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the aware show

Lisa
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THE AWARE LIFE TELESEMINAR

CAROLINE MYSS

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Lisa: Hello, this is Lisa Garr. Welcome to The Aware Show. You have your own answers. That is one of the things that we are talking about today. I am really grateful to be with you all today. I am reminded how blessed and fortunate I am to be part of this mission, this God given mission that I have on this planet, to reach for truth, to reach for the next level of growth in my life, not get stuck in my own pity party, and other people get to share that mission because as I hear from you that these are such healing calls that we are creating here. It is an education. This type of information is not like you can just flip on the television and see it. You have to dive deeper. That is what we are doing today. We are diving to another level of a conversation in such a great way. Joining me today is Caroline Myss. She is a scholar, a pioneer, someone who I have interviewed for ten years and now I am starting to get what she is talking about.

Caroline: What happened? What did I do to you?

Lisa: You are awesome. Honestly. I went through some of the questions that I have asked you in the past and I wondered what I was thinking. I just really appreciate where your level of teaching goes Caroline. Thank you and hello.

Caroline: How are you?

Lisa: Good. I am just going through a little stress lately and it is all personal mucky muck crap. We get to talk about some of that today. Especially about the conversation that we are going to dive into; addictions. But I want to find out first of all, how are you?

Caroline: You know what, I am so good. I am not kidding you. I am good. I finished my book on archetypes and I am ecstatic. Nothing feels so good as finally, finally finishing a book.

Lisa: Wait, another book on archetypes? You wrote a book on archetypes.

Caroline: Well I wrote Sacred Contracts and now I wrote a book on archetypes and it is far more main stream. Sacred Contracts is such a rich, texturous, delicious book. The intention of Contracts was in fact to emphasize how we have contracts before we are

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born. There was a double theme in Sacred Contracts which in fact is why it was so difficult to write. It took on the thesis that every life was in fact and is a very well directed journey. We just don't fall from trees. There is nothing random about the human journey, about an individual's life regardless what it looks like. At times you look at somebody who is homeless or somebody who is running a huge corporation and you sit back and say obviously that person in the corporation has a meaningful life and this homeless person doesn't. That is such an illusion. This is where Buddha says these things are illusion and you have no idea what you are really looking at. On the one hand I wanted to take on the challenge of what it means to have significance in your life and the second was in order to understand that you can't think like an ordinary person. You have to be able to elevate your thinking to the level of being able to perceive your life through the lens of archetypes. If you think through the lens of how much stuff do I have, what do I do, and how do people see me you will never understand the power that I am talking about. You have to get out of that. The best visual that I can give people is to imagine that everybody is living in a 50 story apartment building. Every single person. Your life is lived in a 50 story apartment building. The apartment building never moves but you move within the building. Every floor represents a different level of consciousness. It is a different view of the world that you live in. When you are on the first floor you cannot see much. When you are on the first floor the world appears the way you want it to appear because you don't see much. You look out the window and the only thing that you see is the street in front of you. You think that the world is all around you when you live on the first floor but as you discover that there is a staircase and you start climbing up to the next floor you have to leave that perception behind and you discover that there is a second floor. You look out and see that you don't live on a little square footage in fact you live on a street because now you can see that you live with other people. You get up to the fifth floor and you can see that you actually live in a neighborhood. With every floor that you ascend you don't leave the condominium building that is essentially your being you simply get a grander and grander perspective of what reality is. The penthouse in everybody's condominium building is the perception where you are able to view consciousness through the myths, the archetypes, where you are no longer looking at life through what it owes you but rather simply to understand the journey of life and how it itself is constructed and how you are a sojourner within the journey of life that has existed long before you came along and will continue to exist long afterwards. So in the penthouse, you have reduced yourself to the student of life where how does life itself work. What is the mechanism here? That is where you begin to understand that the mechanism of the human experience is held together through this grand arena of archetypes and you yourself are assigned archetypes. You yourself are subject to a relationship with certain archetypal forces that in fact are governing influences in your life. Now you get back and take the elevator down and you want to know how do those

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symbolic, extraordinary forces actually convert into practical matter in my life. It is very easy.

Lisa: Is that what the second book is? The question that you have been asked a million times and it is coming up in the question section here, what is my archetype? It goes back to that. People want to know how this relates.

Caroline: What I did in Sacred Contracts was that I initiated the thesis that you don't have one archetype, you have many archetypes but in this book, I wanted to make it user friendly so I don't deal with contracts I simply deal with archetypes. How I introduce them is that I decided when I was putting this together that there are certain questions that everybody wants to know about themselves and that is how I introduce the archetypes. I have the book on my desk.

Lisa: While you are looking that up I am going to make sure that people go to the website. It is where all of your information for this call today. Go to www.theawareshow.com/myss.

Caroline: Here is an archetype that women relate to; the queen or princess.

Lisa: Good one. Oh yeah.

