

THE CANCER REVOLUTION

Additional Material for Chapter 9

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Live your life to the full

The re-ignition of our healthy metabolic and immune processes can be likened to the acceleration of photosynthesis in plants when the sun comes out. When the sun shines brightly plant cells buzz with activity, producing lots more oxygen and carbohydrate. So it is when we are filled with excitement, love and purpose. When our spirits are shining with enthusiasm and joy all the cells in our body work at their best. This is why the most powerful medicine of all is that which connects us to our joy. So yes, get the support you need, and yes learn powerful mind body techniques to replace fear with peace of mind, but most important of all get yourself fully engaged in that which you love doing most in life and live your life to the full. Dance, sing, let your creativity flow and be the person you were always meant to be. Express your feelings and share your love of life with all those dear to you. You will have a brilliant time and will have the pleasure of seeing yourself and your life healing from the inside out!

Take great care of yourself when first diagnosed and aim not to make any key decisions whilst you are in shock. Set up your personal support group as well as finding the right mentor, counsellor and spiritual healer for you. With their support:

- Reduce any oppressive stress in your life
- Address any tendency to self-stress through perfectionism, being over ambitious, approval seeking behaviour, low-self esteem vowing to do a 'good enough job' from now on
- Learn to express your feelings and find emotional resolution and healing of old hurts through counselling, the journey process or emotional freedom technique
- Examine your will to live and purpose in living and find mentorship support to get your life onto your own terms again so that every single day is filled with joyful, authentic, meaningful activity
- Open yourself to receive love, energy, spiritual uplift and encouragement
- Get yourself out of isolation into warm loving intimate relationships, whether this be in private or by making new friends within the positive health and self-development movement.
- Identify the beliefs you have which limit you and replace these with life affirming beliefs that will allow you to reach your full potential.
- Cultivate beliefs in your own power to heal yourself,
- Use the practices of hypnotherapy, visualisation affirmation and NLP to choose health and recovery – seeing yourself healed, well and happy in the future.
- the power of your medicines, doctors, therapists and healers therapies and self-help practices which strengthen our belief system such as hypnosis, affirmation, visualisation, and NLP

- Believe in and exercise the power of your mind to create a self-healing chemistry in your body and visualise yourself daily completely healed and healthier than ever before.
- Open to the possibility of healing through spiritual healing and prayer
- Working with therapists and doctors who know that the healing of cancer is possible.
- Be brave enough to confront your fears head on and then really enjoy the liberation this creates!
- Think of the diagnosis as a wake-up call to check in and ensure that you are 'on purpose' and take all the positive steps you can for a complete health and life revival
- Lighten up you life in every way you can and thoroughly enjoy yourself!