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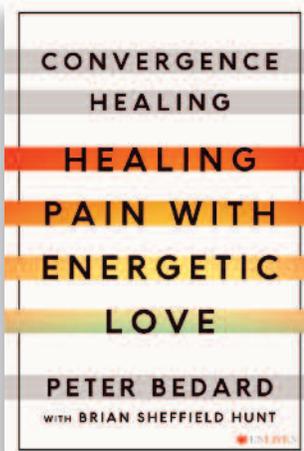
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CONVERGENCE HEALING

HEALING PAIN WITH ENERGETIC LOVE

By Peter Bedard, MA, C.HT with Brian Sheffield Hunt

An amazing, proven, 10-point process that explains noninvasive, life-altering practices to help you permanently heal your mind, body and spirit.



Over 100 million adults suffer from some form of chronic pain. What if rather than medicating ourselves, fighting to ignore the pain we're in, or remaining in a constant state of depression, we did the unthinkable: what if we recognized our pain as the gatekeeper to our best, most fulfilling life, in fact, our greatest source of wisdom? What if we embraced and even loved our pain so that we might integrate our losses, our transitions, our heartaches, and our mortality and make peace with the ever-lasting truth of who, uniquely, we truly are.

In *Convergence Healing: Healing Pain with Energetic Love* (Enliven Books, December 2015, \$16.00), healer Peter Bedard, who himself suffered from debilitating physical and emotional suffering after a car accident when he was seventeen-years-old, identifies and spells out a revolutionary approach to eliminating pain, one that not only saved his life, but uncovered a powerful new way of healing chronic pain without prescription medicine for thousands of others.

Convergence Healing offers a miraculous mind-body paradigm for those interested in living a balanced, well-integrated life, as well as offers Bedard's proven, 10-point process that explains noninvasive, life-altering practices to help us permanently heal our mind, body, and spirit and stop the cycle of chronic pain – be it physical, emotional, or existential. Pain which many of us know can drain the potential right out of our lives!

Convergence Healing doesn't ignore traditional approaches to pain management, it transcends them. Bedard knows that pain, first hand, isn't the enemy, it's just the messenger. Our pain is trying to deliver transformative messages of our greatness and our innate ability to live lives defined by love rather than loss. If we can find the courage to listen to what it has to tell us, our pain will actually set us free.



*“Trauma and anxiety are like ghosts. They are memories from your past that think they're still alive and we feel them deeply. They influence every aspect of who we are. The **Convergence Healing** process teaches those ghosts to find their way back in history so you can be free again.” ~ Peter Bedard*

Ask Peter:

- They say that you actually died, when you were 17 years old. How do you know you were dead?
- How did this terrifying boyhood experience, sculpt you into the gifted healer you are today?
- You suffered from debilitating pain for close to 20 years. Did you take drugs during that time? What steps did you take to deal with your pain?
- How and when did Convergence Healing start to take shape? Was there one particular moment? You were in pain and miserable for many of your teenage years and early into your 20's. How did you cope?
- Describe your 10-point process to lovingly feel your pain. Please walk us through these steps. Is there one that is most crucial?
- You have had extensive training in Hypnotherapy. What is Hypnotherapy?
- You are in private practice helping others to alleviate their pain. What do you find is a common trait that most people in pain have?
- We understand that your process is “non-invasive.” What does “non-invasive” mean?
- Do you remember dying? What was it like?
- You healed yourself of so many things, quite a number of those things most Western doctors say that they can't be cured. Tell us about that.
- What do you mean when you say, “befriend your pain”? You've got to be kidding me! I don't want to be friends with my pain. I want to kick it out. The last thing I want to do is feel it!
- Addiction and anxiety are now a big part of your work. You have a unique voice in the addiction recovery world tell us about that.
- You've said that beneath every anxiety is a trauma that lies like a ghost waiting to find its way back home. Can you tell me more about that?
- You say that the concept “Once an addict always an addict' is a lie!” What do you mean?

About the Author:

With an MA in Consciousness Studies and his extensive training in Hypnotherapy and alternative health, Peter has helped thousands of people overcome pain and the fearful shadow it has cast over their lives. Peter has a thriving one-on-one private practice and he gives talks and workshops around the world. He lives in Los Angeles, California.

[Visit ConvergenceHealing.com](http://www.convergencehealing.com)

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Convergence Healing

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