

Welcome

We all come from different walks and ways of life. Cancer is our common thread. This course is designed to help you walk through (unfortunately not around) the emotions you may be experiencing (grief, shock, devastation, anxiety, depression) and begin to heal.

I created this course because when I was told, "Congratulations you are done with treatment and in remission." I was shocked I wasn't as happy as I thought I "should" be. Certainly, I was happy to be done with the grueling treatments and believe me I was thrilled at being clean but the emotional scars were remaining. I feel like addressing this piece is essential to true healing.

No matter where you are on this journey you are exactly where you "should" be. Rest assured you can start where you are and you can repeat this course over and over if you need to move deeper.

Your "Boobies Story"

Let's begin by examining your "boobies story". Our relationship with our "boobies" is where we begin. The assignment will walk you through examining this relationship.

There is a direct connection with how emotions and feelings can manifest in our bodies as illnesses. Today we explore the mind body connection and how certain thoughts can manifest in our bodies in an unhealthy way. As we begin try to keep your mind open and if something resonates with you great, but if it doesn't, don't try to make it fit. Just take in the information and don't judge it.

Louise Hay in "Heal your Body", states that Cancer's probable cause is due to: deep hurt, long-standing resentment, deep secret, grief eating at the self, carrying hatreds. "What's the use?" The new thought pattern that is recommended is "I lovingly forgive and release all the past. I choose to fill my world with joy. I love and approve of myself."

LH: Breast Problems

Probable cause: A refusal to nourish the self. Putting everyone else first, over-mothering, overprotection, overbearing attitudes.

New thought pattern: I am important. I count. I now care for and nourish myself with love and with joy. I allow others the freedom to be who they are. We are all safe and free.

LH: Left side of body

Probable Cause: Represents receptivity, taking in, feminine energy, women, the mother.

New Thought Pattern: My feminine energy is beautifully balanced.

LH: Right side of body

Probable Cause: Giving out, letting go, masculine energy, men, the father

New Thought Pattern: I balance my masculine energy easily and effortlessly.

The affirmation above can be written and said aloud multiple times per day. It is not unusual for you not to believe it at all but your brain still hears it.

Your "Boobies Story"

The assignment this week involves us physically placing our hands on our chests. This can bring up a multitude of emotions for some people and for others it may not. For myself I went from double DD boobies to "almost C" boobies. A complete downgrade as far as I was concerned, but my friend went from AA to "almost C" and when she placed her hands she was like, "Damn girl you got it going on!". Neither is right or wrong but walking through this process together will lead to transformation and peace. Ultimately the goal of the course is to mend the scars and the mind body challenges to really experience "true" healing.

Happy Trails....I will be with you all the way, just put one foot in front of the other and you will get to wherever you need to be. Much Love....