

# 5 Step Cancer Healing Process

---

---

Copyright © Philip Martin 2011

Philip Martin  
52 Marakari Cres  
Mount Coolum  
Qld, Australia  
Email: [seatyed@aol.com](mailto:seatyed@aol.com)  
<http://www.healyourcancer.org/>

## Special Note

The author of this book is not dispensing medical advice and no part of this book should be used or perceived as diagnosis, prescription or treatment for medical conditions.  
The intent of the author is only to offer information of a general nature to tempt questioning and inquisitiveness.

All rights reserved and no part of this book may be reproduced or utilized in any form or by any means, electrical or mechanical including photocopying or recording or by any information storage or retrieval system without written permission from the author.

# Contents

Introduction.....	6
Overview .....	11
How the Mind Creates Meaning.....	21
What is Cancer?.....	28
Illness to Health .....	44
Step 1: What are your Personal Beliefs? .....	57
<i>Step 1:</i> What are you Global Beliefs.....	63
<i>Step 1:</i> What are your Values?.....	69
<i>Step 1:</i> What are your Rules?.....	73
<i>Step 1:</i> What are your Limitations?.....	75
<i>Step 1:</i> What are your Resources?.....	79
<i>Step 1:</i> What do you Want? .....	81
<i>Step 1:</i> What do you Not Want? .....	85
<i>Step 1:</i> What is Important to You?.....	89
<i>Step 1:</i> What have to's, must do's, can'ts, etc have You? .....	91
<i>Step 1:</i> What is your Story?.....	100
<i>Step 2:</i> Where are you Going?.....	104
<i>Step 3:</i> How much change is Necessary?... ..	111

*Step 4: Decide*..... 118

*Step 5: Actions*..... 129

*Step 5: Time* ..... 153

*Step 5: Delete Stress* ..... 159

*Step 5: Resolve Emotional Stress* ..... 161

*Step 5: Beliefs*..... 165

*Step 5: Self Hypnosis*..... 179

Index ..... 183

## 5 Step Cancer Healing Process

---

# 1

## Introduction

**H**ello, as this writing is about healing cancer, I will assume you are afflicted with this thing called Cancer and so my writing will reflect this.

Information is the key to solving any problem, for if there is a problem, then there is a lack of information. If we had all the necessary information, then the solution would be obvious and we would simply proceed to the solution and we would not label the event a ‘problem’. Information itself is neutral but we as human beings, perceive the information according to our own unique habitual way of thinking and when we do this, we force the information to conform to our perceptions or if this is too difficult we will just dismiss the information altogether.

I am supplying information and sometimes it may be confronting to you and you may become uncomfortable. And in healing a chronic disease, such as cancer, it is necessary to be willing to become uncomfortable, for change is uncomfortable and you do want change. Being cancer free and healthy is a drastic change from where you are at today.

## 5 Step Cancer Healing Process

---

As you have cancer and you desire that you become healthy then you are on a Journey and this journey is your journey and your journey alone. Though, hopefully not a lonely journey. This is your journey and you have control of the journey. How you travel this journey is your choice and as this is the most important journey of your life, who better to be in charge of it than you. Everybody is different and so only you know how you feel, need and think at any stage of your journey. I will be describing steps along the way and the processes involved as well as information that fills in the gaps. And of course it will be of a general nature, as it describes the overall process, if I was working one on one with you it would be much more specifically tailored to your specific needs. Though it is the process that is important and what works, and many people focus on the individual actions, steps, and techniques and this is only natural for we want to be **doing** something, but it is the process which creates change to a healthy state. The actions etc are useful when part of the process.

When people are just taking actions and advice, they are just hoping something will work and hope is vitally important but by adopting the process you will not be hoping (for a miracle) you will know that the actions that you are taking are part of a process leading to health.

Many people with cancer do not want the diagnosis of cancer to disrupt their daily lives and you may not want to change your routines, your diet, the way you live, you may not want to do things that some say you should, you may not want to meditate, you may not want to eat sprouts or eat healthier food and you may not want to stop drinking coffee and alcohol. You may not want to change, you just want to get rid of the cancer. You don't want the cancer to change your life and why should you? You have been given a diagnosis that you didn't want and that was devastating and with all the shock and overwhelm, it can easily feel that you have no control over your life. Because of this you may seek to regain some control of those aspects of your life that you can. It is normal to not want to change, for you feel that the cancer is forcing you to do these things and it would feel that you don't have control. And this issue of control is important.

Those who recover from cancer whether they have gone down the surgery, chemotherapy, and radiation path or alternative paths invariable have changed along the way, whether they were resistant to change or not. They now see life differently and they feel that they have a purpose and also they are no longer as interested in trivial things. They have discovered something **important!** They have discovered that life/living is important and it is **Their life that matters**. You may say 'but I know that life is important', but how important? How many other things

## Introduction

---

are important to you? Importance is relative. Is Your life the most important, most valuable thing you have? How many trivial things feel important to you? How important is what other people think of you?

Those cancer survivors got a wake up call (we all need one) but they got the wake up call because they had to face death and the lack of time in which to live. When you are faced with death, you have to weigh it up against life. This is what the brain naturally does, it is like a set of scales and on one side is death and on the other side is life. We do this continually throughout our lives and we continually choose life and decided to live. We may be totally unaware of this but our brain makes this decision every day. We choose to have life instead of death. So what is the wake up call? If death is imminent, that is, time is running out, it means that the life on the set of scales is not much better than death for without time then death occurs anyway.

