



Desafiar la gravedad

Caroline Myss

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Cómo vivir sin temor. Una obra destinada a convertirse en un clásico de la sanación. Todos pasamos por momentos en que necesitamos sanar. En 'Desafiar la gravedad', Caroline Myss cuestiona el enfoque convencional de la curación. Basándose en sus años como docente y médica intuitiva, Myss comparte casos reales de enfermos que, gracias nada menos que a un milagro, sobrevivieron a su enfermedad. Inspirada por estas personas corrientes que se sobrepusieron a una amplia variedad de dolencias físicas y psicológicas, Myss aplica la sabiduría de los místicos, cuyos escritos aportan una comprensión más profunda de los fundamentos espirituales de la curación. Una obra que nos enseña a ir más allá de los límites y descubrir cómo vivir sin temor, destinada a convertirse en un clásico de la sanación.

Desafiar la gravedad Details

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From Reader Review Desafiar la gravedad for online ebook

Alison Smith says

Caroline Myss is an author I come back to over and over - not actually to read but to listen to the audio book or webinars (many available in CD). She talks to me in a way that resonates.

- * Direct - yes
- * Truthful - yes
- * Intuitive - Yep that too

and it's this combination that means its not always an insight I want to accept and yet for personal growth and getting beyond my own ego Caroline had been a wonderful mentor and inspiration.

Shannon says

Carolyn Myss speaks with clarity and wisdom for our age of chaos. She is able to see the big picture and bring it back to us in language we can digest and integrate. Change can be terrifying, but with Carolyn's ability to communicate, we can find the tools back into our Mystical past that will aid us in finding our way through the depths and reclaiming balance for riding the waves of these tumultuous times.

Tony Rebalbos says

A great reminder of how the healing process is continuous and a lifetime process.

Kathi Crawford says

I recently was able to attend a speaking event for Caroline Myss (and found her book "Sacred Contracts" to be a life changing book). At the event she made the point that absolutely everything changes everything - all decisions you and I make are significant - and every action sets in motion a reaction. I wanted to learn more and bought her book "Defy Gravity". In it, she introduces a model of healing that draws on an understanding of the relationship between our seven chakras, seven shadow passions and seven inner graces.

The point - we have a choice when it comes to how we deal with the truth and whether we are choosing to live in the moment or whether we are anchoring ourselves in the past and/or future. The more gravity anchors we accumulate, the more emotional, psychological and mental weight we take on. Compassion and forgiveness are all you need for self healing, with forgiveness described as an act of release, surrendering the need for an explanation.

This is not about seeking perfection, rather it is a practice we can choose to engage in every day. I liked her message and questions to explore. She has a way of synthesizing the message to make it actionable rather than a theoretical concept.

Mary Funk says

I purchased and read this book as research for my own book, REMEMBER ME: A LOVE STORY. As I struggled to put into words my main character's own struggle to forgive, I latched onto Caroline Myss' words when she wrote in Chapter 1, "The mind [alone] may never be able to come to terms with forgiveness...forgiveness releases you from an ego state of consciousness that clings to a need for justice built around the fear of being humiliated...forgiveness is essential to healing, because it requires you to surrender your ego's need to have life fall into place around your personal version of justice. She then proceeds to break down those profound statements into smaller bites of practical truths and advice to ultimately help us heal ourselves.

As I continued to read her words chapter by chapter, I recalled the echoes of truths outlined in The Course in Miracles (a very difficult read), and in the many books of Joel S. Goldsmith and other such mystics--yet she was able to put those mystical truths into language average readers could more easily understand and thus apply to their lives. Five stars for Caroline Myss, and for how her book will help countless readers to heal themselves, on the deepest level possible.

Alison says

What can I say? 20 years and going strong, Carolyn Myss is a wise, powerful, and insightful force among us. For those serious about healing - not bullshitting themselves with pat explanations and justifications, but willing to walk the talk and take a fierce look at the responsibility of healing - this is a must read. Get ready to be challenged and validated at the same time, in only the way Carolyn can deliver...A+.

