

## **EDITOR'S NOTE:**

*Healing* carries a retail price of \$18.00. This is what is being charged in online stores and by major bookstore chains.

However, as a service, David Elliott is eager to disseminate this information to as many people as possible. For this reason, he is offering *Healing*

**FREE!**

**as a download on his website:**

<http://DAVIDELLIOTT-HEALING.COM/>

**Please feel free to note this information in any of your coverage and offer the book FREE to your audience.**

**Thank you.**

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# ***“Pitch-on-a-Page”™***

## **IS WHAT’S AILING OUR SOCIETY ...**

### **WHAT’S AILING OURSELVES?**

#### **New Book Reveals Source of our Personal Suffering ...**

##### **Path to Healing and Wholeness**

- PEG:**
- Health/Wellness
  - Spirituality
  - Personal Growth
- WHO:** **DAVID ELLIOTT**
- Los Angeles-based author, healer, and teacher
  - Former actor in film and television
  - “I don’t do the healing. I teach *you* how to heal yourself.”
- WHAT:** **New Book – *HEALING* by DAVID ELLIOTT**
- Second book from the author of *The Reluctant Healer*
  - Broad and deep understanding of the source of our personal pain and unhappiness ... and a clear, comprehensive process for resolving the hurt, achieving inner peace and freedom
  - Dozens of exercises that incrementally lead you through the discovery and healing process
  - Jammed with stories – from David’s clients lives and his own – about the potential of our wounds to connect us to the healing power of love
- WHEN:** **RELEASE DATE - January 1, 2010**
- WHY:**
- The dissolution, chaos, and uncertainty we see in the world is reflecting the dissolution, chaos, and uncertainty that millions experience in their lives
  - The old structures we used to rely on for our identity, peace, and happiness are falling apart
  - Unhappiness, as evidenced by addiction, rampant consumerism, fear, and violence is endemic throughout American society
  - The search for personal healing and inner peace makes the “Self-Help” book category the most successful in the industry
- CONTACT:** DAN DEL CAMPOS (310) 314-2790 [d.delcampos@verizon.net](mailto:d.delcampos@verizon.net)
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January 15, 2010

**If the US. is Coming Apart at the Seams ...**

**Doesn't That Mean ... *We Are, Too?***

**Is What's Ailing Our Society ... What's Ailing Ourselves?**

Dear Media Professional –

The need for healing is in the air....

Everywhere we look these days life is uncertain, contentious. Old familiar institutions are either breaking down or increasingly unworkable – the government, the economy, traditional religion, many others.

People are feeling insecure, as the old bastions of personal identity no longer hold up the way they once did. As a result, more and more people are confronted by the big questions of life – Who am I? What am I here for? Where am I going?

In the process of answering these questions, unresolved issues are likely to arise. How we deal with these issues and eventually come to a profound and authentic experience of inner peace, happiness and gratitude is the substance of *personal healing work*.

In his new book, *Healing*, author/healer/teacher DAVID ELLIOTT identifies the source of our personal suffering, then offers his clear, comprehensive and warmly shared method for healing these wounds. Through this healing brings the possibility of inner peace. The anecdotes he shares from his own personal experience, as well as his clients, makes the healing journey real, intimate and supremely human. More than two dozen exercises provide the experiential substance of the process.

DAVID ELLIOTT's first book, *The Reluctant Healer*, details his experience growing up on a farm in rural Kentucky, the questioning of his traditional Catholic roots, his experience in the business world, and as a professional film and TV actor in Hollywood. All of these experiences led him to a series of remarkable encounters that inexorably urged him along the trajectory of his destiny – to teach people, in person and via books, how to heal themselves. His unique journey makes for a fascinating story, and David a glowing interview. For more info: <http://DAVIDELLIOTT-HEALING.COM/>.

Thanks for your consideration. I'll be in touch soon to see what we can schedule.

Warm regards,

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“HEALING”  
FOR IMMEDIATE RELEASE  
JANUARY 15, 2010 V.1

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## **IS WHAT’S AILING OUR SOCIETY ...**

### **WHAT’S AILING OURSELVES?**

#### **How Is “The Healing of America” Connected to Our Personal Healing? – *And What Does That Even Mean?***

LOS ANGELES – Soon it’ll be a New Year. Traditionally, that means New Year’s Resolutions – especially the one that goes, “This year, I’m going to get healthy!”

