



# The Propelled Heart: Moving From Injury to Insight

*Toni Luisa Rivera DC*

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*The Propelled Heart: Injury to Insight* begins with a prologue that describes a sailing trip when I was 18 years old and compares that trip to **the journey each of us takes in life**. How facing fear with calm and choosing to rise to face any challenge. The rest of the book consists of two parts.

**Part One**, entitled '**Injury to Impasse**' is autobiographical and recounts my childhood wound of **sexual abuse** and my **Mother's reaction** when I told her what had happened. There are chapters on connection and relationship with others, and some recounting of memories and the way they came to me.

The autobiography continues with stories of turning points when chiropractic came into my life and when the 'monster' office I created needed to be escaped from. **How Rubenfeld Synergy and the integration of myself into my own life evolved my work with others**. The cyclic pattern that has reoccurred over my life is recognized and there is understanding of **the meaning and significance for myself and others**.

Included is a chapter with a '**message from spirit**' that details how **each of us needs to maintain a connection with spirit**. My current work and mission in life is detailed in the last chapter of Part One.

**Part Two**, entitled '**Impasse to Insight**' includes **teachings on the metaphorical quality of physical symptoms, recurring emotional states, recurring situations in life, and organ dis-ease**. There is discussion of selfvalue and self-respect and how these are related and required for a full expression in one's life of their unique Self. There is a dialogue on the duty of each person to live their individual lives to the fullest and **debate over the presence of judgment and betrayal between people and within one's self**. **In conclusion**, there is a transcript of a sample conversation with the authors' inner child.

**Each chapter in Part Two** includes exercises to allow the reader **to explore their own life, their own feelings and situations**. The hope is that this book will allow others to see the wounds in their life as portals to the gifts they may share with the world due to the insight gained through their journey. The introduction of **exercises to explore various metaphorical aspects of life are provided to encourage seeing the struggles of everyday life as opportunities to learn and grow**.

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