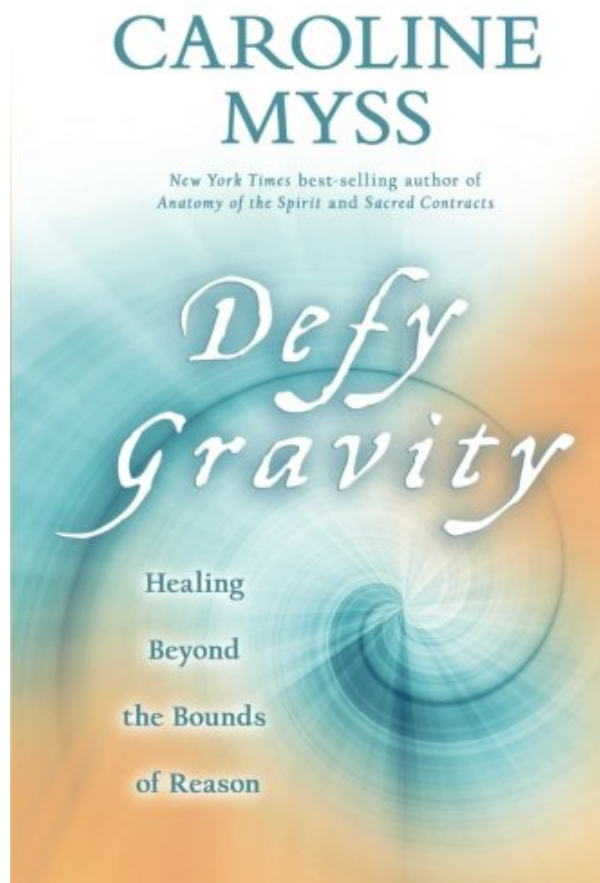


DEFY GRAVITY: HEALING BEYOND THE BOUNDS OF REASON BY CAROLINE MYSS



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CAROLINE MYSS

New York Times best-selling author of
Anatomy of the Spirit and *Sacred Contracts*

Defy Gravity

Healing
Beyond
the Bounds
of Reason

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Review

“It is rare that an author and teacher as accomplished and influential as Caroline Myss would, with each book, discover whole new vistas, and then report back to us with her legendary clarity and passion. With Defy Gravity she has done it again. Anyone in need of healing—healing from illness, anxiety, fear, or heartbreak—will find enormous help in this book. It is a tonic made of light and wisdom.” — Elizabeth Lesser, co-founder, Omega Institute and author of Broken Open: How Difficult Times Can Help Us Grow

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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.

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83 of 92 people found the following review helpful.

Caroline Remains a MYSS-tical Force of Grace

By J. Jenkins

Folks looking to connect with their soul who need a qualified guide to lead them need look no further than *DEFY GRAVITY*, Caroline Myss' new book. This is the most focused tome I've ever read on personal and spiritual transformation, surpassed only by Myss' previous works—*ENTERING THE CASTLE*, *ANATOMY OF THE SPIRIT* and *SACRED CONTRACTS*. Myss is my all-time favorite teacher—one workshop with her gives you all the lessons you need to make radical shifts toward becoming more conscious. I've read all her books and have practically every word she's ever recorded in my private collection and I was fortunate enough to be part of her *CASTLE* program at CMED, so I speak from the stance of complete awareness when I say that this is Myss' most clear and succinct prose yet. Every page is an invocation to connect to the soul, every sentence she writes will land in your heart. The clarity in her words is simply astounding. I saw her present this material at Kripalu last spring and Myss is certainly on a mission to help people connect to the Divine and she's pulled out all the stops! We are all very fortunate to have her in our midst—she is indeed a true mystic and one of the few genuine teachers who recognizes her greatness, but is also humble enough

to to recognize that she is, indeed, just as human as the rest of us. DEFY GRAVITY is one of the best books of 2009 and, quite honestly, one of the best books ever!

68 of 76 people found the following review helpful.

A big miss for Myss

By BigHeart

Defy Gravity screams "buy me," but please consider resisting. Despite the compelling title, the A-list reviews, and the track-record from a bestselling author, this book is a big miss for Myss. While Myss has some distracting writing style flaws, her most serious problem is an inability to articulate focused, actionable content in an easy-to-understand format.

More specifically, here's why this book is so very confusing. First Myss organizes the book into five truths. Then she talks about the seven shadow passions and the seven inner graces. Then she presents the four noble Buddhist truths. Then she introduces five mystical laws. Then she talks about the seven steps to defy illness. In between there's talk about chakras and Buddha and Jesus, Saint John of the Cross, Saint Teresa of Avila and other so-called mystics like Abe Lincoln.

Oh my goodness, it's all too much. Way too much. Have you ever gone into someone's house who doesn't know when to stop decorating, buying things or hoarding. It's a mess, and that's exactly what it's like to read Defy Gravity. Nothing holds your interest because there's too much going on. Too many steps. Too many different voices competing for your attention.

Myss makes a mighty try to pull it all together, but her recipe doesn't work and the book lacks cohesive sense. I give Myss credit for her passion and for drawing our attention to the fact that the potential for healing is real in us all. However, if you seriously want to learn more about developing a miracle state of mind, I direct you to *The Vortex* by Hicks/Abraham or *Left to Tell* by Illigabiza.

20 of 20 people found the following review helpful.

FABULOUS - a good place to begin or continue

By A2Terri

So far, this is the best! Defy Gravity is her most comprehensive, easily accessible work. In fact, if I only bought one book by Caroline Myss, this would be it. I have read and/or listened to all of Caroline's work (except for *Entering the Castle* which I now feel ready for). While I've learned from each, some of her material is easier to absorb than others - and the format makes a difference, even within the same work. For example, I found *Anatomy of The Spirit* more accessible by CD than in the book.

Caroline Myss is logical, methodical, honest, and cares deeply about helping us all realize our highest potential. She is definitely a "you can pick yourself up by your own bootstraps" kind of gal. She does call it like she sees it, freely admitting her own humanity and her occasionally snarky side because she wants you to know **YOU ALREADY HAVE EVERYTHING YOU NEED TO THRIVE**. She gives you a detailed map and asks if are willing to accept some personal responsibility, then pray to the divine (in the planet, god of your choice, or your best self - Caroline Myss is a big picture person not limited by a religious tradition, though she was raised Catholic), and lastly act on what you know in your heart to be true. Does she dare suggest prayer? Yes. However, this book in no way says "just pray".

Words matter. Caroline Myss knows this. She is daring and pushy - but always with heart behind it so don't worry about intent. However, if the word "pray" is a trigger that trumps all others for you in a negative way, then this is probably not the book for you. If you can expand your definition of prayer to encompass "focus your thoughts and intentions", then you might be able to hear the bigger message, and it is worthwhile. Do you feel that there should be more in your life? Are you having trouble accessing your own intuition - and

following its advice? Read on. Defy Gravity ties many pieces together. As I said, I think this is her best work so far. I read it cover to cover, bought extra copies for gifts, and am now about to buy the CD so I can absorb it another way. If you are worried about the money, don't forget about the library - but read it and let Defy Gravity help your spirit do just that.

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