



CAROLINE MYSS:



## Invisible Acts of Power

**T**o be of service is a spiritual and a biological imperative. Being part of a community is a psychic necessity. It's an emotional necessity. When I hear someone say, "I want to be a hermit," I think of Thoreau. He was no more a hermit than somebody who lives near a modern city. Though he wrote his books in solitude, he came into town on occasion and socialized with his friends at a tavern.

It's abnormal to want to be disconnected. It's abnormal to not want the help that is normal. If someone in front of you drops something, you don't have to think, "Do I pick it up, or don't I?" You simply rush to the call. You have to work hard in order to become frozen.

There is a maturation process to a person's capacity to give, and to be of service. If that maturation process is woven into one's self-esteem, it has a direct impact on the maturation of one's intuition, and the ability to be intuitive.

There is a deep-seated misconception that being intuitive is a gift. It's not. There is no such thing as a gift for intuition. I have finally realized that courage is the true gift, and intuition is sharpened as a result. Either you develop the ability to respond physically to what you are hearing, feeling, and sensing on the inside—or you don't. Responding to others takes guts. What determines whether or not you have those guts is self-esteem. It is a strong sense of self. It is a willingness and ability to take charge of yourself.

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What determines the point at which a person develops this courage? It comes about when you finally get a grip on yourself and say, "I can handle survival. I don't need my survival to be guaranteed in order for me to listen to my spiritual guidance." That is the surrender point. That's the point at which a person finally engages his or her highest potential.

Most people who come to my workshops are pursuing their own "spiritual" lives. Yet I wonder, are they really pursuing spirituality, or are they pursuing intuitive abilities, subtly disguised as spirituality? They may say they want guidance to figure out how to survive in their career. I ask myself, "What deeper goal are they seeking?"

There is always a deeper goal. You can't develop intuition solely for your own ends. You may think you're developing your intuition to find your higher calling at work. But if you're intuitive, you're going

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to wind up being more sensitive and aware of others. You're going to become a healer. You can't pursue your own good, and say goodbye to helping other people. You can't say, "I'm just going to be intuitive for myself. When I look at someone else, I really don't want to do an accurate intuitive reading. I really don't want to risk sensing that they might need support. I really don't want to sense that they are really hurting because of something I said to them. I really don't want to face that, so I'll use my intuitive abilities just for my own benefit." People limit their own development continually in this way. Some are frightened, some are cautious, some are bitter, some are negative. They really don't want to be intuitively clear about people they have an interest in controlling. Most people want intuitive clarity about their own future and their own life. Then they want to put up a barrier when it comes to intuitive clarity about others. But intuition doesn't work that way. It gives you insight into both.

An invisible act of power is to say, "I am going to put my energy behind you in support of you, and not in front of you obstructing you." Crossing that bridge of service leads to your own highest potential. It takes honesty and self-esteem. Real generosity, a real intuitive act of power—invisible work—is to get to the point where you can say, "I have got to be clear across the board—not just for me."

Everybody notices a homeless person, even if they pretend not to. They may turn away, and engage in conversation with a friend, just to avoid seeing the homeless person. Yet they are still extremely aware that there's a homeless person on the block. They may not want to respond, or feel the vulnerability of that homeless person.

You don't need a lot of self-esteem. A little bit goes a long way; suddenly you are generous enough to give up the need to control other people. You don't need to become 100% empowered. A 51% to 49% ratio will do the trick. Just get to the point where you're conscious enough to hold yourself accountable for your own feelings. Just admit that you're jealous, or embarrassed, or that you could betray a friend. Just get a little bit honest with your shadow. The moment you arrive there, you can really start dealing with your life.

You can't live your life if all you focus on is how other people's shadows have hurt you, you poor thing. You've got to get to the point where you look at the weapon that you've hidden in your own dark space. When you get to that point you can start looking at the healing of your self-esteem. As soon as that self-esteem is in place in a little bit of a way, you don't pretend you don't see that homeless person. You acknowledge that, "I see that person and I'm choosing to ignore that person." You don't turn away and engage in conversation with a friend, in order to convince the friend that you didn't see the homeless person. You don't worry that if you didn't do this, your friend might think you're a terrible person because you're walking by; you're hoping that they think, "She didn't see the homeless person because she's talking to me." At the same time you're hoping the homeless person doesn't say anything to the two of you, and become impossible to ignore, because you don't want to part with a dollar. That's a lot of psychic drama, all because you don't want to admit that, intuitively, you feel the energy of that homeless person; you go to all this trouble to avoid taking action on your intuitive hit. You've just received an intuitive hit, and not acted on it. That's low self-esteem. If your intuition gave you the perfect instructions for your own physical healing, are you then going to say, "I can't do it. What will the neighbors think?"

