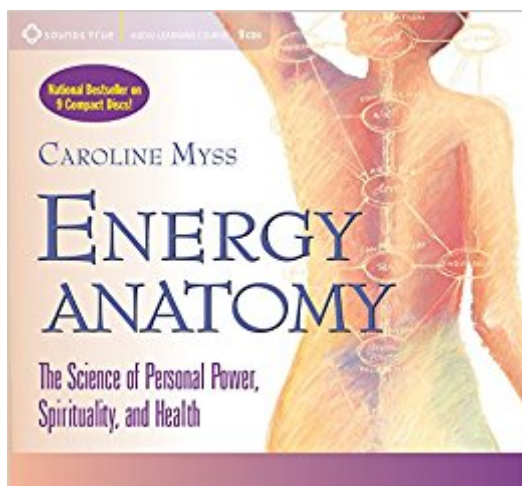


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# Energy Anatomy



## 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's 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

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## Customer Reviews

Borrowing chakra principles and healing teachings from previous works, Dr. Caroline Myss forms a daily living plan that focuses on making the most of personal energy. Myss questions, chides, and inspires her audience--both audiobook listeners and the production's live studio gathering--to let go of blame, victimhood, and group thinking and take responsibility for their own lives. When she makes rueful fun of her own pre-enlightened state, it's to let her listeners know that they are not alone. Myss backs up her theories with both anecdotal and historical examples, and bolsters the

production with a quiet certainty. (Running time: 9 hours, 6 cassettes.) --Kimberly Heinrichs --This text refers to an out of print or unavailable edition of this title.

From the day it was published, Energy Anatomy has broken new ground -- in sales numbers, in its revolutionary ideas, in the way it helped people take control over their health. Available only through direct mail, its initial run of 500 copies sold out in one week. Last year Energy Anatomy sold over 20,000 copies through the mail, making it our all-time best-selling audio seminar. Now this grassroots success story is poised to reach a new broader market with this special trade edition. Energy Anatomy teaches listeners to view health through a spiritual-biological lens that offers a new picture of how the human body heals. Dr. Caroline Myss fuses new research with her work as a respected medical intuitive to reveal the body's energetic network, where spirit, matter, and power intersect. She describes her groundbreaking theories about how the human mind encodes thought and stores it within specific areas of the body. In 12 fascinating sessions, listeners learn about the map of our body's seven energy centers; our energetic relationship to sacred texts and divine power; principles of intuitive diagnosis, and much more. Includes an illustrated 8-page study guide. --This text refers to an out of print or unavailable edition of this title.

This CD changed my life. I was falling apart, and had been a follower of Caroline Myss because of her healing CDs, from which I benefited mostly after learning about chakras and energy fields from this CD. Everything made perfect sense in my world! I let go of grudges and asking "why?" About almost everything, and no longer need a therapist. I didn't know it because I was raised Catholic, but I've always been a mystic, and now I can put a name on my beliefs. I believe what one person here said, that she will go down in history for paving the way for so many of us! What a brilliant woman!

Long but with many excellent insights for all sorts of people; a rather universal appeal within the new age genre. Note: the sequel or updated version is a pale shadow of this one. Listen to this one again or several times. I still find things in it I have missed before. Not so with the newer "Advanced Energy Anatomy." That one is just not up to this standard.

I have always LOVED, loved, LOVED Caroline Myss. She's practical, witty, and she doesn't suffer fools gladly. Caroline was my first introduction to the chakra system. In Energy Anatomy she delves deeply into the meaning of each of the seven chakras, dedicating at least one CD to each of them. I

first listened to this program in the mid 2000s. I'm happy to replay the CDs/MP3s over and over again to integrate the truths imbedded in these tracks.

Energy Anatomy has been around for a long time. Published as a book then on cassettes and now CD. It doesn't matter how many times I listen to this series I finish hearing something new and a way to implement it into my life. As you grow and age you make new changes, encountering different experiences. When you listen to these CD's with a new maturity at a new stage of development the information is implemented differently due to a changed perspective and personal growth. There isn't a more comprehensive straight forward set of self help information and techniques available. This set is timeless and very easy to understand. A great introduction to Caroline Myss.

I love the CD. The information is amazing. Of course I am being bias because I totally believe in personal responsibility. In addition, I enjoy her wisdom. I don't agree with everything that she says but I agree with most. I am listening to her CD as often as I can because there is so much information that listening once won't be enough.

This was so so so good, that I put my life on hold to sit down and listen to this whole series over and over. By the time I was done taking notes, meditating on what I had learned, and soaking in the new-found peace for my life, my dishes had piled up along with the bills coming in, and phone calls to return. That all had to wait because I could not stop listening to this teaching until I knew it in my heart.

Wonderful information, easy to listen to and absorb and utilize

I first discovered these tapes three years ago. I have listened to them four or five times now. The information is incredible and makes more sense than any other explanation I've heard about how our psychological makeup affects our health. Each time I listen to the tapes, I hear something new. I can chart my own progress in clearing my energy by which parts "speak" to me the most. I also enjoy Caroline's in-your-face attitude. She makes me laugh out loud when she gets all riled up and says things like "so your parents didn't give you the love you NOW think you needed 30 years ago. GET OVER IT!" I think Caroline did more for me than 2 years of therapy, in helping me to release the past and start taking responsibility for what is going on with me now.

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