

New Book by Darren Starwynn Explores Why Years of Healing Work Can Still Leave People Stuck

Becoming the Avatar You Are offers a 10-step path to true inner healing, breaking through the ceiling that years of training and inner work can't lift

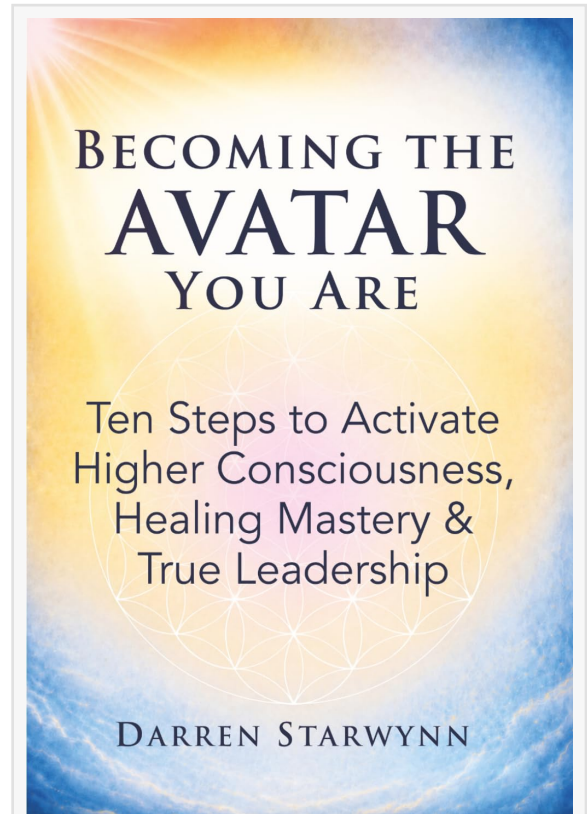
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/EINPresswire.com/ -- Many people have spent years in therapy, trainings and spiritual practice, yet still feel held back. For healers and coaches, it shows up as clients who improve and then slip back into old symptoms and patterns. For others, no matter how many healing sessions they receive, they're still caught in the same loops of limiting beliefs and chronic health issues. In his new book, *Becoming the Avatar You Are: Ten Steps to Activate Higher Consciousness, Healing Mastery and True Leadership* from Desert Heart Press, now available, Darren Starwynn, O.M.D., explains why and offers a practical path forward.

Drawing on more than four decades in quantum healing and energy medicine, Starwynn built his fifth book around a 10-Step Avatar Journey for healers, coaches, holistic practitioners, conscious entrepreneurs and spiritual seekers. He calls this barrier the invisible ceiling, and guides readers through it with a shift in identity: remembering who they already are.

"For years, I tried hard to make healing happen," said Starwynn. "The biggest breakthroughs came when I stopped trying to solve it on my own and let something larger move through me. This book is designed to help readers make that same shift."

Starwynn's search began in 1971, when, as a 19-year-old student at the University of Colorado Boulder, he traveled to India with about 500 seekers to study meditation. He returned a changed person, became an acupuncturist and earned his doctorate in Chinese medicine in 1995.



Becoming the Avatar You Are by
Darren Starwynn, O.M.D.

Over the following decades, he taught hundreds of seminars to health professionals and developed vibrational therapy equipment used by practitioners worldwide. Increasingly drawn to the source of healing rather than its tools, he studied with shamans on three continents and moved through what he describes as dark nights of the soul. Around 2015, a profound spiritual experience led him to leave his equipment business, and by 2017 he was teaching quantum healing full time.

"Most of the people I work with already have plenty of knowledge about healing," said Starwynn. "What changes their lives is having a direct experience of who they truly are, beyond their familiar identity. This book is a roadmap for living from that place, every day."

Inside *Becoming the Avatar You Are*, readers learn how to:

- Move beyond plateaus and patterns that persist despite years of inner work
- Expand their effectiveness as a healer, coach or conscious leader
- Strengthen intuition and trust in their own inner guidance

The book includes a course with guided teachings, activations and downloadable resources to help readers put the journey into daily practice.

"This is the book every healer needs," said Alys Rushton, Director of the Energy Healing Academy. Richard Gordon, founder of Quantum-Touch, said, "I highly recommend it. Dive in, it's a joy."

Becoming the Avatar You Are is available in paperback and Kindle on Amazon:

<https://www.amazon.com/dp/B0HJ6PXPS9>.

Starwynn also leads the Avatar Quantum Healer Program, a four-month live training for practitioners beginning in January 2027. Details at drstarwynn.com/avatar-master-healer.

About Darren Starwynn

Darren Starwynn, O.M.D., known as a Quantum Catalyst, guides healers, holistic health professionals and conscious leaders to consistent, lasting results and true inner healing by breaking through the ceiling that years of training and inner work can't lift. A doctor of Chinese medicine with more than four decades of experience in quantum healing, energy medicine and shamanic practice, he has taught thousands through workshops, trainings and retreats. He is the author of five books and serves as Director of the Bridge to Mastery Consciousness Institute and lead minister of Lightworker Ministry in Fairfax, California. Learn more at drstarwynn.com.

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Book Details

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Madeleine DeSena

Message House

madeleine@messagehousegroup.com

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