If there is plenty of time then we will naturally choose life, we will make the same choice that we make every day, and by choosing life this means that we continue our existence as it is. This existence is basically the same routine, pattern of behaving, thinking and feeling we have been doing for years, but when time is running out, then the Life on the set of scales is too painful and our brain looks more closely at what Life is. And life is that magical us superimposed or supported by a pattern of living and this pattern of living is actually a set of instructions (information, meaning, perception etc) that we blindly and unknowingly follow. The us, we can't change but the pattern of our life, this we can change, so for the mind to choose life over death, the life has to change (to a life with a lot more time and therefore a lot less painful) and so the mind discards the old pattern or changes the pattern to one that is healthier.

In that moment when the mind sees the scales of life/death as nearly balanced (they are similar, they have nearly the same weight, that is they are both too painful) then there is a golden opportunity, when to live, is to transform the old pattern.

Those survivors did just that and now they are the same person but with a different outlook on life. They didn't change but how they perceive life changed. The earlier you have this change, the greater the chance of survival. In fact if these survivors had this change earlier (years) then I contend that they would not have had cancer.



## 5 Step Cancer Healing Process

---

So while it is only natural to resist changing ourselves, for you still want to be you, but if you can see the difference between you and the pattern or paradigm of your life, that is, that **you** operate according to the instructions of a pattern. Then changing the instructions and therefore the pattern will lead to you experiencing a different future. A healthier future, a brighter and happier future.

So be prepared to look at this information with an open mind as it just may save your life.

Reflect on what you have read in this chapter and discover what you have learned. As you want to heal as fast as possible, after each chapter reflect on what you have learned and take this inside and experience that learning. We can read information from a book or we can get information from seminars or listen to audios or watch DVDs and though we may now know that information but unless we change for the better as a result of that information, then we haven't utilised or experienced that information.

Cheers,

Philip Martin



# 2

## Overview

*The start of any journey is at the beginning,  
If we know where we are, we can then know the direction to take, to arrive at our  
destination.*

**T**he beginning of your journey from chronic disease to a state of health and wellbeing is now, this moment in time. The information at this moment in time is crucial for you to arrive at your destination. The ‘information’ is where you are. If you don’t know where you are or worse still you think that you are in a different place, how can you get to your destination. The directions may be correct but if you are starting from the wrong place, you will fail to reach your destination. If you have Cancer or other chronic disease, then I suggest to you that you are in a state of misinformation. That you do not know where you are and therefore arriving at your destination of health and wellbeing will be thoroughly difficult, even if you have the right directions.

***The major hurdle to overcome in order to achieve health.***

*The biggest problem you have to overcome in your quest, is misinformation. This cannot be overstated. Unless you come to terms with this, you will be expending and wasting vast amounts of valuable energy and resources. You will be swimming against the tide rather than swimming with*

## Overview

---

*the tide. To heal, or in fact to achieve anything in life, then look for the path of least resistance. To heal a chronic and/or terminal disease you need correct information. Information about where you are, information of where you want to be and information about the process involved in moving from where you are, to where you want to be. This chapter will concern itself with the first necessary set of information: Information regarding where you are at now.*

### **Where are you?**

Where are you? It may seem obvious that where you are, is in the space that you are occupying now, maybe on a chair etc. By where you are, I mean the information regarding your 'disease' and your involvement with the disease. Once again, this is crucial, and the most misunderstood component of the disease to health process.

Where you are at now, is the culmination of all the interaction (information) that has taken place between you and your environment (including your internal environment) of your entire life from conception, plus genetic and evolutionary information. The information that is needed to be understood at this point in time, is the information pertaining to the mind. This information includes thoughts, ideas, assumptions, beliefs, meanings, perceptions etc. This type of information has the power to create and transform actions.

This type of information is an amazing force and a force it is. This information, this force, creates an effect. I will call this type of information meanings. And where you are today is a result, an effect, of all this information that has gone on before now.

Pure Information is neutral and it is what we do with that information that matters. We take in information and use it and transform it and create further information from it. We as human beings can be seen as information transfer machines.

Back to meanings, meanings are not neutral (or pure) information. Meanings are information with an act of consciousness attached. Think about meanings, perceptions etc, and you will realize that they are all constructs and concepts, in other words, they are all made up. We create them and they are truly powerful for they create actions, effects and results. But meanings are illusions! They can be harmful or beneficial for us but they are still illusions. They are not true and they are not fact, they are in fact – deniers of truth.

## 5 Step Cancer Healing Process

---

Meanings also differ from information, in that information is static, it is stable and meanings have or cause motion. That is, that meanings lead and cause the formation of actions or more meanings. Because we have created a meaning we are compelled to put it to use and a chain of events will ensue.

For example: If we see that a chair is made out of wood, then that is information. It is just a piece of data. We are comfortable with that data and we can leave it be. But if we add a meaning, such as, 'The chair is made out of wood *because wood is cheap*' we have assumed there is a question – 'Why is the chair made out of wood?' Which leads to many other questions such as, what materials can you make a chair from, that are expensive? How cheap is wood? If wood is cheap what else can you do with wood? And many others questions may follow. Also there is deletion that we are unaware of, and that is, are there other reasons why the chair is made out of wood?

