



*The Heart of Healing* is an invaluable resource guide. It is both a practical and inspirational book that motivates the reader to address his or her own well-being and actualize the benefits of self-care.  
—ANGELES ARRIEN, PH.D, Cultural Anthropologist,  
Author of *The Four-Fold Way*

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*The Heart of Healing* is the perfect book for those seeking to deepen their understanding of healing. Health-care professionals and the chronically ill know that this is a life-long journey of growth and development.

For those transported into this daunting and unknown territory, Regina Rosenthal shares the seven universal themes encountered during healing, and how to enhance your ability to respond. The interactive format teaches you how to reconnect with heart-and-soul-centered awareness. It also presents a wealth of Self-care practices to empower, strengthen, and maximize well-being.



**Regina Rosenthal** is a physical therapist with three decades of experience in the healing arts and sciences. She has presented seminars nationally and internationally to physicians, health-care practitioners, and the public, and has worked in hospital, university, home care, and private

practice settings. She lives and practices near the Jersey shore.

[www.ReginaRosenthal.com](http://www.ReginaRosenthal.com)



US \$16.95

ISBN: 978-0-9885267-0-9



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*The Heart of Healing*

*Discovering the Secrets  
of Self-Care*

REGINA  
ROSENTHAL



# *The Heart of Healing*

*Discovering the Secrets  
of Self-Care*

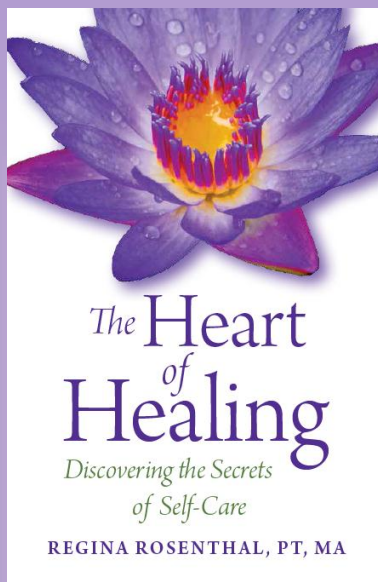
REGINA ROSENTHAL, PT, MA

## Regina Rosenthal



Regina Rosenthal is a physical therapist, teacher, author, and health coach with three decades of experience in the healing arts and sciences. She has presented seminars nationally and internationally to physicians, health professionals, and community groups, and has worked in hospital, university, home care, and private practice settings. Regina developed a *Self-Help for Chronic Pain* program toward her Master's Thesis, and *Stress Busters*, a stress management program used at the Facial Pain Clinic, University of Medicine and Dentistry of New Jersey. In her new book, *The Heart of Healing: Discovering the Secrets of Self-Care*,

readers will discover seven universal themes encountered during healing; expand awareness about healing as a journey that reconnects us with our heart and authentic Self; and learn how to be active, empowered participants during healing through Self-care practices. She lives with her husband near the New Jersey shore, where she becomes present with the heart of healing as it emerges in individuals she works with in her private practice.



**ISBN:** 978-0-9885267-0-9

**Page Count:** 298

**Trim:** 8.5X5.5

**Format:** Paperback

**Price:** \$16.95

**Publish Date:** February 1, 2013

**Subject:** Body-Mind Healing

**Publisher:** Dimensions of  
Wellness Press

**Distributor:** New Shelves  
Distribution

**Available from:**  
Ingram or Baker & Taylor

**Sales and Marketing:**  
New Shelves Publishing Services



[www.newshelves.com](http://www.newshelves.com)

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# The Heart of Healing

*Discovering the Secrets of Self-Care*

By Regina Rosenthal, PT, MA

## About the Book

*The Heart of Healing* awakens readers to the dynamics of conscious healing through personal and professional stories that describe this journey home to the heart and authentic Self. It is written for anyone who finds their life turned upside down and difficult in the face of: (1) *physical* illness, shock, trauma, disease and/or disability; (2) *emotional* challenges that accompany change, anxiety, depression, shock, and post-traumatic stress disorder (PTSD); (3) *mental* stress, overload, exhaustion, burnout, and unchallenged attitudes, beliefs, and habits that require change; (4) *spiritual* dark nights of the soul with loss of life meaning and purpose and a sense of emptiness, aloneness, and disconnection.

*The Heart of Healing* will expand body-mind awareness and enhance the ability to love and respect the authentic Self, which resides within each individual. A more heart-centered, purposeful, and meaningful life will manifest as readers become aware of their infinite ability to respond to life and healing challenges.

