'Healers often cannot teach, and teachers cannot heal. Myss can do both'

LARRY DOSSEY

Anatomy of the Spirit takes the interconnectedness of mind, body and spirit even further than ever before. Based on fifteen years of research into energy medicine, it shows that we can be responsible not only for our health but for our healing.

In this breakthrough book, Dr Caroline Myss, who is herself able to diagnose illness by intuitive means, sets out a unique programme specifically designed to promote spontaneous physical, emotional and spiritual healing. Here she explores the links between spiritual and emotional stresses and the specific illnesses these create in different parts of the human energy system.

Anatomy of the Spirit also presents Dr Myss's long-awaited model of the body's seven centres of spiritual and physical power in which she synthesizes the ancient wisdom of three spiritual traditions - the Hindu chakras, the Christian sacraments and the Kabbalah's Tree of Life. With this model, Dr Myss shows how you can develop your own latent powers of intuition as you simultaneously develop your personal power and spiritual maturity. As you begin to understand the anatomy of your spirit, you will discover the spiritual causes of illness, how to sense and correct an energy imbalance before it expresses itself as physical illness, and how to recover emotionally and physically from an illness you may already have. By learning to see your body and spirit in a new way that draws on old truths, you can begin to develop a spiritual maturity and authority that will change your life.

'An offering to your soul that shimmers with insight. Caroline Myss is a new, original voice that will be heard. She writes and speaks from the heart with great clarity and vision. I enthusiastically endorse her teachings. Pay attention - there is much to learn here'

DR WAYNE DYER
## Energy Anatomy

<table>
<thead>
<tr>
<th>CHAKRA</th>
<th>ORGANS</th>
<th>MENTAL, EMOTIONAL ISSUES</th>
<th>PHYSICAL DYSFUNCTIONS</th>
</tr>
</thead>
</table>
| 1      | Physical body support  
Base of spine  
Legs, bones  
Feet  
Rectum  
Immune system | Physical family and group safety  
and security  
Ability to provide for life’s necessities  
Ability to stand up for self  
Feeling at home  
Social and familial law and order | Chronic lower back pain  
Sciatica  
Varicose veins  
Rectal tumors/cancer  
Depression  
Immune-related disorders |
| 2      | Sexual organs  
Large intestine  
Lower vertebrae  
Pelvis  
Appendix  
Bladder  
Hip area | Blame and guilt  
Money and sex  
Power and control  
Creativity  
Ethics and honor in relationships | Chronic lower back pain  
Sciatica  
Ob/gyn problems  
Pelvic/low back pain  
Sexual potency  
Urinary problems |
| 3      | Abdomen  
Stomach  
Upper intestines  
Liver, gallbladder  
Kidney, pancreas  
Adrenal glands  
Spleen  
Middle spine | Trust  
Fear and intimidation  
Self-esteem, self-confidence, and self-respect  
Care of oneself and others  
Responsibility for making decisions  
Sensitivity to criticism  
Personal honor | Arthritis  
Gastric or duodenal ulcers  
Colon/intestinal problems  
Pancreatitis/diabetes  
Indigestion, chronic or acute  
Anorexia or bulimia  
Liver dysfunction  
Hepatitis  
Adrenal dysfunction |
<table>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>Heart and circulatory system</td>
<td>Love and hatred</td>
<td>Congestive heart failure</td>
</tr>
<tr>
<td></td>
<td>Lungs</td>
<td>Resentment and bitterness</td>
<td>Myocardial infarction (heart attack)</td>
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<tr>
<td></td>
<td>Shoulders and arms</td>
<td>Grief and anger</td>
<td>Mitral valve prolapse</td>
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<tr>
<td></td>
<td>Ribs/breasts</td>
<td>Self-centeredness</td>
<td>Cardiomegaly</td>
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<td></td>
<td>Diaphragm</td>
<td>Loneliness and commitment</td>
<td>Asthma/allergy</td>
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<tr>
<td></td>
<td>Thymus gland</td>
<td>Forgiveness and compassion</td>
<td>Lung cancer</td>
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<tr>
<td></td>
<td></td>
<td>Hope and trust</td>
<td>Bronchial pneumonia</td>
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<td></td>
<td></td>
<td></td>
<td>Upper back, shoulder</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breast cancer</td>
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<tr>
<td>5</td>
<td>Throat</td>
<td>Choice and strength of will</td>
<td>Raspy throat</td>
</tr>
<tr>
<td></td>
<td>Thyroid</td>
<td>Personal expression</td>
<td>Chronic sore throat</td>
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<tr>
<td></td>
<td>Trachea</td>
<td>Following one's dream</td>
<td>Mouth ulcers</td>
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<tr>
<td></td>
<td>Neck vertebrae</td>
<td>Using personal power to create</td>
<td>Gum difficulties</td>
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<tr>
<td></td>
<td>Mouth</td>
<td>Addiction</td>
<td>Temporomandibular joint problems</td>
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<tr>
<td></td>
<td>Teeth and gums</td>
<td>Judgment and criticism</td>
<td>Scoliosis</td>
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<tr>
<td></td>
<td>Esophagus</td>
<td>Faith and knowledge</td>
<td>Laryngitis</td>
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<td></td>
<td>Parathyroid</td>
<td>Capacity to make decisions</td>
<td>Swollen glands</td>
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<td></td>
<td>Hypothalamus</td>
<td></td>
<td>Thyroid problems</td>
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<tr>
<td>6</td>
<td>Brain</td>
<td>Self-evaluation</td>
<td>Brain tumor/hemorrhage/ stroke</td>
</tr>
<tr>
<td></td>
<td>Nervous system</td>
<td>Truth</td>
<td>Neurological disturbances</td>
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<tr>
<td></td>
<td>Eyes, ears</td>
<td>Intellectual abilities</td>
<td>Blindness/deafness</td>
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<tr>
<td></td>
<td>Nose</td>
<td>Feelings of adequacy</td>
<td>Full spinal difficulties</td>
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<tr>
<td></td>
<td>Pineal gland</td>
<td>Openness to the ideas of others</td>
<td>Learning disabilities</td>
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<tr>
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<td>Pituitary gland</td>
<td>Ability to learn from experience</td>
<td>Seizures</td>
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<td>Emotional intelligence</td>
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</table>
| 7      | Muscular system  
Skeletal system  
Skin      | Ability to trust life  
Values, ethics, and courage  
Humanitarianism  
Selflessness  
Ability to see the larger pattern  
Faith and inspiration  
Spirituality and devotion | Energetic disorders  
Mystical depression  
Chronic exhaustion that is not linked to a physical disorder  
Extreme sensitivities to light, sound, and other environmental factors |