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# Sacred Contracts Awakening Your Divine Potential Caroline Myss

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## Your Sacred Self iUniverse

Sylvia Browne, the world-famous psychic and New York Times bestselling author of *End of Days*, takes readers on an unprecedented and comprehensive “tour” of the afterlife—a world-changing revelation that has helped millions live for today, tomorrow, and forever... This spiritual guide is packed with prophecies and inspirational advice, including:

- Must-read predictions for the future
- How psychic energy can keep people healthy and improve relationships
- Why we shouldn't fear aging and death
- How spirit guides and angels “talk” to us daily
- The truth about ghosts and hauntings
- Solving “unsolvable” missing persons cases and other true crime tales
- And more “Psychic, medium, clairvoyant, channel—these are all words to describe Sylvia Browne's unique powers. I've personally witnessed her bring closure to distraught families, help the police close cases, and open people's hearts to help them see the good within themselves.” —Montel Williams “The Other Side and

Back is the most grounded and authentic ‘entry to the other side’ that I have ever read. You know immediately upon reading the first few pages that Sylvia Browne is more than a psychic—she is a master at conveying the truth that exists in the fourth dimension.”

—Caroline Myss, Ph.D., author of *Anatomy of the Spirit*

## **Everything Is Spiritual** iUniverse

**How to Fully Accept Yourself—Just As You Are**  
Most of us have plenty of experience with self-blame and guilt—but we are often at a loss when it comes to forgiving ourselves.

According to Colin Tipping, this is because our idea of forgiveness usually requires a victim and a perpetrator—which is impossible when we play both roles at the same time. Tipping's Radical Forgiveness process allows

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us to navigate this dilemma for deep and lasting healing. To help us gain freedom from excessive inner criticism and self-sabotaging beliefs, he offers the Radical Self-Forgiveness book and companion audio program. Join Colin Tipping to learn his step-by-step methods for going beyond the level of self-judgment and recrimination to the deeper spiritual state in which true forgiveness occurs. What's "radical" about Colin Tipping's approach to forgiveness? "It's not about telling ourselves a new story about something that happened," he says. "It's about creating a profound shift at the spiritual level." Based on his world-renowned forgiveness workshops, the Radical Self-Forgiveness book shares clear insights for resolving our deepest internal wounds using Tipping's five-stage forgiveness process. The Radical Self-Forgiveness audio edition offers a toolbox of exercises, techniques, and guided practices designed to help us break the cycle of blame and victimhood—an empowering attitude that helps us fully embrace every experience. Many of our fears, anxieties, and even physical health problems originate from the parts of us that we consider unforgiveable. Yet when we recognize that we are worthy of forgiveness—no matter who we are or what we have done—we gain access to the loving energy of spirit that can heal our deepest wounds. Used alone or in combination for an integrated practice, the Radical Self-Forgiveness book and audio program

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open the doorway to the freedom and inner peace that come from true self-acceptance.

**SoulCollage** Penguin

Now in paperback, from the New York Times best-selling author of Sacred Contracts and Anatomy of the Spirit, a timely guide with 100 prayers for entering into a personal relationship with the Divine. "I've loved so many of Caroline Myss's books, but maybe none so much as Intimate Conversations with the Divine. Has there ever been a more urgent need for her unique and

profound (and sometimes wonderfully cranky) take on our spiritual reality, healing, and the language of holiness?" -- Anne Lamott, author of Traveling Mercies and Help, Thanks, Wow In her most personal book to date--now available in paperback for the first time--beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred. Intimate Conversations with

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the Divine offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust. "We are one holy system of life and great cosmic truth, which is that all life--including all of us--breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and

grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

### **The Intuitive Way** Simon and Schuster

The author of the legendary #1 New York Times bestseller *The Seat of the Soul* shows us step-by-fascinating-step how to create a life of love and where that will lead for humanity in this "unique and transformative book" (Ellen Burstyn, Academy Award-winning actress). Internationally acclaimed author and teacher, Gary Zukav, shares a new vision of power and hope in this time of extraordinary transformation. *Universal Human* gives us fresh tools to grow spiritually and shows us how to transform everyday experiences of hopelessness,