## About the Author

Regina Rosenthal is a physical therapist, teacher, health coach, and author who has worked in the healing arts and sciences for three decades. She has presented seminars nationally and internationally to physicians, health-care professionals, and community groups, and has worked in hospital, university, home care, and private practice settings. She developed a *Chronic Pain Self-Help Program* as part of her Master's Thesis; and *Stress Busters*, a stress management program used at the Facial Pain Clinic, University of Medicine and Dentistry of New Jersey. Her new book, *The Heart of Healing: Discovering the Secrets of Self-Care*, describes seven themes encountered during healing. The book contains a wealth of Self-care practices that promote healing and personal empowerment, and guides readers to reconnect with their heart and authentic Self.



Respected physical therapist, teacher and health coach shares insights with ***The Heart of Healing: Discovering the Secrets of Self-Care***. Regina Rosenthal, PT, MA, puts three decades of experience into exploring the seven universal themes of healing.

Regina Rosenthal is a physical therapist with three decades of experience in the healing arts and sciences. She has presented seminars nationally and internationally to physicians, health-care practitioners and the general public; and she has worked in hospital, university, home-care and private practice settings. But Rosenthal has never lost touch with the sense of wonder she found as a child, staring up at the Great Mystery in the night sky.

With ***The Heart of Healing: Discovering the Secrets of Self-Care*** (Dimensions of Wellness Press, ISBN-13: 978-0-9885267-0-9, \$16.95), Rosenthal steps forward to fuse the spiritual and the practical, offering guidance on the journey home to the heart.

Her mission is to help individuals optimize health, well-being, and Self-actualization, and strengthen their access to inner wisdom through body-mind education; integrative manual therapies; and Self-care practices.

"We're living in a world that's so heavy," Rosenthal says. "How do we lighten ourselves and lighten our days?"

Rosenthal, an accomplished public speaker, is available for phone and e-mail print interviews; on-air/on-camera radio and television interviews; and as a guest blogger/columnist for websites and other print outlets.

Rosenthal can address a number of topics relating to ***The Heart of Healing***, including:

- The seven universal themes encountered during healing.
- Learning the life-affirming qualities of the joyful heart.
- Helping fellow health-care professionals discover simple ways to survive; thrive; and manage stress and burnout.
- Maximizing well-being through Self-care.
- Living and remaining healthy in a world filled with constant stress and change.
- Healing as a pathway to Self-discovery; Self-care management of chronic pain; and the journey home to the heart.

Regina Rosenthal, PT, MA, lives with her husband near the New Jersey shore, where she becomes present daily with the heart of healing as it emerges in individuals she works with in her private practice.

Visit [www.reginarosenthal.com](http://www.reginarosenthal.com) for more information.

To arrange an interview with the author, or to request a review copy, contact Nicole Riley at New Shelves Distribution – [nicole@newshelves.com](mailto:nicole@newshelves.com), (518) 261-1300.





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Regina Rosenthal brings three decades of experience to  
***The Heart of Healing: Discovering the Secrets of Self-Care.***

Exciting new book explores the seven universal themes of healing  
and serves as a guide on the journey home to the heart.

TROY, N.Y. – January 11, 2013 – As a child, Regina Rosenthal stood alone in her family’s backyard, lost in awe while pondering the Great Mystery in the night sky. But Rosenthal acted on her wonder. Today, she is a respected physical therapist, teacher, and health coach, and she has distilled her three decades of experience in the field into ***The Heart of Healing: Discovering the Secrets of Self-Care*** (Dimensions of Wellness Press, ISBN-13: 978-0-9885267-0-9, \$16.95).

***The Heart of Healing*** fulfills a promise Rosenthal made to herself, to share insights gained through sessions with clients with others searching for a path to clarity, Self-awareness and harmony.

Rosenthal’s exciting manual explores the seven universal themes encountered during healing, while awakening readers to the dynamics of Self-care and life-affirming qualities of the joyful heart.

“We’re living in a world that’s so heavy,” Rosenthal says. “How do we lighten ourselves and lighten our days?”

As noted, ***The Heart of Healing*** is aimed at anyone interested in maximizing well-being through Self-care, but it is also an invaluable tool for health-care practitioners, social workers, clergy, and others who need to survive, thrive, and deal with the very real threat of burnout while caring for others.