Caroline: What I did was put together categories of information that people would want to know. What is the life journey of the queen? Which means that every woman that has this archetype is going to share this life journey. That life journey of the queen is to learn how to be responsible for the well being of others. So in some way, every woman that has the queen is sharing this life journey. However it manifests in their live it is going to be there. Every archetype that I explore in this book will have these categories underneath it. Every chapter in every archetype, I address these questions. The next one is the unique challenge that I look at in every archetype. The unique challenge of the queen for example is to identify a cause in life worth of investing the quality of power and influence that you have. The queen has authority. That is the nature of the queen.

Lisa: What is her shadow?

Caroline: The shadow of the queen?

Lisa: Yes.

Caroline: Confronting how much you are willing to compromise your integrity to maintain your throne.

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Lisa: Wow. Say that one more time.

Caroline: Confronting how much you are willing to compromise your own integrity to “maintain your throne”. Every one of the archetypes has a defining grace and the defining grace of the queen is integrity. Then there is a universal lesson. It is discovering your own love of power and how much you fear having it evaporate from your life.

Lisa: That addiction to power. This is a master class today. I am not going to talk much. I am letting Caroline take this on. Get your pens out. That addiction to power; let’s talk about that as it relates to the archetype. One of the things that I just gone done listening to in the special offer is that you talk about this whole addiction workshop and not just talking about addictions to drugs and alcohol, we are talking about power, glamour, addiction to complaining, addiction to social networks. At what point does this addiction take place?

Caroline: At what point does an addiction take place?

Lisa: What I really want to ask is how that relates to the archetype. You were just talking about the archetype of the queen.

Caroline: That is the addict archetype.

Lisa: The addict archetype. Okay. That is a whole archetype.

Caroline: That is an archetype in itself.

Lisa: The addict is an archetype.

Caroline: Are you talking about within the queen?

Lisa: No. Can we go into the addict archetype for a second? Do you mind?

Caroline: Sure.

Lisa: That relates to what we are talking about today. I would love to learn about that. Let’s call it our Caroline.

Caroline: The addict is a really fascinating archetype because when did we even identify the addict? Remember that for centuries people drank whatever they wanted, they had opium, it was not considered a problem. This is fascinating. It was not considered a problem. They had opium dens. Eating and drinking in abundance was considered what you did. It was a status of wealth. Everyone drank beer and wine

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because no one could drink water because it was toxic and poisonous. So when did the addict surface as a problem? When did that become a “problem”? That in itself is absolutely fascinating. When did we decide? I think that this is a forming archetypal problem and it wasn't until the end of the 1800's and the beginning of the turn of the century that this idea of addiction, that a substance could have authority over us and that it was a problem. The introduction of drugs into our country, opium, dens, we began to have this consciousness. I think that there is something wrong doing this. It was in the 1930's that AA was created and there was a consciousness that began to develop that maybe substances driving us unconscious, having more authority over us than our reason.

Lisa: So now, is it when people began getting toxic and sick from the amount of opium or was it for social reasons.

Caroline: I think it was more of a social reasoning as we went into the 20th century. One of the defining characteristics of the 20th century is that it will be known as the century where the individual rose away from the tribe. It was kind of the renaissance of the individual. That is the character of the 20th century. The nature of individual consciousness was formed during the 20th century. What that means is the rights of the inner self as well as the social self as well as the sexual self. It is the century of the self. Isn't that what we have explored? It really is the century where the self was identified both psychologically, psychically, sexually, and civil rights. The self against the tribe. Right? Isn't that right?

Lisa: Yes.

Caroline: Part of that birth of the self is that the self has to take on the cravings of the physical form all by itself.

Lisa: So we can get absorbed in that.

Caroline: Part of the birth of the self is that the self declares itself strong enough, clear enough; here is the operative word, conscious enough, to manage all the power that comes along with being alive. The central power of being alive is the power of choice. The power to manage the senses. Picture this and you will begin to understand why addiction is so ferocious and why it is such an obstacle course and why every human being has to go through the stage of being an addict. Picture yourself out of this safety but gritty molasses like field that is the safety of net of tribal consciousness. You are pulling yourself out, kind of giving birth and you are standing all by yourself and you are looking at this huge gelatinous thing that is tribal consciousness. In there is this group

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of people you were participating in and as a group all of you together decided what you would believe, who you would love, who you wouldn't love, what was reality for all of you together, but when as a group you all made your choices together it was simpler to manage reality together. You grew up all believing the same thing. Managing being alive together. Then came the idea that I don't want a church to manage my spiritual life, I don't want a country a government to manage my civil rights, and who I can be with and who I can't. I want to pull away and make these decisions for myself. What a person is actually saying is, I want complete responsibility over the management of my reality of every moral decision, every ethical decision. I want to be in charge of my consciousness. I pull away and that means that I am now in charge of all the cause and effect, all the reactions and actions, all the laws, every single thing that I perceive I will process by myself. I will process all the reactions and actions around me. People don't get what they are really choosing when they choose this without an appropriate support system. They pull back and you have your sixth chakra which is this perceptual system, you have your fifth which is you center of choice, you have your fourth which is you heart center, you have your third which is your center of self. Most people have never been properly scaffolded to manage conscious choice and to actually get what they are doing. It is you against your sensory system and the physical world.

