

Healing with Self-Love

A Conversation with David Elliott

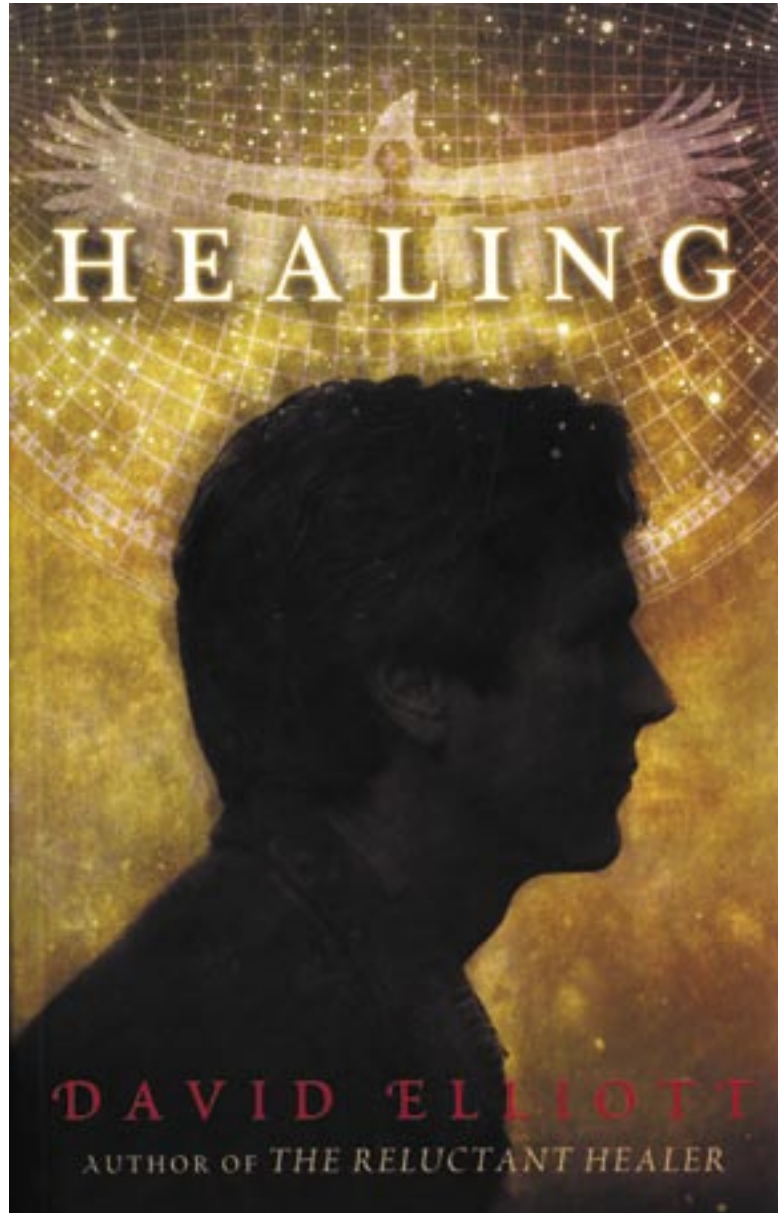
by Corrie Borris

THE WORLD IS CHANGING AT A QUICKENING PACE. ADVANCES IN COMMUNICATION TECHNOLOGY and the accessibility of the wireless age continue to break down the perception of borders between countries, cultures, and religions. The accelerated pace and pressure of a global society that is emerging in our midst cannot be denied. The speed at which these connections are taking place creates a constant push on our collective consciousness. We feel challenged by ideas, morals and values that seem contradictory, causing many to feel unsettled. As the volume turns up and these changes become evident, many are asking one thing: "How do we cope?"

"Self-love," says author and healer David Elliott. "Now more than ever, self-love is the key." Elliott has been working and traveling around the world as a healer and teacher for 20 years. Sitting with Elliott is a disarm-

"The message in Healing is exactly what the world needs now. If everyone read and applied the vital information in this book, the healthcare crisis would end almost instantly."

—Christiane Northrup



HEALING by David Elliott, \$18.00, ISBN 9780975391068, Hawk Press

most mundane of farm chores turned into profound tools that would serve him later in life, such as when he began to meditate. "Meditation was never much of a stretch for me. I would spend 16 hours a day during the summers driving a tractor through rows of corn with only 4 inches of room to spare. Becoming ungrounded or daydreaming meant running over and ruining the crop. I got used to mental discipline and focus at an early age. Probably earlier than most."

ing spiritual experience, thanks to his gentle Kentucky accent, openness and good-natured humor. His intuitive gifts have helped thousands and his observations have reinforced the growing need for each individual to connect to their heart. "It's not about finding love or acceptance outside of you. It's time to dig deep and find the love within, to start creating the foundation of self-love to help people remember who they are."

The Universal message and teaching of self-love is Elliott's mission, but the road to this point wasn't always clear. "If you'd have told me 20 years ago I was going to call myself a healer, I'd have thought you were crazy," says Elliott with a grin.