“Healing,” Rosenthal says, “is a path to Self-discovery.”

***The Heart of Healing*** fosters well-being at every stage of life’s journey. It shows readers how to utilize inner strengths, resources and wisdom. And it guides readers on the journey home to their heart.

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## HOLMDEL AUTHOR REGINA ROSENTHAL'S THE HEART OF HEALING

As a child, Regina Rosenthal stood alone in her family's backyard, lost in awe while pondering the great mystery in the night sky. Regina Rosenthal acted on her wonder. Today, she is a respected physical therapist, teacher, and health coach, and she has distilled her three decades of experience in the field into *The Heart of Healing: Discovering the Secrets of Self-Care* (Dimensions of Wellness Press, ISBN-13: 978-0-9885267-0-9, \$16.95).

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## CILU EVENTS

CILU's Annual Meeting and Potluck Supper will take place on April 5, with great food and great conversation.

This event will take place on April 5, from 6:00 to 9:00 p.m. at Holmdel's Community Center on Crawford's Corner Road.

Please bring a main dish or salad to share, and RSVP to Jenni Blumenthal, at (732) 264 8482 or [jblumenthal@comcast.net](mailto:jblumenthal@comcast.net) so that we have a count for dessert and beverage.

Save the date for the May 20 meeting (7:30 p.m. at the Holmdel Community Center on Crawford's Corner Road) when Kelly Mooij of New Jersey's Keep it Green will tell us about the group's work. More than 175 organizations have come together to successfully preserve New Jersey's farmland, historic sites, and open space. Recent victories include Governor Christie's signature in January on bills that provide \$123 million in preservation funds.

"We are pleased that the governor signed these bills, which make significant investments in preserving open space throughout the state," said Tom Gilbert, NJ Keep It Green chairman. "By investing in parks and open space, we can help mitigate damages from storms like Hurricane Sandy, protect our water supply and keep our communities and economy healthy."

All meetings are free and open to the public. Be sure to save the date! For further information about CILU, please visit our website at <http://www.holmdel-cilu.org>.





# NJ Author Regina Rosenthal Announces the Release of Her New Book, *The Heart of Healing* *Discovering the Secrets of Self-Care*

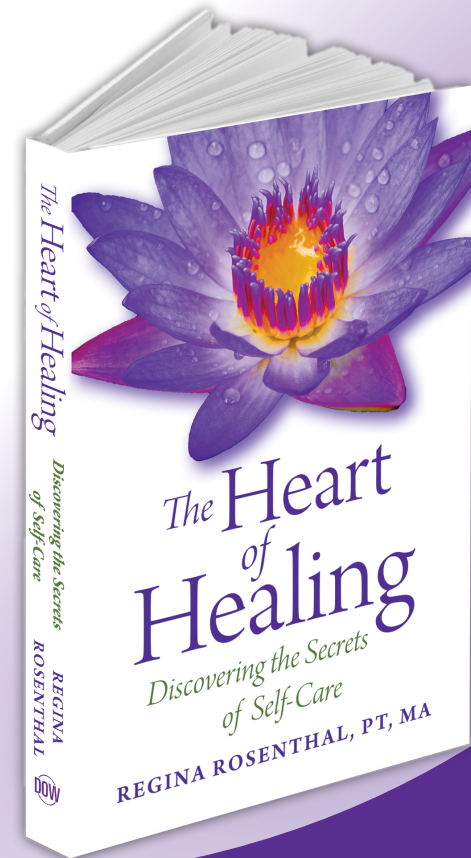
As a child, Regina Rosenthal stood alone in her family's backyard, lost in awe while pondering the Great Mystery in the night sky. She acted on her wonder.

Today, she is a respected physical therapist, teacher, and health coach, who has distilled three decades of experience in the healing arts and sciences into *The Heart of Healing: Discovering the Secrets of Self-Care*, released March, 2013, and published by Dimensions of Wellness Press.

In *The Heart of Healing* she fuses the spiritual and the practical, offering guidance on how to use Self-awareness and Self-care practices to reconnect with our hearts and authentic Self during healing. Her personal and professional stories, and the wealth of tools and strategies presented throughout this book, will empower readers; help them discover their inner strengths, resources, and wisdom; maximize well-being; and bring joy and vitality back into their lives.