Usually that leads us to losing weight, exercising more, eating better...but for many people, it also includes a desire to heal some deeper issues.

“Healing” has become a bit of a buzzword in American culture. But what exactly does it mean? In his new book, *Healing* (Hawk Press, 2010), healer and author David Elliott defines *healing* as “the journey back to our natural state of balance and harmony that is called love. Healing becomes necessary when you lose contact with that natural state.

“Healing can take place in many ways, each as uniquely individual as you. As Socrates said, ‘Know thyself.’ When you are willing to accept responsibility for everything you create in your life, you can heal yourself.”

The core issue, according to Elliott, is love. “We’ve heard it before,” says Elliott, “but it’s true – until we love ourselves, we can’t really love others. We behave in ways that are indications of an emptiness inside where our self-love should be, and we try to fill that emptiness through different means.” He describes these compensatory behaviors as –

- Being extreme – We act extremely as a result of our basic insecurity, this deep feeling that somehow we’re not okay, not enough, not deserving of love.

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ADD ONE

- Being aggressive – Often this extreme behavior fuels aggressive consumerism, the unconscious drive to fill our emptiness with goods, food, sex ... whatever!

- Addiction – “is habitual repetition of excessive behavior that we’re unable or unwilling to stop, despite its harmful consequences to oneself or others. The pathway for addiction is through this hole of negativity that we feel within, created by a lack of self-love.”

- Ego – The ego can be identified as the personality or self-image, often associated with an inflated image of oneself. It has an incredibly powerful way of controlling your emotions, and if you are driven by your emotions you will rarely know when or how the ego is distorting your point of view.

- Stubbornness – Stubborn people are tyrants about trying to get their self-imposed needs met. They will spend all of their collected energy trying to convince everyone else about their position. “People are unaware of their unconscious behavior when they are being stubborn.”

“I am continually amazed,” says Elliott, “at how long self-destructive behavior can persist in someone. A reporter once asked me, ‘Why don’t people heal?’ I explained to her people get addicted to the attention about their story of pain and abuse. The stress and worry become comforting.

Interestingly, we can see these *personal* characteristics – these symptoms of our own deep feeling of no self-love reflected in much of our recent national experience. For instance –

- The U.S. being extreme – All we have to do is look at our recent history of foreign interventions and aggressive, warring activities.

- Aggressive consumerism in the U.S. – We are the world’s largest consumers. The 2008 statistics about the goods bought from retailers like Wal-Mart and the high

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ADD TWO

percentage (up to 99%) of these goods that end up in the land-fills within six months is astounding ([www.storyofstuff.com](http://www.storyofstuff.com)). Meanwhile we are encouraged to ‘keep shopping.’

- Addiction in the U.S. – Obesity is the result of food addiction, alcohol and drugs are substances that addicts use to try to fill up that love-starved emptiness. Add sexual addiction, gambling, etc. – we are a highly addicted society.

- American ego inflation – Our national ego insists that we are *the only good guys* – the folks in the white hats. Those who attempt to hold us responsible for the pain and suffering *we’ve created in the world* are vilified and labeled as terrorists or threats to national security.

- And we are stubborn! Witness the battle in the U.S. between progressive and conservative interests. Political perspectives based in fear hold that the pain and suffering *we know* is probably less onerous than the pain and suffering likely to come from profound change. It’s hard to let go, move on, and grow in this polarized environment!

According to Elliott, “These are all physical, emotional, mental, and spiritual wounds that we need to heal – as individuals and as a society – in order to experience the happiness, joy, peace, and well-being that life has to offer.

“Nothing in your life is going to bear fruit until you learn to love yourself and make contact with your heart and the love that flows through it. Once you love yourself you can effectively move out into the world and love others. Love makes you Universal. It is the foundation by which to understand life.”

Given the lack of love so many of us experience for each other, and ourselves is it a wonder that our society has so many ills?

“But the truth is,” according to Elliott, “we have to love *the whole of ourselves*, not just the great stuff. That includes the more unattractive, less savory parts of us. And

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ADD THREE

this is as true for a society to heal as it is for an individual. We have to accept the whole of ourselves.”

This is what made the Truth and Reconciliation Commission headed by Nelson Mandela so powerful in healing the wounds of apartheid in South Africa.

“Because when you can accept the truth about yourself, and embrace it, the wound softens and begins to heal,” according to Elliott.

