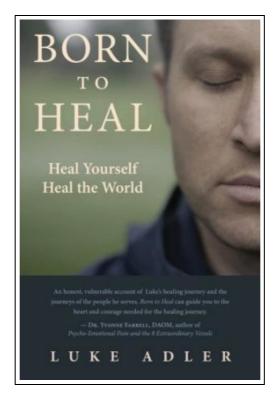
# Born to Heal (Paperback)



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# Reviews

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(Toney Bernhard)

## **BORN TO HEAL (PAPERBACK)**



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Luke Adler Healing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Until you discover the wellspring of love within, you will endlessly seek love from the outside world. You were born to heal. The power to heal and feel whole resides within you. With seventy-five exercises and meditations, illustrations, case studies, and personal stories, Born to Heal will inspire courage and help you develop and trust your inner guidance. You Il learn to examine stuck places in your life, to own your part in creating that stagnation, and become skilled with new ways of healing yourself and your world. If you re ready to move past the beginner stages of healing and spirituality, and invest in the evolution of your soul, you ve found the right tool. All beings on the planet want to heal, and that the desire to restore health is deep and persistent, even if it is suppressed by life traumas. The physical body demonstrates this beautifully. Witness a scrape on your knee systemically mend itself over a period of days-the skin now stronger than before. Emotional, mental, and spiritual healing is another story. Like the physical body, these systems also have an automatic healing sequence. Upbringing and societal conditioning have taught us to suppress our emotions, our truth, and the voice of our hearts. Born to Heal helps unpack that suppression and encourages the growth of stronger clarity, intuition, and a focus on healing. Born to Heal uses the lens of ancient Chinese medicine, enhanced by Luke s diverse exploration into his own consciousness and that the thousands of people he has served. His goal is to help patients and readers bring to light the systematic way we suppress our inner guidance and the physical effect of that suppression. Born...

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