



Sacred Contracts: Awakening Your Divine Potential

Caroline Myss

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Caroline Myss, author of the *New York Times* bestsellers **Anatomy of the Spirit** and **Why People Don't Heal and How They Can**, presents an exciting, highly original program in this long-awaited book. Based on her internationally popular workshop of the same name, **Sacred Contracts** is a brilliant synthesis of psychology, healing guidance, and spiritual insight.

As a medical intuitive, Myss has found that people often don't understand their purpose in life, which has led to a spiritual malaise of epidemic proportions. This metaphysical disease in turn leads to depression, anxiety, fatigue, and eventually physical illness.

But our purpose—our individual **Sacred Contract**—is often difficult to apprehend. For this reason, Myss developed an enjoyable and ingenious process for deciphering your own Contract using a new theory of archetypes that builds on the works of Jung, Plato, and contemporary thinkers. She first recounts how the concept of **Sacred Contracts** took form in myths and other cultural traditions through the ages. She then examines the lives of the spiritual masters and prophets—Abraham, Jesus, the Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own.

With her signature motivational style and stories, Myss explains how you can identify your particular spiritual energies, or archetypes—the gatekeepers of your higher purpose—and use them to help you find out what you are here on earth to learn and whom you are meant to meet. In coming to know your archetypal companions, you also begin to see how to live your life in ways that make the best use of your personal power and lead you to fulfill your greatest—in fact, your divine—potential.

In this process, you learn how to see your life—and the lives of others—symbolically, allowing you to manage your personal power without getting caught up in emotional drama. You will also learn how to fulfill your Sacred Contract: what you and only you are here on earth to do. Finally, Myss offers specific guidance for locating your physical and emotional vulnerabilities and healing any susceptible areas.

Both visionary and practical, **Sacred Contracts** is a completely unique process of self-discovery and spiritual archaeology and a bold, powerful work of spiritual wisdom.

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