Kentucky Farm Boy to Hollywood

Elliott was born and raised on a farm in Western Kentucky where his love for nature and appreciation for hard work was instilled in him at a very early age. The lessons of life on the farm—working with the land and farm animals—proved to be invaluable. Even the

Do you want to thrive, be happier, and have more trust, confidence and love? Author David Elliott wants to empower you to have all that and more. According to Elliott, the way you get there is an inside job—and it has everything to do with realizing self-love. His gift as a healer is to help you to discover and remedy what keeps you from having a more fulfilling life.

Elliott felt the urge to leave the farm after high school and attended the University of Kentucky, ultimately earning his MBA. He spent a short time working as a sales rep in Florida but was finally convinced by his cousins to move out to LA. It was there that Elliott's adventure really began.

"Once I got to LA I tried out acting and it stuck pretty hard," recalls Elliott. It was the world of film and television that allowed him to dive deeper into his emotions and find his voice to express himself as an artist. "My time spent in Hollywood was instrumental to the work I do now. It expanded my awareness. I became more in tune with my heart and learned how to move beyond my shyness to open my voice. I started to see how Universal our emotions really are." Despite several years working as an actor, the intensity of his focus didn't pay off the way he hoped. "I think I wanted acting more than it wanted me."

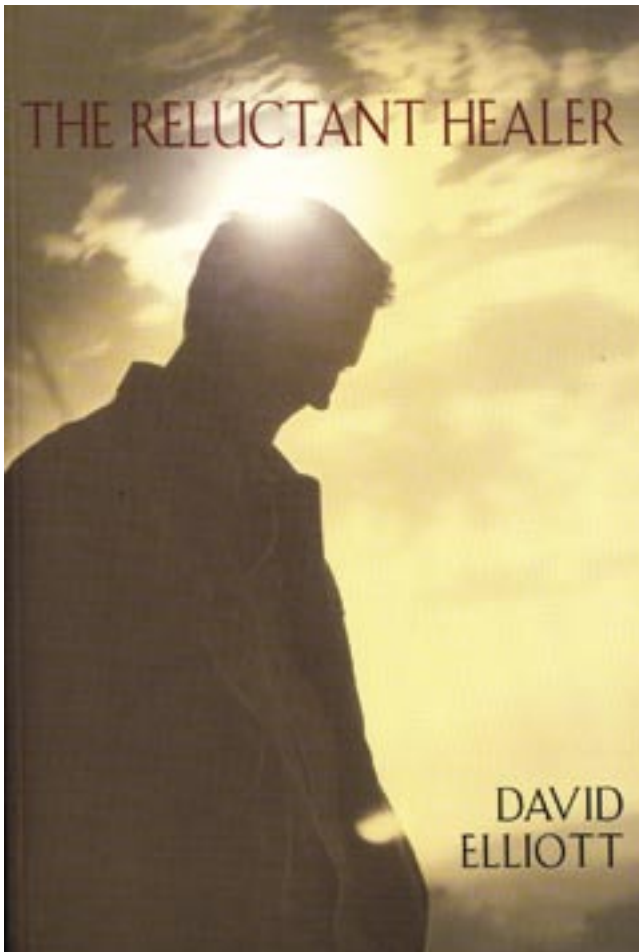
By the time he reached his early thirties, Elliott was coming to a crossroads in all aspects of his personal and professional life. It was at this time that he started to experience something peculiar: "Strangers would stop [me on the street] and tell me I was a healer. My ego wanted me to believe that they recognized me from TV or films, but they all said the same thing, 'You're a healer'." The energetic bombardment from strangers ("I thought they were new age crazy people, to be honest.") was enough to make Elliott take a closer look at what was going on. "I finally said, 'OK, God, you're going to have to send me some answers.'" A few moments later his phone rang and a friend told him about a mystic healer from Sedona, Arizona, named Tim Heath coming to LA. Elliott agreed to see him.

Answers

The meeting with Tim Heath turned out to be a turning point in Elliott's life. Heath introduced him to breath work—a two-stage pranayama breath meditation that is now the cornerstone of his healing work. "The breath is simple and direct. It opened a whole new world to me. It helped me understand my intuitive gifts, how they were combusting and pushing me. I finally felt like I started to understand more about who I was." Elliott learned how to use the breath and also how to use his highly perceptive and intuitive hearing, or clairaudience. "I thought everyone could hear questions before they were asked. Tim told me that my hearing was incredibly strong, stronger than most, and that this was a gift of the throat chakra. He said I would know and understand more about people than they might know about themselves. It all seemed strange at the time, but the pieces started to come together."