Lisa: Absolutely.

Caroline: Do I need this? Is it bigger than me? AM I frightened? Will this take my power or give me power? Will I have power? Do I believe this? Is this true? Without every scaffolding an inner theology and inner sense of self that is strong enough, that is clear enough, that helps you discern what, in the language of Buddha, that is an illusion and that is not. An inner spiritual life that gives you the strength to say that this world is filled with dark matter and with a lot of fear patterns but my life is not in the hands of the madness that is in this world. I will not attach myself to the spectacles that play out in this physical world. I will not do that. I will not do that.

Lisa: Stress causes anxiety. Everything that you just explained is that self imploding stress, anxiety addiction.

Caroline: Right. Because most people can't discern illusions, they don't understand what that is. They attach to it. It is like going into a grocery store when you are hungry. You attach to every single item on sale. I want this, I have to have this, and I am going to eat this. What is that expression? Your eyes are bigger than your stomach. You attach to every single food item there because you cannot control yourself.

Lisa: Wow. That is interesting. Of course. You are trying to fill something that cannot be filled.

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Caroline: Right. You cannot control yourself. Your senses have taken over your reason and you simply cannot control yourself. Even if I looked at you and said, I am going to test you now. I have asked you to fast for three days and now I am going to send you into a grocery store. I only want you to purchase these two things. I want you to completely control yourself. You are not allowed to come out with anything but these two things. You have got to take charge of how your senses are going to try to take you over. They are going to tell you that you have to have this. They are going to activate your taste buds; they are going to activate your imagination. You have got to control these forces within you because they are going to talk two to you. They are going to do this; they are going to do that. It is all illusion. By the time you come out here, all of those senses will have evaporated. They will only last a second and that is what I need to teach you. They will only last a second. You are stronger than these illusions that play out. This is what Buddha means by illusion. They are like puffs of smoke that just go through your mind. You have got to be stronger than those. If you are not, you will attach yourself to an illusion and you will become addicted to it. You will tell yourself, I have to have it, I have to have it, I have to have it. You don't have to have anything but you will believe it. The moment that you cave into one illusion that is it, you believe that you have to have it.

Lisa: If we don't have to have all of the things that media, society, and everything is pushing on you; this product, that feeling, this environment to feel better about ourselves, what do we have?

Caroline: You mean what do you have to have? You have to have your sense of self.

Lisa: What is there instead is what I am asking.

Caroline: What is there instead? You have to have your sense of self. You have to have exactly what I am describing to you. If I was your teacher and said look at me. What you need is exactly what I am telling you. You need the ability to say no. You need the ability to clear about who you are and what you need so when you talk in there you have choice. You are not chased by things. You are not panic stricken. You need control but the right kind of control. You need self control. You need the control of the self. That is what self control really is. You need to be able to control yourself no matter where you go, no matter what; the archetypal voice, the victim in you. I met someone the other day and I thought what is it about this person? I realized that she was a thief. She has the

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archetype of a thief. She was not the kind that would take your money; she is not that kind of thief. I thought why do I keep getting thief around her. Then I realized that she was a happiness thief. She would never take your money, your stuff, she was not interested in that, but she would take your happiness. This is the type of thief where she could not bear to see anybody happy. She could take anybody else's joy. I thought what is it? I was at one of those family picnics. Someone in the group had said that she had gotten engaged just out of college. This girl was a friend of my cousin's daughter. I am at that age where my cousin's girls are getting out of college. She was in that group. One of them was all giddy because she had just gotten engaged; she had just graduated, blah, blah, blah. You get the picture. She was smiling and all of the other girls were giggling and stuff. She was smiling but it was not real. She was saying things like I don't know why she wants to get married this young? The act of theft was beginning. This is how a happiness thief works. Do you see what I am saying? She was stealing her joy. She was stealing the moment. She is a happiness thief. Everybody has met one of these people. They are thieves. They are thieves. They are trying to steal your glory, steal your moment, and steal your happiness. This is a thief. Make no mistake. Not classic, you don't have to worry about your family's sterling but believe me, this is the thief archetype, and you just don't recognize that is what it is. When I say what is it you want to go after in an archetypal training? You want to be able to go after and spot, even in yourself, your own negative archetype and say no, no, no stop it. I do not have to take someone else's happiness to find happiness. I have to realize that I will create happiness in my own life. Happiness is found in not looking at my life through empty eyes.