“Many will think this perspective too fluffy, too touchy-feely. But it is where real power is. Not force ... *power!* And for most people (especially men) it takes much more strength and courage to genuinely engage the healing process than to remain stubbornly positional and aggressive. That’s why our lives (and the world) are filled with so much more aggression than healing.”

Another key to Elliott’s healing methodology is to develop the experience of *exchange*. “With self-love,” he counsels, “there will be an *exchange* of love; with no self-love you will be seeking love. If you can cultivate self-love, you will create relationship with everything around you, which will bring the spiritual aspect of exchange into your consciousness.

“As you learn to love and give to yourself, the Universe simultaneously opens a flow of energy that expands your vibration of self-love. This builds as you consciously exchange with the Universe. When I am choosing to love, to be in the moment, and to be exchanging love, awareness, and awe with the Universe, magic happens.”

So then, how to heal? How do we do it?

First of all, healing is a personal, individual, internal job. Each of us has to make the choice to do the work for ourselves. And the cumulative effect – one person at a time making this choice – will heal our society, resulting in greater justice and equity, and a

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ADD FOUR

concern for the common good. “Pretty necessary values if we want to create a sustainable American and global society,” Elliott notes.

Perhaps most important in getting started is the realization that we are all alike in so many ways. The stories of our lives may be different, but our wounds – the places where we feel unloved and unlovable – are similar in all of us. So the work of healing can be done in a Universal way, a way that will work for everyone.

And that’s just what Elliott offers in *Healing*.

### **Developing Yourself as Your Own Healer**

Elliott healed and empowered himself through developing and expressing his intuitive gifts and his creativity. This has resulted in increased confidence, trust, and faith in all areas of his life.

In Section One of *Healing* – The Crucible – the material that allows the reader to truly engage and deal with the self is clearly defined. Do you love yourself or not? That is the question, and the first step towards unlocking your healing potential.

In Section Two – The Work – Elliott provides information and exercises on Intuition and Creativity to engage the reader in their own healing process, advising, “If you study and do the homework, you will find the truth inside yourself and be uplifted. Your faith can grow through the roof, and your ability to exchange love with the Universe will become a daily adventure.”

In Section Three – Healing Yourself – Elliott addresses many of the most prevalent underlying wounds that deprive people of self-love and constrict their lives, including Sexual Abuse, Cancer, Marriage and Divorce, Leadership Roles, and Money. Again, information, client stories, exercises, and Elliott’s own personal life experience provide a potent blend of perspectives that allow for a revealing and healing self-inquiry.

Section Four of the book – The Healing Work – provides Healing Tools the reader can use to address their wounds, encourage insight, and further the healing

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ADD FIVE

process. Elliott discusses his work with energy, clairaudience, intuition, spirit, breath, essential oil blends, meditation CDs, and Universal Energy.

In the fifth and final section – Gratitude – Elliott offers gratitude to the people — and other beings – who have supported him in his life, both as a healer and before. He stresses the value of experiencing and expressing gratitude daily. “Remember,” he says, “gratitude is a shortcut and this is one of the few times I will give you a shortcut.” Here, as throughout the book, exercises turn the notions into practical experience.

Thirty-three exercises, 13 diagrams, and Elliott’s stories make *Healing* a multi-sensory, safe, experiential journey into the depths of yourself. Properly engaged, the process can result in a self-love that’s the basis for a life of wholeness, connection, gratitude, and peace.

### **The Reluctant Healer**

David Elliott may have been born to be a healer, but he certainly didn’t know it as a youngster. The signs were there, but they didn’t register until the perfect time.

David grew up on his family’s farm in rural Kentucky. The farm was located on Indian land – Chickasaw and Shawnee hunting grounds – strewn with ancient artifacts. Edgar Cayce had been born 50 miles away. David’s great-grandfather was a country doctor; his father and grandfather, both farmers, were known as “healers of the land.”

“My granddaddy had his way with the earth and nature that I truly admired,” David reflects. “I would watch him spill seed on the ground and it would seem like the next day we would be eating juicy cantaloupes, cucumbers, okra, tomatoes, peas, and butterbeans. I learned so much from him and my father. They both spent endless hours showing me how Mother Nature responds to love and exchange. I was a lucky boy.”

Raised Catholic, for generations David’s family had produced priests, nuns, healers, and physicians. David attended church regularly, but “asked too many

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questions” about the religion’s dogma and was labeled “difficult” by the priests and nuns. As a teenager, he released his formal involvement with Catholicism and focused on playing sports.

