

# Cancer Self-Awareness

A cancer diagnosis is a very serious life event. One of the opportunities is a chance to gain more self-awareness, and be accountable. It can be a time to make apologies and amends that you have been longing to make, but didn't quite have the courage to do.

This can be a time of self-reflection and gaining insight. It's now a chance to awaken the hero or heroine within, by not only fighting for life but also, fighting for a good life. A heightened awareness comes over a person while facing one's own mortality.

Think back, starting at the earliest memories. Whom do we need to forgive? Whom do we need to ask for forgiveness? We do this exercise primarily for ourselves. We need use our best judgment as to when it would be appropriate to ask for forgiveness. Going through this experience can be truly liberating. This is a chance to let old hurts wash away because they no longer serve us as we seek healing. Forgiveness holds within it power for our peace of mind. It transmutes fury and frustration into calmness and courage. Feeling forgiveness is the oil that lubricates the friction within our hearts. One does not have to pardon the wrongdoing; one just needs to relinquish the anger generated by the wrongdoing. By forgiving another, we inevitably forgive ourselves.

Self-forgiveness is essential to healing. It is easy to blame oneself for the disease. We question ourselves regarding health and habits. We wonder if we should have paid attention sooner. We need to let this go and move forward from this present day, making the best decisions possible.

By forgiving others and ourselves, the energy of denial, confusion or deception no longer exits. Life may not be exactly what we bargained for, yet in the end, we become so much more than we ever hoped for. One would call this a prized personal victory.

# Ways to Deal with Cancer

Through every challenge we face in life, there is always something to be learned or developed within ourselves. The following are some things that one can integrate while having to deal with this disease.

1. The realization that all we have is this present moment
2. Getting to know very quickly who our real friends and family are.
3. We no longer sweat the small stuff.
4. Learning discernment.
5. Great appreciation for nature.
6. Thankful to anyone who is helping us in any way.
7. Slowing down, prioritizing what is truly important.
8. Developing the art of loving more deeply.
9. Making better choices.
10. The realization of how strong we are.
11. Becoming more vulnerable.
12. Once we've had cancer, everything else becomes easy.
13. Learning to live one day at a time.
14. Gaining more resolve.
15. Becoming more compassionate and empathetic.
16. Getting to know ourselves better by studying all the emotions we have that are not pleasant.
17. Birthing the warrior within.

# Empowerment

Cancer is not for the faint of heart. It is a strong opponent. There are many books and resources available for fighting cancer. It can be overwhelming wade through all of the information. Then we can feel guilty if we are not following a prescribed plan outlined by “the experts.” It is clearly impossible to be perfect so instead focus on a few good things done well.

Decide on just a few strategies to implement and go from there.

With a Joan of Arc spirit we can carry a banner of healing. We are equipped with good nutrition, the best medical care available, and alternative forms of medicine. We can equip ourselves for battle with the three S's: Signs, Symbols, and Sentences.

## SIGNS

1. Create signs of inspiration.
2. A vision board with healing pictures and quotes.
3. Signs with drawings of healthy organs and body systems.
4. 3x5 cards on a key ring with inspiration quotes.

## SYMBOLS

A symbol is something that is meaningful and personal. It could be a four-leaf clover, angels, butterflies, a picture of a healthy organ, a word, etc. This symbol can become a reminder of healing every time you see it. The symbols that were especially meaningful included angels, butterflies, and paper cranes.

## SENTENCES

A sentence or phrase to be said over and over is a survival technique. Some great phrases are, “I can handle this...I can heal by being honest with everyone about everything....I am strong....I am willing to grow....I am NOT my cancer.

# Resilience and Beliefs

## RESILIENCE

“The ability to become strong, healthy, or successful again after something bad happens” is the definition of resilience offered by Merriam-Webster. We need only to look at history and within on our experiences to understand the resiliency of the human spirit. In this difficult cancer journey, we can aspire to a greater sense of wholeness. We must maintain our sense of humor. Believing there are better days ahead helps increase our resilience and beliefs.

If cancer picks a fight with us, we'll fight back.

Rest is restorative. Rest, Relax, and Recharge.

When we feel good, we'll thoroughly enjoy the moment.

We seek to be whole, not perfect.

## BELIEFS

I believe in me.

I believe in miracles.

I believe healing is my answer.

I believe that growth is possible through this challenge.

I believe this too shall pass.

I believe – I believe – I believe.

# Positive Suggestions

Eat fresh, healthy food.

Have fruit and vegetables cut and ready to eat in the refrigerator.

Make smoothies.

Have water foundations.

Light candles.

Play soft music.

Keep things neat and clean.

Watch TV programs that are uplifting.

See positive films.

Read inspiring books.

Have a pet if possible.

Be open to receiving love and support.

Take quiet or meditative time.

When or if bed ridden, make certain you have very calming things to look at.

Wear your favorite color.

Only talk to people who support you.

Stay as creative as possible.

Every day make a list of what you love about yourself.

# The Healing Feeling Alphabet

## I Feel...

Alive

Brave

Compassionate

Diligent

Energized

Funny

Genuine

Hopeful

Insightful

Joyful

Kind

Loving

Mighty

Nurturing

Optimistic

Persistent

Quiet

Receptive

Self-Confident

Tenacious

Unwavering

Victorious

Well-informed

Xtremely determined

Young at heart

Zen