Her book explores seven universal themes encountered during healing, and awakens readers to the dynamics of conscious healing. It is for anyone who finds life difficult in the face of illness, emotional challenges, mental stress, and/or a loss of life meaning and purpose. It is an invaluable tool for health-care practitioners, social workers, clergy, and those who need to survive and thrive while dealing with the very real threats of stress and burnout. A more heart-centered, purposeful, and meaningful life will manifest as each reader becomes aware of their infinite ability to respond to life and healing challenges.

**For information on workshops and community seminars check out: [www.reginarosenthal.com](http://www.reginarosenthal.com)**







*The* Heart  
*of*  
Healing  
*Discovering the Secrets  
of Self-Care*

REGINA ROSENTHAL, PT, MA

## ***The Heart of Healing: Discovering the Secrets of Self-Care***

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# Synopsis

## *The Heart of Healing: Discovering the Secrets of Self-Care*

*The Heart of Healing* chronicles the journey home to the heart and authentic Self that frequently accompanies pain, distress, or **dis-ease** – a lack of ease in our physical, mental, emotional, and/or spiritual being. It is written for anyone seeking to increase awareness about healing and how to actively participate in this often daunting process.

Healing is stimulated when we commit to showing up, being present, and connecting to our heart and authentic Self during life and healing challenges. Readers of *The Heart of Healing* will discover seven universal themes encountered during healing; expand awareness about healing as a journey of Self-discovery and personal empowerment; and learn how to enhance their ability to respond.

Coming home to the heart is at the center of each theme. Readers will expand Self-awareness as they reflect, journal, and participate in Self-care practices (i.e. meditation, mindfulness, breathing, movement, relaxation and stress management exercises, acupressure) that accompany each chapter. The simple and easy-to-follow practices can be used independently, in groups, and in self-directed or counseling formats. These practices will help readers maximize health and well-being, as they use them to integrate learning and internal and external resources discovered on healing journeys.

A more empowered, heart-centered, purposeful, and meaningful life will manifest as readers experience what is at the heart, or core, of their being, as they awaken and reconnect to their heart and authentic Self through healing.

# ***The Heart of Healing: Discovering the Secrets of Self-Care***

## ***INTRODUCTION***

### **Why Did I Write *The Heart of Healing*?**

*The Heart of Healing* stems from a desire, a promise, and a prayer.

The desire to participate in healing journeys originated during the earliest years of my life, whenever I stood in wonder amidst the Great Mystery.

The promise emerged during my years as a physical therapist. Clients often urged me to write about our sessions in order to help others. This book is a response to their requests and the promises I made to each of them to bring this forth.

The prayer is for you. *The Heart of Healing* is your story as much as my own. I wrote this for anyone who has been on, or is beginning, a journey of healing. It is not only for those who seek personal healing; it is also for those who seek greater understanding of the healing process as they serve in the healing arts as physicians, surgeons, dentists, psychiatrists, psychologists, social workers, therapists, holistic practitioners, nurses, clergy, friends, or family members.

May your awareness, strength, compassion, insight, and wisdom be enhanced personally and professionally. May your understanding and presence deepen and help establish partnerships in health care with those you serve. We all need continuing education about healing to best support ourselves and one another. This will help us meet life and health challenges with a whole heart, described by cultural anthropologist Angeles Arrien as a four-chambered heart, one that is full, open, clear, and strong.<sup>1</sup>

Begin with me, then, with a desire to heal, a promise to share the journey, and a prayer that your way is illuminated. The journey will be challenging, but remember this: The Latin derivation of *desire* is “from the stars.” The world of healing is a vast and often mysterious universe, approached through science yet also needing heart-and-soul presence. Each of us who participates in the process, in any way, are like stars that inhabit the realm, shedding light amidst the darkness, in service to everyone and everything.

### **What is *The Heart of Healing*?**

*The Heart of Healing* describes the lifelong journey home to our heart and authentic Self that occurs through healing. It reveals how this journey and Self-care practices guide us to empowering discoveries at the heart, or core, of our being.

Healing is a continuous *process*, not a single life event, and it is stimulated each time we commit to showing up, being present, and connecting with our heart's pathway. Healing begins with the heart, and all paths lead back to the heart. During my early years as a physical therapist, I came to a realization about healing that has stayed with me to this day – we will experience many healing journeys from the moment we are born. This book is based on a core belief that developed from this awareness – *healing is a lifelong process of growth and development*.

