



REVIEW

Born to Heal

By Luke Adler

Born to Heal is outstanding! An experienced clinician of Chinese medicine and a spiritual teacher Adler details the mechanism of disease that sabotage your sense of joy and wellness. Suppression is the driver of disease. Suppressing what? You ask. Your sense of inner Truth with a capital T. Adler says the ancient healers of the East believed that the heart is the source of all disease. When you ignore the guidance of your heart, you sow the seeds of illness. Essentially, the core organ systems of the body take on emotional and physical stress in order to suppress your intuition.

He calls it the Sequence of Separation. As you suppress your inner truth, you feel increasingly separate from your body, purpose, love in your life, and your true divinity.

Adler walks us through the major organ systems, which represent the five elements in Chinese medicine. Beginning with the Lungs. When you ignore your Truth, you slight your soul. You feel sad, a response to the initial separation from your heart. Luke's advice: speaking your truth releases the sadness, so the heart can reassume clarity and receive guidance from the Universe. If you suppress your sadness, the Liver is activated. You may become angry as a way to motivate yourself to take action and fulfill your purpose. Suppressed anger engages the Spleen, so you may try to negotiate or think your way through problems. Adler says, you'll fail because thinking undermines your sense of self worth. The only way to reestablish your worth is to honor your time, energy, money and resources in your relationships. Establishing an exchange that honors your time, energy and resources reasserts the autonomy of the heart. Lastly, fear and dread of not honoring your truth calls on the Kidneys to provide you the wisdom to see the life lesson at hand.

This layering of suppressed emotion goes hand in hand with physical disease. To heal we must see that the positive and negative in our lives all stem from the moments we listen to and the moments we ignore our hearts. Adler outlines this process beautifully with case studies, stories of his own healing journey, and the insights of contemporary and ancient healers.

Adler's enthusiasm for healing and love for people is evident in his warm tone and laser-like insights into these ancient teachings. He's taken the ancient sutras of Chinese medicine, applied them in his practice and his life, consulted the experts, and brought forth three simple messages.

1. Your physical issues are reflections of spiritual ones. Look deeper than biology. There is a lesson to learn.
2. Healing is not about getting rid of your shortcomings, it's about loving them and using them to have compassion for others.
3. Take up a spiritual practice like breathwork or meditation. It will calm your nervous system, and give you clarity to respond effectively in your life.

Adler's compassion and intuition come through loud and clear in *Born to Heal*. I love his message that we are all born to heal, and that as we do so the world heals as well.

-YVONNE FARRELL DAOM
author of *Psycho-Emotional Pain and the 8 Extraordinary Vessels*