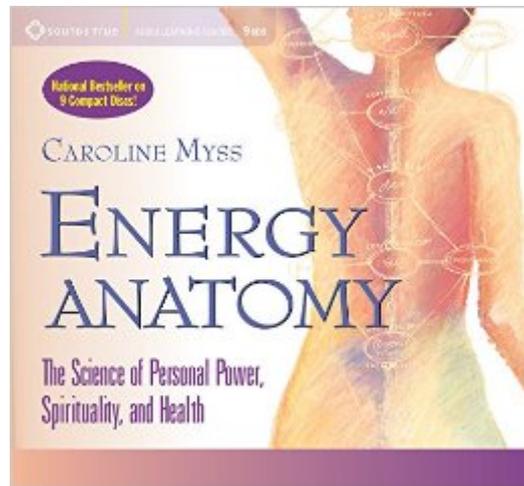


The book was found

Energy Anatomy



Synopsis

We stand at the threshold of a new era in medicine and healing. Today, instead of looking at the human body as a biological machine, we know it is a vast energetic network, where spirit, matter, and power intersect. On *Energy Anatomy*, Caroline Myss teaches how the human body encodes thought, converts it into matter, and stores it as energy within specific areas of the body. After working with thousands of patients, Myss decoded the process of how these energy centers work—linked specific illnesses with past emotional traumas—and solved the puzzle of why some people heal, while others don't. With *Energy Anatomy*, Caroline Myss' foundational learning course, you will learn how to take back control over your life and your health. In 12 step-by-step sessions, you learn every phase of her groundbreaking work. Join her along this path of insight into the human energy system and learn the part of the healing equation overlooked by conventional medicine: your own spirit's unlimited capacity for self-healing and divine connection.

Book Information

Audio CD

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Customer Reviews

In university I studied engineering. I like to explore many things but at the end the day, especially when it comes to self help, I'm looking for things that work. These CDs from Caroline Myss are working for me. Here's what I found very unique about Caroline's material: she makes many concepts, such as Chakras, accessible for me. Up to know I've seen them as "could be interesting but seems like new age babble." From what Caroline says in the CDs, that's how she saw all of this stuff too, until some things happened in her life and she ended up with a new point of view. Key point here: she isn't a woo-woo "stars and magic" person. She's blunt and practical. At one point

she says something like this "I want to give you the science of Chakras...I like explaining these things like machines, so you see that this is real, not just made up stuff." By bringing this into practical, almost scientific terms, it's accessible to me. On tape 6, some of what she talks about was a bit out there for me, but hey, that's alright. The core of the content is very practical and can be experienced day to day. Caroline has interesting things to say about spirituality and religion as well. She comes off as a very spiritual person, but there didn't seem to be a given religion behind that. Interesting. Several people have commented on Caroline's style. Here's my take. Caroline is blunt and direct. She isn't warm and fuzzy. She **is** funny. She **is** a great speaker. She **is** very bright and good at quickly building to "the point." She isn't nurturing. I'm at a point where I'm really ready to take action, and ready to make some changes. I was taken aback a few times through the CDs, but that's OK. I'm ready to take some emotional bruises in order to move forward.

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