

FOR IMMEDIATE RELEASE

## Healing from the Inside Out

Compelling New Book Explores the Intricate Connection between Body, Soul, and Better Health

Experiencing and refusing to let go of negative emotions, whether caused by us or inflicted by others, can weigh heavy on our shoulders. Oftentimes, this disease of the human spirit causes disease in the human body.

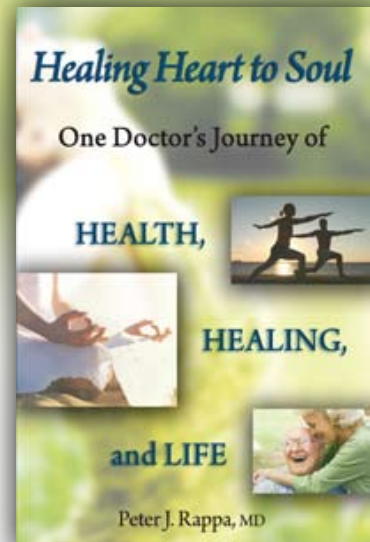
Peter J. Rappa, MD explores the intricate connection between the soul and the body in his new book *Healing Heart to Soul: One Doctor's Journey of Health, Healing and Life* (Brown Books 2009). In this unique collection of medical narratives, Dr. Rappa reaches beyond antibiotics and physical therapy, recognizing the need for medicine to dig deeper for answers. By watching and learning from his rehabilitation patients, Dr. Rappa discovered the power gained from cleansing the heart in order to heal the body. He calls the process healing from the inside out.

"I spend most of my day assisting people from the outside in—this is comfortable in the traditional doctor/patient relationship. But to really heal requires a change in context; to change context requires expansion of awareness, which is not easy but essential to embark on a journey of change," says Dr. Rappa.

*Healing Heart to Soul* gives readers insight into the very personal stories of individuals struggling to overcome disease and injury. Their journeys are heroic, uplifting and true testaments to the role spiritual growth and self-reliance can play in healing. Dr. Rappa introduces power principles as practical steps to jump starting the process of becoming emotionally aware and ultimately transforming physical health.

As a rehabilitation physician with a special interest in brain injury, Dr. Rappa began to see the connections and implications of mind, body, spirit, and health in 1998. *Healing Heart to Soul* recounts experiences he has had with these entities as a healthcare professional. Dr. Rappa lives in Dallas with his family. *Healing Heart to Soul* is his first book.

*Healing Heart to Soul* is available online and at bookstores everywhere. For more information visit [www.healinghearttosoul.com](http://www.healinghearttosoul.com).



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# *Healing Heart to Soul*

One Doctor's Journey of  
**HEALTH, HEALING, and LIFE**

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## *About the Author*

### Peter J. Rappa, MD



Peter J. Rappa, MD, is a rehabilitation physician in North Texas. After graduating with a Bachelor of Arts in Special English and Pre-Med from Columbia, Dr. Rappa worked as a lab assistant at the University of Texas Southwestern Medical School. He earned his Doctor of Medicine from Texas Tech University in 1989 and spent the following four years completing a residency in physical medicine and rehabilitation at Baylor University Medical Center in Dallas.

In 1993, Dr. Rappa began his career as a medical director for rehabilitation in an inpatient/outpatient practice with a special interest in brain and work injury. In 2004, he was named as one of *D Magazine's* Best Doctors in Dallas.

Dr. Rappa began to see the connections and implications of mind, body, spirit, and health in 1998. *Healing Heart to Soul: One Doctor's Journey of Health, Healing, and Life* recounts experiences he has had with these entities as a healthcare professional. He lives in Dallas with his wife, Monica, and their triplet daughters.

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# Healing Heart to Soul

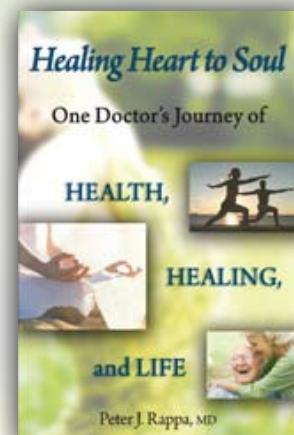
## One Doctor's Journey of HEALTH, HEALING, and LIFE

### Excerpt From Chapter 4

Excerpted with permission from *Healing Heart to Soul*  
Brown Books Publishing Group

The medical family history led me to ask about the most important relationship of life. Mothers and daughters have a special bond. The energy necessary to feed and nurture new life is of such a high magnitude that the miraculous stems from it on a regular basis. The divine mother will risk her own life to bring new life into the world. Over time it was apparent to me that the energy of life was blocked, and the life force out of balance in Pam's case was family. I suspected Pam's emotional thermostat was set off subtly a long time ago, and imagined how her childhood family life was less than ideal for her. Her perception was that her family life was emotionally difficult, different from what she would have wanted for herself. In an effort to assist in healing, I understood that she needed to make it right where it is wrong, but I did not know how she could do this on terms she could accept.

Pam's perceptions of herself, the world, and others created the unconscious attitudes that were in place long before the physical manifestation of her cancer. To uproot the cancer, she needed more than surgery. She would require an overhaul of her energy system. Pam would have to get to the root of the problem and then heal from the bottom up. I believed that Pam had to go back to the energy of family, then to personal relationships, then to work through the heart, and finally, to choice and vision. She had to restore her energy system to see her life in the proper context that would take her to healing.