Healing begins with the journey back to our hearts, often initially encountered when we face a health crisis, pain, distress, or *disease* – a lack of ease in our physical, mental, emotional, and/or spiritual being. Too often, our hearts are torn because we have fallen into dualistic thinking and living. Guided by either/or choices, we perceive individuals and situations as good or bad, right or wrong, this way or that way, rather than being open to both options. Returning to our heart transports us to a multidimensional world with beginnings and endings, joy and grief, pain and possibility, love and loss, beauty and the beast.....

*The Heart of Healing* is written for anyone who finds life turned upside down and difficult in the face of:

- *physical* illness as a result of shock, trauma, disease and/or disability
- *emotional* challenges such as shock, post-traumatic stress disorder (PTSD), depression, or anxiety
- *mental* stress from overload, exhaustion, and *burnout* related to daily living and/or unchallenged attitudes, beliefs, and habits that no longer serve
- *spiritual* dark nights of the soul—an overall sense of emptiness, aloneness, disconnection, loss, and lack of purpose and meaning

*The Heart of Healing* is written for those seeking to learn more about healing, and how to be more active in their healing process. The clients I worked with for more than three decades were empowered through this educational process.

*The Heart of Healing* is designed to expand awareness about healing as a lifelong journey of Self-discovery and empowerment. Each of us encounters seven universal themes as we explore healing. The return to our heart is at the center of each theme.

Each theme within *The Heart of Healing* will guide you on an individual journey that is about heart and meaning, and a path to your authentic Self. As you learn, grow, and gain insights on this journey, you will find answers to several questions:

- What is healing?
- How does healing impact my whole being?
- Which theme(s) do I encounter during healing challenges?
- How can the themes, expanded awareness, compassion, and



*mindfulness* benefit and enhance my healing process?

Your awareness will also deepen as you read, reflect, journal, and consistently participate in Self-care practices at the end of each chapter. These practices will help you discover ways to ground, integrate, and practically apply new insights. Your ability to use internal and external guidance, resources, and support will also be enhanced and will empower you and your healing process.

### **Why Does *The Heart of Healing Work*?**

The themes, process of Self-inquiry, awareness-tracking tools, and Self-care practices in each chapter are simple, easy to follow, and build upon one another. They can be used independently, in groups, and in self-directed or counseling formats. These supportive and educational strategies expand body-mind awareness and enhance Self-love, confidence, trust, and inner peace. A more purposeful and meaningful life will be manifested as you practically apply and integrate experiences and lessons learned during any healing process.

Practical application and use of Self-care tools will help you remember who you are, why you are here, and what has heart and meaning in your life. My life is renewed each time I use Self-care practices, create time for stillness, and consciously embrace and open to whatever arises within my life and healing process. In these moments, when I reconnect with my heart, soul, and the Great Mystery, I feel nourished and whole. I return to life afterward more centered and grounded. Everyone and everything in my life benefits when I use these practices.

More important than the messages in this book are the powerful questions and answers that will emerge in *your* heart and soul as you read. You will ask yourself:

- How can I remember to listen to my authentic Self during healing challenges?
- How can I integrate and practically apply insights?
- How can I maximize *health* and *well-being* through Self-care?

It is my hope that this book helps to create a bridge for all of us, from where we are now to where we seek to be in our healing process, growth and development, and human evolution. The bridge will be formed from what we discover during archaeological digs and scavenger hunts on our healing journeys, where understanding, answers, and meaning are sought.

As you explore healing, clues will be presented to you through three questions:

- Who am I?
- What do I want and/or need now?
- Where am I going?

These clues are like **Zen** koans, teaching riddles for which no solutions can be attained through logical reasoning and cognition. As with koans, clues temporarily jam cognitive processing to allow deeper awareness to emerge.....

In *As a Man Thinketh*, James Allen states, “A man sooner or later discovers that he is the master gardener of his soul, the director of his life.”<sup>2</sup> We are each gardeners in our lives. As we till the soil of our inner being, we reinforce our connection with the natural world and our true nature, our authentic Self. This will help us to harvest and thrive on what nourishes us. Applying the Self-care practices and reflection tools in *The Heart of Healing* will help you tend your life’s garden.

May you uncover compassionate support and peace within during healing challenges, when chaos and turmoil arise. May your garden be bountiful with life force, your own and that which you discover.

May the resources, gifts, and talents you bring forth be blessed, and a blessing for others, during abundant seasons of life and healing.

May love touch and heal you as you make and manifest your own healing miracles.

\*\*\*\*\*