When there is an event, such as falling of a bicycle, there is only the physical series of events and movements that end up with you on the ground. This is reality, this is what actually happened. It is neutral but our mind is compelled to attach a meaning to the event. There are infinite meanings that we can attach to the event but our mind will attach only **one** and therefore delete all the others. What if we attach the meaning, I fell off the bike *because I am useless*? Once the meaning is attached to the visualization of the event, then we have a memory. The memory or rather the meaning part of the memory then creates a chain of effects. This chain of effects is based on a concept, an illusion and we treat it as absolute fact. We can form beliefs based on the illusion and our life changes because of our beliefs. How many negative beliefs do you hold about yourself? They are all illusions, all lies, all misinformation. Though of course you believe them to be true.

When you look back at your life, you see memories and half of the memories are meanings (which are illusions and deniers of truth) and the other half are the visualizations of events. The event itself is in the past and gone, disappeared. The visualization of the event is a copy (tinged with perception). And the memory teaches us something (the meaning of the event) and so we live our life today based on a blueprint (consisting of a pattern of beliefs made from memories which are made from meanings and visualizations). If you adopt a different meaning to certain events in your life then you will have a different life, that is, you will behave and feel differently. When we place a meaning on an event, especially an event that involves another or other people and we have a negative reaction, where did that meaning come from? We suffer the effects of the negative

## Overview

---

emotion i.e. we feel bad. But where did the meaning come from? It happened automatically and ironically it came from previous meanings that we applied, to an earlier somewhat similar situation. Remember, the event is neutral! We feel that the meaning (based on our blueprint, which is based on old meanings) is true, but the meaning is only our perception.

So we are where we are today, based on the accumulation of old meanings some such as 'I'm worthless', 'I'm nothing' etc. How would you feel if you discarded all those meanings? As a result, all your memories would not affect you anymore. How would you feel? How would your life be different? What could you achieve? It is worth contemplating, isn't it? As I said earlier, the mind is compelled to attach a meaning to every event. Well, if all meanings are deniers of truth, what can we do? There is one meaning that is truthful in any and every event and that meaning is **'I am'**. The fact is that in any event that you have, you are present. This meaning is extremely powerful for it is true. The Ego which by the way is the part of you that attaches meaning, is always seeking validation and any other validation other than 'I am' is only a part of the whole. 'I am' includes every possibility without denying any.

### **So know where you are.**

Please do exercise 1.

#### **Exercise 1.**

Write down everything you know about your cancer. For example –

- What do you know about the cause of your cancer?
- What processes are involved?
- What happens when you heal?
- What beliefs, perceptions etc do you have regarding this disease.
- What does having cancer mean to you?
- How do you feel about having cancer?
- What ramifications are there for you?

## 5 Step Cancer Healing Process

---

- Why do you think you got cancer?
- Anything else.

Now you have some information regarding where you are. Where did you get the information from? Did you get the information from outside sources? How much information actually came from you? Perhaps the information regarding the question on how you feel about having the disease is the only information you can know. Maybe the rest of the information is just widely accepted and therefore you think it is true and so you accept it.

Cancer for example is a word, a label and when we use it, we assume we all know about it because we are familiar with the label. The label conjures up all sorts of meanings and we react to the meanings. And this reaction is an obstacle. In fact it is preferable if you assume you know nothing or very little about your disease except that you have a state of affairs and you desire a different state of affairs, one you can label as healthy. By doing this you are closer to the truth and you will discard the misinformation that slows or prevents the healing process. When you have misinformation, you think that you are somewhere else, other than where you are at and so the directions you follow will get you more lost.

If you know that you are in the state of affairs that you are in now and you desire a different state of affairs, then you have no misinformation. This is a huge improvement, for you are closer to knowing where you are at, but you have little or no correct information of where you are at, so you still can't proceed on your journey to health.

How to obtain the correct information that you need? Where is it? You have the disease, your body has all the information needed. All cells in your body are connected and communicate with each other and every cell reacts to its environment and has a job to do, to benefit the whole organism, which is you. Your Cancer cells are your cells, they are a part of you and they connect and communicate with all other cells and I wonder what their job is and you don't know what their job is, you don't know why they are proliferating. You only have vague ideas based on incorrect information. Imagine if you knew what the cancer cells are doing and why. Do you see how this information would be useful to you.

Everything that is needed is already inside of you. Where else can that information be? You just haven't known how to access that information and that

## Overview

---

information is accessible. Obtain that information and then you are at the starting point and you can proceed to your destination, once you know the destination and have the directions. Getting to the starting point is where in my opinion nearly everybody gets it wrong and yet some get there by accident. So let's remedy that.

It is interesting to know how people have got to the starting point by accident for they surely did something right, even if they don't consciously know what they did. Basically (very basically) when they discovered that they have cancer (for example), they played out (imagined) what they thought they knew. They saw themselves at the end of their life (as distinct from dying for we are all dying the only variable is time), therefore they saw themselves with no time left and this is more unbearable than dying. By having no time left they have only two options, I will talk much about how the brain processes information and options later.