David found he was “working too hard” on the farm and headed for college. He attended the University of Kentucky, earning both undergraduate and postgraduate degrees, culminating in an MBA. The MBA took him to Miami and a corporate job which turned out not to be to his liking. However, while there, he began modeling and acting in television commercials.

Fascinated by actors and acting, he relocated to Los Angeles, took acting classes, and before long was a professional, acting in commercials and movies. People would walk up to him on the street – he supposed they’d seen him on TV or the big screen – but they’d say to him, “You’re a healer!” These intense experiences of being recognized as a healer happened over and over again. He started to wonder, and finally said, “Okay, God, you need to send me some answers.”

Almost immediately, a friend called to tell David about Tim Heath, a mystic healer in Sedona. The healer came to Los Angeles to visit David, and greeted him with, “Hello, brother, we meet again.” David was told he’d been a healer in many lifetimes. “I’m not here to teach you,” the Sedona healer said, “I’m just here to remind you who you are.”

Almost immediately, 25 to 30 people a week would show up for healing. David watched his friend work with people for two years, but then Tim died in a car crash. Hundreds of people who’d been working with him now asked David to continue the work. At first he said no, then agreed to see five people a week, which soon became twenty, then forty. There was no more time for acting auditions! “I never even had a business card,” David recalls.

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ADD SEVEN

The story of David’s journey from farm boy to healer is rich with this kind of extraordinary experience. He shared it all in his first book, *The Reluctant Healer* (Hawk Press, 2005).

Today, David sees clients at his home in Los Angeles and works with people all over the world. He conducts healing retreats at his mountain center outside Albuquerque, New Mexico, and is training a gifted group of healers to do the work with others. “All the information is readily available,” he counsels. “Millions understand the process. But only actually *doing the work* will provide results. It’s time to make the move from understanding to experience.”

As David ends *Healing...*

Namasté

Peace

Amen!

Love, David

For more information, visit <http://DAVIDELLIOTT-HEALING.COM/>.

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# STORY ANGLES

## IS WHAT'S AILING OUR SOCIETY...WHAT'S AILING OURSELVES?

### "If We Heal Ourselves, We Heal Society," Says Author/Healer David Elliott

In his new book, *Healing*, author David Elliott points to five major symptoms of our personal (and societal) malaise – being extreme, being aggressive, addiction, ego and stubbornness. “These,” he says, “are indications of – in fact, reactions to – a profound lack of self-love. They’re all efforts to fill up the empty hole inside.” Elliott then offers readers a clear, comprehensive and warmly shared method for healing these wounds and landing in a deep experience of inner peace, happiness and gratitude for life.

### “EXCHANGE’ IS THE KEY TO A LIFE IN BALANCE,” SAYS

### AUTHOR/HEALER DAVID ELLIOTT IN NEW BOOK *HEALING*

“Self-love,” says author/healer David Elliott in his new book, *Healing*, “spirals out of the heart leading to an exchange of love with all things. As this exchange happens, it connects you to the larger Universal Energy Flow and the Grace that flows back to you from it.” Where there is no self-love, the resultant experience is anger, fear, sadness, illness and instability. How easy is it to see where most of humanity is living? In his book, Elliott offers an exercise-by-exercise way to develop self-love and transform your life.

## WHAT IS THIS THING CALLED *HEALING*?

### Author/Healer David Elliott Shows the Way in New Book, *Healing*

*Healing* is a buzzword in contemporary America, along with other psychological terms, such as closure, co-dependency, and emotional intelligence. But just what is healing as a psychological/spiritual phenomenon? “When people are *chronically* sad, dissatisfied, feeling victimized by life, or depressed, it’s an indication that something inside is not in order,” says author/healer David Elliott. “*Healing* is the process of resolving the issues that have led us to that life experience, so we may live in love, happiness, inner peace and gratitude.” Elliott’s new book, *Healing*, details the process he used in his own healing, and that he teaches to others as a way to heal themselves.

# MEDIA QUESTIONS

1. How long have you been practicing as a healer?
2. Your background is varied and interesting. You never set out to be a healer. Tell us some of your story.
3. So your first book, *The Reluctant Healer*, was about that journey. How is this book different from your first?
4. What does the new book offer?  
  
How should people use it?
5. What's different, or special, or unique about the way you work, and what you teach?
6. What is the core of your teaching, and of your healing process?
7. Talk about your concept of *exchange*.  
  