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emptiness, and pain into fulfillment, meaning, and joy. With his accessible and life-changing prose, he points us toward a startling new destination—a species that is beyond culture, religion, nation, ethnic group, and gender, a species whose allegiance is to Life first and all else second—and shows us how to get there. Universal Human examines our disintegrating social structures and the new ones that are replacing them. It shows us a new creation story—our new creation story—as we create it with our choices, our deeds, and our words. Authentic power—the alignment of the personality with soul—is replacing external power, the ability to manipulate and control. Zukav explains that the potential of a new era of humanity based on love instead of fear is upon us, but only we can bring it into being. Universal Human shows us how and “offers a ray of hope” (Booklist) for us all.

## Awakening the Goddess

### Sacred Contracts

The noted psychic explains the afterlife as she illuminates her findings about "the other side" and answers readers' most important questions about death and the afterlife.

### The Pleiadian Tantric Workbook Simon and Schuster

What are soul contracts and what roles do they play in our lives? How do you recognize your own soul contracts? Why is this knowledge so important for personal and spiritual growth? Can we communicate with deceased loved ones to help them, and learn from them? Includes: Self-help material for further exploring and healing contracts in your

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own life. Spiritual Post-  
Conception Birth Control  
and Past Life Techniques  
The Alchemy Institute is  
one of Americas  
foremost training  
programs in Past Life  
Regression. When my  
students study Past Life  
Regression, there are  
many texts we  
recommend. Soul  
Contracts is at the top of  
the list. Lindas  
compassion and her skill  
as a hypnotherapist show  
through in one inspiring  
story after another that  
proves the practical  
power of past life  
regression to transform  
lives. This book is filled  
with easy to read,  
fascinating true stories  
that open a window into a  
rich and extraordinary  
world of healing which  
lives inside of each of us.  
~ David Quigley, founder  
and Director of the

Alchemy Institute Dear  
Linda, I love what you  
have written as it is so  
personal and easy to read  
and most important for  
everyone to understand  
that much of what is  
happening in their lives  
has its root in their  
distant past of a previous  
incarnation.  
Reincarnation is a fact as  
we are eternal and we  
can free ourselves of a  
problem in the present  
when we resolve the past  
in the manner that Linda  
Baker is sharing with us.  
A must read for the  
spiritually sincere. Terry  
Cole-Whittaker author of  
What You Think of Me is  
None of My Business,  
Dare to Be Great and  
Live Your Bliss and many  
others Brings a broad  
new dimension to our  
understanding of healing  
and personal  
changeExcellent reading!

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Hal Zina Bennett, Ph.D.  
author of Spirit Circle  
and more than 25 books  
on personal growth I just  
finished your book Soul  
Contracts. I was deeply  
affected by this book. I  
had to buy it because I  
could not let it go. Soul  
Contracts rang more  
bells in my heart, head  
and body than any book  
I've read this year! -J.B.,  
Seattle, WA  
Radical Self-  
Forgiveness Oxford  
University Press  
Internationally  
renowned motivational  
teacher, spiritual  
instructor, and popular  
theologian Caroline  
Myss has created a  
transcendent work of  
unique insight and  
revelation in Entering  
the Castle. This  
exciting new teaching  
of contemporary

mysticism is also a  
brilliant synthesis of  
the psychology of  
consciousness and of  
Eastern and Western  
mystical traditions.  
Myss provides a highly  
original inner path to  
self-knowledge --  
which is also the road  
into a spiritual  
knowledge of God and  
your own soul -- as she  
reveals a necessary  
external path, one that  
takes you out into the  
world to serve God and  
others as a mystic  
without a monastery --  
without having to  
retreat into total  
silence, self-denial, or  
isolation. As her main  
template for this  
extraordinary, modern  
spiritual journey, Myss  
uses the beloved,  
revered writings of The