David says

This was the first book I've read by the author. I enjoyed her message, but had to put it down about halfway through. I felt like I was trudging through mud trying to turn pages. It's not a difficult read per se (in the sense that say, Beowulf is), and I can't really put my finger on it. But she just doesn't compel me to keep reading.

I'll pick it up again eventually.

Doria says

I had high hopes for some enlightenment. Not the case.

Read anatomy of the spirit- There was an abundance of verbiage that caused confusion rather then clarity. Would not recommend this book.

Kathryn says

Carolyn is trying to help us see what is necessary for healing. To defy gravity is to transcend the rational logical mind and embrace paradoxical reality. We have grace energy to assist us. Carolyn's writing is direct and intelligent. I've read most of her books and I really liked this one. I walk every day on a remote trail in some wide open spaces and sometimes I take an inspirational book with me. I'll read a little and then let the words settle. This was a good book for that.

Kylie Sparks says

As always, I think that Carolyn Myss has some great insights. I found this book a little light on content however. Reading her books always inspires me to bring my actions in alignment with my ideals...and I agree with her central tenet, that we can't just stop with the idea that "life is energy" we need to recognize the sacredness of the energy that is life and that healing from illness is something that happens on a spiritual or mystical level...not intellectual or psychological. So, it was worthwhile to read but not as good as some of her other books.

Mary Watson says

Mind blowing! Opened up a new a way of thinking about healing, I had to read it several times to really understand it, great book!

Beth says

I found this book extraordinarily helpful in coping with several recent emotional experiences. I recommend buying it rather than getting it from the library, as it is a book that works best when you take some serious time to go through the meditations and exercises.

Wendy says

This book is a wonderful guide for moving through times in life in which you question your own sense of spirituality. It also is a support when moving through the healing process. Here's a quote that for me contains the essence of the book: "Healing is about your capacity to engage in your own transformation from fear to courage, from holding on to the past to letting go, from living in illusion to embracing truth. Healing is an invitation to enter your own mystical awakening." This awakening defies gravity. With this book, Caroline Myss has created an epic exploration into the spirituality of the 21st Century and discusses how healing fits into our belief systems. Honest and revealing. A good support for those in health recovery.

Katrina Dreamer says

I got a lot out of the journal exercises. I will be working with the material I unearthed for a while.

However, when it came to the mystical laws there were a few places where she lost me.

The main piece I took issue with was in her description of illusion, when she writes, "No one has done anything to hurt or reject me. That is an illusion. It can look and feel that way, because of my own personal needs, but I am in charge of my needs. So, I forgive all these people who I believe deliberately hurt or rejected me. That too was an illusion. They never plotted to reject or hurt me. I projected expectations onto them based on my own desires and they failed to live up to my imagined plans for them."

I think this gets dangerous in terms of abuse and also in terms of social injustice. Yes, I can work to forgive my partner or friend for a perceived slight that is, in the end, not that important. However, I don't think this is black and white and when we get into areas of discrimination and oppression, as well as abuse, this could slide easily into victim shaming and even excusing perpetrators. I don't think this is helpful.

Dale says

Awesome book! Here are the last 2 paragraphs: Defy Gravity. Live as if you were liberated from ordinary thought, beyond the boundaries of logic and reason. Be bold in your decisions and creative and imaginative in your thoughts. Think and live with the soul of a mystic, seeing the world as a field of grace in which you walk as a channel of light. Live these truths. Become these truths. This is your true potential.

And remind yourself each day of your life, "This day will never come again." You will never see the same sunrise or sunset. You will never sit at the same table twice with the same people in exactly the same way. You will never look upon the faces of the people you love in exactly the same way tomorrow, for you might not even be here tomorrow. You will never walk down the same street in precisely the same way. Such tiny realizations are also the most profound soul awakenings. Live as though you have the power to change the world -- because you do.