What are the options: 1. Death. 2. Life. Now obviously they would pick life as the will to live is our greatest instinct but there is a dilemma, because time has run out. If we have a choice – this or that then the brain has to know about the choices, what are they? Well death is obvious to the brain (death is when life becomes invalid, ceases) and what does the brain put on the other side? If it puts life as in the life the person has lived up till now. Then what will be the outcome? Death, for that is the situation the person is in, as time is running out. The brain puts life as the other choice but what life? It cannot be the same life, so how can the brain change the life choice, into one that has more time attached to it? This is the question that incidentally leads to survival.

### **What part of our life is changeable?**

The mind now has an amazing opportunity to do something that it has been prevented up until now, from doing by the Ego. It removes Meaning from the person's life and for an instant the person's life is bland, neutral and devoid of meaning. Once this happens the program/pattern/paradigm of the person's life disintegrates and becomes invalid, for it is meaning that connects (glues) all the components together'. And as Ego is the creator of meanings, the Ego is compelled to place meaning on its life. With all previous meanings removed, the Ego (prompted by the unconscious primal blueprint which is formed at conception) 'sees what is important' which is very little compared to before. The person's concept of life has dramatically changed. A new life program/pattern/paradigm is formed. And they are now in charge of their life, and they are totally responsible for their actions. They stop being a victim which is so



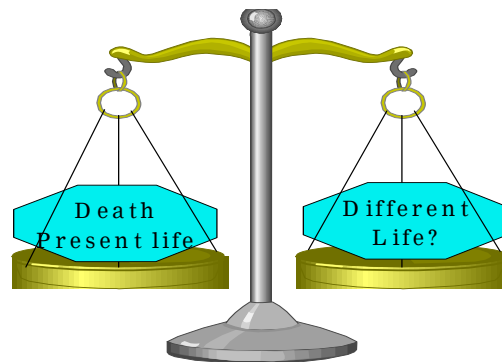
## 5 Step Cancer Healing Process

---

easy to become, as we are all taught to be influenced and controlled by circumstance.

This person has learnt a valuable life lesson, which by the way as a side effect heals the person's life and therefore the body. And the Cancer cells stop doing what they were doing and what they were doing will be explored later.

So by accident, the person has done what is necessary and that is, knowing where they are and that is, that death is imminent. They have associated death with their present life. They believed they were going to die, No, they knew they were going to die, unless they made a **life changing decision**. With that information no other information is necessary. They know what result they want (living – a different life). They decide one life over another and the old life (the pattern of living which is made up of meaning) is discarded. The pattern with the need for the cancer is discarded. Old meanings have been discarded and a new pattern (life) is generated. This is the benefit of a near death experience.



This is the crucial step and why is this so? Without this decision, which is to discard the old life pattern and adopt a new pattern of living (which will have health as a central principle), the old pattern remains and the information that is part of the cancer process continues to produce the effect, that you are already experiencing. This is why cancer and other chronic disease are difficult to heal. While the old pattern is in place, you are fighting yourself and while you don't know what the pattern is, you are fighting an unknown enemy. That is why the losses are high.

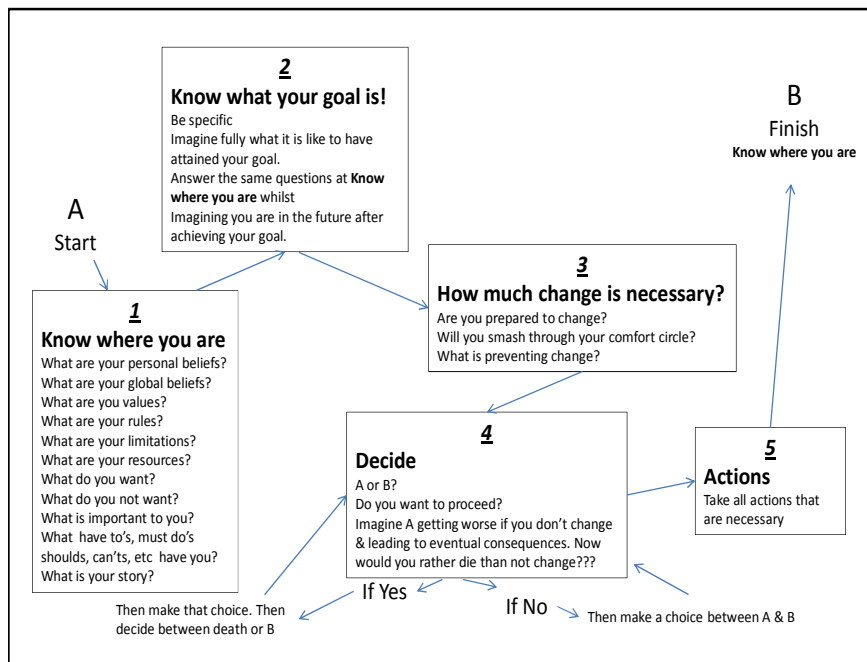
# Overview

Once the decision is made to have the new life rather than the old life, then the brain has a choice between death and life (which is the new life, with a changed program/pattern/paradigm) and naturally everyday from now on chooses life. Which reinforces this new improved way of living.

People who have survived cancer are generally grateful for having had cancer, for they have learnt something of tremendous value. Their values have changed, the meaning of their life is changed and changed for the better. For their new pattern is more in harmony with their original blueprint. Incidentally this is what *everyone* is seeking! This is why many cancer survivors say that having cancer (though not wanted) was a blessing.