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Interior Castle by Teresa of Ávila. Adapting Teresa's vision of the soul as a beautiful crystal castle with many floors, or mansions, and many rooms within those mansions, Myss guides us from room to room, helping us meet different aspects of our self, our soul, and our spirit -- preparing us for the ultimate encounter with God and our own divinity. Through intense practices and methods of spiritual inquiry adapted for contemporary life, she helps us to develop our personal powers of prayer, contemplation, and intuition and to ascend the seven levels of soul knowledge that build an ever stronger interior castle of our own -- a soul of strength and stamina. As in all her books, Myss also recounts stories of profoundly moving real-life experiences -- of her own, as well as of her students and of renowned spiritual figures -- that bring home the universal truth of her insights. Presiding over the entire book and journey are the great mystics, ancient and contemporary, of Christianity, Judaism, Islam, and Hinduism with their inspiring lives and discerning spirits. And over all, the benevolence, truth, and gentle and tough love of Teresa of Ávila

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shine through.

Doubtless Myss's most deeply personal, revealing, compassionate, and transforming book yet, *Entering the Castle* is a comprehensive guidebook for the journey of your life -- a journey into the center of your soul. There, peace, God, and a fearless bliss wait for you to discover them...and claim them for your own.

*The Creation of Health*  
Penguin

*The Science of Mind*  
Ernest S. Holmes - A Complete Course of Lessons in the Science of Mind and Spirit .

These lessons are dedicated to that truth which frees man from himself and sets him on

the pathway of a new experience, which enables him to see through the mist to the Eternal and Changeless Reality. In presenting these lessons in Mental Science to the public, it is my desire to make it possible for any one, who cares to take the time to study them, to demonstrate the truths that will be discussed. It is, perhaps, hard to set down in writing a complete teaching in Mental Science that will not appear difficult to understand; but this could be said as well of any science, and the Science of Mind is no exception to the general rule. From the author of *Creative Mind And Success*, comes this short book on how

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to utilise the power of your mind. Holmes shows us how our thoughts can become reality and what we can do to use that to our benefit.

The Divine Woman and the Twin Flame Troubador Publishing Ltd

A bold account of the development of human consciousness and spirituality over the ages and an examination of the dynamic global transformation of attitudes about healing. For more than fifteen years, Caroline Myss has studied why some people heal, while others do not. In her previous book, *Anatomy of the Spirit*, Dr. Myss illuminated the hidden interactions of belief and body, soul and cell to show how, as she inimitably puts it, "your biography becomes your biology." In *Why People Don't Heal and*

*How They Can*, she builds on her earlier teachings of the seven different energy centers of the body to provide a vital self-healing program for physical and spiritual disorders. With her characteristic no-nonsense style and high-voltage storytelling, she exposes and explodes the five myths about healing, explains the cultural and individual contexts in which people become physically and spiritually ill and invested in "woundology," and teaches new methods of working with the challenges that the seven energy centers embody. To help you get and stay on the path to wellness, Dr. Myss provides rituals and prayers for gaining a symbolic perspective on your life issues; for bolstering your personal power; and for connecting with a universal divine energy. Dr. Myss's breakthrough views on energy medicine and her

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active approach to healing life issues and physical illness will help you overcome the mental blocks that keep you from becoming well.

## How the Light Gets In Simon and Schuster Sacred

### ContractsHarmony

#### The Seat of the Soul

Createspace Independent  
Publishing Platform

A guide to discovering the spiritual agreements between our souls and those of our animal companions • 2021 Coalition of Visionary Resources Gold Award • Explains how animals have physical or behavioral issues to evolve their souls as well as help our soul ' s evolution and release past-life karma • Describes what happens energetically and spiritually with animals in the weeks before they transition and during their passing • Includes practical instructions for

identifying the different types of animal soul contracts and aligning with them to assist your shared evolutionary journey  
Animal lovers are extraordinary. Despite awareness that we will probably outlive our beloved pets, we are still drawn, time and time again, to the connection, joy, and unconditional love that come with sharing our lives, homes, and laps with animals. Many of us feel something deeper than just companionship with our animal friends--a heart-to-heart connection felt all the way to the soul level. Revealing the higher purpose and soul mission behind our relationships with our animal companions, Tammy Billups explores the spiritual contracts that are created when a human bonds with an animal and shows how we come into each other ' s lives for a reason. Providing real-life

