

One of the world's most intuitive healing teachers reveals  
how personal miracles are created from the inside out.



*Misa Hopkins*

# The Root of All Healing



## 7 Steps to Healing Anything

Misa Hopkins

In a direct yet compassionate style, Misa Hopkins reveals the reason so many of us don't get well, even though we have tried a variety of treatments and solutions.

Hopkins shares real-life stories demonstrating that healing is not just the result of finding the right cure, but rather a personal opportunity to create wellness by engaging the sacred flow of Divine consciousness. Without promoting any particular healing methodology or spiritual practice, she provides us with simple steps—a guidebook—for accessing the healing power and wisdom that already lives inside.

She candidly takes us into the successes of her own healing as she uncovered and transformed secret desires being met through her life-challenging illnesses. Hopkins shows us how illness can actually meet profound subconscious emotional needs, causing us to remain sick, and then she teaches us how to invite our subconscious world into alignment with our conscious intentions. The result of this alignment is the ultimate root of all healing—a new level of our own Divine awareness and power awakened.

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The Root of All Healing: 7 Steps to Healing Anything  
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## About Misa Hopkins

Misa Hopkins is the author of the Amazon Bestseller, *The Root of All Healing: 7 Steps to Healing Anything*, which has been named the first-aid handbook for the new 21st century consciousness. With over 30 years of teaching and training experience, including teaching hundreds of healers, Hopkins is an astute, well-spoken observer of human motivation and potential. Her observations about the healing progress of her clients, students and friends, and her own miraculous healings led her to ground-breaking conclusions about how miracles are created. In her book, speeches, workshops and articles, she provides insights about how to break through the limits of illness to experience the freedom and joy of wellness.

Discover more about Misa Hopkins at her website <http://www.MisaHopkins.com>

## *Healing Is a Sacred Journey of Awakening*

Throughout Hopkins' own healing journey, she struggled with maintaining balance between her masculine and feminine energy—physically, emotionally and spiritually. Early on in her healing journey this was most apparent when she was producing as much testosterone as a male in puberty. Later, imbalance played out again as she healed herself from the early onset symptoms of multiple sclerosis, where one day her emotions and physical energy were racing and the next day she was so internally still she had to motivate herself to get anything accomplished. Her personal healing journey has consistently been about balance between these two powerful energies of stillness and action.

Hopkins realized the spiritual source of these energies through two significant moments of awakening. The first, took place in Egypt when she spent most of a day immersed in the Sacred Feminine. She describes this as being complete stillness—dark and limitless, deeply compassionate, and pregnant with all possibilities of life. In the second experience during a breath-work session, Hopkins became the ecstatic white light of the Sacred Masculine, with every cell on fire and in motion. In this sacred space, she felt as though she was bursting in endless love and bliss.

Both of these experiences correlated with a vision many years earlier in response to her question about why she had chosen to carry the gift of sound medicine—a form of energetic healing. She was shown the great darkness, and then from a desire to know itself, she witnessed waves of sound fill the darkness. The sound was followed by white light bursting forth in a stream of creation. From that, she was told, all life was formed.

These visions and moments of awakening became touchstones for understanding balance—the kind of balance that ultimately leads to healing and moments of Divine awareness. She discovered that many of us are either doing too much or not enough; resting too much or not enough—out of balance and out of alignment with the powerful healing forces of the Sacred Masculine and Sacred Feminine. And when it comes to healing, we frequently become confused about what to do or not to do because we are out of touch with a necessary ability from the Sacred Feminine—our intuitive insights.

## *Creating Miracles With Intuitive Insight*

Hopkins co-founded The New Dream Foundation in response to her clients' and students' need to access intuitive wisdom through the Sacred Feminine. As spiritual director of the foundation, Hopkins offers classes, articles, meditations and Native ceremonies that help men and women discover the depth and accuracy of their intuitive knowledge. She believes that until we have access to our intuitive wisdom, we shop around for external solutions to our problems. When our intuitive wisdom is alive, we make our decisions based upon our guidance, and in doing so are able to enjoy the outcomes of taking full responsibility for our lives, including our health, wealth and passions. Through the clarity of our own insights and our commitment to that guidance, we create our own miracles.

## **Speaking Topics**

The Root of All Healing: 7 Steps to Healing Anything  
Beating the Odds: 10 Beliefs That Can Short Circuit Your Healing  
Creating Miracles With Intuitive Insight—Inspiring Real-Life Stories  
Awakening Your Intuitive Wisdom—Creating Your Own Miracles

*Special intros for each topic can be provided.*



## Some Ideas for Questions You Might Want to Ask Misa

### About The Root of All Healing

- Would you tell us what motivated you to become so dedicated to helping people heal?
- What motivated you to write the book?
- What kind of results are you seeing from people that read the book and use the seven steps?
- Tell us about one of the steps and how it helps people?
- In the book, you state that miracles are created. What does that mean?
- Would you describe one or two of your own healing miracles?
- There may be some people out there thinking maybe you are just an exception when it comes to healing. Do you think that is true?
- What discoveries regarding healing have you made since you wrote the book?
- Now that the book is out and available, what is next?
- What last thought would you like to leave with our listeners tonight?
- Where can folks get a copy of your book?

