

An Invitation from Caroline Myss

Dear friend,

This March, join me to explore a rather unusual concept: the power of modern-day spell casters. We are surrounded by spell casters, influencing us via the media or conversations with friends and family. And though we may not think of our thoughts as “spells,” what else should we call a false belief that has a controlling influence upon us? These negative thought forms—some that date back perhaps even to childhood—have staying power and continue to influence us until we break their hold.

Today, we live in a high-energy, information-driven society, intimately linked through the Internet. Now, consider that the Internet is a physical expression of our “inner-net;” that is, the way in which we are all spiritually connected through the “collective unconscious.” The Internet is like the technical manifestation of our energetic network system. We have evolved and are continuing to evolve in this new energetic landscape. We are becoming more sensitive to the psychic fields of other people as well as the energetic health of the collective.

It is more important than ever to be able to discern truth from deception, to keep spells from entering your energy field. We must understand how our beliefs—or spells—influence the quality of our health and relationships as well as success in our endeavors. We must also learn to recognize when we are unknowingly spell-casting.

I hope you’ll join me to break free of the spells that have a hold of you. Kripalu is such a lovely place to take your body and soul.

Caroline Myss