

Medicine of **HOPE**



The Blessings of Cancer

The Life Changing Positive
Power of Undergoing Difficult
Health Challenges

What is the deeper significance of an illness, even one that can create so much anguish?

I invite all persons affected by cancer - whether as patient, family member, friend or health care provider - ask this question and listen to the answers from their heart.

Your first thought may be that there is no deeper significance to this illness and that you simply want it to go away from your life as fast as possible. This is understandable, for nobody consciously chooses to have an illness.

challenge or fulfillment? Perhaps a different lifestyle - a change in eating habits or an exercise program calls to you but you have been tuning out the message? Is there some hobby like dancing, singing, playing a musical instrument, painting or writing that brings you great joy yet you never seem to have time for it? For many people, learning that they have a serious illness offers the opportunity to look honestly at what is missing and to begin choosing to fulfill that need.

The positive power of undergoing difficult health challenges is that it provides an opportunity to take control of your life - searching for a way of life especially suited for

you and, when found answers, actively working toward living a harmonious and balanced life. That allows you to focus on your healing, instead of your illness.

For many individuals, it requires a complete

However, when people are willing to look deeper within, they receive insights that begin the process of regaining meaning and wholeness in life. Often, people living with cancer, as is true for most of us, can identify some aspect

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of their life that is incomplete in some way. They know that there is something missing but they have been unable or unwilling to address this lack directly and make the necessary choices to change the situation.

Are you harboring resentment or bitterness from a past or present relationship? What is your relationship with the most important person in your life - you? Do you love yourself? Do you have a desire to spend more time with your family members but other priorities always seem to win out? Does your job provide little

restructuring of their thinking about themselves and their relationship to the world. Many of us grew up oriented toward what we should be doing rather than what we enjoy doing, toward what we should want in our life rather than what we really want. Our actions are usually based on these "shoulds" rather than on the question -

"What would fulfill me - what style of being, relating, creating would bring me to a life of joy and fulfillment?."

Each of us is as unique as our thumb print.





We all have our own natural way of being, relating, creating. When we become committed to finding and then living a fulfilling life physically, emotionally, mentally and spiritually, we begin the healing process at all levels.

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About the author



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Malonie is a Nationally Certified Massage Therapist, Lymph Drainage Therapist, Oncology Massage Therapist, Eden Energy Medicine Clinical Practitioner, Healing Touch Practitioner

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