

Dr. Goldman's Book Reviews

Sacred Contracts

Awakening Your Divine Potential

By

Caroline Myss

Three Rivers Press 2002

As Dr. Myss has grown and learned, she further developed her views of health and medical care. Her books should be read in order, as they build on one another. They are, in order: *Anatomy of the Spirit*, the first book in the series; *Why People Don't Heal, and How They Can*; *Sacred Contracts*; and *Invisible Acts of Power*.

Sacred Contracts is the third in the series. Carl Jung, a contemporary of Sigmund Freud, developed a theory of group unconscious. As part of the total "sea" of human consciousness, each of us operates with our own set of characteristics. Harkening back to the Ancient Greek view of the Gods as exemplifying certain personality traits, Jung developed the concept of Archetypes. Carolyn Myss believes that each of us has our own set of Archetypal characteristics.

Myss also believes that we each have our own mission in life, which our souls decided upon before we were born. That mission, what we are to learn in this life, is our Sacred Contract. In this book, Dr. Myss takes the reader through a series of exercises to help define our Sacred Contract and discover our own Archetypes, the structure of each individual personality. The CD version of the book contains her lectures as well as questions and stories of participants in the exercises as they learn the techniques and discover new things about their own lives.

In the first chapter, she states that she will be using the terms *Contract* and *Agreement* interchangeably. I find this interesting. Don Miguel Ruiz in his book, *The Four Agreements* is using the word agreement in a similar manner. Myss feels that our Contract is chosen by our soul. Ruiz is more concerned with incorrect agreements we learn as we are being raised. His teaching is about finding the true path. I view the difference as one of approach. Ruiz uses his four true agreements as his tool to find the right path. Caroline Myss is using Archetypes for the same purpose.

The insights of Caroline Myss have had a profound effect on my views of medicine and healthcare.

Robert P. Goldman, M.D.