philosophy and ancient wisdom using potent imagery of the Wounded Healer embodied in the life of Jesus Christ the story of the healing centaur Chiron and the work of the indigenous shaman Through suffering his own physical and mental wounds the Wounded Healer acquires a special empathy for recognizing and healing the wounds of others This book is full of hope as it speaks to a palpable global shift towards holistic and spiritual values Through the healing needs of relationship our economy our environment and the living Gaia and finally the curing professions of pastoral and medical care it shows how we may all become catalysts for social change for a happier and more peaceful world *Inside-Out Healing* Richard Moss,2011-02-01 A world renowned consciousness teacher reveals the healing power of staying present offering techniques for pushing through difficult emotions and self limiting habits Presence is associated with feelings of aliveness connection creativity satisfaction and flow It is presence that frequently is the difference that makes the difference in your ability to enjoy life heal emotional wounds experience intimacy and support the growth and transformation of others This inspiring book presents powerful principles tools and practices for transforming self limiting patterns of thought and behaviors and for staying in the present even in the midst of very difficult feelings Drawing from individual counseling sessions and utilizing practical exercises Dr Moss demonstrates how awareness and presence can be applied to support change in yourself and others thereby creating a solid bridge between knowing and doing Inside Out Healing will help you Become more available and fully connected with yourself and others Build a solid foundation for healing in all areas of your life Be better able to handle difficult situations with more elegance and ease Improve both personal and professional relationships Expand your capacity for genuine empathy and

compassion Experience more richness gratitude and fulfillment in your life and relationships Are you ready for a shift of consciousness that liberates your mind and heart Whether you re motivated by illness relationship unhappiness or the desire to excel and experience life to the fullest this book holds the keys *Heal Your Mind* Mona Lisa Schulz, MD, PHD,2017-10-10 A much needed guidebook a treasure chest of insights Caroline Myss M D A brilliant new work profound healing advice Brian L Weiss M D Many of us grapple with how to stay happy calm and focused in a world that seems to get more complex by the minute How do we keep our wits about us our mood stable and our memory intact when our brains and bodies are bombarded with information and influences from every side This one of a kind resource combines cutting edge science with compassion and wisdom to offer answers we can really use Heal Your Mind continues the three pronged healing approach that Dr Mona Lisa Schulz and Louise Hay pioneered together in All Is Well Heal Your Body with Medicine Affirmations and Intuition Here it s applied to aspects of the mind ranging from depression anxiety and addiction to memory learning and even mystical states You ll learn what s going on in your brain and body when you feel sad angry or panicked you have trouble focusing reading or remembering a past trauma is clouding your mind in the present and more And in each chapter you ll get a virtual healing experience through case studies in the All Is Well Clinic where Dr Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well being Today we tend to think our minds and bodies need an endless array of expensive ever changing pharmaceutical interventions In truth medicines are just one approach to healing the mind nutritional supplements also support mind body health and affirmations restore us to balance by changing the way we think Heal Your Mind puts all these tools at your disposal to help you choose your own path *A Time for Grace* Caroline Myss, PhD,2023-11-07 Originally published as DEFY GRAVITY New York Times best selling author Caroline Myss investigates the mystical phenomenon of healing and the presence of grace in every life What is grace How does grace work How do I know if I ve ever had an experience of grace in my life For decades readers and students have turned to medical intuitive Caroline Myss for answers to these essential questions In these pages she takes readers on a transformative journey to investigate the holy authority of grace and find tools to heal themselves and their lives Originally published as Defy Gravity this searching and eloquent book offers a message that we need now more than ever Inspired by ordinary people who overcame a wide array of physical and psychological ailments Caroline dove into the works of the great mystics to gain a deeper understanding of healing s spiritual underpinnings Using what she discovered she invites us into an intimate and healing engagement with 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 With this knowledge you can break through the boundaries of ordinary reason You can heal from illness heartbreak and pain You can learn to live fearlessly And you can start to discern the guidance of grace in every moment of your life **Care of the Soul In Medicine** Thomas Moore,2010-04-15 The New