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## *Q&A* with Peter J. Rappa, MD



When did you first start to see the intricate connections between mind, body, spirit, and health?

During an internship, I assisted in a family medicine clinic and saw many people walk in with illnesses that I perceived to be physical manifestations of something in their mind. I only got a glimpse back then, and I did not understand the depth and scope of the situation. Upon deeper investigation, I saw it everywhere, and I had thus stumbled onto a new meaning for my life. Injury, illness, and disease are part of the spiritual journey of life-health, and healing is a product of the soul. It is in that domain that I am most enriched and fulfilled.

*Healing Heart to Soul* implies that one must work through inner troubles before addressing outer symptoms. Is this always the case, or is it sometimes necessary to work from the outside to the inside?

I spend most of my day assisting people from the outside in—this is comfortable in the traditional doctor/patient relationship. But to really heal requires a change in context; to change context requires expansion of awareness, which is not easy. Very few people are ready to hear a truth that sparks an idea that leads to a change that begins the journey of the soul.

What are some ways we can prevent negative energy from affecting our health?

Medically, I am better at recognizing displaced energy after the fact than at offering prevention. I do not know the answer to prevention, as I do believe life is a spiritual journey and, by design, you will face that which you need to face to evolve. Ultimately, though, prevention and recovery are served by being means to the same end. The best way to dissipate negative energy is to become aware, take responsibility, and take action.

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# *Healing Heart to Soul*

## One Doctor's Journey of HEALTH, HEALING, and LIFE

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You're a rehabilitation physician. Did you always hope to be involved in this aspect of medicine? If not, what led you to it?

That's the thing about soul work; I would have to answer the question with a resounding NO.

Rehab medicine called to me more than I called to it. I was initially interested in sports medicine, but orthopedic surgery was so competitive, I thought I would take a back road into sports medicine via a specialty called physical medicine and rehabilitation. But the minute I started my internship, neurology called to me. I was fascinated—coma, catastrophic trauma, mind, thought, and psychology were all very interesting to me. I want to say I stuck with it, but the truth is that it would not let me go. I tried to step into sports medicine again as a fourth year resident, but I felt I was of more substantial help working with patients who could not even remember my name.

In the book, you talk about what it means to take a patient's "energy smear." How does this help you determine an appropriate path to healing?

My energy smear is obtained from the automatic, unaware, nonverbal clues that tell of discord, angst, and personality. When you really understand psychology, ego, emotion, consciousness levels, and relationships, being in the presence of another is like hearing the music and reading the lyrics to a song. You get to recognize patterns. My energy smear clues me in to where one might have misplaced energy—a possible point for excavation.

What is the most memorable case you've seen that exemplifies these connections?

The first time I applied these principles successfully to a patient is the most powerful experience I recall. Interestingly, after that first success, I tried the "techniques" again and got shot down big time. A bit gun-shy, I put the principles away and fell safely back into the traditional medical model, and subtly introduced items and aspects back into practice with select patients at select times. I realized that we are all lead to the truth we are ready to hear, which meant some people were not ready for the truth as I wanted to tell it.

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In *Healing Heart to Soul*, you use the term *karmic energy*. How does this force play a part in our daily lives?

When I use the term *karma*, it has special meaning—more than returning to Earth as a cat in your next life. You are your karma: your looks, your genetic code, the family into which you were born. To know is to be, so you cannot know racehorse unless you have four legs and can run the quarter mile in thirty seconds. The soul desires to know: I'd like to know myself as courageous, but try selling that to a cancer patient lying in recovery from chemo and paralyzed by a tumor. Finally, karma is the cycle of life, birth, life, death, renewal, and rejuvenation.

What do you hope readers take away from *Healing Heart to Soul*?

I want the readers to understand my deep yearning for truth—at least what is true for me—and my deep desire to share what I know, to be exposed to expanding awareness, and to learn from my experiences. I have a hard time as a doctor making a difference one patient at a time, but the book exposes my ideas to a much larger audience.

I would like for readers to reduce their own pain and suffering and help themselves heal. I want them to be encouraged to go forward and take on their own soul work, and maybe even do a little spiritual work along the way. I hope they hear me speak from my soul about the divine—a topic that fascinates me and keeps showing up in my life. Lastly, I want readers to be entertained while being educated.

What resources, other than your patients, do you use to actively learn about this topic?

At times, while pondering peacefully during a run or in my car, I am able to connect with the truths of the many authors I enjoy. I find myself immersed in the principles of advanced consciousness research by Dr. David Hawkins, and my favorite authors are Neale Donald Walsch, Carolyn Myss, and Wayne Dyer, as they often offer clarity and provide inspiration.

Is there another book in your future?

I hold my breath and hope to complete *The Soul Work of Life*.

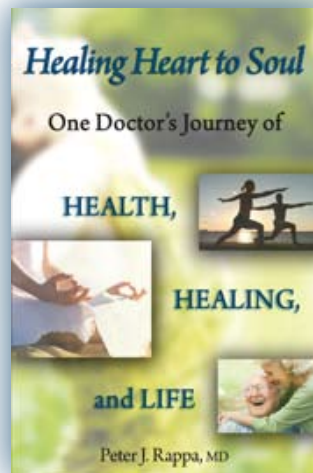
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