Now healing by accident can be a very short process, that crucial decision actually takes place in a flash and once that decision is made then you have healed. The physical healing, that is, the cell and metabolic changes will take a period of time. But the resistance has been removed. Each and every day is bringing you closer to physical health.

Rather than wishing for an accidental healing, we can design the process so that we can have that healing.



The 5 step Process

## 5 Step Cancer Healing Process

---

The diagram above sets out the steps involved in the healing process. The underlying process is to discard or transform the governing pattern and create a new governing pattern. Most people only concern themselves with step 5, they only want to know what actions to do. It is a bit like, you are on one side of a mountain and your goal is on the other side of the mountain. You have a pair of skis to help you ski down the mountain to reach your goal. But trying to ski down the mountain, while you are at the bottom of the other side, won't work. You have to get to the top of the mountain first.



### 3

# How the Mind Creates Meaning

*Before we create a meaning, there just is what is.*

**W**hy is it necessary to know how the mind creates meaning? If you have cancer then I put to you that the cancer is a result of a pattern of meanings. What do I mean by this? Meaning is information that our mind has placed on an event, and this meaning is causative, that is, meaning produces reactions and those reactions have an effect. And all meaning are produced by the conscious mind.

For every event in your life you will attach a meaning, for example if you watched your neighbour place a wooden stake in the ground in his front yard, can you just accept that he simply put that stake in the ground and leave it at that? Or are you compelled to know why he put that stake in the ground? Your mind wants to place a sentence in your memory with what you physically saw. It wants to attach the sentence 'he put the stake in the ground *because* .....

It could be that he is going to put a letter box on top or he may attach a 'for sale' sign on it or if you see

## How the Mind Creates Meaning

---

no obvious use for the stake, you may say because he is crazy. The meaning that you attach to the event will depend on how you perceive the event. Any realistic meaning will do as long as there is a meaning attached, for the conscious mind cannot understand the incoming neutral information from the senses.

This incoming neutral information is conducted via electrical signals to the unconscious mind and the conscious mind communicates with language whereas the unconscious communicates with electrical and chemical signals and the subconscious communicates with feelings. So for the conscious mind to interpret the scene, it has to create a sentence to describe and translate the information and the conscious mind is compelled to attach a meaning for this is its purpose. The conscious mind's job/purpose is to attach meaning to reality. To see and experience what is and ask what does this mean and of course to supply the answer. So the conscious mind creates a reality (meanings) to overlay the existing reality. This reality though is our unique reality for we can only answer what does this mean to me. This is why the ancient eastern mystics say that reality is an illusion.

Once a meaning is attached, you now have a memory and it is now a fixed stable object that now resides in the brain. The memory is composed of two parts, one, the visualization of the physical event (the actual physical event happened outside of you and ceased to exist the moment after it occurred) and the meaning that you created, to attach to the visual copy of the event. You then attach a value to the memory, that is, how important is the memory in terms of your ongoing survival. In the case of the neighbour, there is little value or emotional impact, so the memory will unlikely produce any lasting reaction or effects.

Now if the neighbour took out a gun and started shooting at the stake, then you will place a meaning on the new event of him shooting at the stake. This meaning will likely have more value and an emotional impact. You may attach the meaning of he is a dangerous lunatic. This memory, in particular the meaning, will create reactions within you, because you have deemed that the neighbour may be dangerous to your existence. Now you will take actions to assist your existence. You may call the police, you may become more security conscious, you may move house. The memory because it will have a higher value on it, will remain in recall and you may form beliefs and patterns from the memory and a chain of events will ensure.

The actions and effects that have come about, have come about because of the meaning placed on the event. It is easy to assume that we are reacting to the

## 5 Step Cancer Healing Process

---

event but the event is neutral, as are all events. We react to the meaning that we have created from our perception of the event. This may be useful or not. But we have to be clear here, it is the meaning that *we* attach to an event that causes an effect (for us). The event itself has no meaning, it is only meaningful to our perceptions. We fall into the assumption that the event caused an effect or reaction. This is because we see the event and the attached meaning as one thing and because the event actually happened, that is, it is a fact, then we believe the memory is a fact. But it is not, it is compilation of fact and perception.

To heal cancer or any chronic condition, it is imperative to understand the distinction between an event and the meaning attached to that event. The meaning is an illusion, it may be beneficial or not, it may have merit or not, but it cannot be the truth, it cannot be a fact. The best it can be is beneficial. The meaning is true in the eyes of its creator but is only part of the truth. If a number of people witnessed the same event, then it is likely they will all have formed a different meaning. They will form their own unique meaning based on their life history and therefore their unique perception. This unique perception is made up mainly of a pattern of older meanings. And these older meanings are illusions too. So we have illusions creating further illusions.

As these other people have different meanings to the exact same event and all their meanings are true for the individual, how then can one meaning be true? For if it is true then all the other meanings will have to be wrong. To each event there is an infinite number of meanings and perceptions. Each one can only be a part, a fraction of the truth. To accept one meaning is to deny all the other possible meanings. So in effect, meaning is a denier of the truth. This does not necessarily cause a problem if the meaning is beneficial to us. Though we are fooling ourselves if we believe the meanings are true, rather than what they are. And what they are, are concepts, constructs and perceptions and these dictate how we will perceive future events and what meanings we will place on them.

