

Defy Gravity: Healing Beyond the Bounds of Reason

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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.

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*.

"It is rare that an author and teacher as accomplished and influential as Caroline Myss would, with each book, discover whole new vistas, and then report back to us with her legendary clarity and passion. With *Defy Gravity* she has done it again. Anyone in need of healing—healing from illness, anxiety, fear, or heartbreak—will find enormous help in this book. It is a tonic made of light and wisdom."

- Elizabeth Lesser, co-founder, Omega Institute and author of *Broken Open: How Difficult Times Can Help Us Grow*

Other Books

The Essentials of CoreSinging. This book presents a unique and innovative outlook on singing and voice pedagogy by one of the most important voice pedagogues in modern times, focusing on the five essential areas of energy, awareness, imagination, practice, and performance. Also included are case studies by CoreSinging teachers as well as other select writings by Meribeth Dayme.

☞ ☞ ☞ ☞ ☞ . Representative works from these authors are as follows: Valerie V. Hunt, *Infinite Mind: Science of the Human Vibrations of ...* (2015); Gregg Braden, *Human by Design: From Evolution by Chance to Transformation by Choice* (Carlsbad, ..."