



Entering the Castle: Finding the Inner Path to God and Your Soul's Purpose

By Caroline Myss

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Entering the Castle: Finding the Inner Path to God and Your Soul's Purpose

By Caroline Myss

Internationally renowned motivational teacher and popular theologian Caroline Myss has created a transcendent work of unique insight and revelation in Entering the Castle. A highly original inner path to self-knowledge, the Castle is also the road to spiritual knowledge of God and your own soul. In fact the soul is your spiritual castle and doing interior soul work helps you find your path in the world.

Teresa of Ávila's vision of the soul as a beautiful crystal castle with many mansions, and many rooms within those mansions, is the template for this modern spiritual journey on which you meet different aspects of your self and spirit and prepare for the ultimate encounter with God and your own divinity. Seven stages of intense practices and methods of spiritual inquiry develop your personal powers of prayer, contemplation, and intuition, which in turn reinforce your interior castle and build a soul of strength and stamina. With stories and inspiration from mystics of all traditions, Entering the Castle is a comprehensive guide for the journey of your life -- a journey into the center of your soul. There, peace, God, and a fearless joy wait for you to discover them...and claim them for your own.

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Editorial Review

From Publishers Weekly

Starred Review. Fans of Myss's earlier books (*Sacred Contracts*, etc.), which drew inspiration from such diverse traditions as Indian medicine and ancient divination methods, may be surprised at how thoroughly entrenched her new book is in the Western religious tradition. In the preface, she discusses how an out-of-the-blue seizure and a midlife hunger for an authentic spiritual practice set her exploring the mystical tradition of her childhood Catholic faith. Using St. Teresa of Ávila's metaphor of the "interior castle" as a template, Myss challenges readers to get in touch with their own souls and shows how they can then lead deeper, more joyous lives. Every chapter is packed with meditations that help to either clean out the detritus that prevents spiritual growth or prepare for a mystical meeting with God. Interspersed are supportive stories of those who have gone before on the path. While Myss explicitly states that readers need not become Catholic or even Christian to enter the castle, some may be turned off by how little she incorporates other traditions. Even so, the material clearly springs from a deeply personal place and every page rings with the passion and intensity of someone who has finally found what she was seeking. (Mar. 6)

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Review

"*Entering the Castle* is...based on St. Teresa's seven interior mansions, which are explained and elaborated here...so beautifully, clearly, compassionately, lightheartedly, wondrously...[as] seven steps...to your own deepest self or soul. Teresa became not only a spiritual woman who had written a brilliant practice manual, but a saint who saved Caroline's life, showed her her soul, awakened her heart, and set her on the never-ending...timelessly fulfilled road of practice. I just know that Teresa would say 'amen' to this luminous book as the fruit of her calling to you, a calling to all of us to be mystics without monasteries in a world sorely in need of a touch of the divine...the true self in each and every one of us."

-- From the foreword by Ken Wilber, author of *A Brief History of Everything* and *Integral Spirituality*

"Caroline Myss's brilliant, brave, and profoundly moving book takes us deep into the burning heart of Teresa of Ávila's vision of divine consciousness. Seekers on all paths will find here mature wisdom and deep sacred passion expressed with thrilling directness and a fierce psychological precision worthy of Teresa herself."

-- Andrew Harvey, author of *The Direct Path* and *Son of Man*

About the Author

Caroline Myss is the author of the *New York Times* bestselling books *Invisible Acts of Power*, *Sacred Contracts*, *Why People Don't Heal and How They Can*, and *Anatomy of the Spirit*, and is a pioneer and international lecturer in human consciousness. In 2003, she founded the CMED Institute, an educational program that specializes in intensive classes on archetypes, personal power, and mysticism. Her audiotapes include *Entering the Castle* (Hay House) and *Why People Don't Heal and How They Can; Spiritual Madness*; and *Spiritual Power, Spiritual Practice* (Sounds True). Her work is featured on her popular website www.myss.com. She lives in Oak Park, Illinois.

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Users Review

From reader reviews:

George Valentine:

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Mildred Bostwick:

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