Back to the title of this chapter – How does the mind create meaning? The mind forms a meaning to every single event that we experience. The event is a stimulus to our senses and these are electrical impulses that proceed to the brain. To encode these stimuli and therefore have the information available to the conscious mind, the stimuli has to be translated into the language of the conscious mind which in my case is English. The conscious mind's language is our spoken language, where as the unconscious language is electrical and chemical. To translate the stimuli received by our senses, they are encoded first into sight, sound, touch,

## How the Mind Creates Meaning

---

smell and taste so that we form a picture. The conscious mind then ‘sees’ the event, this seeing the event is a subconscious (or middle layer process) process and to the conscious mind it is bland and neutral, it is what it is. The conscious mind has not had an impact or done anything yet. The signal/stimulus it has received after unconscious and subconscious translation is that it is presented with a visualization. The conscious mind now translates the visualization into words and forms a sentence and now the conscious mind does what it is designed to do and asks ‘What does this mean?’ and the answer is the meaning attached to the event. It is what the conscious mind understands and this is now translated into feelings and fed back to the unconscious. Like all translations we have an equation – ‘This equals That’. The ‘This’ is the visualization and the ‘That’ is the meaning and like all translations there is room for error, the translation is an approximate. This can only truly equal This. The That is similar but cannot be the same and in the case of the human mind the That can only be a biased perception.

So meaning is the only way the conscious mind can understand (translate) what is. But in the act of understanding what is, it actually has to deny what is and accept what it perceives as what is.

So what we each do as human beings, is to translate what is, into our own unique understanding and seeing as we created the meaning, we then believe the meaning is true.

So how can this article benefit you in healing? What lesson needs to be learnt?

Meanings are causative, they produce an effect. A negative meaning will produce a negative effect (that is, a stress), a positive meaning will produce a positive (beneficial) effect. All emotional effects in your life are caused by meanings. All your beliefs are formed from meanings. Nearly all of your life (your conscious perception), behaviours, moods, actions and results are caused by meanings. Your life at this point in time is the culmination of all your meanings. You are where you are at now because of your meanings.

You, as stated before, create your own meanings from the perceptions that you hold, which in turn were formed by older meanings. In fact the meanings you formed in the first five years of your life have formulated nearly all the rest of your meanings and perceptions. Read the chapter on ‘Beliefs’ to understand how most of your beliefs are formed in this early stage of your life.



## 5 Step Cancer Healing Process

---

If you want to change your life and if you want to be healthy and heal cancer, then this necessitates a change of your life and a dramatic one at that. A problem many people with cancer have and that they maybe unaware of, is that they want to be free of cancer but don't want to change. The reason for this will be explained later. It is interesting to note, if you do not want to change or have uneasy feelings about it, what meanings have you formed regarding change?

So, is your cancer a result of the meanings you have created, in short **Yes!** You may be offended by this statement. But by accepting this statement, you will be able to create the necessary changes, that will lead to health. And by the way, why is it that the body, though having the ability to destroy cancer cells, seems to support tumours, by increasing blood supply to them? Why does the body not seem to recognise cancer as a disease? Have we got the wrong ideas about cancer? And how much do we really not know about cancer?

If you accept that your cancer is a result of the meanings you have created, then you can take responsibility for your healing: and let's get real here, your body and it's healing potential is the only thing that can heal you. Anything else can only assist your self healing system. No matter what we do to a dead body, we cannot make it heal! This book will help you utilise your self healing system and help you remove what is preventing your self healing system from generating good health. By accepting that cancer is a part of your life and that your life pattern is responsible for it, then you can do something about it, if you created it then you can uncreate it! If it offends you to be told you are responsible for your cancer, please for your sake read on.

I own a car, it is my car and if I have a flat battery and the car won't go, who is responsible to get the car fixed, obviously it is me. If I do not take responsibility for fixing the car, who will fix it? Will you fix it?

Your self healing system is absolutely amazing and can return your body back into excellent health, this is what it is designed to do and it can do it, but if like my car, you don't accept the cancer and the healing are both your responsibility, then you are **preventing** the self healing system operating effectively. As well, there are other obstacles preventing the self healing system doing its job, which will be discussed as we proceed on our journey.

Being responsible does not mean blame, please throw any notion of blame in the rubbish bin. There is no place for blame, it is a totally unnecessary and destructive quality. Also we treat cancer as a bad thing, something to be killed off,

## How the Mind Creates Meaning

---

cut out, something to fight and battle with, something to be overcome. Please understand, and it will be explained later, that cancer cells are your cells, and as all cells in your body, what are they reacting to, what is their purpose, what is communicated to them. Cancer cells have a purpose and their purpose is to heal a stressful and damaging stimulus. In fact cancer is the result of a healing process, the cancer is the collateral damage. The cancer has prevented you from dying earlier. By understanding what cancer really is, you can heal this initial 'disease' and then it will not be necessary to continue with the cancer process. And it is a process, and when your healing system knows this process is not warranted, it will cease the process and expend its energies on healing any damage done.

