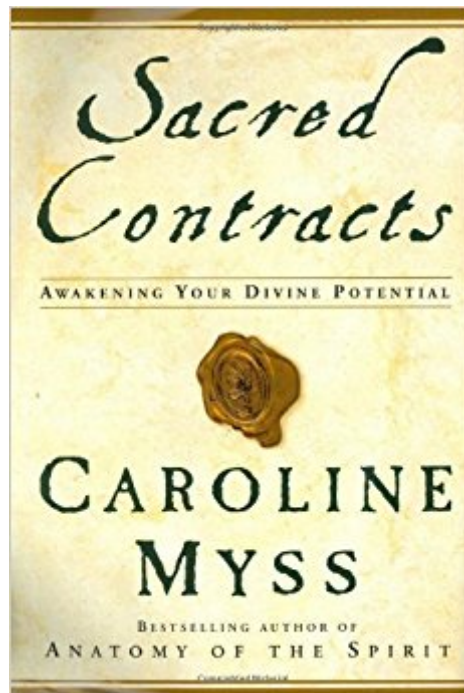




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# Sacred Contracts: Awakening Your Divine Potential



## Synopsis

New York Times bestselling author and medical intuitive Caroline Myss has found that when people don't understand their purpose in life the result can be depression, anxiety, fatigue, and eventually physical illness—in short, a spiritual malaise of epidemic proportions. Myss's experience of working with people led her to develop an insightful and ingenious process for deciphering your own Sacred Contract—or higher purpose—using a new theory of archetypes that builds on the works of Jung, Plato, and many other contemporary thinkers. Myss examines the lives of the spiritual masters and prophets—Abraham, Jesus, Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own. 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. Exploring your Sacred Contract will shine a light on the purpose and meaning of your life. You are meant to do certain tasks, you are meant to have certain relationships. 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. Both visionary and practical, Sacred Contracts is a bold, powerful work of spiritual wisdom. Without a doubt, your most intriguing challenge in life is to recognize your spiritual commitments and live them to the fullest.

## Book Information

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## Customer Reviews

We all come into this world with "Sacred Contracts," according to bestselling author Caroline Myss. Some know it as a calling. Some see it as a life mission. "In short, a Sacred Contract is an agreement your soul makes before you are born," Myss explains. "You promise to do certain things for yourself, for others, and for divine purposes. Part of the Contract requires that you discover what you are meant to do." Herein lies the rub. Decoding our Sacred Contract requires us to become fluent in the language of symbols and archetypes so that we can interpret dreams, understand the meaning behind "coincidences," and learn to follow our intuition. This is why Myss (*The Anatomy of the Spirit*) offers an extensive lesson on helping readers recognize their personal archetypes (we have about 12 of them), such as the Avenger (righteous activists), Networker (journalists, messengers), or Prostitute (someone who "sells out" easily). Myss then goes on to help readers create their own "Chart of Origin" (which profiles your "spiritual DNA"), using the teachings of the chakras and astrology. Part science, part ancient tradition, part magic, this book will gratify readers who are prepared to study the fine print of their Sacred Contracts. --Gail Hudson

As incongruous as it may seem at first glance to her legions of fans, Myss, a popular intuitive healer and teacher, and the bestselling author of *Anatomy of the Spirit*, thinks it makes perfect sense to describe her approach to spirituality as that of an archetypal "Saboteur." After all, it takes a thief to catch a thief, she explains in her latest work. In her workshops and readings, she goes "on a search and destroy mission to find my students' spiritual panic.... Deep in the unconscious, our spiritual potential lies in wait for us to release it. Sometimes you will have to blow things out of your own way to get to it." Here, Myss offers her readers a new system for blowing away pedestrian notions of their purpose on the planet. She espouses the ancient notion that our souls enter into a kind of contract before birth that we agree to have various human experiences and even (in Myss's version) to encounter certain people in order to learn lessons. The author includes a technique for arriving at 12 archetypes that rule different areas of our life from career to sex to our highest aspirations. While each of us is controlled in different ways by four "survival" archetypes Child, Victim, Prostitute, Saboteur the other archetypes that flavor our relations to the world are up to us and as richly different as Vampire and Messiah. One value of Myss's ingenious system is that, like the I Ching, it teaches readers to use symbols not as one-dimensional descriptions but as a call to reflection and imagination and a means to see ourselves in a greater light. 18-city author tour. Copyright 2001 Cahners Business Information, Inc.

This author was recommended by a friend and so I brought a copy of *Anatomy of the Spirit* and

Sacred Contracts. I like Sacred Contracts so much that I bought a second copy, as a thank you gift.

I have the cds already and got some new ones because one of the cds I have is scratched unfortunately :(If you get these cds I highly recommed getting the book as well.It doesn't hurt to have the archetype card deck and game to.Caroline talks alot about the archetypes people have archetype personalities which include the prostitute,the pirate and caroline has a story about a woman with a pirate archetype which I like,the queen,the wounded child and more.I highly recommed getting this and the book to find out about the different archetypes and how to uncover your own archetypes as well.

This book is a must read. Carolyn Myss makes such good sense of who we are and why we are the way we are. I love that she talks about contracts and archetypes. She recommends we keep a journal as we read the book. I found that to be an excellent suggestion. My recommendation is to read only a few chapters at a time. There's a lot to reflect on. This is my second time reading this book after 8 years. I'm getting so much more this time around.

Myss is the best! This work is her 'baby' and anyone who has been a student of Myss knows she has a 'takes no prisoners' style. I listened to this audio version while driving and it was very powerful for me. Even though I have the book,this class (CD)really helped clarify for me many of the ideas presented in her book.

I like the idea of working with archetypes to uncover patterns, choice points, and--in Myss' language--the best possible outcome with one's "sacred contract." The book spends considerable time on developing an archetypal chart of 12 characters for individuals to explore his/her own sacred contract. Here's the rub: Myss only writes about 4 archetypes in detail (child, victim, prostitute, saboteur)--the rest one has to either guess at OR buy further Myss products because they aren't addressed the book--making the book incomplete otherwise. Very disappointing.

Because many of us are raised and educated in the West, it is often hard to make that shift into seeing both the physical and spiritual realities. This is why I enjoy reading books by some authors from other cultures because they sometimes have a better way of explaining it. Myss does a good job in explaining what archetypes are. They are personalities but people from all over the world have called them spirits, angels, etc. They exists within and outside of our being. Myss helps one to

see this and recognize their presence in literature, other people, our enemies and in our life. While trying not to sound too religious, she ties them into the horoscope. I am not too fond of the system but she does an excellent job in helping one to understand really what archetypes are.

I am not going to go in to any pretext that I know what I am talking about. I try to find my way through life to a better understanding. I suffer from depression and will look in to anything that looks potentially uplifting to the mind and spirit that isn't suspiciously reeking of quackery/con game. The whole Archetypes thing after investigating websites and reviews is indeed right out of Jung. That of course is a lot of time consuming exhaustive reading and if you are looking at self help books running out and diving into Jung instead is probably not the best immediate plan for the average person. So, I say this book is not a bad place to start. If you end up getting into Jung as a result great, all things take time. Yes Carolyn Myss writes books and gets money for it but thats no reason to condemn her or anyone else who has a book sitting on a shelf, after all some one bought it.

This is a great book for anyone who likes working with archetypes. The author is a master of that and this book is a great one to help you find out about yourself and your personality traits through your identification with these archetypes.

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