



Invisible Acts of Power: Channeling Grace in Your Everyday Life

By Caroline Myss

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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.

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Editorial Review

From Publishers Weekly

Bestselling author Myss (*Sacred Contracts*; *Anatomy of the Spirit*) began preparing for this book with two small acts of kindness involving simple assistance with literal baggage. They inspired her to muse, "What really takes place when you respond to someone in need?... the action itself, the lifting of a heavy piece of luggage... may be small. But the energy that is channeled through that action is the high-voltage current of grace." The multiplied strength of the aid she received prompted her to explore stories of like kind. Soliciting through her e-newsletter and Web site, she received over 1,200 responses in six days from people all over the world who had either given or provided some form of grace or assistance. After a cogent introduction, Myss organizes these stories around the "seven classic stages of spiritual development," expressed in the body's seven chakras or energy centers. She devotes chapters to gifts of the earth; financial and creative support; self-esteem; the heart; choice; wisdom; and the Spirit. Chapters conclude with questions to aid life assessment and prayers. The multicultural references throughout strengthen this universal, timely message that can be enjoyed and utilized by people everywhere.

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Review

"*Invisible Acts of Power* is a wonderful account of the chakras (or energy centers) in the human bodymind and their special role in spiritual grace, gifts, and empowerment. A magical and moving handbook of your own deepest and divine powers."

-- Ken Wilber, author of *A Brief History of Everything*

"A brilliant, tender testament to the grace that comes from being a conduit for compassion and the divine."

-- Judith Orloff, M.D., author of *Positive Energy* and *Intuitive Healing*

From the Inside Flap

"Caroline Myss's *Invisible Acts of Power* is a brilliant, tender testament to the grace that comes from being a conduit for compassion and the divine. This book is a 'must read' for all physicians, health care professionals, and for everyone who wants to create the miracles that inevitably arise from our heartfelt acts of service, large and small. I gained enormous strength, energy, and faith from Caroline's words, and I know you will, too."

— Judith Orloff, M.D., author of *Positive Energy* and *Intuitive Healing*

"*Invisible Acts of Power* is a wonderful account of the chakras (or energy centers) in the human bodymind and their special role in spiritual grace, gifts, and empowerment. A magical and moving handbook of your own deepest and divine powers."

— Ken Wilber, author of *A Brief History of Everything*

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Brandy Greenawalt:

Information is provisions for individuals to get better life, information today can get by anyone from everywhere. The information can be a information or any news even a concern. What people must be consider whenever those information which is inside former life are challenging be find than now is taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you obtain the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen within you if you take Invisible Acts of Power: Channeling Grace in Your Everyday Life as the daily resource information.

Gerald James:

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Lewis Dall:

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