Lisa: That was very important that you did that. That you looked at what you were resisting in her and saw the fact that it could have been what you were resisting in yourself as well. That is the next level. When you are in the place of looking at someone else's issues, it is so easy to point the finger but not at yourself. The things that light me up the most are the biggest shadows within me that I don't even see. That is a big mirror for me. Rather than spending my time complaining about it, I need to look at where that shows up in me and where I do that consciously and unconsciously. There are so many questions that are coming in here. I wanted to ask you about this level of addictions. You say that there are at least three cores of addictions in everyone's lives. Just to let the listeners know, I am not going to do a lot of selling in this call, I want you guys to know about the special offer here. I want to stay true to Caroline's content. The special offer that is here is literally three workshops that Caroline taught. Each one of the workshops are three days of workshops. There are countless hours. There is like 60 hours of workshops in this particular package which are filled with distinctions and truth and will crack open your consciousness. It is just an explanation of grace that I needed that Caroline would say that would take me to a totally different dimension, to a

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stratosphere of consciousness where I then take my next step. There is so much richness in the content that Caroline delivers in this offer. I cannot even tell you how life altering it is. It is beyond master class material. I just want to give you the opportunity to go to www.theawareshow.com/myss. If you want to dive in and get raw and deep then this is where you start. I just want to let you know that. I want to get back to this. One of the things that she talks about in one of the workshops is three core addictions that govern people's lives. Are you saying that these are like archetypes where everybody has a certain set or is this different?

Caroline: I think where people benefit from going into the addiction workshop for example, is that they have to understand themselves as an addict and understand that even though you may not have a substance addiction. For example, I am not an alcoholic; I am not a drug addict that is not where my addiction comes in. My addictions are not substance like that but where I have seen my kind of addiction is that I am a work addict. That is certainly true. I am a responsibility addict. I really lived with the sense that I don't do it, I do it better than everybody else. What happens when you have that, okay I will do attitude, what happens is that people let you do it. Pretty soon you have so much, but it is what you wanted and then the next thing you know they are off goofing off and you are home doing it; overwhelmed. It is a cycle of addiction. You have to look at your own nuttsoness. You have to look at it because at the end of the day, regardless of what an addiction is, whatever type it is, what I have discovered and what I deeply believe is that addictions a couple of purposes. One is that it keeps your head and your heart out of touch with each other.

Lisa: Why would we want to do that?

Caroline: Here again, if everyone could remember the condominium building that we are living in. In order for me to answer this and really get this I need everybody in the penthouse. Everybody in the penthouse. When I teach you from the penthouse, these are archetypes again. If I had you in a Sacred Contracts workshop right now, the rules of the game would be when you are in the pent house, you are not allowed to hear me emotionally, personally, psychologically. I have you in a state of consciousness where this is pure knowledge now. I am communicating only knowledge. You do not respond emotionally to knowledge. It is the transfer of jewels and that is it. That is it. Knowledge is far too powerful a substance to have a personal or emotional reaction. Do you understand that?

Lisa: Yes. I am really glad that you are talking about this.

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Caroline: So now you are all in the penthouse. It is kind of like having a personal reaction to gravity. What are you talking about? Gravity is a law. You don't get a personal reaction to gravity. This is in that same category. The human being keeps the cerebral or mental world from his or her emotional world for mechanical reasons. The first mechanical reason is that the way that you regulate your relationship to time and space. I am going to say this again. The head and the heart are like two wheels. Two connecting wheels and that when they are completely congruent, when your head and your heart are fully, totally aligned, completely congruent then the speed at which change happens in your life, thought goes into action is almost instantaneous. It is almost instantaneous. It works like this. You walk into a room and you say what is the matter with that person? Instantly you get a thought. That person is very unhappy because he is on drugs. The thought goes into your heart instantly. What should I do about this? I know I just have gotten an emotional, intuitive hit. It goes to your third center. I need to act on it. It goes to the second. You walk up to that person and it goes to the first chakra, you take action. Thought goes into action and physical action within three seconds. That is a congruent person. This explains instantaneous healing. However, most people cannot function at the speed of light. They simply cannot do it. Here is another example. I wife walks into the house. Her husband looks kind of funny. She says what is the matter with him? He is cheating on you. I see, okay. Thought goes to the heart. I think that is going to lead to a divorce. Intuition says you know it will. You will never forgive him. So what time is it? 2:30. I think by 3:00 he can start packing, by 4:00 I can get the lawyer on the phone, by 5:00 he will get his little ass of this house, by 6:00 I will have contacted the family, by 7:00 we will get this ball rolling because I know I will never forgive him and we will be divorced. By tomorrow morning we will get the show on the road, I will contact everybody, and that is it. I don't like it but it is inevitable. Here is the operative work, inevitable. I know. I know me and I know that I am not forgiving him. Now, most people cannot manage a live changing at that instantaneous speed even though they know, they know in that moment that it is going to happen. What they then do is they split the mind from the heart and they make a calculation. I will take this date, incarnating into fact over a course of five years. They agree with themselves to enter a state of lies and denial over a course of five years. No he is really like that, no he is at the office, no they will agree to live a life of denial, self betrayal, and humiliation calculated in that moment.

Lisa: We make this unconscious agreement with ourselves.

Caroline: It is quite conscious. Then they shove it in the unconsciousness. In order to sustain that lie, they become addicts because every time the emotion of that act of betrayal begins to surface up their throat and about to come out of their mouth, they have to shove something in their mouth to make it go down again. Every time their mind begins to rage with the realization that person is lying to them they are hearing what they

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know is a lie and they have to stop it from pouring down their throat and into their heart again. They have to make up something. He is not lying to me. He really was working. I can live with this. What about the children? They have to erase the lie with another lie. They do that. They have to shove something in their mouth to break the connection of that lie from going down into their heart and making contact with the truth in the heart. If that lie makes contact with the heart and those two connect electrically out of the mouth will come you lying SOB. They can't let that happen. The only thing is that they have to keep having to shove something into the fifth chakra which is the throat to keep it quiet and that is called the addict.

