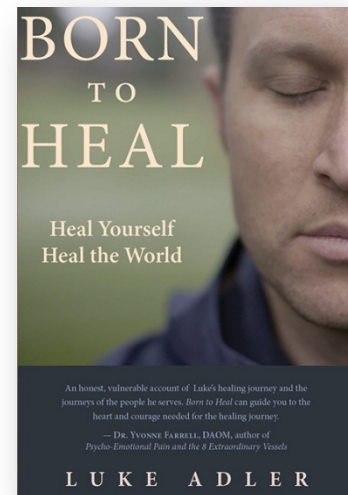


BOOK SUMMARY

Born to Heal

By Luke Adler



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'll 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.

Luke Adler's healing journey began in grade school. Fist-fights on the play ground were commonplace. The fear of becoming the target of the latest bully's temper taught Luke to use his sensitivity. He became compassionate to the pain that his peers were experiencing—both the bullies and their targets. "As a child, I could always feel people's hurts and sadness," Luke recalls. "It was natural for me to make other people feel better by paying them a compliment, treating them kindly, and helping them like themselves more. It diffused the stress at school."

Born to Heal is the realization of Luke's experience that 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 to Heal* teaches how to reverse the disease process by looking within, learning to love what you discover, taking up daily meditation practice, and using breathwork to increase your ability to see life in all its nuanced beauty.

Born to Heal is an engaging discovery of insight and courage that can become a guide to transform your life.