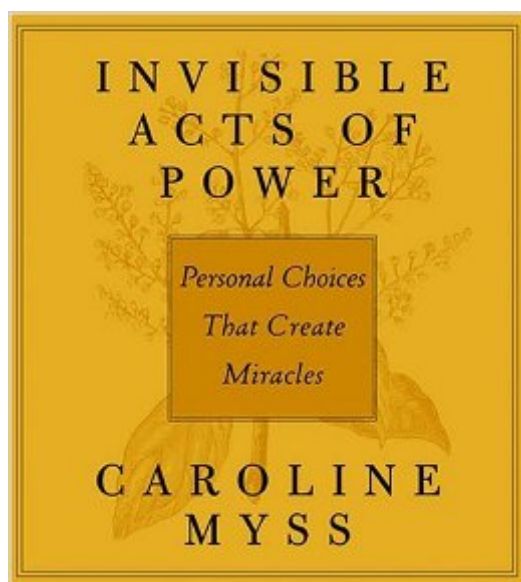


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Invisible Acts Of Power: Personal Choices That Create Miracles



Synopsis

Bestselling author Caroline Myss was pondering her next body of work when she witnessed a spontaneous act of generosity. A young man, tattooed and pierced, ran to help an older woman with a bundle of packages at the risk of missing his oncoming bus. That act, coupled with her own experience of receiving a helping hand just when she needed it, got Caroline thinking: What are the long-range consequences that result from even the smallest favors offered to others? What really takes place in the energetic field of life when someone responds to someone else in need? On *Invisible Acts of Power*, this four-time New York Times bestselling author employs her experience as a renowned medical intuitive to answer these questions, explaining why being of service to another person is not an option—it is a biological necessity. *Invisible Acts of Power* invites you to learn more about: The seven gifts of generosity and your chakras—how giving to others balances your vital energy system and sustains optimum health Chance meetings: coincidence or synchronicity? How to recognize the Sacred Contracts that they hold, and translate the messages they bring you The electricity of grace—where your currents of prana (life force) intersect Divine intention, and affect every choice you make As we move from visible acts, such as caring for a friend, to invisible acts, such as prayer and healing, we act divinely, without desire for credit or reward. Using her own stories and those drawn from her thousands of readers and listeners worldwide, Caroline Myss chronicles the many ways you can create small yet profound miracles, gain a greater sense of spirituality, and transform your life and others' lives in an instant. An original adaptation of the author's book by the same title.

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Customer Reviews

"Being of service is not an option, it is a biological necessity. Every kind action we do for someone is a reanimation of our own life force--and the other person's...Each time you reach out to another person, whether you decide to do a small favor or because you feel compelled to help, you perform an invisible act of power that has profound healing effects for you both." --Carolyn Myss in *Invisible Acts Of Power - Personal Choices That Create Miracles* Carolyn Myss, pioneer of energy medicine, has written a brand new book that may forever change how you see yourself in the world. *Invisible Acts of Power - Personal Choices That Create Miracles* demonstrates how conscious acts of kindness, generosity, and service create meaning, hope, and even health for both the giver and the receiver. Myss contends that all thoughts and interactions are an exchange of power, and maps how this energy manifests itself through each of the 7 chakras. Within the 7 stages of generosity, Myss makes the case that the ability to be generous and the ability to be intuitive are inextricably linked. She breaks new ground in exploring why many people are afraid to be generous--and the ramifications of "holding back" or ignoring intuitive guidance. Using both personal stories and those culled from over 1,200 letters that were sent to her website, Myss shares electrifying and heart-warming examples of how kindness towards others actually increases our own power and health--and teaches how we can move from visible to invisible acts of power.

Carolyn Myss presents beautiful stories of gratitude and giving to explain how meaningful kindness can be in the life of those in need. She not only addresses financial aspects of giving, but the invisible aspects where you can encourage friends, family and even strangers you only meet once to reach for the best they can be in this lifetime. Why do some people practice generosity as a "spiritual practice?" What is the most appreciated type of generosity? How can you break through fears to awaken your own generosity? What do people regret the most? Why do we fear giving to those less fortunate than ourselves? How can you build someone's self-esteem by giving invisible gifts from the heart? Why is listening an act of generosity? Carolyn Myss has profound insight into life's many complexities and in *Invisible Acts of Power* she explores the positive results of emotional, creative, supportive and risk generosity. She now builds additional layers on our understanding of the chakras, although you can enjoy this CD set without knowing detailed information about energetic fields (the interactive chakra model at her myss site is very helpful). What is most interesting about the ideas is how they were inspired by real-life situations and letters sent in by people connected to her website through her newsletter. This opens up a world of experience in which giving takes on practical dimensions.

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