### Important learning points:

- Meanings, beliefs and perceptions are created by each one of us.
- Meanings, beliefs and perceptions are illusions, they appear true but are just concepts.
- Meanings, beliefs and perceptions deny all other possibilities.
- Negative meanings produce negative results & cause stress and toxins.
- Meanings cause effects/results.
- Your experience of life at this moment is the result of all your past, which is formed by the meanings you created.
- Meanings are changeable.
- When change occurs – meanings have changed.
- Meanings are central and causative of your cancer.
- Meanings even if negative have a positive intent.
- Cancer is a healing process, still reacting (healing) to a cause (stressful stimulus, irritant) that is still present.
- Cancer is the label we give to an identification of a generally unknown process (the constant attempt at healing a constant irritant) similar to a grain of sand irritating an oyster. To heal the irritant, the oyster overlays the grain of sand with mucus. It continues this healing process and the collateral damage the pearl (meaning a valuable jewel to us) is a cancerous growth to the oyster. But without the healing/the cancer, the oyster would have died earlier. The pearl is an irritant to the oyster but far less so than the grain of sand (the original irritant). The pearl's and cancer's purpose is to prolong life.
- Correct information is essential to healing.

## 5 Step Cancer Healing Process

---

- Misinformation is a result of meanings.

If you have cancer, then you have a lot of misinformation.

# 4

## What is Cancer?

*A word can be a dangerous thing.*

**W**hat is cancer. It is whatever it means to you. To some people it is a death sentence, to some a cruel cosmic joke and to some a wake up call. It is a six letter word. But you will have your own unique meaning and understanding of what it means for you and you will base your journey on your perceptions. However, if you suspend your perceptions and start with, cancer is only a six letter word, then you will be open to other possibilities and you may wonder where those possibilities will lead you to. But such is the power of words, that the word cancer can be a code or a representation for something else. That something else, is the meanings and beliefs that you have attached to the word and where did these meanings and beliefs come from? Mostly from yours and society's perceptions. We see and hear of many people dying of cancer and we then fear this thing called cancer. You fear the unknown elements of it and the uncertainty of it. This fear is perpetrated in the media as it is dramatic, also this fear is a huge money spinner for the industries that feed of it. There is a constant 'a cure is just around the corner' and this is like the carrot and the donkey metaphor, it keeps the status quo of us kept in fear of cancer but with the promise a cure is close at hand. It also

## 5 Step Cancer Healing Process

---

seems a mysterious disease, striking indiscriminately and there seems to be no cure. So rightly so, it scares the living daylights out of us.

The common perception of cancer is that it is a disease, something that we have caught, or we have no idea how we have come to have this thing call cancer. It is this lack of knowledge and misinformation that adds to the fear of cancer and you may therefore try to cling to what you think you know about it, in order to make sense of the dilemma that you find yourself in. By discovering the correct information about cancer and its causes, the fear will dissipate.

Some cancers we can appreciate have a causative factor such as the toxins in cigarettes, irritating asbestos fibres, radiation etc. But with many cancers there is little known about the cause and little known about the healing.

But these are perceptions and you will have your perception about your cancer and its cause etc and I have my perceptions. If you are interested I would ask you to suspend your perception about cancer for awhile and listen to my perception about cancer and see if it is helpful to you.

We can easily accept that a disease is a state of illness and if we find a magical ingredient to destroy the disease, then all is well. It is easy to imagine a germ/bacteria etc, invading our body and if we ingest a poison to that germ, then the germ will die. This is a simplistic approach and ignores the complexity of the human body.

Yet illness is essential for good health and for the survival of the human race. Illness is purely a result of the interactions between us and our environment. We live on this planet called earth of which we are a part of. This planet, our world, is a constantly changing and dynamic process and the result of this constant change is adaptation. All living things on the planet adapt and this causes further changes to occur and so more adaptation follows. It is a never ending cycle of refinement and adaptation. This leads to a basic principle of 'What works stays and what doesn't work, becomes extinct'.

As our environment changes, stress occurs and we then adapt to this stress by refining and adjusting so that we are in harmony with our environment. By this, we evolve and guarantee our survival as a species. This adjustment to stress is sometimes uncomfortable and is like illness. In fact when we become ill, it is a result of the change in our environment. This change affects us, similar to the change of weather in the seasons. If we do not adapt we will die. So we change to

## What is Cancer?

---

meet the challenge of the change assaulting us. Sometimes the change is minimal and we are unaware of the adaptation. Sometimes the change is large and our reaction is proportionally large and we are aware that we are ill (which is suffering the effects of the reaction). When a new flu virus or bacteria is in our environment, we are threaten and challenged by this, and our bodies meet this challenge and a battle ensues. If we win the battle, we become stronger and healthier for the bacteria is still in the environment, but our bodies have adapted to the point, where the bacteria is no longer a threat to us. Illness makes us healthier; it is simply a part of the survival and evolution process.

Take for example measles; most of us have had the illness called measles. We are invaded by the measles virus in childhood. The virus threatens our young bodies and after a period of intense interactions, we become victorious and our bodies have the information necessary to always quickly mount a counter attack. We are now immune from the illness measles. Still each year the measles virus attacks our bodies and yet we are unaware of the intruders. This is because we now have the capacity/knowledge to effectively neutralise the bacteria. It can be realised that the disease called measles is actually the healing process of the body at work. The symptoms are the reactions that take place to overcome the irritant (the measles virus). For instance the body often produces fever to destroy viruses and bacteria as they are heat sensitive. Fever is a tool that the healing system utilises. It is a good thing and after the battle with the measles virus, we are healthier than before we had the illness. In the big picture of evolution the strong survive so that the next generation has a better chance, so even though some die from acute illness, mankind is healthier.

