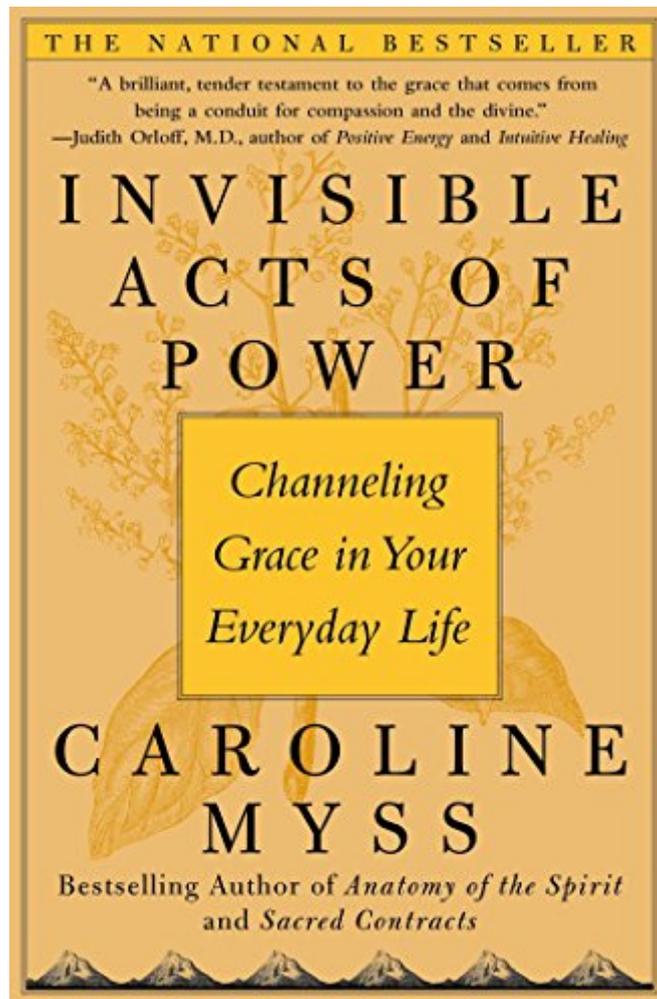


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# Invisible Acts Of Power: The Divine Energy Of A Giving Heart



## Synopsis

For more than two decades, internationally renowned pioneer in energy medicine Caroline Myss has been studying how people use their personal power. Through her special brand of spiritual insight and intuition, her popular workshops, and her bestselling books, Myss has helped hundreds of thousands of people meet the lifelong challenge of managing their spiritual energy and improving their lives. Now, in this inspiring new book, Myss expands her message about power in an entirely new spiritual direction. With characteristic originality, she explains how we become channels for divine grace and a conduit for miracles through kind, compassionate, generous actions, or, as she calls them, invisible acts of power. When we act compassionately, without a private agenda or expectation of credit or reward, God works invisibly, anonymously through us. And as we move from visible acts, such as giving a friend a helping hand, to invisible acts, such as prayer and healing, we undergo a profound journey of personal empowerment. The myriad simple but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own -- and others' -- lives in an instant will inspire you to your own invisible acts of power...and attract them to you.

## Book Information

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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* Caroline 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.

Caroline 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? Caroline 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 charkas, although you can enjoy this CD set without knowing detailed information about energetic fields (the interactive charka 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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