Lisa: Does the same thing go for if you get a cancer diagnosis that the heart separates from the head and it says no it is not me, I can't do this, denial, continue to eat bad, don't do anything about it, and die. Is that the same thing?

Caroline: Absolutely. This is why when somebody says just give me one reason why I got sick. Are you kidding? There isn't one reason. It is all of the choices that you make. It is structure of how you make the choices, how you do your choice equations. It is the archetypes. You have got to know your archetypes. You have got to know them. If you don't know your archetypes, if you don't get up to your penthouse and understand life through your archetypes you cannot get your power calculations. You cannot figure out why you do what you do. You will think that it is everybody else. You will think that it is your childhood. It is not. You have got to understand the power that these forces have in you.

Lisa: That conversation is so massive and huge. I will tell people, by the way, if you want to dive into that part of the archetypes that is in the special offer. We have done other phone calls on that. The material is in there. It is an in-depth conversation. We are not going to solve the archetype conversation in this hour of phone call

Caroline: The addiction is just wild.

Lisa: That is all in the special offer. There is over 60 hours worth of this type of truth seeking material. Go to www.theawareshow.com/myss. Along with what you were saying, I am going to go to a deep, deep level here. When you look at the death of an infant, can you look at that person? These are the questions that are coming in Caroline. I know that you have gotten this question before. From what you are talking about here and connecting everything together can you see the archetype? Sure when you see a politician that has a scandal you can see their archetypes in play. Even when you see various things that happen in people's lives you can see the archetypes at play but

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when you go and look at something that you can't explain; a sudden death of a loved one, the types of things where people get really truly frozen, stuck. How do you apply the conversation that you having right now to that? Can you?

Caroline: We have to go down a different corridor I suppose we could say. Let's go to the first floor of our building. On that floor, people believe that life is something that it is not; that it is logical, that it is orderly, that it makes sense, that it should make sense and that life follows rules we want it to follow. Among those rules that we want life to follow is that all parents die before their children and there is no such thing as things that are unjust, that we are the center of the universe and that all mysteries are explained to us before we go to bed every night. Now get into the elevator and go up to your penthouse and come and sit down with me. I will tell you that life is nothing like that. If you have any sense of truth then you know that you cannot maintain certain positions spiritually. Such as, anyone who believes in the soul must understand simultaneously that they are saying that they believe in immortality. I am not sure that most people get what they are saying. If one understands that, that people are comfortable talking about a past life but they are never comfortable saying that means that I am going to die and my actions in this life are going to have consequences to what happens and where I go, a life review, and how I have contributed to the ongoing story of humanity for which I will be held responsible. Now, this position is one in which the idea of life and its length of time is not viewed through the same oh my God how could it happen nor is an incarnating soul even in its young form, what we call a baby, seen as a baby. It is just a young form. What we view on the first floor of our building as a tragedy is through the penthouse simply a biological life form experience. We settle ordinary organic experiences with a great deal of emotion that it should have. We have set ourselves aside, aside from life form. We are no different than any other life form on this planet, except that we have said that we are but we are not. We are subject of life stuff; mating habits, killing habits. We are predatorily as animals in the forest. We mate like them, we kill like them. We die like them and we are born like them. We must eat like them. We are as subject to any of the other species on this planet to the laws of nature. We need water like they do. We need air like they do. The only difference is that we have set ourselves apart from the laws of nature as if those laws do not govern us as much as they govern the bird of the air, the aquatic creators, and all of the others. We see ourselves as though we are not part of nature itself; as though somehow or other we have excluded ourselves from the very laws that govern us. As such, we are mystified when very natural things happen to us. Oh my gosh, we have died. How can that happen? Oh my gosh, we have become ill. How can that happen? That is what happens to physical bodies. They age, they become ill, and they die. That is what we are designed to do. To age, die, and then cycle through again. That is what this species does. The crisis comes in when we try to

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make ourselves what we are not and try to make us what we cannot do which is stay forever young. Staying forever youthful by cutting ourselves up, pasting ourselves, putting Botox here, putting that there, by making us do morphing by trying to live forever and lying about our age like age is something to be ashamed of while eating every organic thing on the planet so that you can live forever by this twisted, disgusting, two way attitude that people have. They “x” each other out. By hating your again body while forcing it into biodynamic so that it ages forever. We are so schizophrenic that we cannot figure out if we are coming or going.

Lisa: This is what causes the pain. All of this melts into pain.

Caroline: What are we addicted to? We are addicted to our madness at the end of the day.

Lisa: Yeah. I have been there.

Caroline: Schizophrenic madness unlike anything that has ever existed on this planet. You wonder why people are not happy. Oh my gosh I am aging, oh my gosh this is happening, oh my gosh this. These are things that they can't stop and change no matter what they do. I watch when people call and say I am not feeling good and we talk about a conversation about entering the journey of healing. For so many people it is shocking, Lisa, it is the first time in their life that they have to come to terms with how old they are. It is the first time that they have recognized that oh my god I am 55 years old. When they image themselves healing they actually think that it includes the return of a 30 year old body.

