



# NEW CONSCIOUSNESS REVIEW

Media for enlightened living

[www.ncreview.com/healing](http://www.ncreview.com/healing) - March 27, 2010  
Reviewed by Julie Clayton

Once in a while I read a book that carries me all the way through it on a current of undivided attention. “Healing” is such a book, because sometimes an author manages to say in clear language exactly what we have longed to hear, at the moment we most need to hear it. And what I hear author David Elliott saying is that self-love is the key to healing. That love is the most desired of human emotions and it is how we connect and exchange with the Universal Energy Flow. And that the Universal Energy Flow occurs when “love spirals out of the heart leading to an exchange with all things.” And, “love expressed...contains all the wisdom of the Universe because it is the Universe.”



The healing offered in this book is about filling the gaps in our creativity, energizing our flow of love and energetic exchange, and freeing the places where we feel stuck or the ways in which our innate ability to heal ourselves—physically, mentally, emotionally or spiritually—has been hijacked by the absence of self-love.

The path of healing requires first and foremost a commitment to doing the work. And the “work,” what shows up as missing, is different for each of us. But the common power source to restore our vitality is self-love and a healthy flow of exchange.

Straightforward and yet compassionate, David takes us into the heart of transformation, sharing numerous client stories and self-disclosures that offer an intimate glimpse into this healing process. Deep breathwork is a primary tool used initially, and you can download guided meditations for this from the website at no cost. Specific exercises in each chapter invoke and guide the healing substance. Most of all however, for me, the healing power of love is energetically transmitted through the author’s clairaudient healing skills, as someone who intuitively hears—and speaks—the truth about self-loving that we cannot or do not hear within ourselves.

This book is what one writer calls “a generosity”—meaning that the writing is a gift, an author’s impulse to share a truth or feeling about his/herself with other people. Truth is spoken in this book, truth that wants to be heard and shared. I feel confident in saying that there isn’t anyone who wouldn’t benefit from hearing this message, that through love and exchange we can heal ourselves, and as we do, our love-filled energy will then spiral outward to our relations and to the planet.