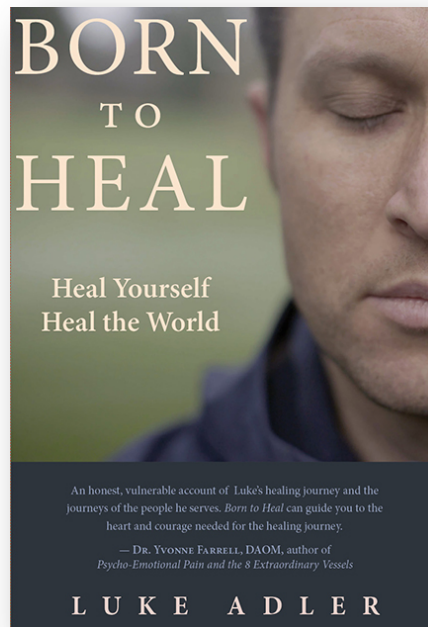


EXCERPT FROM

Born to Heal

By Luke Adler



My Message

(700 words)

Until you discover the wellspring of love within, you will endlessly seek love from the outside world. Deep inside, most people experience a degree of feeling empty and not good enough. When you look to the external world to solely fill you up, you will always be unfulfilled. At some point, you can or will experience your Divine essence deeply and thoroughly enough that you can relinquish your search for fulfillment externally. To quench the thirst of your soul, go within! Learn to meditate and do breathwork. Inside your heart is the doorway to the entire Universe. It is a vast chamber of Love that can flow through you towards the external world. You can become a tributary that channels love to help others know that same source within themselves.

Practice radical self love no matter what's going on outside you. It's easy to love yourself when your expectations are being met. Try loving yourself when you're in the doldrums. Try loving yourself when you lose your keys, cell phone, job, spouse, or sense of self. You gain affinity for grace when you choose to love yourself in the midst of a challenge. To bring light to the challenges we face externally, we must shine it upon the darkness within. When you show love, generosity and compassion to yourself, you can show love to anyone.

My approach to healing is threefold. Self-inquiry, self-love and spiritual practice. Summon the courage to look at your unconsciousness. Love and accept what you discover. Practice meditation, breathwork or other methods that increase your capacity to hold Universal Love. These three methods synergistically work to accelerate healing, love and enlightenment. If you're ready to move past the beginning stages of healing and spirituality and get invested in the evolution of your soul, keep reading.

Mark this day in your calendar. Today we are changing the culture of how love flows. This is a self-love campaign designed to change our world. Beneath the perceived scarcity or crises of

oil, water, coal, foodstuffs, healthcare, human rights, and environmental protection, lies the fundamental lynchpin that keeps all other crises spinning in chaos. I'm talking about the crisis of no self-love. Today we are shifting the values of our culture. We are shifting the way we relate to ourselves so as to shift the way we relate to one another and the planet. I am starting with me.

The exercise below is my answer to the question, What are ten things you love about you? Grab your journal and write your own list of ten (or twenty) things. Keep adding to the list as you work with this book. You'll keep discovering and creating more things about yourself to love.

TEN THINGS I LOVE ABOUT ME EXERCISE

I love my sense of humor.

I love being goofy and singing out loud when I get home from work.

I love my good heart.

I love that I'm learning to take care of myself and be gentle.

I love that I show up to work, even when I want to stay in bed.

I love that I know when to change my diet when my body shows signs of weariness.

I love that I love my wife, daughter, family, and friends.

I love that right now my heart is swelling and aching as I share what I love about me.

I love being creative and innovative about business, healing and spirituality.

I love being courageous and sensitive in challenging situations.

I love myself deeply.

I think that was eleven, but you get the idea. Now it's your turn. When you write these down, take a few deep inhalations and exhalations to root the self-love into your being. Then say them out loud and breathe them in even deeper. Every time I do this, my body begins to tingle and heat up.

If you are having trouble with this exercise, then you've found the first roadblock to your healing. Breathe into any discomfort and soften your body. Keep working on this exercise

until it becomes easy. For some of you, this may take some practice. We are social beings, and we create reality by sharing our lives with each other. So in order to spread the *Self-Love Revolution*, I request that you share 10 things you love about you with me and everyone you can think of and that you ask people, “What do you love about you?” Let’s hear it.