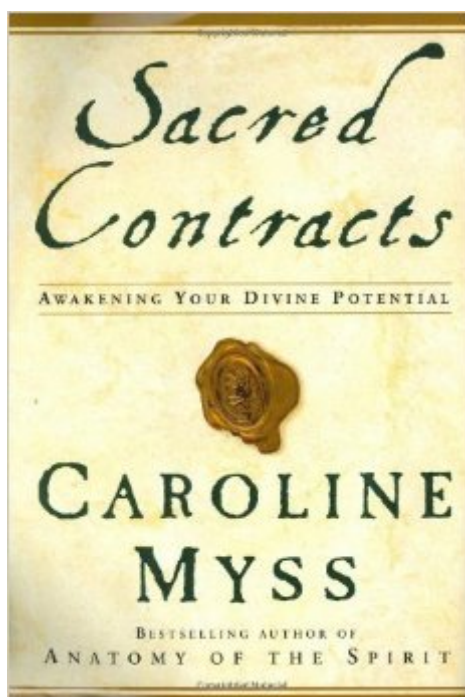


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# Sacred Contracts: Awakening Your Divine Potential



## Synopsis

New York Times bestselling author and medical intuitive Caroline Myss has found that when people don't understand their purpose in life the result can be depression, anxiety, fatigue, and eventually physical illness—in short, a spiritual malaise of epidemic proportions. Myss's experience of working with people led her to develop an insightful and ingenious process for deciphering your own Sacred Contract—or higher purpose—using a new theory of archetypes that builds on the works of Jung, Plato, and many other contemporary thinkers. Myss examines the lives of the spiritual masters and prophets—Abraham, Jesus, Buddha, and Muhammad—whose archetypal journeys illustrate the four stages of a Sacred Contract and provide clues for discovering your own. Myss explains how you can identify your particular spiritual energies, or archetypes—the gatekeepers of your higher purpose—and use them to help you find out what you are here on earth to learn and whom you are meant to meet. Exploring your Sacred Contract will shine a light on the purpose and meaning of your life. You are meant to do certain tasks, you are meant to have certain relationships. In coming to know your archetypal companions, you also begin to see how to live your life in ways that make the best use of your personal power and lead you to fulfill your greatest—in fact, your divine—potential. Both visionary and practical, Sacred Contracts is a bold, powerful work of spiritual wisdom. Without a doubt, your most intriguing challenge in life is to recognize your spiritual commitments and live them to the fullest.

## Book Information

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## Customer Reviews

Sacred Contracts engages you in an extensive, self-exploring expedition to unearth the core ingredients of your unique, spiritual identity. Because there are so many assignments to do in the book and it is so detailed, I suggest you get the hardcover version rather than one of the audio versions. Of all the many books I have read about finding and following the dictates of your own true self, Sacred Contracts is by far the most unusual and detailed. The author calls upon major religious traditions, Eastern ideas about energy centers in the body, Jungian psychological archetypes, and astrology among other sources as context for seeing yourself as unique. Although few of these references are ones that I relate to very often, I was impressed by the way that they centered my focus by helping me see what life roles are not important in my life, as the contrast for seeing what is important. In my past experience with increasing self-understanding, the focus was on what was important. Cutting away the unimportant makes those important areas stand out much more clearly. This is a book that can help you learn for the rest of your life. Unlike many books that are aimed at helping you find "the answer" and then getting you off working with "the answer," Sacred Contracts is designed to help with new challenges and issues in the future . . . as well as the ones you have today. I found myself particularly enriched by reviewing the very long list of potential archetypes that are developed in the book. These are explained by stories of individuals, references to popular books and movies, and examples of how one archetype differs from other, similar ones. As a result, the archetypes and my own reactions to them came into much clearer focus in my mind.

Maybe it's just me, but I'm finding this book the most fun in the author's library of excellence. Sacred Contracts is an immense accomplishment, well written, with admirable scholarship and clarity. Myss addresses the roots of archetypal thinking, most especially in Plato and Carl Jung. She adds her own, unprecedented, contribution and details her history, as a medical intuitive and psychic, of working with the archetypes. She offers solid definitions, a fascinating list in the appendix, of archetypes, and provides workshop techniques for learning consciously with the guidance of archetypes. I don't want to define archetype because she does it so well. Suffice me to say that these are, as in Jung's view, energy bundles of symbolic qualities that live in the collective unconscious and offer guidance to human beings through various life challenges. Jung defines archetypes such as the Shadow, Trickster, Child, and Mother. Myss adds a few hundred more and suggest that we all have four in common and eight electives, 12 archetypes for each lifetime, a zodiac of chosen lessons, challenges, and life adventures. Myss suggests that these archetypes, universal and personal, can be discovered as a way to consciously work with the commitments we make (our sacred contracts) before entering each lifetime. That we've made promises to ourself and

God, come to life, and then forget what we intended to do is not a new idea. It is well detailed in works of Sylvia Browne and in many ancient texts. Myss explains that when doing medical intuitive readings for people she began seeing the symbols for universal and personal archetypes in the energy field of people getting readings.

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