### About the Report Beating the Odds: 10 Beliefs That Can Short-Circuit Your Healing

- Would you tell us what motivated you to become so dedicated to helping people heal?
- What motivated you to write the report?
- Would you share one of the most common inhibiting beliefs with us and tell us how it limits our healing?
- Why is it important to identify inhibiting or limiting beliefs? Why can't we just affirm what we want to create and leave it at that?
- You believe that our views about God and miracles can actually inhibit miracles from happening. Would you talk about that with us?
- Which one of these do you think is the most damaging beliefs of the ten you outline in your report?
- You suggest that sometimes we remain ill because there is a benefit to being ill. Would you explain that?
- You are really talking about accepting a greater level of personal responsibility in healing than we might typically want to take. Is that right?
- Beating the Odds, with all of the ten beliefs that can short-circuit your healing is available for free! How do our listeners get a copy of it.

### About Creating Miracles With Intuitive Insight—Inspiring Real-Life Stories

- You have a rather unique definition of miracles. How would you define a healing miracle?
  - How do healing miracles get created from the inside out?
  - You've had a few healing miracles that you credit to your intuitive insights. Would you talk about that?
  - You have also interviewed people that have experienced some dramatic healing miracles inspired through their intuition. Would you share of couple of those stories with us?
  - Do you think anyone can create their own healing miracles?
  - You have also helped people discover causes for their illnesses that aren't typically diagnosed by doctors. Would you tell us about what kinds of causes you uncover?
  - You believe that empaths are particularly challenged in healing, and that empaths often don't even know they are empathic. How would you know and what challenges do empaths have to face?
  - If you are an empath, what can you do to better facilitate your healing?
- You've written a book about self-healing and creating miracles called, *The Root of All Healing: 7 Steps to Healing Anything*. Where can folks get a copy of that book?

## About Awakening Your Intuitive Wisdom—Creating Your Own Miracles

- What is intuitive wisdom?
- Why is it important for us to discover our intuition?
- What are synchronicities?
- How do know the difference between guessing and intuition?
- You believe that a lot of really intuitive people seem least likely to be intuitive at all. Why is that?
- You help people discover how their intuition works, so what do you help them uncover?
- What do you do to help people recognize their intuition?
- What are the challenges people run into when they decide to follow their intuition?
- Is it a good idea to use intuitive aids like tarot cards, pendulums, etc?
- Where can people go to become more familiar with your work in regard to intuition?

## Excerpts from the Root of All Healing

### *How This Book Can Help*

While the body may indeed be the physical vehicle of the human journey, and a vehicle better treated as it is better understood, the journey of the human is about the evolution of the spirit as much as it is about the functions of the body. Without spirit our progress is limited, for it is human spirit that overcomes the greatest challenges, drives us to discover greater knowledge, and sustains us in hope. It is the human spirit that beats the odds and continually redefines the playing field of human existence.

The foundation of *The Root of All Healing* is about claiming our personal power and recognizing our healing as a Divine journey that each of us embarks upon through our bodies, minds, emotions and spirits in our own unique ways. The healing journey gives us an opportunity, through our ineffable spirits, to discover our personal power—the living, breathing reality of our own creative and Divine nature.

### *Misa's Philosophy*

Although now I do the vast majority of my personal healing work on my own, when I do seek medical assistance or alternative healing, I remain clear that I am the master of my body. Receiving aid whether holistic or conventional is a means of intelligently promoting my wellness, and my health is my job—not anyone else's. I do not treat the symptoms and assume the problem is gone. I use natural remedies, energy, prayers, meditation, knowledgeable advice, and an occasional over-the-counter medicine to reinforce my internal commitment to health, until my commitment becomes my daily reality without the help of remedies and assistance. This intensity of commitment has been the catalyst not only for creating health, but more importantly, for developing a profound relationship with the Divine power within me.

### *The Seven Steps to Healing Anything*

The human being's ability to heal is extraordinary. The power of love and intention a person can generate for healing is remarkable. Using the power of your mind and heart is in complete alignment with the laws of nature because bodies regenerate themselves naturally. Sometimes we need to help our bodies remember how to do that healthily and if we choose to do this consciously, we embark on a healing journey.