Lisa: This is a very confrontational conversation. This is about confronting all of this. Sometimes, I see on taxi cabs the advertisement for bigger breasts. I wonder when did that happen?

Caroline: It happened because the soul went Hollywood. Not just the psyche but the whole idea of healing went Hollywood. Are you kidding? Since when are Hollywood stars are ht paradigm of healing. Healing went Hollywood.

Lisa: Isn't that what your book Defy Gravity meant Caroline.

Caroline: Right. Yeah. Are you kidding me? You are not going to find that with me honey.

Lisa: The antidote to this conversation here is defying gravity. It is about the mystical laws that you talk about. It is about the grace. It is about chunking up to that

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conversation. It is about the deep essence of grace. The reverence that you talk about. I listened to the recording of the Defy Gravity one The Application of Mystical Laws Into Your Everyday Life. That is the antidote to that conversation that we were having just now.

Caroline: I love that recording.

Lisa: It is so beautiful.

Caroline: I teach all of the time. I teach it all of the time.

Lisa: I had an experience with that recording once. I will always remember this. I was sitting in my car and I was listening to it on my laptop because I am traveling all over the place. I remember a specific place that I was sitting, staring at a specific tree when I got it. It was literally a cracking of my consciousness Caroline. When I got what it meant to live a life of reverence and grace. It brings me to tears to even talk about it. It is such a beautiful place to be. It is so the absence of all the other things that we are talking about. It is the absence of the addictions, it is the absence of the stress, it is deep reverence. I had a moment where I looked into the dimensions that you speak about and it was something about the level that you were talking about it that shifted me forever. It really did. It got me in contact with joy. It is unlimited. As passionate as we can talk about archetypes and addictions it is that much of a passion to be able to talk about the mystical laws and the grace that you talk about. Your experiences are unbelievable. That recording that I am talking about is in this special offer. The Defy Gravity one. It is absolutely beautiful.

Caroline: Without a doubt to me, teaching the Mystical Laws for me is personally thrilling. Most teachers probably would not say that a subject thrills them, but it does Lisa. It thrills me. It is like a spiritual high for me. I know that I am working with what I would call sacred knowledge. If people get this sacred knowledge it changes their life forever. Nothing is more holy for a teacher than to pass on knowledge that they know, that they know will transform a person's life for the betterment for the rest of their life.

Lisa: I had to get through the other crap first though. I had to get through the addiction part and I had to get through the pain and a lot of the archetypes. I go back there. I still hit that level again.

Caroline: You will again and again. Nobody cycles once through. But you have the tools to get out faster and faster.

Lisa: I do. I do. One of the main questions that is coming through here is can we break the contracts or change our archetypes? It has come through probably close to 100

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times at this point. This repeated question. That must be something that is on people's minds right now. Can we change or break these contracts Caroline?

Caroline: Can you change or break them? You can understand them more deeply and that in a sense changes them. You grow in your depth of understanding what a contract is. It is not as simple as I don't like you and I got to get out of here. What a contract is is a binding soul agreement. Contracts do come to an end. Make no mistake. Yes they do. A contract comes to an end with a soul where you realize we have fulfilled what we have come to do either together or with each other. You can feel that. The animation to be together de-animates. You can feel that. It is over. You are under obligation to fulfill it. You can fulfill it through suffering which I don't want to do this, you will do this. You will do this. You will either do this through suffering your way through, by fighting it or you will look and say for what reason, God grant me the grace of understanding. I need to understand what it is and why. Not why me in the baby, pouty, child sense but what do you want from me in this situation. How do you want me to navigate this? Whiney prayers do not get answered. You get to just sit in your whininess. Whiney prayers don't get answered. You just get a bigger dose of yourself. If you are going to learn how to pray, pray with a backbone and not a wishbone. You are going to get a lot further.

Lisa: Explain that. Go into that for a second.

Caroline: One of the crises that people have with prayer is that they don't understand it. Prayer is not a force that is going to compensate for your stupidity of your mistakes. You don't say, God pay my bills for me because I like to spend money. Prayer is a force that wakes you up so you do no harm to yourself or others. God help me to know why I do these things so that I don't do them again. Give me the grace to stop myself from doing harm. You have to understand what prayer is. If you have already set a cycle in motion because of a choice that you have made, if you have already harmed somebody, you will be held accountable for that. So your next prayer better be God grant me the courage to do what I have to do next which is apologize. That is your next prayer. That is your next prayer. Right on the heels of knowing that you did something stupid. That is how you pray. You hold yourself accountable for your actions. If you want to understand that, what is one of the mystical laws? It is cause and effect. I set this cause in motion and my name is on it. I am held accountable for the effect that I set into motion. I set pain in motion and my name is on that pain and I am held to that. So what is your prayer? God grant me a way to heal the pain that I have just set in motion. Grant me a way. Grant me a route. Grant me the courage.

