



## ● Enlightening Views

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- 5 JUST PRESS DELETE** BY ALAN COHEN  
At first I took the scammers seriously and engaged with them until...
- 6 EARTH SHIFT 2012** BY PATRICK J. HARBULA  
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- 7 KICK-START YOUR HOLIDAY THINKING** BY SOPHIA FALKE  
Do you cringe when you think of one more Thanksgiving dinner with family and friends?
- 8 WHO DOES THIS BELONG TO?** BY FOREST SUN  
One of the questions that totally changed my life was the question "Who does this belong to?"
- 9 THE DEATH OF METAPHYSICS** BY OWEN WATERS  
Saying that metaphysics is beyond the study of nature suggests something supernatural.
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# Grace, Power & Choice

## A CONVERSATION WITH THE MYSTICAL CAROLINE MYSS



*A medical intuitive must know how to read symbolic language (impressions) that come at the speed of light; energy information is that fast. A medical intuitive discerns what the information represents in relation to the person's health and the root of illness.*

Caroline Myss, Ph.D., a five-time New York Times bestselling author, is an internationally known visionary teacher in the fields of energy medicine, holistic health, consciousness studies, spirituality, mysticism, and the science of medical intuition. A highly regarded medical intuitive, she conducted more than ten thousand readings, the majority under the supervision of Harvard brain surgeon, Dr. Norm Shealy. With Dr. Shealy, she co-authored *The Creation of Health* and later developed the Institute for the Science of Medical Intuition. Caroline's own research on the energetic patterns of the health and disease contributed to the publication of her first bestseller, *Anatomy of the Spirit* (1996). Her second bestseller, *Why People Don't Heal and How They Can* (1998), explored 'woundology' and five myths that impede healing.

Her medical intuitive readings expanded beyond data on health stress patterns to sensing the symbolic language inherent to each individual. After ten years of synthesizing her own research and thousands of intuitive readings, Caroline was able to discern an individual's "Sacred Contract," a complex of 12 archetypal patterns that reflect, in mythic language, the agreements the soul made prior to birth. Based on this work, Caroline released *Sacred Contracts* (2003), which became her third bestseller. Two more New York Times bestsellers followed: *Invisible Acts of Power* (2004) and *Entering the Castle* (2007). Her most recent book, *Defy Gravity* (2009), goes deep into the works of the great mystics to gain a deeper understanding of the spiritual alchemy of healing. In this latest work, Caroline demonstrates how conventional and holistic medicine fall short in their reliance upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment.

**Karen: What is medical intuition (MI)?**

Caroline: Intuition, in general, is a higher functioning energetic sense. It's not a skill of the reasonable mind, the intellect. Medical Intuition is the capacity to intuit the quality of a person's health with great precision.

**Karen: How does it work?**

Caroline: We always want to know that, don't we? That's the rational mind.

First, you have to understand that there are mystical laws and there are physical laws. MI—all intuition really operates according to the mystical laws. There is still cause and effect, but mystical laws operate without the

factors of time and space. There is no geography... so distance is not an issue for intuitive readings. Second, we are a body-mind medicine world; we don't go anywhere near the spirit, which is the realm of medical intuition. Karen, Let me ask you something. You're a mother. How does mother's intuition work?

"Karen, I never really thought about how it works. I {know} it does exist and it is a part of who I am."

Exactly. You don't have to think about it; it's a sense that is beyond thought, beyond reason. So, mother's intuition, all intuition, is a higher functioning sense than the lower five senses.

Now, I can speak only to my own experiences (with medical intuition) performing readings and teaching others to develop the skill. A medical intuitive must know how to read symbolic language (impressions) that come at the speed of light; energy information is that fast. A medical intuitive discerns what the information represents in relation to the person's health and the root of illness. There can be no ego involved if the intuitive is to be able to read a person and discern the history and story that this energetic information is telling through the body. Your biography is your biology.

**Karen: What do you mean, "biography is biology?"**

Caroline: This realm (energy / intuition) is as complex as physical medicine; however, it moves faster than the physical and is less tangible—it is the domain of your thoughts, beliefs, perceptions, experiences, your spiritual journey and the unfolding of your soul—and it is stored in your body.

**Karen: In your books, you state that "human beings are inherently here to heal" and that "a loss of health is a loss of power." What does this mean?**

Caroline: Everything in life is an engagement of power—but let's use the word self-esteem. When someone cuts in front of you in line, that's disempowerment. It's a blow to your self-esteem. Everything is about power.

The fear of being humiliated controls every single one of us—until a person develops a deep sense of self-esteem. And, not the superficial level of material possessions that people use to protect themselves from humiliation... big house, fancy car, all the stuff.

When you close your eyes and ask God, "What do you want me to do?" and your first thought is not "What will people say...?" but is "O.K., God, I will." That's power. That's self-esteem. That's standing in your own power. When you lose that over and over again, you become vulnerable to crisis; physical, mental, emotional, spiritual.