York Times bestselling author of *Care of the Soul* shares his vision for a holistic healthcare system where illness is treated not just in the body but in the spirit Few experiences stir the emotions and throw a person into crisis like an illness does It affects not only the body but also the spirit and soul Illness is about life and death fear and hope love and conflict spirit and body And yet the healthcare system is not structured around these considerations our doctors and other medical professionals are not trained to deal with the whole person *Care of the Soul in Medicine* is Thomas Moore s manifesto about the future of healthcare In this new vision of care Moore speaks to the importance of healing a person rather than simply treating a body He gives advice to both healthcare providers and patients for maintaining dignity and humanity He provides spiritual guidance for dealing with feelings of mortality and threat encouraging patients to not only take an active part in healing but also to view illness as a positive passage to new awareness While we don t fully understand the extent to which healing depends on attitude it has been shown that healing needs to focus on more than the body The future of medicine is not only in new technical developments and research discoveries it is also in appreciating the state of soul and spirit in illness

*All Is Well* Louise Hay, Mona Lisa Schulz, MD, PHD, 2013-03-01 Whenever there is a problem repeat over and over All is well Everything is working out for my highest good Out of this situation only good will come I am safe In this healing tour de force best selling authors Louise L Hay and Dr Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from *Heal Your Body* *All Is Well* brings together Louise s proven affirmation system with Mona Lisa s knowledge of both medical science and the body s intuition to create an easy to follow guide for health and well being And for the first time ever they present scientific evidence showing the undeniable link between the mind and body that makes these healing methods work Bringing focus and clarity to the effects of emotions on the body *All Is Well* separates the body into seven distinct groups of organs or emotional centers that are connected by their relationship to certain emotions Structured around these emotional centers the authors outline common imbalances and probable mental causes for physical illness They also include case studies that show a complete program for healing that draws from all disciplines including both traditional and alternative medicine affirmations nutritional changes and so much more Using the self assessment quiz the holistic health advice and an expanded version of Louise s original affirmation chart you can learn how to heal your mind and body with affirmations and intuition and live a balanced healthy life

**All is Well** Louise L. Hay, Mona Lisa Schulz, 2013-02-12 In a book that divides the body into seven emotion centers the author asserts that emotions have a tremendous effect on how the various areas of the body manifest themselves

*Loving the Light Within* Caroline Coulombe, 2016-12-14 *Loving the Light Within* is about spiritual journeying and channeling as a path to illumination and happiness The first part focuses on the authors initiation as a medium and how she evolved as a professional channel and teacher of the art of channeling The second part is a practical guide to become present really present to oneself others and the Divine It is necessary to work on all dimensions of life to master channeling and if that is not your goal then simply to be happier Detailed exercises are

offered throughout the book for the readers to acquire a greater connection to their Higher Self and the spiritual world     **A Survivor's Guide to Kicking Cancer's Ass** Dena Mendes, 2011-11-01 It's a ballsy move to look in the face of cancer and say I'm gonna kick your ass Yet Dena Mendes did just that and now she'll tell you how to do the same thing This book is a crash course in learning how to be your own advocate Empower yourself by using your intuition and newfound knowledge and you'll come through this difficult yet amazing health awakening opportunity with flying colors With this step by step guide at your side your journey will turn into a beautiful dance As Dena promises You'll get to turn yourself inside out and become someone new I guarantee that this is the best trip you'll ever take This guide is a life preserver that has been created to support you on your journey back to perfect health     Stress Relief for Men Jed Diamond, Ph.D., 2014-04-01 Depression fatigue chronic pain sexual dysfunction anger and irritability these are just some of the toxic effects of stress Stress Relief for Men introduces energy healing techniques based on ancient wisdom and cutting edge science that are designed to neutralize stress so that you can regain inner strength and power in your life without talk therapy or drugs According to preeminent heart surgeon and author Mehmet Oz MD The next big frontier in medicine is energy medicine This essential resource provides the most scientifically sound tools from this emerging new field applied to the most pressing problems facing men today Learn how to Eradicate depression anxiety anger and irritability Improve your love life including better communication with your partner Eliminate chronic pain reduce inflammation and sleep better Develop peace of mind greater well being and a passion for life This book teaches you how to apply these proven energy healing power tools Earthing Grounding healing through connection with the Earth's surface energy Heart Coherence heart based breathing and visualization techniques Attachment Love activating healthy connection in relationships Emotional Freedom Techniques EFT Tapping described as an emotional version of acupuncture The ultimate goal of these practices is health vitality and empowerment so that you can successfully navigate relationships skillfully face life's challenges and enjoy your life     **Reconciliation with War: A Family Journey** Janelle Kaye, MA, and Charles Sidney W., 2013-10 Charles Willsher who received the Distinguished Service Cross for his service during WWII never fully recovered from his wounds His wife and daughter became the victims of his inner war In the 1980's he began his own healing journey by telling his story to others At the same time his daughter embarked on her journey to healing and reconciliation with her family After his death his daughter uncovered his memoir and decided to include it along with their family story in hopes that it would inform and inspire others who are also dealing with the trauma that war leaves behind     *A Structure for Spirit* Karen Chrappa, 2011-07-21 One of the deepest acts of self love is the gift of a daily practice A daily practice is medicine for your soul Through practice you cultivate the stillness of mind the ease in heart and the wisdom of soul so your life becomes prayer your heart is an offering and your path is one of communion with all that is The benefits of practice do not come from reading about practice the benefits come only with practice A Structure for Spirit offers the experience of a daily practice regardless of whether you have had a practice before