Lisa: Not so that it doesn't come back to you because it will. You can't pray that way.

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Caroline: You don't pray like an idiot. You pray because you understand law. Law is law. You pray because you know. I have set pain in motion. That has my name on it. Period! Done! That is how you pray. It is just law. It is as simple as that.

Lisa: Don't pray like an idiot is one of my favorites. I love that quote Caroline.

Caroline: Pray because you understand law. You pray for others. I pray for you with all of my soul because grace follows the law. If I pray for you even grace is subject to law. I know that grace is delivered. Why? Because that too is law. Healing follows law. That is why there is healing because even that follows law. If you understand the mystical laws, then you understand the nature of God which is exactly what Jesus was teaching. He was teaching the new law. If you get what I am teaching your eyes should be sparkling and you should be jumping out of your body. I just did the Oprah show the other day, Soul Sunday. We broadcast at the end of the month. One of the questions that she asked me was...and your idea of God is? I looked at her and said law. Simple as that. Law is law. It is the same for everybody. This is why I love this. But, what makes the difference is that it is mystical law is prayer. A miracle is when God bends the laws specifically for you because of faith. God help me heal. The laws of the Universe come to your aid.

Lisa: Miracles are when God bends the laws of the Universe.

Caroline: Bends the laws of the Universe and makes them work specifically for you.

Lisa: Because of faith.

Caroline: Because of faith.

Lisa: Wow. Absolutely. This just takes it to a whole another level. I am so grateful to be in this conversation with you and prior to this listening and diving into your work. Whenever I get into that place of my little petty, pity party of stupid breakdowns because of stupid things....

Caroline: You know the best way to do this Lisa? This is what I do. Put ten minutes each side to be petty. I am not kidding you.

Lisa: Okay. I get it but why?

Caroline: Because we get there. It is as simple as that honey. Monday afternoon is a good time or Tuesday cause Tuesday is kind of a wasted day. On Tuesday afternoon put an hour aside and that is when you really have to go ahead and feel bad. You have to pay attention to that.

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Lisa: You do that too?

Caroline: Yes. It is the time when you have to feel bad and you have to feel low and that is when you calendar it in. You can't deny that part of yourself because life brings us to that and we do feel bad, we do feel low, and we do have disappointments. You cannot live not acknowledging that. Your heart does break and you do feel sad and these things are real. This is part of life. You cannot not but you can't live there.

Lisa: The quicker that you get out of it by understanding this part of. It is getting to a bigger picture. It is so interesting when you talk about the survival of the tribe and then it became about the survival of the self. What it does is really just chunks back up to everything going back to the mystical laws. In a sense, in my opinion, is more about back to the tribe for me. I don't know if it necessarily is but for me it is just chunking back up to those mystical laws that govern everything that we think that we can control, that we get stuck into that place that we can control and manipulate and manifest. Goo to the offer. People want the address which is www.theawareshow.com/myss. There is literally over 60 hours worth. It is not even the amount it is the quality of the information and the truth and distinctions. As you listen to Caroline Myss talk today what resonates with you and hooks you and make you go oh my gosh that is me I don't want to hear any more but then again I want to then you are at that place where you are open. You are at the place where you can start to divulge in your own conversation what it is that is keeping you stuck. In the special offer there are things all about the addictions and it goes into the graces. Defy Gravity which is all about the graces and mystical laws that we are talking about. She did a whole three day workshop with Norm Shealy which is incredible because that gets into the medical intuition part of it which she spearheaded with Norm for so many years and still has. Exactly what you are saying there is it is about understanding. The intuition that you experience is not just specific to you. Anyone can really do it when they understand the true science of the soul. That's what you get to there. The deep questions that you ask throughout these workshops; some of the other ones that I wrote down are why are we other than here? That is all about present time and being in this place of true presence which is a really good question to ask. Just a lot of questions that you ask us to ask ourselves, exercises, visualizations, and meditations that you take us through so purely. You spend a lot of time giving us space in those workshops.

Caroline: It is not until that you ask yourself a question that you have never asked yourself before and you don't think about it, you reflect on it that you experience the power that I depth charged question has in the whole of your life. It is not until you evoke the knowledge that comes from reflecting on a ferociously powerfully question. A deep

