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## The Heart of Healing: Embracing Your Mindbody as the Path to Spiritual Awakening

By Mary Ann Wallace

Inkwater Press, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Humans tend to interpret uncomfortable body sensations as an obstacle that must be overcome - an approach that might be likened to attacking a competing army in battle. In *The Heart of Healing*, Dr. Mary Ann Wallace reminds us that by engaging in this old paradigm, we cause our own suffering. She suggests that instead of waging war on our symptoms, we embrace a new approach to illness, disease and emotional trauma. Dr. Wallace frames illness and disease as spiritual wake-up calls. She invites us to view all aspects of our life experience - including its most uncomfortable aspects - as an invitation to surrender into the deepest state of what is. She asks us to view our health challenges as a vibrant form of communication from the most fundamental aspect of who we are. As a pioneer in bridging the gap between the old and new medical paradigms, Dr. Wallace suggests that by focusing awareness on our moment-to-moment physical experience, a reinterpretation of that experience will reveal itself. Eventually, we wake up to the lifelong mental patterns that cause us to...



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