

## **Misa Hopkins Radio Interview**

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Photo options and digital version of “The Root of All Healing: 7 Steps to Healing Anything” are available at: <http://misahopkins.com/media-for-misa-hopkins/>.

### **Tweets and Facebook Announcements**

- Discover the Hidden Reason People Don't Get Well and the Reason They Do
- Join Me, \_\_\_\_\_ and Author Misa Hopkins in Discovering How You Can Create Healing Miracles from the Inside Out
- Tired of Being Ill? Discover the Secrets to Attracting the Right Healers and Treatments that Are Perfect for You
- Did you know that your illness could be meeting unconscious needs? Learn more with author, Misa Hopkins and me, \_\_\_\_\_ at

### **Topics**

**Discover the Hidden Reason People Don't Get Well and the Reason They Do  
or  
Creating Healing Miracles from the Inside Out**

#### **Topic Intro**

Misa Hopkins will be introducing her ground-breaking book, *The Root of All Healing: 7 Steps to Healing Anything*, which has been named the first aid handbook for the new 21<sup>st</sup> Century consciousness. Misa compassionately reveals the reason people don't get well—even when you have tried a variety of treatments and solutions. She will show you how illness may actually meet unconscious needs you aren't even aware exist. Then, by sharing stories about her own miraculous self-healings and the naturally occurring self-healings of others—you'll gain insights about how to break through the limits of illness to experience the complete health and wellness you desire.

#### **Bio**

Misa Hopkins is the author of the Amazon Bestseller, *The Root of All Healing: 7 Steps to Healing Anything*. 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.

### **Suggested Questions**

Before we talk about your discoveries, tell us a little bit about what motivated you to become so dedicated to helping people heal?

[Teaching homebound students that were terminally ill](#)

My own healing journey that began when my body and emotions demanded I heal from the sexual abuse I experienced as a child  
My dad's gift – cancer and mission to suffer  
My mom's gift – cancer and healing

You actually had a powerful healing experience with your mother. Would you share that story with us?

Mother was in the hospital expected to die. I went to see her; prodigal daughter returning home. Healing talk; she fell asleep; I sang to her; saw inside her body; held space for healing and she became was sent home a day later.

Why do you think your mother experienced such a dramatic and immediate healing response?

She was ready emotionally and spiritually to be at peace. I had truly forgiven her. There was absolute love, trust and compassion between us. Her fundamental need for love and acceptance was met, allowing her to open to fully receive a healing gift.

Misa, your own healing journey has led you to a fascinating conclusion about why we may not be healing. Would you talk about this?

Someone once told me that we allow things to continue happening in our lives as long as we are getting something out of it. Unconscious needs get met through illness. That means the unconscious need is motivating us to remain ill, even though we are trying all kinds of treatments to get well. Nothing works because the unconscious need must be met. We are either love or seeking love. Unconscious needs are desires for love.

Can you give us an example or two of unconscious needs being met through illness?

Common one – get sick to avoid what we don't want to do.

My underlying belief with MS

So what can you do about the need?

Needs are fundamental to our fulfillment and happiness. They are neutral. You don't think them away. They have to met. The key is doing it in a healthy way.

When we have been hurt, wounded or abused the way in which we get our needs met may become convoluted. If we let go of the illness, subconsciously, we are afraid our underlying need won't get met. So while, part of us is healing; another part of us is sabotaging our success. So we make little to no progress regardless of what treatment or healing modality we are using.

What have you discovered is common among people that get well from chronic or life-threatening conditions?

Refuse to accept anything other than complete wellness. They face the truth of themselves and continue to progress in healing regardless of what friends, family or doctors have told them.

Can you give us a couple of examples?

Man in motorcycle accident – told he would never walk without a crutch or might even be in a wheel chair

Woman paralyzed by Guillan Barre Syndrome

What need might be being met in cases like those?

Discover their own true power to define their reality. Not accepting the predictions or beliefs of others. They are choosing to be true to themselves.

What is the most common discovery people make when they read your book?

Attitudes about what healing really is; not about finding the right cure; finding truth inside you. We search for cures and the effectiveness can be hit and miss. That is why I tell readers steps you can apply and assist you regardless of whether you are using conventional medicine or alternative therapies. Answer is inside of you and that's what the 7 steps are about.

Tell us about one of the steps in your book, "The Root of All Healing," and how it helps people?

Observation is one of the most powerful and underutilized tool. Example – pain due to hypertension story. My own realization that the symptoms I was experiencing were common to people that had been sexually abused.

Give us an example of a result you have seen from someone that read your book and used the 7 steps?

Cause of migraine headaches – due to disconnection with her intuition; lack of stillness

Do you have another example?

40 year dynamic between a wife and husband

Empaths discover they must use their healing gifts in order to remain healthy.

In the book, you state that you believe that miracles are created?

We are the agents of our own miracles. We have to get out of the way by releasing our limits, so that we are fully open to the Divine Flow of energy that is natural to us. This is what I discovered in healing from my own MS. MS is supposed to be incurable, but that concept never entered my thinking. I figured it is my body, I created the illness and I would heal it.

What discoveries have you made since you wrote the book?

- 1) Our answers usually lie in the acknowledgment of feelings and beliefs that make us uncomfortable and we really don't want to have to address. The freedom comes when we have the courage to look at ourselves directly.
- 2) Empaths and intuitives become ill when they are not using their gifts.
- 3) Your subconscious has a memory of you completely well that comes from the Divine that flows through you—an original intent of creative force; you have to raise the memory to conscious awareness and embrace it.
- 4) Lasting healing comes when we allow healing to help us awaken.

What last thought would you like to leave with our listeners?

Something is not wrong with you as a person because you are sick. You have not done something bad or wrong. If you feel as though you are a victim of the illness, there is nothing wrong with that. Illnesses and chronic pain are difficult realities.

They may have been born from our beliefs, DNA, karma, exposure to chemicals, or pent-up and unacknowledged negative feelings—some causes we may or may not feel more responsibility for their occurrence.

But we are here to learn, and so these circumstances give us the opportunity to tap into the Divine love that wants to be flowing more freely through us. Illness is a doorway into a deeper relationship with the Divine, whether we embark on that journey and fully heal to live a longer life on earth or we prepare for the final healing, which is our transition to the other side. We can allow our illnesses to beat us or we can embrace them as the greatest gifts of our lives.

Where can our listeners learn more about your work?

They can download a free e-book entitled: “Beating the Odds: 10 Beliefs That Can Short Circuit Your Healing” at <http://www.misahopkins.com>