



Anatomy of the Spirit

The Seven Stages of Power and Healing

Caroline Myss, Ph.D.
Three Rivers Press

Caroline Myss is an integrator. She has the ability to take separate sets of facts and integrate them into a cohesive system. She is a natural born medical intuitive, that is, simply by being in an empathic relationship with another person, she can feel or read their energy field and determine the origin of medical symptoms. Starting out as a hobby, she began to conduct medical readings for a living. As she has read more widely, she has created a whole set of observations on the functioning of people, their health and spirit and how it all fits together.

In *Anatomy of the Spirit*, Dr. Myss introduces the reader to the body's energy centers. In Indian Hindu terminology, these are referred to as chakras. Having been raised as a Roman Catholic, Myss draws parallels between the chakras and the Catholic Sacraments. In addition, she makes the same parallels with the ten Sefirot of Jewish Kabbalah. After having introduced the three systems, she integrates the three into a single unified theory. Essentially, the chakras, sacraments and Sefirot are all describing the same human energy centers. The chakras are part of the Ayurvedic medical system described in *Perfect Health* by Deepak Chopra. Dr. Myss spends the rest of the book talking about each individual chakra and how it relates to health.

I find Caroline Myss to be an excellent writer. She clearly expresses her ideas and builds on her points. Unlike many people on the lecture circuit, I find her books to be better than watching live lectures. I have purchased some of Myss's audio books and was not pleased. She is a little scattered when speaking — I recommend just to read her books.

Anatomy of the Spirit is the first book in a series. As Dr. Myss has grown and learned, she further develops her ideas of health and medical care. Her books should be read in order as they build on one another. The others are, in order: ***Why People Don't Heal, and How They Can, Sacred Contracts and Invisible Acts of Power***. The insights of Caroline Myss have had a profound effect on my views of medicine and healthcare.

Robert P. Goldman, MD