Over the course of the following two years Elliott traveled with Heath and learned a great deal from him. He sent people in Heath's direction whenever he came to town. When Heath died unexpectedly in a car accident, those who had been going to him for





RELUCTANT HEALER by David Elliott, \$16.95, ISBN 9780975391006, Hawk Press

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“The complete journey from Kentucky farm boy to healer is documented in Elliott’s first book, *The Reluctant Healer* (Hawk Press, 2005). Part autobiography, part healer guidebook, *The Reluctant Healer* details and outlines the path the Universe used to connect Elliott to his calling. It is a candid and honest telling of his life with stories and examples from his healing room.”

help turned to Elliott. “I remember telling the Universe, ‘OK, I’ll start with five sessions a week.’ That didn’t last long.”

Soon Elliott was seeing upwards of 20-30 people a week, and the work hasn’t stopped since. “I finally gave in. I thought, OK, I guess I’m a healer. Might as well have some fun while I’m doing it.” He hasn’t turned back since.

The Healing Crucible

The complete journey from Kentucky farm boy to healer is documented in Elliott’s first book, *The Reluctant Healer* (Hawk Press, 2005). Part autobiography, part healer guidebook, *The Reluctant Healer* details and outlines the path the Universe used to connect Elliott to his calling. It is a candid and honest telling of his life with stories and examples from his healing room.

As Elliott began to document the people coming to him for healing work, he became more and more aware of the energetic through-line that separated those who were able to create change in their lives and those who continued to repeat the same self-defeating patterns over and over again. The key was self-love. “Just from sitting with people, listening to their stories and working with them through the breath, it became clear, either you love yourself or you don’t. There is very little gray between these points.”

Elliott watched those who embraced and embodied this concept flourish, while those who were hesitant to trust the simplicity continued to flounder. As he began to apply the teaching to his own life, he too began to thrive. “It’s incredible what happens when you connect to the power of love generated from the heart. I was able to heal and clear an incident of sexual abuse from my childhood. I found clarity and peace after my divorce. I became a better father to my daughter Ruby. Literally, the world opened and nature began to dance right in front of my eyes, and more important, I could see the effects of me loving me reaching outward. I could see it extending to those around me, my family, and loved ones. I realized I was making the outside world a better place by making the choice to take care of my inner world.”

The eloquence of the choice to deepen the connection to self-love still leaves Elliott humbled and inspired. “There is no container for self-love, no end to its potential to awaken and enlighten even the most reluctant spirit. The message is timeless and has been circling the human experience from day one. I’m not saying anything new and groundbreaking, but I’ve seen too much to not be one of the voices championing the Power of Love. This is why I wrote *Healing*.”

Healing

Healing (Hawk Press, 2010), the follow-up to *The Reluctant Healer*, offers an intensive curriculum and crash course in self-love. Elliott shines a highly focused light on topics like sexual abuse, addiction, ego and aggressive consumerism, never flinching away from exposing the underlying current that fuels the outward expression of extreme energy — people are desperately seeking love outside themselves. The teaching of the book is reinforced by a series of written exercises and meditations created to awaken readers to their potential to generate love within their own heart.

The love and compassion that Elliott brings to his work is evident in the writing of *Healing*, but this does not mean he sugarcoats the message. There is no ambiguity or pretense in the stance he has taken to show people that self-love is the key to health and well-being. “There’s no space for wiggle room. The world is heating up. The message to come back to the heart, to the energy and Power of Love is now. It’s happening all around us.”

Though the topics covered in the book can be uncomfortable, Elliott keeps returning to love. A major tool for this journey is the two-stage pranayama breath he uses in his healing work. “The breath is the doorway to spirit. It allows an opening through the crown chakra for the essence or soul to come into the body and be felt.” The energy and vibration of spirit through breath work is not easily forgotten. Elliott notes that when the energy of the heart flows out into the world and is acknowledged by the sender, love from the Universe flows back in, creating a circle or exchange of Universal energy. Elliott references this as Universal Energy Flow.

“How you do anything is how you do everything. If you can get this concept of self-love and exchange, if you can open your awareness to how love and Universal Energy Flow move through the body, life will become easier in all aspects. You’ll be less stuck in your relationships, your work, your emotions. Commit to loving yourself and let that love flow out from the heart chakra. The grace of Universal energy will circle back in and the world will become a magical experience of abundance and synchronicity. Nature starts to dance and sing.”

The Bigger Picture

This awareness and connection to nature is as vital to Elliott now as it was when he lived on the farm. He still delights in the wonder of connecting to nature. “The bigger picture for me is to bring healing to the planet,” he says as his eyes light up. “My father and grandfather had a deep respect and appreciation for the Earth. They worked to preserve the topsoil. They intuitively knew the power and energy contained in it. It’s in my blood to protect the land. But I know we can’t do that as a global community until we find the peace within. We have to heal our hearts. Only then will the physical world become a natural extension of our inner balance.”

The work Elliott asks the reader to take on in *Healing* is ultimately the work of finding that peace within. It is the work of becoming the proverbial change in the world you want to see. As the energy and pressure of the world community continue to rise, David Elliott reminds people that the answer is always within—one breath at a time. ☀

Corrie Boris is a healer trained in Pranayama Breath Work. She is based in California, with healing rooms in San Francisco and Pleasanton. She can be reached at Corrie@intuitivehealer.com.



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