



Jumpstart Your Healing - September 2008

We are well past midsummer. I hope you enjoyed a wonderful summer - lots of sunshine, carefree and happy times. It is a season to soak up the sun, have fun and restore yourself.

I had some good holiday times myself. I took a break from sending out the monthly newsletter this summer. And I will be taking a break again for a holiday in October.

About Fear and a diagnosis of Cancer

Fear is a key issue and needs to be dealt with. A response of fear and panic to a diagnosis of cancer or any disease is the single most damaging factor that impedes a person's recovery and it is his/her first priority to reduce its intensity. Very simply, **fear blocks health and healing**. You cannot restore your health and well-being if you are in fear.

Every few days or week or two I hear of someone newly diagnosed with cancer - a friend of a friend, a family member, a neighbour, a patient. And I hear of their responses of fear, distress and even panic. Invariably, the person's thoughts and imagination leap forward to those about cancer treatments - surgery, chemotherapy, radiation - and their associated side effects; to those of declining quality of life, of pain and of the possibility of dying.

Fear arises out of not knowing, of not understanding. We tend to fear what is a mystery to us. For example, before ancient peoples understood the natural sequence of events that resulted in an eclipse of the sun, they panicked that their world was coming to an end. However, once the cause was understood, people could dispel their fear and come to marvel at the phenomenon.

In the same way, fear of cancer can be greatly reduced and cleared with knowledge - with understanding that cancer is not some haphazard catastrophe that has struck the person but rather a specialized biological response of the body (directed by the subconscious brain) to deal with overwhelming stress or prolonged high stress. This understanding of the true nature of cancer is the precious gift of Dr. Hamer and his research of over 40,000 cases over the years since 1979. Further, Dr. Further

Dr. Hamer's research showed that **not all 'growths' or lumps found in the body imply an active phase of the cancer.**

Take breast cancer, for example. There are two main types of breast cancer:

1. glandular breast cancer - cancer of the glands of the breast that produce milk during lactation
2. and intraductal breast cancer - cancer of the lining tissue of the ducts of the breast that carry milk from the glands to the nipple.

Hamer's research proved that a lump in the breast of glandular breast cancer did not carry the same meaning as a lump in the breast of intraductal breast cancer. Why was he able to make this distinction? Because the glands and the ducts of the breast derive from different tissue types. The glands derive from mesoderm and the ducts from ectoderm (skin-like tissue). Hamer discovered that these two tissue types are linked to totally opposite responses when the woman is caught up in 'conflict' - running high emotional/mental stress - or has resolved the conflict.

For glandular breast cancer, the growth appears during the phase of conflict and the growth stops and diminishes and disappears when the woman has released the conflict.

For intraductal breast cancer, the opposite pattern occurs. There is no mass during the phase of conflict and the growth appears only after the woman has released or resolved her conflict. The mass in the breast is a tumor of repair and is temporary. It disappears once the repair is complete.

You may not fully understand this knowledge about the two types of breast cancer. However, the message is that not all lumps that show up in the body are to be feared. Just as the bony lump that forms around a fracture in a bone (callous formation) is understood, and therefore welcomed, as a repair response of the body, so may many cancers can be appreciated with a similar perspective.

Continuing with the above example, the woman newly diagnosed with breast cancer has to get a hold on and diminish her fear and panic - that is her first priority. Here are the steps to do so.

- firstly, the woman (as most breast cancers affect women) needs to remind herself that the cancer is a biological - and therefore a natural - response to her particular pattern of conflict; that the cancer is not a mystery - its appearance can be understood.
- she needs to find out what type of cancer she has - glandular or intraductal - in order to understand what phase she is in - in active conflict or in repair.
- she needs to fully appreciate that what is showing up in her body

is linked to emotional/mental conflict pattern in her life and that she is the only one that can clear the pattern. There are tools that Dr. Sabbah and others have developed to help her bring up her emotional story so she can clear it and several ways to help her release or resolve the emotional conflict.

- she should continue with medical and other therapies to contain the disease and support her general physical health. Her team of doctors are key to monitoring her disease and the physical changes.

In this newsletter, I am giving you a glimpse of a different response, through a different perspective, to a diagnosis of cancer. If you remain in the mindset of conventional medicine, you will remain challenged by fear and limitation. Until people let go of their belief that the world was flat, they held back from exploring the oceans for fear of falling off the edge into some unknown abyss.

I invite you to embrace this knowledge of the true nature of cancer - a survival response to overwhelming stress - and open to the possibilities for healing and to your empowerment as your own healer. This knowledge is at the core of a whole new paradigm of understanding for health and healing. It is a quantum leap for our understanding of how disease happens and how we can heal.

For a more in depth explanation of breast cancer, I invite you to register for the evening seminar on the topic to be given on Tuesday, September 16th, in Maple Ridge (see details below).

Perhaps now you have a better appreciation of these words - 'Remember, you are the power in your life to make yourself healthier and happier.'

Upcoming Events for September

***FREE* Introductory Evening Presentation**

Wednesday September 10th at 7:30 PM

Westgate Wellness Centre, Maple Ridge
(above Shopper's Drug Mart in Westgate Mall, 203rd and Lougheed)

Please register by phoning Nelie at 604-463-3234 or e-mailing
nelie@keystototalhealing.com

Monthly Evening Topic - "Taking the Fear Out Of Breast Cancer"

Tuesday September 16th at 7:30 PM

Westgate Wellness Centre, Maple Ridge

There is a way to move out of fear into understanding and a feeling of empowerment as your own healer with a diagnosis of breast cancer. It

begins with knowledge of what breast cancer really represents. Come and find out for yourself.

NOTE: Previous attendance at an Introductory evening talk is recommended, although not essential.

Cost: \$20

Please register by phone - 604-463-3234 and pay at the door or online at <http://www.keystototalhealing.com>

WORKSHOP "Jumpstart Your Journey to Health"

Saturday, November 15th 9 to 4:30 PM

Poolside room, Fraserview Village Centre, Maple Ridge
(116th Avenue, near 227th Street)

Cost: \$137

Testimonials

*" Thank you for a wonderful workshop! I am grateful for all the insights and learning ..."*R. Z. Langley

"I appreciated very much Nelie's clarity and patience in guiding us and giving us the tools to explore our deepest issues and needs." J. R.,
White Rock

Please check the website www.keystototalhealing.com for details and indicate your interest by e-mail or phone to 604-463- 3234.

I look forward to seeing you at the seminars.

Best of health and healing,

Nelie