Talk about how the *planetary exchange* is off.
8. Let's talk about the symptoms you see in individuals who are suffering, and how they're also symptoms of our society: being extreme, aggressive, driven by ego, addictive, and stubborn.
9. Do you work with people one-on-one?  
  
How is that different from doing the work through the book?  
  
Where and when do you do retreats?  
  
How is your group work different than one-on-one?
10. What's on the horizon for you? Are you working on a new book?

# **SHORT REVIEW**

**(Approved for publication)**

## **“HEALING”**

**By David Elliott**

(Hawk Press, 2010, ISBN # 978-0-9753910-6-8)

Every once in a while a book is released in the spiritual/self-help/personal development marketplace that covers the whole nine yards, and tells the entire story. *Healing*, by David Elliott, is one of those books. If you're looking for a book to give as a gift to someone new to the field, or someone who's not familiar with the territory, *Healing* is perfect. It's also perfect for anyone who's already engaged in their own personal healing, but who can use an experienced, comprehensive guide. Including yourself, perhaps! Elliott's previous book, *The Reluctant Healer*, detailed his mystical, roundabout path to the profession; now *Healing* presents the methodology he used to heal himself, and how he teaches this message to others in retreats and in one-on-one sessions. The issue, he has determined, is one of self-love. This self-love creates an *exchange* with the Universe that “connects you to the larger Universal Energy Flow and the Grace that flows back to you from it.” The successful result is profound inner peace, happiness, a sense of absolute gratitude for life and healing. Elliott's style is warm and personal, as he shares stories from his own healing and from his clients' experience of the process. More than two-dozen exercises lead the reader toward the deep insights and experience required to heal. This one is for your permanent library.

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# **LONG REVIEW**

**(Approved for publication)**

## **“HEALING”**

**By David Elliott**

(Hawk Press, 2010, ISBN # 978-0-9753910-6-8)

David Elliott’s newest book, *Healing*, is aptly titled. After I finished reading it, I thought, “This is Truth with a capital T and Healing with a capital H!” Delving deeper into some of the same topics that emerged in his first book, *The Reluctant Healer*, and plunging perceptively into new territory as well, his intention is to help us as readers discover what is holding us back from healing. According to David, “healing is the journey back to our natural balance and harmony that is called love” (14).

The book is divided into five sections that delineate (I) what work is required in order to heal, (II) how to do the work to heal, (III) how to apply the work to the big issues, such as sexual abuse, cancer, relationships, leadership, and money, (IV) the tools David uses in his healing work, and (V) a closing section on the importance of gratitude in healing.

By offering numerous examples from clients and helpful stories from his own life, along with many practical exercises and diagrams as well, David effectively teaches us how we can become aware of our blocks in order to shift from the Love of Power into the Power of Love. His core message comes through like a shining beacon: “self-love is the key to healing” (15). His enthusiasm for this truth is contagious, his focus—hawk-like, and his skill akin to that of an expert surgeon, able and eager to hone in on the core limiting beliefs that keep us from fully developing our own intuition, expressing ourselves joyfully through creativity, and thriving as we fulfill our soul’s destiny.

A healer and teacher for many years, his voice in this writing is compassionate and powerful. At one point in the book, I could sense and even see the light David was calling forth for all through his healing words. It felt as though he was holding up and striking a giant tuning fork, saying, “Vibrate with this.” And I did. Intensely. It also ought to be noted that David’s unique ability to hear intuitively, called “clairaudience,” is something that must be experienced to be believed. (Clearly, I share this from personal knowledge!)

Anyone at any stage will benefit from this read, whether just beginning to awaken to a spiritual journey, or having traveled long and far along this path. However, *Healing* is a challenging, thought-provoking work with an important wake-up call to heed. I have no doubt that if enough of us do the spiritual work David encourages each to do, the changes that humanity and our planet so desperately need, will come to pass in time with peace

and gentleness. For as David so eloquently states, “The power to heal lies within you” (14).

*Reviewed by Monica McDowell, MDiv, a healer, writer, speaker, and minister practicing in Seattle, WA. The author of My Karma Ran Over My Dogma: Lessons Learned by a Whistle-Blowing Minister Turned Mystic, and You are Light: Eight Words Reveal Your Truest Self (O-Books, coming in 2010), she was the first ordained minister in the USA to be granted civil rights in a federal ruling. Contact her at [monica@monicamcdowell.com](mailto:monica@monicamcdowell.com)*