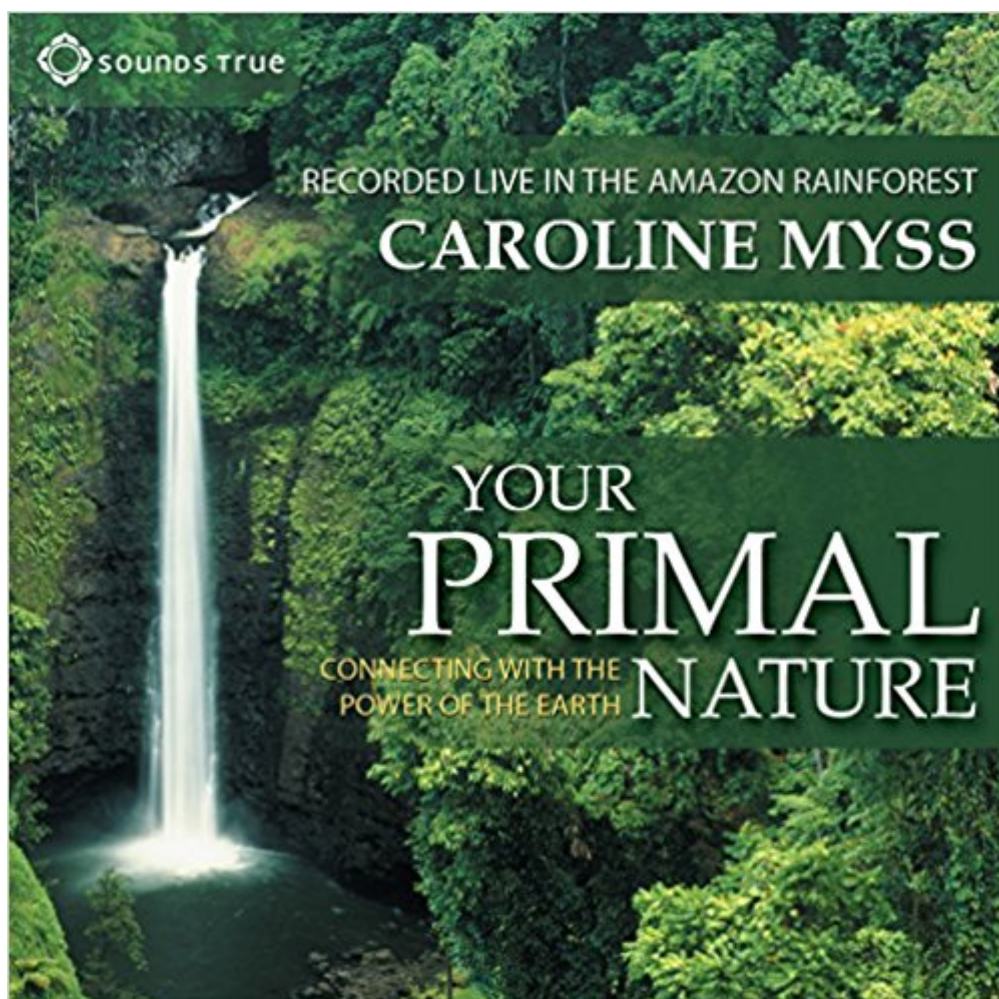


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# Your Primal Nature: Connecting With The Power Of The Earth



## Synopsis

On Your Primal Nature, renowned medical intuitive Caroline Myss explores the natural energy of the earth, its awesome potential for transforming our lives, and our instinctual need to connect with it. Myss brings us face-to-face with our spiritual roots in the pagan past, and explores why our spirits long for the wild, sensual energy that only nature can provide. Without the cooperation of nature and its energy, she says, we can never integrate our instincts with our higher spiritual functions, such as intuition. Recorded deep in the rain forest, and including a guided visualization for connecting with the energy of the earth, Your Primal Nature is a welcome guide for harmonizing our spiritual lives with the phenomenal forces of the natural world.

## Book Information

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## Customer Reviews

Myss (Anatomy of the Spirit; Sacred Contracts) addresses the importance of getting in touch with the forces of nature in this audiobook recorded in the . With background sounds including rushing water and animals, Myss discusses our "pagan" selves. In her view, all people, no matter how scheduled and in control of their lives they are, want to find a more comfortable place. For Myss, churches offer that comfort. She visits them not simply to pray, but because she finds them comfortable and secure. For others, it might be changing a daily routine and travelling elsewhere, or abandoning clothing and finding the sensual pleasures nature offers. Drawing on her own experiences, Myss offers general suggestions on how people can begin to make the connection

between the self and nature. While Myss's narration conveys her enthusiasm and conviction in her beliefs, she assumes listeners know terminology like "power points" and "chakras." Listeners who aren't well versed in these terms and in Myss's approach may find her monologue confusing. This work-which is available only on audio-will be best appreciated by listeners who are already fans of Myss. Copyright 2003 Reed Business Information, Inc. --This text refers to the Audible Audio Edition edition.