Each day offers unprecedented support through guided meditations shamanic journeying and energy and Earth based medicine ways Discover the gifts blessings and wisdom that arise from dedicating to the journey within **Meet Your Soul** Elisa Romeo,2015-03-03 In this groundbreaking book therapist and intuitive Elisa Romeo takes Soul beyond an intellectual concept and into a direct and personal relationship Pulling from depth psychology years of practical experience and touching stories from clients Elisa brings substance and gravitas and some levity to the topic of how to live a Soulful life This comprehensive straightforward program contains effective meditations visualizations and inquiries to support you on the often messy winding and yet amusing path of discovering your Soul in modern times Meet Your Soul not only tells you how to access your Soul connection but also preps you for some of the common obstacles you re likely to encounter on your journey With her kind and informed direction you ll learn to Understand the crucial distinction between ego Spirit and Soul Create and cultivate a strong spiritual practice Distinguish your Soul Truth from the beliefs of family friends and society Clearly access the voice of your Soul Gain awareness of the key Soul contracts in your life and discover your Divine purpose This book helps you meet the oldest wisest and most loving part of yourself the part that gives meaning and purpose to your life Elisa shows that each of us has the capacity to hear this personal unique guidance directly You needn t look outside yourself to a guru program or system rather you can simply look within **One Spirit Medicine** Alberto Villoldo,2016-09-27 Today our minds our emotions our relationships and our bodies are out of kilter We know it but we tend to ignore it until something brings us up short a worrying diagnosis a broken relationship or simply an inability to function harmoniously in everyday life When things are a little off we read a self help book When they re really bad we bring in oncologists to address cancer neurologists to repair the brain psychologists to help us understand our family of origin But this fragmented approach to health is merely a stopgap To truly heal we need to return to the original recipe for wellness discovered by shamans millennia ago One Spirit Medicine Through One Spirit Medicine the shamans found that they could grow a new body that allowed them to live in extraordinary health They learned how to switch off the death clock inside every cell and turn on the immortality genes that reside in password protected regions of our DNA Cancer dementia and heart disease were rare The shamans of old were truly masters of prevention Drawing on more than 25 years of experience as a medical anthropologist as well as his own journey back from the edge of death acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods use techniques for working with our luminous energy fields to heal your body and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth Using the principles and practices in this book you can feel better in a few days begin to clear your mind and heal your brain in a week and in six weeks be on your way to a new body one that heals rapidly retains its youthful vitality and keeps you connected to Spirit to the earth and to a renewed sense of purpose in your life **Awaken Your Authentic Self** Tony Fahkry,2017-03-17 Complete acceptance of our identity is central to our way of life given every interaction emerges from our authentic self The



