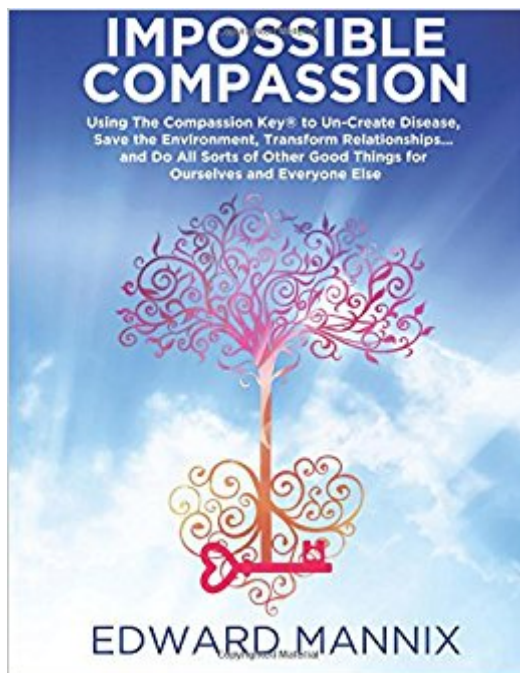


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# Impossible Compassion: Using The Compassion Key To Un-Create Disease, Save The Environment, Transform Relationships€! And Do All Sorts Of Other Good Things For Ourselves And Everyone Else



## Synopsis

How do we end suffering in our own life and on the planet? How do we bring about seemingly impossible outcomes such as miraculously healing our self from a fatal disease, saving the environment or ending violence and war? In his second book, Edward Mannix takes on our assumptions about what is possible and impossible for us as individuals and as a species, and he provides us with a new paradigm and new tools that enable us to achieve that which was perviously unachievable. The new paradigm he presents includes two key concepts the author calls metaphysical causation and interlocking karma. Metaphysical causation at first sounds a lot like the Law of Attraction but ends up being quite a bit different. According to the author it is not our thoughts that create our reality, but rather it is our karma or karmic imprints that are projected onto the movie screen of our life by the powerful projector of our soul. By moving the discussion away from the potency of our thoughts to something more difficult to observe - our karmic imprints - the book reveals to us important hidden aspects of the creative mechanism of life, and offers us the opportunity to intervene in this causal process in a new and powerful way. For those readers who have tried the Law of Attraction and found it sometimes effective and other times ineffective, it is likely that the information presented in this text will illuminate why those techniques often fall down. Impossible Compassion provides a missing link of sorts, helping us identify and change our karmic imprints through the use of simple tools and processes that fall under the heading of what the author calls directed compassion. By utilizing our own compassion to alter the karmic imprints on the film of our soul - which the book teaches us how to do in specific detail - we can literally re-write the script of our life, leading to rapid and potentially miraculous changes in our external world. And, while according to metaphysical causation we each sit at the center of and in some way create our own universe, we are also all connected to one another and part of each others' created universes. In his discussion of what he calls interlocking karma, the author illuminates this critical paradox that is so often misunderstood or entirely missed by students and teachers of modern spirituality. In so doing, he gives us further insight into the process of reality unfolding, and it is with an understanding of interlocking karma that we can see how giving our self compassion can influence the physical health of a loved one or help bring about major changes in our collective reality, e.g., ending violence and war.

**ABOUT THE AUTHOR** Edward Mannix has been on a conscious path of personal and spiritual development for over 20 years. He has practiced Vipassana meditation in a monastery in Burma, travelled to Nepal to receive teachings and empowerments from Tibetan Rinpoches, and worked with hidden masters from a number of traditions and geographies, spanning Asia, Europe and the United States. Throughout his journey, Edward has focused on a form of

practical spirituality â “ integrating his spiritual pursuits into ordinary life, not leaving worldly endeavors behind, but instead using them as a vehicle to go deeper into awakening. While on his conscious path and prior to becoming an author, he worked in the private sector as a management consultant and social entrepreneur. He holds an M.B.A. from Columbia University where he studied Sustainability and Social Enterprise, an M.A. from The School of Advanced International Studies (SAIS) at Johns Hopkins University, and a B.A. in Psychology and Economics from Indiana University. He has been helping others use directed compassion to reach their physical/material/emotional/spiritual goals since 2009. OTHER BOOKS BY EDWARD Reinventing Truth: A New Map of the Spiritual Path and Reality As It Is

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## **Customer Reviews**

Edward Mannix has been on a conscious path of personal and spiritual development for over twenty years. He has practiced Vipassana meditation in a monastery in Burma, travelled to Nepal to receive teachings and empowerments from Tibetan Rinpoches, and worked with hidden masters from a number of traditions and geographies, spanning Asia, Europe and the United States. Throughout his journey, Edward has consistently been focused on a form of practical spirituality - integrating his spiritual pursuits into ordinary life, not leaving worldly endeavors behind, but instead using them as a vehicle to go deeper into awakening. While on his conscious path and prior to becoming an author, he worked in the private sector as a management consultant and social entrepreneur. He holds an M.B.A. from Columbia University where studied Sustainability and Social Enterprise, an M.A. from The School of Advanced International Studies (SAIS) at Johns Hopkins

University, and a B.A. in Psychology and Economics from Indiana University. Drawing upon unique insight and an unusually diverse set of life experiences, Edward brings fresh perspective to ancient wisdom, and is emerging as an important new voice in the arenas of philosophy, spiritual development and personal transformation. He has been helping others use directed compassion to reach their physical/material/emotional/spiritual goals since 2009.