Exclusive to audio, this session with the author of the "New York Times" bestseller "Sacred Contracts" explores the life energy of the earth and humans' need to connect with it. Myss brings listeners face to face with their pagan roots, and explains why their spirits long for the wild. Recorded live as it happened in the rainforest. 1 cassette. --This text refers to the Audible Audio Edition edition.

What a wonderful surprise when I listened to this CD.Very educational and profound as she leads you into meditation.I highly recommend this to all who want to connect and ground with Mother Earth..I truly felt like I was there in the with Caroline with all those beautiful LIVE sounds and her guided visualization.Quite the ultimate experience!Mainly functioning on the root chakra.No frills,very realistic.If I could rate it 10 Than I would...Well i will anyway.\*\*\*\*\*Don't pass this opportunity by,try it you will love it.

This is a short lecture but packs a powerful punch! Caroline always delivers a great message and this one doesn't fall short of that. I'm a huge fan of her work! =)

great

Not the best Carolyn Myss CD out there by far, but I always enjoy listening to her perspective and insight.

The first time I listened to this I was distracted by some of the imagery that Ms Myss' uses in re: to my primal nature- Listening to it again, and again, her message speaks-helps-heals.

I love this CD! It reminds me to reconnect to the earth and the wonderful primal wild energy which I need, to be balanced and happy! The guided meditation she takes you on is great and I love the

music. I have been to the , I really connected with that area. I highly recommend.

"There is something inherently natural about being sensual, sexual, and erotically free-that originates within this core of the First Chakra primal pagan point in your nature." - Caroline Myss

Recorded live in the rainforest, *Your Primal Nature - Connecting with the Power of the Earth* is a single CD addressing the primal need for nature, symptoms of a neglected pagan point, the attraction of power points, channeling Guidance, and the connection between the First Chakra and intuition. According to medical intuitive Caroline Myss, the cravings for nature or power points is actually a craving for connection to the pagan self. Power points-places where ley lines culminate into magnetically charged vortices of energy-satisfy our myth-starved psyches. What resonates as a power point for one person may not for another. In fact, we can establish our own "power points" for grounding. Rocks, plants, crystals, aromatherapy, and so on all enhance the "pagan point" of a home, aiding in grounding. With a run-time of 77:43, *Your Primal Nature* also covers the enchanted history of Findhorn including how one of the founders channeled Jesus, communicated with nature spirits, and created an amazing garden that yielded unusually large vegetables as a testament to the existence of these spirits. Myss maintains, "Channeling is the process of receiving knowledge other than ordinary knowledge and bringing it through your system and incarnating it into your life". In fact, she said there's something wrong if you're NOT a channel. The ability to resonate and bring forth voices from nature spirits and elemental forces-to talk to trees and "hear" their wisdom-is actually the NORMAL state for humans, she asserts. Myss also differentiates between intuition and instinct, teaching that the latter is all about survival. Yet, without a grounded First Chakra-one of the survival chakras-an individual cannot appropriate and use high voltage power like intuition. She asks, "What happens if you start to invite archetypal patterns, invite the unconscious to reveal itself, but you have absolutely no way of releasing that energy in physical form?" If our "low voltage wiring" (instinct/First Chakra) isn't connected, then we cannot protect ourselves during the process of creation. Congruence, Myss explains, occurs when intuition and instinct "speak" to one another-where we act on hunches and Guidance and do whatever it takes in the natural world to bring it into existence. The last 17 minutes of *Your Primal Nature* is an excellent guided meditation for grounding accompanied by the insistent beating of drums. Modern society is the most ungrounded it's ever been and this results in a type of spiritual crisis-an organic "madness" and intuitive disconnect. *Your Primal Nature* provides essential information for grounding and accessing our primal, natural pagan points-both within and without. I especially loved the guided meditation. I'm quite an "airy" person, exhibiting much of the symptoms that Myss explains (such as the

Wanderer). After I listened to her guided meditation, visualizing the grounding copper wire snaking from my tailbone to the hot center of the earth-I became instantly grounded. It was really quite amazing how it snapped me right back into my body.If you're the type of person who's "stuck in the head" or exhibits over-dependence on either the Child or Wanderer archetype, Your Primal Nature is an excellent teaching for cultivating your pagan point and balancing your First Chakra.Janet Boyer, author of *Â The Back in Time Tarot Book: Picture the Past, Experience the Cards, Understand the Present* (coming Fall 2008 from Hampton Roads Publishing)

I have a number of CDs by Carolyn Myss which I have found beneficial, however for me, I found this tape to be more of a review of some of her other CDs, so for me there was really nothing new. If you do not own a Carolyn Myss CD then I think you would find this interesting and insightful, but if you have one or two CDs, I would pass on this one.

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