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examples, Billups explains why animals choose, at the soul level, to have certain perceived negative experiences, such as physical or behavioral issues, to evolve their souls, clear karma, and help our soul's evolution. She shows that human and animal souls orchestrate every experience and interaction that holds potential for transformation and healing, including the final transition. She demonstrates the inner dynamics of the animal-human relationship to help animal lovers understand their soul contracts with their pets. The inspirational, real-life examples of animal-human tandem healings that Billups facilitated identify the soul contracts within each pairing that transformed feelings of grief, loss, abandonment, betrayal, trauma, abuse, and anxiety. The author reveals how animals we have previously loved and shared our lives with come back, either on the spirit level or reincarnated in a new animal form, to support us. Offering peace and hope to those who've lost beloved animal companions, she describes what she's witnessed during healing sessions with animals in the weeks before they transition and during their passing. Billups also includes practical instructions for identifying different types of animal soul contracts and connecting with and enlisting the help of your light team or spirit guides. By discovering the soul agreements that underlie our animal partnerships, we can find meaning in the issues that arise with our animals and ourselves, support our souls' mutual evolution, and allow the soul contracts to weave their spiritual magic in the animal-human relationship.

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## Archetypes Express

“ Desire is here to stay. The challenge we all face, and which I intend to guide you through, is to learn how to take into account the full measure of who you are and use the positive force of all four of your soul ’ s desires to lead you to your best life. ” —Rod Stryker According to ancient Yogic tradition, your soul has four distinct desires: • The desire for purpose, the drive to become who you are meant to be • The desire for the means (money, security, health) to prosper in this world • The desire for pleasures like intimacy, beauty, and love •

The desire for spiritual fulfillment and lasting freedom Learning to honor these four desires is the key to happiness, and to a complete and balanced life. But how can you discern what will truly satisfy your desires? How can you increase your capacity to achieve them? What if your desires seem to conflict with one another? Is it really possible to live a spiritual life while also wanting material pleasures and success? For more than three decades, master teacher Rod Stryker has taught yoga in the context of its deepest philosophy. His course, called The Yoga of Fulfillment™, has

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helped thousands recognize their soul's call to greatness and to achieve their dreams. Now, in this wise and richly practical book, he has distilled those broad teachings into a roadmap for becoming the person you were meant to be. It is filled with revealing true stories, provocative exercises, and practices for unlocking your inner guidance. And even if you've never done a yoga pose, you can follow this step-by-step process to:

- discover your soul's unique purpose—the one you came into this world to fulfill.
- recognize the goal(s) you need to focus on at any given time and enliven your capacity to reach them.
- overcome self-defeating ideas and behavior.
- recruit your deepest energies and strengthen your resolve to meet any challenge.
- learn to live with joy at every stage of your growth.

The Four Desires is nothing less than a complete path toward living your best life possible—a life that is rich in meaning and in means, a life that attracts and emanates happiness, a life that is your unique gift to yourself and the world.

Caroline Myss's *Journal of Inner Dialogue*  
Harmony  
New York Times best-selling author Caroline Myss draws from her years as a medical

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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. 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



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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.

The Pleiadian  
Workbook Hachette  
Books

Addresses the reasons why AIDS has manifested at this time in history. Prevention and treatment recommendations emphasize the important role one's belief structures and attitudes play in a person's receptivity to,

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and treatment of, this deadly menace.

(Holism)

Why People Don't Heal  
and How They Can

Augsburg Fortress  
Publishing

"When I begin to write, I open myself and wait.