**Karen: Speaking of God. Caroline, I've heard you lecture that Grace is the Breath of God. Do you mean this in the same way as we think of prana or life-force?**

Caroline: You know, Karen, I use to think it was a universal life force. That's inadequate as far as a definition goes. Life force is neutral, undirected energy that supports the vitality of living beings. Grace has a definite spiritual quality and it is infused with a divine force greater than just our own, let's say life energy. Grace animates our seemingly impersonal but interconnected universe. It watches over us and comes to our aid if we ask. Sounds like the Breath of God to me.

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*Grace is a force that, by its own qualities, illuminates your life as well as the lives of others around you; always transforming a situation toward a better place.*



**Karen: Most people think of grace as a spiritual concept. You say grace is tangible, active in our daily lives and accessible to all. How so?**

Caroline: True, most people understand grace as a mystical force, an intangible spiritual substance. It gets overlooked that grace is a noun and a verb; it is not only a state, it is an action. Grace is an energy that intervenes in all aspects of our life and flows between two beings. We don't think of it as active and animated within our lives, yet, we want to know it's real. And, it is. Grace is real.

Most religious traditions in some way acknowledge, or are captivated by the idea of grace. Many traditions teach about 'praying for grace'—a virtue coming from God. Kings and queens, in fairytales and in secular history granted pardon, grace, to their subjects. The power of this mystical energy intrigues most people. It's unfortunate that we fail to realize how many expressions of grace there are and how truly potent this Divine force is when it sweeps through a person's life. We humans both receive and generate grace.

**Karen: How do we recognize grace and, to use your language, animate it in the busyness of life?**

Caroline: Grace is a force that, by its own qualities, illuminates your life as well as the lives of others around you; always transforming a situation toward a better place. We receive infusions of grace all the time, but in the busyness of our lives—working, caring for family, connecting with friends, fixing the car, keeping the house clean—we can miss it. Your own life, for example, has probably been saved from disaster dozens of times thanks to the intervention of grace, but you never gave it a second thought. Probably you didn't even call it grace, though you might say that a particular grace came to you 'out of the blue.'

Grace makes you come alive with vision and determination. It strengthens your will to act, your will to power. Grace illuminates your path by moving through your intuition and influences the choices you make. You cannot not be intuitive. Let's be real, most of us, if left to our own devices, will make choices that reflect our dark or shadow side. Rarely is a person being truthful when they claim they don't know what to do. More likely, you don't want to do what you are sensing needs to be done. Grace is a power that works hand in hand with your intuition to guide your actions in the direction that will do the most good.

**Karen: Where do we begin?**

Caroline: You begin with taking responsibility for all of who you are. Let go of the sense of entitlement that holds you hostage. Get back down to Earth. We've been trapped in this illusion that we're entitled...entitled to money we didn't work to earn, entitled to God in three deep-belly breaths...entitled to the outcome we want when we send up a prayer. No. It doesn't work that way. Once you ask for, pray for grace and open your mind and heart to the possibility that you will be answered, you must let go of any expectation of what that answer should be or what form it should take. That's not up to you.

Stop pursuing illusions about who you should be, how much money you should have, what fantasy job you should have, how the Divine is supposed to work in your life. Take a real hard look at the truth of who you are and what you can do. Be honest. Have courage. Stop waiting for others to give you permission. We have to stop being cowards. Stand in your power; the power that comes

**You begin by taking responsibility for all of who you are. Let go of the sense of entitlement...**

from intimately knowing your 'soul' self. And, never ever let go of hope.

**Karen: Hope and the power each individual has to make a difference was the focus of the book, *Invisible Acts of Power*.**

Caroline: Yes. With Acts, I wanted to help people realize that no matter how much money you do or do not have, no matter your job title or lack of a job, no matter your age or race, you have the power to make a difference in the life of every person you meet. It's not the size of the act that matters. You could be serving a meal at a homeless shelter; caring for an ill family member, helping an elderly woman with her grocery bags...you just don't know the cosmic effect of your actions. That power animates through the many forms of grace we can experience, depending upon how we choose to act or to respond [for good or for ill], which is, in part, the focus of *Defy Gravity*.

**Grace makes you come alive with vision and determination. It strengthens your will to act, your will to power. Grace illuminates your path by moving through your intuition and influences the choices you make.**

**Karen: Caroline, I have enjoyed, and learned so much from every one of your books and programs. It seems to me that you have rewoven threads of your earliest works into a larger tapestry. How do you see the evolution of your work?**

Caroline: Thank you. That's a beautiful metaphor. As you probably know, I view the world around me through the rich language of symbols, myths, and the stories contained within the

archetypal patterns that pulsate within our souls. We cannot exist outside of these forces. Their influence in our lives is as microscopic as it is macroscopic. Everything you do affects the whole; as above, so below.

As I have studied the teachings of the great mystics and the symbolic language of the soul, it has added depth and an even greater understanding of the governing patterns -archetypal patterns-of our life's journey. It's really illuminated a deeper understanding of the mystery of healing. We're constantly making choices, either consciously or unconsciously. Real healing whether it's healing of the body, mind, or soul is powered by conscious choice.

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## Karen M. Rider



*Karen M Rider is a professional freelance writer, author of short fiction and an aspiring novelist. Her purpose, as a writer, is to enlighten,*

*enrich and entertain the reader. I also write so that my daughters will learn, by my example, that dreams are worth pursuing.*

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