The first time I read this book, I was focusing solely on healing myself. At that time I was picking every person's negative feelings and feeling tired unable to feel sustained inner peace especially if the people around me were agitated. If someone was stressed out and approached me with that energy, I struggled for a long time to regain my composure. As I applied the phrases that Edward suggests in this book to my struggles and added my own, I started to feel more clarity and my emotional boundaries started to develop. I have come a long way since first reading the book and recently reread it and will be definitely be reading it again in the future. What I like most about the book is that it is written to help the reader apply the information. Each chapter has short phrases that you can stop and try out for yourself to see if they apply to your unique situation. Prior to reading the book, I was not aware of anything that I could do or say to myself that would have the type of reaction that some of the phrases in the book had on me. From time to time, I repeat some of the phrases to myself to see if they will resonate with me and very often a few do. When I follow them and work through the issue I always feel the shifts in my body and in my life. I was raised Christian and from an early age, I wanted to know more about the soul since I was taught that it was the part of me that lived for ever. I figured if it was that durable, it deserved greater care than anything else. But none of the people I asked questions to could give me a response that made sense. Every time I found any sort of writing about the soul, I read it in the hope that it was going to help me understand my soul but no book ever did until I came across this book. This book did not tell me what the soul was but it has given me working knowledge to connect with my soul. Even better, it has helped me to see the wounds that my soul wants to heal so that my life can unfold. Coming across this book has been one of the greatest blessings of my life. I am also rereading "Reinventing Truth" another book by Edward. I think from now on I will read the two books at least once a year. To me they are classics in spirituality and in healing.

Best Ever Self Help Information!! I purchased this book on the recommendation of a friend. I love it! I am a graduate counselor and have found more help in removing blockages in myself than in most of my counseling education. I have taken Edward's first and second/third levels of training and it has

been an eyeopener. The book is a stand alone or wonderful adjunct to Edward's classes. I highly recommend it to anyone struggling to get past issues and into the joyful present!

We all yearn to be the very best that we can be, to make a difference in the lives of those we love, to be a contributor to the greater good. Impossible Compassion promises us that we can do all of that...if we embrace compassion. Edward Mannix guides us in how to direct our compassion to change our lives and the world around us. His writing is both inspirational and practical (which is remarkable!) and his message is powerful. As a soul on my own journey and as a counselor with 27 years of helping my patients be their best, I have embraced Mr. Mannix's message. I have personally experienced the power of what he has to share and, professionally, I see the role directed compassion can play in the lives of my patients. So read this book and then read it again and then, perhaps, again!

A profoundly different approach to healing ourselves. Imagine being able to clear just about any block from your life using only the power of your own heart! I thought it sounded too good to be true, until I tried it myself. The Compassion Key gives me the power to clear my own stuff, as it arises... so I can simply live my life, as it unfolds. Most of my clearing 'work' is now seamlessly integrated with my daily activities (although Edward doesn't recommend it, I sometimes even use compassion phrases while I'm driving). This really is next-level healing. Simple, fast and powerful. It's created real transformation in my health and emotions. Can't recommend it highly enough.

Healing through self-directed compassion is profound! I have studied and practiced countless methods of healing and this is the one I consistently use for myself as well as sharing with others how simple it is and oh so powerful. Healing happens when our heart opens to the wounded parts of ourselves and what better way to open our heart to the wounding that through OUR OWN compassion. This process isn't about someone else trying to heal us with their compassion. It's teaching ourselves to connect deeply to our OWN compassion. Thank you Edward Mannix for bringing this to the world. What the world needs more of is love and compassion!

I am SO excited about the Compassion Key and want to share it with everyone! It is deceptively simple and yet goes deeper than anything I have ever experienced to clear out wounds from the past so we can live in FREEDOM in the present and together create a better, happier world! Please read the book, try self-directed compassion on yourself as Edward explains it in this powerful book,

follow where it takes you, and take one of Edward Mannix's courses if you get the chance! I have SO much hope for more and more transformation in my life because of the simple tool Edward so artfully elucidates in this book.

My husband bought me the book. I read the book. I also took Edward Mannix base course for \$400. Gave me high hopes for a while, but nothing came true. I did long and short form Compassion key multiple times every day. Very-very disappointing.

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