These seven steps for conscious healing offer guidelines—suggestions—born from years of observing what people did that actually resulted in obtaining full physical, spiritual and emotional alignment, discovering the right healing solutions for them, and ultimately attaining their desired health. However, the journey that counts for you is your own. May this book support you in accessing the root of your own healing, the Divine within you, so that you may experience a healthier, happier, more fulfilling existence.

- 1      Discover the Hidden Stories Behind Your Illnesses and Your Health  
*To understand the true cause of your illness, you must become an astute observer of your life, and you must do the same to discover your cure.*
- 2      The Restorative Power of Natural Rhythms  
*One of the great ironies of healing is that in order to accelerate your healing, you have to slow down.*
- 3      The Healing Magic of Creativity  
*Creativity focuses you away from the pain and engages you in creating new life for yourself over and over again.*
- 4      Creating Miracles May Be More Accessible Than You Realize  
*Miracles happen when you open to the extraordinary power of the Divine hidden inside yourself.*
- 5      Discover How the Truth Really Does Set You Free  
*Ask questions that test your assumptions in order to uncover deeper truths—the subconscious needs being met through the illness—so that you can meet those needs in new and healthier ways.*
- 6      Loving the Wounds That Create the Pain  
*The greatest healing balm in the world is heartfelt compassion for yourself and others.*
- 7      Freeing the New You Into Being  
*Beyond the hopes and doubts of the healing journey there is knowing—a wisdom that frees us from our fears—a Divine awareness that once found, must become.*

## **Praise for the Root of All Healing**

"If everyone seeking medical and holistic help read this and addressed the hidden barriers to healing, they would get healthier faster and with less struggle. I want all my patients to have this book!"

—Valerie Olmsted, NMD, Host of The Enlightened Medicine Show

"After knowing Misa for years, and being a self-healer myself, I can confirm that the methods she lays out are effective. Whether you are helping others on their healing path or need the strength to heal yourself, Misa's profound wisdom will positively change your life and outlook toward self-healing forever."

—Krystalia Marie, best-selling co-author with Wayne Dyer and Deepak Chopra of the "Wake-Up" series

"In *The Root of All Healing*, Misa Hopkins eloquently and courageously reveals her personal healing journey. There is true wisdom here. I highly recommend it."

—Dean Schrock, PhD., best-selling author of *Why Love Heals*

"Misa, after witnessing the results of your healing steps several times in my life and in the lives of clients you have helped, I know miracles can be created."

—Kevin Hooey, Transformational Coach

"(After applying the steps in the book) I have fewer migraines, less back pain, and sleep better! I am so much more upbeat and happy; trusting myself and my process, and enjoying ordinary life now."

—Arleahanna, Spiritual Healer

"*The Root of All Healing* emanates with the power of love and in seven simple steps discloses the secrets of healing that everyone needs to know. Quantum physics supports what Misa intuitively describes in her outstanding book - that by placing yourself at the center of your healing, in a loving way, you can resonate with the fundamental stuff of the universe, and miracles flow naturally. A must-read book for you to take back the power of your own self-healing."

—Dr. Tianna Conte, best-selling author of *Love's Fire, Beyond Mortal Boundaries*

"Misa has done humanity a great service with her new book. *The Root of All Healing* shows those who suffer chronic pain how to break the bonds of limiting beliefs and self-defeating behaviors that may contribute to their suffering. Prove to yourself that this excellent guide can help you to unleash your potential for vibrant health."

—Sarah Maria, best-selling author of *Love Your Body, Love Your Life*

"This book is absolutely brilliant! Misa puts important concepts together in a way that makes you go... 'Oh I get it!' It's a first aid handbook for the new 21st century consciousness."

—Cheryl McDaniel, LPN

"Living with chronic pain can be just as emotionally traumatic as the loss of a loved one. Misa has poignantly captured how you can find the seeds of growth within that pain, to take the road less travelled. And in so doing, you can find your strength, your hidden wisdom, and your health. Buy this book, absorb it, and let the gifts flow into your life."

—Dr. Michael Norwood, best-selling author of *The 9 Insights of the Wealthy Soul*

"I read this book through and then read it again. Misa Hopkins presents ideas and principles that I'm familiar with, but she makes them much more clear to me. I followed her guidance and experienced healing power within myself that helped lead to hope for my own healing. The path she outlines is direct and inspiring, and it opened doors I had not seen before. She taught me that we don't have to suffer. There is a way out. Thank you, Misa."

—Marilyn G. Fowler, Reader

"I had no idea I was going to discover the cause of one of the biggest health challenges I have. Misa encourages you to look at your healing as a spiritual opportunity, so as a result my own intuitive wisdom kicked in, providing me with immense guidance about what I need to do to nurture and ensure my health."

—Susan Amari Gold, Minister