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I collected the stories of dozens of people for my book *Invisible Acts of Power*. One was of a man who was on his way to kill himself. He was trying to make his last decision: "Should I use pills, or a razor?" As he stood at a crosswalk waiting to cross the street, a woman stopped for him. He waited for her to accelerate, but she didn't. She looked at him and smiled. Their eyes linked. She didn't say anything. He locked into her; he couldn't take his eyes off her. All she did was smile, but it wasn't an ordinary smile. She flushed him full of grace. It washed over him. He wrote, "She brought me back to life with that smile." Was it the smile? No, it was grace. She channeled grace to him.



Another person wrote, “You know what brought me back to life? Someone held the door open for me. And I’ll tell you why that seemed so important: I couldn’t take one more person slamming a door in my face.” What determines who channels grace and who doesn’t? What does it take? The management of power is archetypal and symbolic and spiritual. And if you knew that opening a door was an act of life or death, symbolically, you wouldn’t go near it. It’s better you don’t know. Down here it’s all illusion, and you don’t know what you’re doing. As I read these stories, I realized, “Oh my God, there isn’t a thing we touch—there is nothing at all—that is not connected to someone else.”

You might be worried about the state of the world, at the twenty thousand children dying each day in poor countries. Yet think of the problems of our own culture: People lying twenty thousand times a month. Which is the greater tragedy? In our culture, our poverty of spirit is horrible. Most of us are far more focused on managing other people’s dishonesty than in developing our own wisdom.

In our culture, lying is regarded as dialog. When you think of poverty in Western civilization, which chakra’s poverty do you want to contemplate? Poverty of judgment? Poverty of wisdom? Poverty of forgiveness? You don’t have to go to another country to deal with poverty. Just pick a level of poverty close to home.

In 1975 I attended my very first lecture on consciousness. I was in my early twenties, and it was the first time I’d seen someone from

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the East. The teacher said, “The best gift you can give anyone in this life is to become a fully congruent human being.” The first thought I had in response was, “In a world that’s starving, what kind of self-centered, selfish idea is that? But today, I can’t imagine a more compassionate thing. The finest force you can be is a fully congruent soul. A master is a fully congruent being. Their thought goes into form instantly because there is no distortion in them. Healing is instant. Kairos goes immediately into Chronos.

Someone asked the Dalai Lama in an interview how to deal with the Chinese who are occupying Tibet. He replied, “With compassion.” If you’re competitive and incongruent, that kind of spiritual work doesn’t satisfy you; in fact, it doesn’t make any sense. If you’re congruent, it makes perfect sense. You understand that taking care of “in here” and “out there” is the same instruction. When you encounter violent energy and do not respond in kind, you absorb it, putting an end to the cycle. That takes away the power of those opposing you. If you don’t respond to their provocations, then they have to change.

That’s an invisible act of power, even though in the middle of it, you cannot see that power. It is unimaginable how powerful that type of approach truly is. The impact of prayer, the impact of compassion, the impact of good and kind thoughts and actions, is incalculable. The accumulation of all the good sparks that jump out of people counter-act all the dark sparks. They are the reason this world is still alive.

Prayer, and these wonderful acts of service, and this light of goodness, carries immense power. Whether you’re opening a door, saying one nice thing, or delivering one meal, you have saved a life. It may be a meal for you, but the recipient writes to me and says, “The man who delivered that meal saved my life. I was about to commit suicide when he came.” And for you it was a casserole; you might think, “For me, it was nothing.” While it may have been nothing for you, behind the scenes, angels made sure that the casserole was delivered. You might have thought that it was just an idea that just sprang into your head, when in reality it was an intuitive hit. Acting on it channeled healing power. In the moment you responded to your intuition, alchemy occurred, and you became a healer. The energy of healing poured through you. An invisible act of power of a cosmic quality occurred around and through you, because you accepted the instruction, and you stepped into the authority of a healer. That’s an invisible act that’s happening around and through you because you listened to this inner voice, that you’ve been spending so much time developing. The casserole may look like nothing more than a casserole, yet it carries a vibration of heart and intention.

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