Dalai Lama said it puzzled him why so many people in the West suffer from low self esteem and lack of acceptance Our personal needs are met when we honor our authentic self The media s influence portrays a fictitious world that doesn t meet our needs We are inundated with information to convince us of a news story we can t live without Yet we are no better off because we avoid realizing our own authenticity Awaken Your Authentic Self is a book to reconnect you with the core of your essential self It is a move away from whom you should be espoused by popular culture The book invites you to reconnect with the deepest part of your being which knows who you are and how you should live We are encoded with the DNA to thrive Yet through cultural conditioning and paradigms we lose our place to the pull of our external environment We subscribe to ideologies and beliefs regarding who we should be because we want to be accepted This comes at a cost to our self worth since we give up an aspect of ourselves and lose our authenticity However standing out has become a rite of passage insofar as the clothes one wears hair color body piercings and decorations It may be viewed as a show of defiance instead of a proclamation of distinction You have more power than you realize More genius than you can imagine More wisdom and knowledge than you can ever access This is not a patronizing statement to seduce you into a false belief You have unlimited power and accessing that power is the basis to Awaken Your Authentic Self When you let go of the false belief that you are lacking or inadequate in that moment you arouse your potential Who you are today results from your beliefs thoughts and ideas of the world Unless you challenge the status quo you remain one of the masses One has only look to mainstream culture to see the effects the media and marketing hype have on our society We are drawn into a fictitious way of life at the expense of our sanity and earned dollars

The Intuitive Advisor Mona Lisa Schulz, MD, PHD, 2010-05-01 Whether it s the loveless marriage family frustrations the dead end job or all the other stressors that result in a health issue that won t go away most people have some prototypical problem that has caused them to get stuck in a rut and feel lost and confused And in just about every city or town you can find a psychic advisor who will offer to advise you about these topics often for a hefty sum of money But these types of fortune tellers give you only limited advice more like a weather report They tell you if things will get better or get worse whether the boyfriend or girlfriend you just broke up with come back whether that check you ve been waiting for will be in the mail or whether your loved one s health will improve All that s left is for you to go home and wait for things to happen Well there must be a better way to learn how to deal with issues that affect your health and there is In this enlightening book Mona Lisa Schulz M D Ph D shows you how to combine intuition with intelligence to solve your most pressing health problems But she s not your run of the mill intuitive Described as a psychic doctor with humor solutions and credentials Dr Mona Lisa gives you no nonsense grounded practical in your face solutions on how to fix the relationship or job family physical emotional problem She also explains how to deal with many ailments that affect your well being including fatigue allergies skin problems weight digestion depression anxiety and much more By mastering the 7 Rules for Intuitive Health you can learn to intuitively conquer pain and suffering and create a life filled with health and happiness Earth

Calling Ellen Gunter, Ted Carter, 2014-04-22 Our earliest mythologies tell us we all start as a little bit of dirt. These stories carry a profound message: each of us is born with a deep and abiding connection to the earth, one that many of us have lost touch with. *The Silent Spring* for today's environmental activists, this book offers an invitation to reestablish our relationship with nature to repair our damaged environment. Chapter 1 examines the threats to the planet's health through the lens of the human energy system known as the chakras, describing how the broken first chakra relates to our disconnection from our biosphere. Chapter 2 shows how our current environmental crises—global warming, climate change, dwindling water resources, natural disasters such as wildfires and hurricanes—represent severe manifestations of our disconnection from the earth. Chapter 3 describes how the preponderance of oil in our culture, especially agribusiness, compounds this disconnection from our dependence on other countries for our energy, to current issues of oil depletion, peak oil, and fracking, to the dumbing down of our agricultural polyculture. Chapter 4 explains how the most basic building blocks of our nourishment, seeds, are being compromised with a loss of biodiversity and rise of GMOs, and how that adversely affects the farmers whose sacred connection to the land has in many cases been severed. Chapter 5 describes the ways in which we as individuals can begin to wake up to climate activism as a spiritual practice. This chapter includes specific activities that you can use to implement change and heal your own connection to the earth. By learning and practicing ritual and understanding the earth's rhythms and seasonal rites of passage, each of us can find unique ways to heal our own connections and help others heal theirs. Chapter 6 brings to life Goethe's wisdom: Knowing isn't enough; neither is being willing. We must do by providing strategies and resources for exploring how each of us can find our own Earth. Calling, then, is anchoring that calling with the only force that ignites change: Action.

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