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- In our increasingly troubling world, trauma abounds. About 6 of every 10 men and 5 of every 10 women experience at least one trauma in their lives (www.ptsd.va.gov).
- Many books on the topic of trauma only address the psychological aspects of trauma. This unique guide goes beyond to address the spiritual wounds of trauma.
- Paul Aurand is an award-winning master hypnotherapist who had a transformative near-death experience that he has integrated into his Essential Healing workshops, which he presents internationally.

Essential Healing

Hypnotherapy and Regression-Based Practices to Release the Emotional Pain and Trauma Keeping You Stuck

PAUL AURAND

“A gem. It is filled with the wisdom of life and our potential for healing.”

—Bernie S. Siegel, MD, author of *Love, Medicine and Miracles*

“A classic testimony of the tenacity and unity of our body and mind.”

—Larry Dossey, MD, author of *One Mind*

Heal the emotional scars of the past and develop profound spiritual awareness with innovative, hypnotherapy and regression-based practices.

Deep within you resides a great spirit—a place of profound wisdom, creativity, power, and love. But layers of hurt from early life, and from the defenses you’ve created to avoid further hurt, have accumulated and diminished that spirit over time—*lifetimes*, really—obscuring what is magnificent about you—your authentic self.

This transformational and healing guide will help you awaken to the wisdom within yourself, break through the layers of emotional protection you’ve placed around your heart, and heal the scars of trauma that hold you back from happiness and fulfillment. During this process, you’ll discover the source of your pain—whether that lies in your body, your mind, in your personal and family history, or in your soul—so you can finally release it. In the end, you’ll find the strength needed to navigate all the challenges of life.

If you’re ready to reveal the true you—the one that lies beneath the scars of trauma—this book provides essential healing to guide you.

For more information, contact Kendall Litton
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Photo by Ina Eichhorn / Studioline

Based in New York, NY, PAUL AURAND is an award-winning master hypnotherapist who has worked in the field for more than thirty years. He survived being struck by lightning and had a transformative near-death experience (NDE) that he has integrated into his Essential Healing workshops, which he presents internationally. Aurand served as the first elected president of the Michael Newton Institute, and now serves as its director of education and lead trainer. He has been featured in documentary films and on television for his work with the groundbreaking Life Between Lives regression therapy.

Praise

"*Essential Healing* is a gem. It is filled with the wisdom of life and our potential for healing. I have been there and know the truth. I have had a near-death experience (NDE) and a past-life experience, and know that we do not have spontaneous remissions—but self-induced healing. Read *Essential Healing*, and use it as a textbook of self-learning and healing."

—Bernie S. Siegel, MD, author of *Love, Medicine and Miracles; A Book of Miracles; and Three Men Six Lives*

"Paul Aurand's *Essential Healing* is a treasure trove of wisdom and practical advice for coping with pain and trauma, both emotional and physical. A master therapist, Aurand provides a thorough understanding of his techniques, illustrated by numerous clinical cases and including specific exercises for addressing each step in the healing process. I recommend *Essential Healing* for anyone who has been traumatized, and for anyone seeking an enhanced quality of life."

—Bruce Greyson, MD, professor emeritus of psychiatry and neurobehavioral sciences at University of Virginia, and author of *After*

"Paul Aurand's *Essential Healing* is a captivating example of how the peeling back of the layers of consciousness can result in profound advances in self-knowledge, psychological growth, and physical healing. It is a classic testimony of the tenacity and unity of our body and mind."

—Larry Dossey, MD, author of *One Mind*, and executive editor of *Explore*

"People awaken to the wonders within themselves under a variety of circumstances. Some experience trauma or close calls with death or loss of loved ones, while others grow naturally into self-awareness during a midlife crisis. Paul Aurand's *Essential Healing* is a fine, practical guide to self-exploration in all those situations. I like the author's workbook approach, as he offers fascinating text with plenty of consciousness-raising exercises."

—Raymond Moody, MD, PhD, author of *Life After Life*

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