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invocation, like why do I fear being in present time? Why do I keep myself distracted? That is not an ordinary question. What you are actually saying is God shed light, illuminate me. There are not many times in your life where you will use that word. The words that you use, words are power. One of the questions that I ask is how many powerful words do you actually use? How many do you actually use? Can you discern the difference between a word that has power and words that disempowered you and a word that has mega power? Here is a mega power word. Illuminate. Illuminate me. Bring more light into me. There is not enough light in me now. I have exhausted my wiring. I have been using candles and I need high voltage lighting in me now. Illuminate me God. I need to see more of my inside than my outside. Bring me more truth. Light me up on the inside. That is such a powerful prayer. Such a powerful prayer. The more that you illuminate the inside, the more that you begin to navigate your life from your interior, from your graces, from your inner wisdom, from the laws. The more that you start looking at all of the events in the world. What is the force that brought these events together? You no longer say silly things like that is Obama's fault. That is Mitt Romney's fault. You can't in your wildest dreams begin to possibly believe that all of the events created possibly stem from one human being. I would ask you to look at your own life and imagine that all of the problems in your family are just because of you, just because of you. Not your husband, not your wife, not your children, not your grandchildren, not the bankers, not your job, just you. Then transfer that and think that all of the problems in the country are not because of anything historical, not because of all of the confusing politics, not because of the foolish choices that Wall Street have made, not because of the years of policies, just because of one man who happened to step into the White House's a mere three years ago. No, no. Not because of evolution, not because of where humanity is going, not because it is the end of the fossil age and the beginning of the solar age, not because of all the forces or ecology that are happening, not because of all of the other countries are making, just because that that man stepped in the White House. The preposterousness of this. All the problems in your husband's life, your wife's life, your children life, the school system they are in is just because of you. That would be the equivalent in your own life of that type of thinking. That is where you bow your head and say God illuminate me because my thinking is so ridiculous that I can't breathe anymore now that I think about it. I have to get out of myself because I am so living in a psychic field of preposterousness. If this is the way that I calculate, why am I depressed? With this same state of mind I will never get out of disease because I will blame someone for why I am sick. I will never get out of my financial problems. I will never be able to create anything and I will never, ever, ever survive problems because I am not clear thinking. No, am anything but that. I have got to get out of this. I am living in a sea of madness. Get me out of this. That is how you pray.

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Lisa: Wow. There is a question that came in from a man during that and he says why does it still seem so hard to really hear my wife of 49 plus years, to stop the same old disagreements, and try new solutions? I read all of the books and we have tried therapy. It is because he is not asking the right questions.

Caroline: No. It is a simple power play. Both of you want to be right and you want each other to acknowledge it.

Lisa: For 50 years?

Caroline: No, no, no, no. It boils down to this is a power play where underneath it you both have pain that you want the other to acknowledge. Unacknowledged pain and disappointment. If you looked at your wife and said you are holding me accountable for a disappointed life.

Lisa: You just solved the divorce crisis right there Caroline.

Caroline: You are holding me accountable for your disappointed life and I am holding you accountable for my disappointed life and we have never looked at each other and said that we are punishing each other.

Lisa: We could go on and on and on and on. I have written so many notes during this call like I always do talking to you. I know our time is nearing to an end but I just have to tell you always bringing me to a totally different level. I am so grateful to be able to have these conversations with you Caroline. You help me and the people listening. I am just going to tell you one more time, there is a website to go to which is www.theawareshow.com/myss. I know that you don't need this, but there are so many people that are so grateful for this conversation right now. You can dive in, go to the special offer, get into the material, sit with it, and be with it. Don't listen while you are doing something else. Be with it. There are opportunities in the words that Caroline teaches from a place of her dedication of being a scholar and to truly teaching and her ferocious need to uncover the truth. Her dedication is in the teachings that she is giving and you are simply the effect of. It is a beautiful experience to listen to and watch you in these workshops. These by the way, are workshops that she has done that people have paid like \$3000 per workshop to physically attend. The fact that David, from your team, has put this together for our listeners on MP3's, making it easy to download. It is very easy to watch these. It comes up right away. There are instructions on there on how to do it. You can get into these workshops and really start to take yourself to another level. If you are in any type of need of healing, if you are in pain, if you are stuck, or if your relationships are not working out. I could just scroll through the hundreds of questions

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that have come in through the calls. Of course archetypes. It is all covered in here. The graces, the mystical laws, it is all covered in here. You know where to go. You can dive in and do your thing and open yourself up to the world of truth and mysticism in that offer. I just want to say thank you. Did I ask all the right questions?

Caroline: You are such a marvelous interviewer. You are the best. The best. I just love when we have a chance to work together Lisa. You truly are wonderful.

Lisa: Thank you. That is awesome coming from you. I so go there. I so go there with you. I appreciate it and I thank you.

Caroline: You are a doll hon.

Lisa: Alright. I will talk to you again soon okay.

Caroline: Thank you to all of the listeners for joining us today. Bless you all.

Lisa: Thank you so much. For all of you that got an opportunity to hear Caroline Myss and see spirit infuse and come in and crack open truth at the person level, at the symbolic, archetypal level. The workshop that she teaches she uses stories, myth, and history, all of those distinctions. It really is something to be experienced. If you get the opportunity to get the special offer it is wonderful. People have paid thousands for these workshops and for \$97 this is an amazing deal. I really am grateful for Caroline and her team for putting that together. It is three days worth of workshops. That is over 60 to 70 hours of material. Thank you so much for joining me today. Thank you for your energy on the call. Sorry I did not get to a lot of your questions they were really good and a lot of them were being answered and addressed while Caroline was speaking. She facilitated a huge healing in me today and by listening to the material which I have done up to the point of this phone call I have shifted into a different place. I appreciate you all. I am in so much deep gratitude for your desire to want to learn and to want move and grow. Thank you so much for being on these calls. I deeply do appreciate you. Until next time, I invite you to stay aware.