And when I turn toward an inner spiritual

awareness, I open

myself and wait.' With

that insight, Pat

Schneider invites

readers to contemplate

their lives through

spiritual observation and exploratory writing. In

seventeen concise

thematic chapters that

include meditations on

topics such as fear,

prayer, forgiveness,

social justice, and death,

*How the Light Gets In*

gracefully guides

readers through the

philosophical and

spiritual questions that

face everyone in the course of meeting life's challenges. Praised as a

'fuse lighter' by author

Julia Cameron and 'the

wisest teacher of writing

I know' by the celebrated

writing guru Peter Elbow,

Pat Schneider has lived a

life of writing and

teaching, passion and

compassion. With *How*

*the Light Gets In*, she

delves beyond the typical

'how-to's' of writing to

offer an extended

rumination on two inner

paths, and how they can

run as one. Schneider's

book is distinct from the

many others in the

popular spirituality and

creative writing genre by

virtue of its approach,

using one's lived

experience--including the

experience of writing--as

a springboard for

expressing the often

ineffable events that

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define everyday life. Her belief that writing about one's own life leads to greater consciousness, satisfaction, and wisdom energizes the book and carries the reader elegantly through difficult topics. As Schneider writes, 'All of us live in relation to mystery, and becoming conscious of that relationship can be a beginning point for a spiritual practice--whether we experience mystery in nature, in ecstatic love, in the eyes of our children, our friends, the animals we love, or in more strange experiences of intuition, synchronicity, or prescience.'"--Provided by publisher.

An Autobiography of George Washington  
Delacorte Press  
The anniversary edition of this beloved bestseller is celebrated in Prefaces by Oprah Winfrey and Maya Angelou and contains a new Foreword by the author, website links, and a new Study Guide to help readers find even deeper meaning and fulfillment. The Seat of the Soul encourages you become the authority in your own life. It will change the way you see the world, interact with other people, and understand your own actions and motivations. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered: we are evolving from a species that understands power as the ability to manipulate and control—external power—into a species that understands power as the

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alignment of the personality with the soul—authentic power. Our evolution requires each of us to make the values of the soul our own: harmony, cooperation, sharing, and reverence for Life. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose. The Seat of the Soul has sold millions of copies around the globe, and as it changes lives, more and more people begin to live by the values of the spirit. Indeed, a new world is emerging, and this book brings its message to you.

Sacred Contracts  
Sounds True

Archetypes are ancient, universal patterns of behavior that are embedded in what Carl Jung called the “collective unconscious.” Caroline Myss has created a unique set of 80 Archetype Cards, each individually designed to provide the basic Light and Shadow Attributes of a different Archetype. The deck also contains six blank cards on which you can create your own Archetypes. The deck comes with an instruction booklet explaining how to use the cards to help determine which Archetypes are most active in your psyche, and how they can lead you to achieve greater

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insights into your life. The deck is suitable to be used by itself, in conjunction with Caroline's book *Sacred Contracts*, or with any of her workshops and seminars.

*Oneness Hay House 'The Intuitive Way'* will be your companion as you progress through the stages of intuition development. *'The Intuitive Way'* will guide you through this process using various tools.

*When We Rise Harmony* A collaboration between a traditionally trained physician and a medical intuitive, *The Creation of Health* illuminates the deep connection between emotional dysfunction and physical illness. It describes the role that emotional disturbances

play in the most common diseases and ailments from the common cold to arthritis, diabetes, heart disease, and cancer.

After providing an introduction to intuitive medicine and its history, method of diagnosis, and relationship to traditional medicine, Myss and Shealy detail the deeper emotional and psychic reasons why illness develops in the body. Dr. Shealy offers a traditional account of a particular disease or ailment, while Dr. Myss sheds light on the deeper causes through her corresponding energy analysis. Confirming the link between illness and emotion, *The Creation of Health* puts forth a groundbreaking vision of holistic healing.

*Universal Human Simon and Schuster*

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In her books and workshops, Myss urges her followers to look deep inside themselves by answering self-exploration questions. This journal offers users the perfect tool with which to keep track of the answers to those questions.