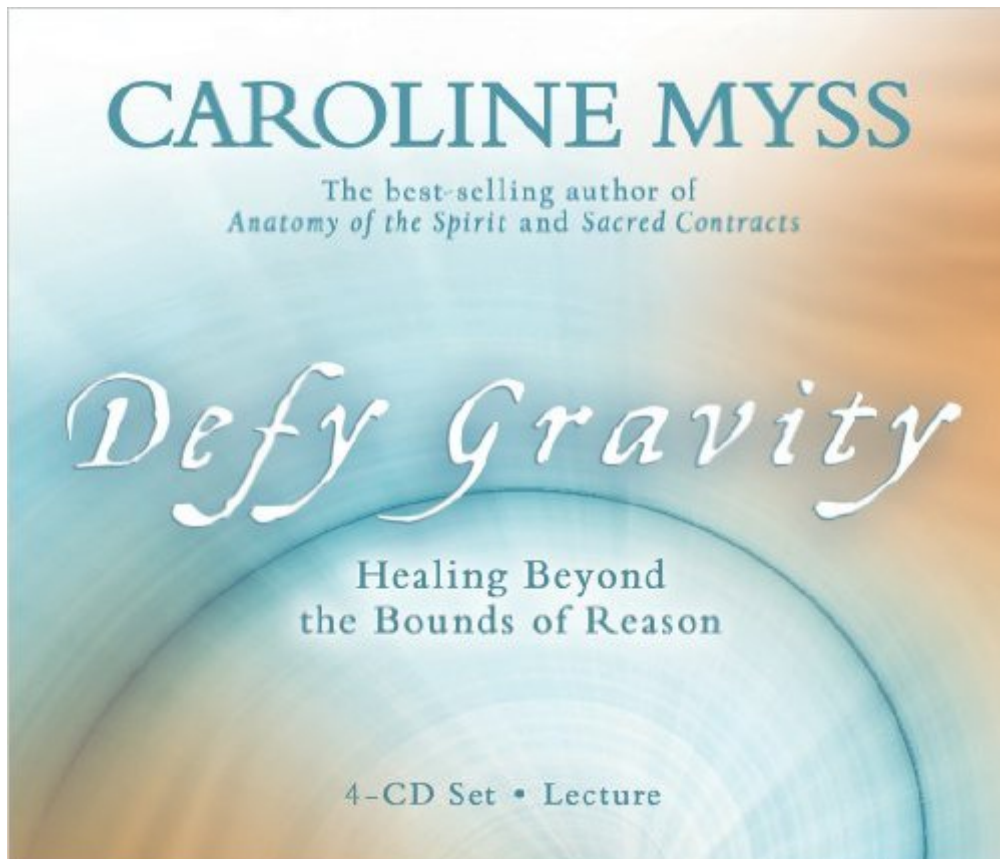


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# Defy Gravity 4CD: Healing Beyond The Bounds Of Reason



## Synopsis

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.

## Book Information

Audio CD

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Product Dimensions: 5.7 x 0.5 x 4.9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (43 customer reviews)

Best Sellers Rank: #513,158 in Books (See Top 100 in Books) #14 in Books > Books on CD > Religion & Spirituality > Inspiration #530 in Books > Books on CD > Nonfiction #587 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

I've been an armchair student of Carolyn Myss for about 3 or 4 years. When I got my first CD of her material I was taken by her at first because I could hear her--I am hard of hearing. I didn't have to rewind her CDs to catch something I could not hear, but I do replay her CDs a lot for the material. Some reviewers indicate she is egocentric. To me, the soft-spoken people living out in the ethers to promote materials are the ones who are egocentric. They float along as if they are uplifted by a

cloud and they want everyone to see that--it's just not real. This CD, as well as a lot of her other words, upsets the occasional overly-sensitive customer. To those people I say you are fighting the wrong battles. You don't have to listen to Carolyn, and I like that she never prostitutes who she really is to please overly-sensitive people. Hint: Over-sensitivity is egocentric. I understand this--I used to be overly-sensitive. I overcame mine. Try it sometime. Where Carolyn comes across as "harsh" to some people is actually her respect and belief that people really can handle the Truth; that they really can make the mystic's journey. She believes in people and refuses to allow you to continue with not believing in yourself. She takes a bucket of water and tosses it on that bad witch sitting on your shoulder to help you get rid of false beliefs about yourself. Her style is to wake people up to their own strengths, not hold people's hand with a soft voice, validating your intention of remaining a victim--or a prostitute. She doesn't believe in your being entitled, either. Defy Gravity is one of her best pieces.

I have listened to Caroline Myss for years and the first book I listened to was Self-Esteem. This book saved my life, literally...from the stand point that I could not figure out what was bothering me and I truly think that this particular book is so helpful that I suggest it to many women that I have met who need to pick themselves up. I hear that it has helped them greatly. I have listened to many of her other works and have also met her in person. I truly believe that Caroline Myss is gifted with the art of getting to the root of the issues of the soul. This particular CD set, Defy Gravity, actually left me most surprised as I realized that the thing that I had not been able to figure out FOR YEARS was in this cd. Sloth you would think is laziness...but she explains "Spiritual Sloth"...bingo...I got to a place understanding myself that I never thought I could. I had never thought of the "sins" and "graces" the way that she explained them. I am also a big Eckhart Tolle fan and his approach is very different than Caroline Myss. I feel that both of their materials are imperative as neither pushes a particular religion and gives one freedom to look at the whole situation without a bias. What I am trying to say is that this is a very very important book that should be listened to by someone who is really ready to deal with the deeper issues of their soul. Otherwise, it will go over your head or perhaps it will confront you with things that you are not ready to see about yourself and it might actually upset you because you don't want to deal with it. IF YOU ARE READY, I most highly recommend this program. Defy Gravity and Self-Esteem in my opinion are her best works. Caroline is rough sometimes but she is genuine and that is the way she communicates and actually I find her very effective.

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