Now let me make a point here. I have just described the natural illness process which is a part of the health process. More accurately I have described the *acute* illness process. That is, **illness leads to increased health**.

What about chronic illnesses and diseases such as cancer, arthritis, multiple sclerosis etc. where are the health producing benefits of these illnesses? What has gone wrong, why do these diseases lead to deterioration and death?

Discovering the answers to these questions helps *remove what prevents the natural health process from occurring*. Our bodies have the **capability** to heal from all these diseases and to heal and be healthy is a two pronged attack.

1. Is to do health promoting actions, actions that encourage the healing process and

## 5 Step Cancer Healing Process

---

2. More importantly, remove or transform the disease causing processes. As long as the disease promoting processes are in place it is unlikely the health causing processes will work effectively. It is step, where there is a glaring lack of information.

The disease process is the one that there is little information about and yet it is vital to understand this process if one wants to heal cancer. Or another way to look at it, with regard to healing, is that the healing process starts from the disease process, not separate from it.

As can be seen from the acute disease 'Measles' the disease is the reaction and adaptation to an irritant, so the disease is actually the process of healing, that is, the healing in glorious action!. Is cancer any different – No. All diseases are the interaction between an irritant/s (toxins, foreign fibres etc, radiation, bacteria, viruses and emotional distress) and the body. These irritants can be called stress. When the body receives stress, it will alleviate this stress in any way it can and this is called healing.

So, if you get a splinter you can see the reaction of the body to the irritating splinter, the site of the splitter will swell up, there will be pressure on the surrounding tissue, pus will form and these actions are needed to expel the splinter or dissolve it. If you remove the irritant (splinter) the healing process (responding to the irritant) stops and the cells return to normal.

Am I contending that Cancer is the body's response and reaction to a stress (irritant) – **Yes**. The irritant is a stress and in cancer and other chronic diseases, that stress is **still occurring**, that is, the stress hasn't been resolved or nullified. We in this period of evolution and live with an enormous amount of stress coming from all directions and it is this cumulative stress that is so destructive. We can have stress from work and when we relax at home that stress is gone. When we go on a holiday we can be far removed from stress and our body's stress level can go way down. In fact many people go into remission when they are on holiday or make a major change in their life. The cancer tends to return when they return back to their previous way of living and the stressful situations return. What would you like to take a holiday from?

By reducing stress in any area, the body has more vitality and energy and therefore is healthier. The irritant that the so called cancer is reacting to is still there but the body has less total stress. So, what will happen if the irritant at the centre of

## What is Cancer?

---

the cancer is removed? Without that irritating stress, the cancer cells will return to normal! There is no need to keep responding and reacting to that stress. Those cancer cells will stop doing what they are doing which is healing! (the damage caused by the irritant) and you will be healed.

The normal acute illness process is when an irritant (measles virus etc) irritates the body, the body reacts and adapts to the threat, the body nullifies the threat and is now in harmony with its environment and is now healthier than before the illness. The 'chronic disease process' is when the reaction and adaption does not succeed in removing the irritant or more generally the irritant is constantly occurring.

The irritant remains and therefore there is mal – adaption, the body can only keep doing what it is doing, which is healing (with collateral damage) with no removal of the irritant. Think of a grain of sand entering an oyster and lodging in the soft flesh. Now, the oyster cannot remove the irritating grain of sand and so creates mucus to ease the irritation. The process continues till we have a beautiful pearl (cancer of the oyster) that will end up killing the oyster. The healing process that is saving the oyster's life from the irritant, keeps trying in vain to minimise the irritation. Life was prolonged and cut short at the same time.

When we have a disease caused (mainly) by a physical irritant, then it is easy to see the cause, but chronic diseases usually involve physical, nutritional and emotional irritants. It is the emotional irritants that are little understood and to many cancers, the main cause and the prime factor in preventing health occurring.

Remember, disease is the result of the body attempting to heal a stress. Every cell in our body is a complete living organism and it is the amazing connectedness and collective working together that allows us to be existing in this form, as a human being. Each cell has a respiratory system, a digestive system, a reproductive system and a nervous system. Each cell has its own internal environment and it reacts and communicates with its external environment. The cell communicates by receptors on the cell wall and it has receptors for incoming and outgoing information/communication. So the cells respond to and influence the whole (which is us).

So a cell can receive a signal or stimulus from its external environment and if the signal is stressful to the cell, then that cell will send out signals communicating the stress, that will be received by other cells and this generates stress in these cells.



## 5 Step Cancer Healing Process

---

What the outcome is, is that the body is aware of a stressful environment and the cells will have individual roles in attempting to overcome the stress.

If our internal environment (which is the external environment to the individual cells) is continually stressful then you can imagine the cells having a very hard time at surviving. If our external environment is stressful, such as polluted air then we will struggle to survive too. Stress pollutes the surrounding environment of the cell, with dangerous chemicals and toxins, disrupting the delicate alkalinity of the blood.

Any stress that we encounter will produce a stressful internal environment but our bodies are well equipped to handle and dispose of the normal day to day stresses that we experience. How much quantity of stress can we safely handle? If we imagine we have a range of 0 to 10 units and the body can deal with up to 5 units safely and that experiencing more than this leaves residual stress and also imagine that throughout evolution mankind has set the safe limit at 5 for generation after generation and this hypothetical level has proved to be the most efficient. The principle of economy of effort will see to it that we adopt the most efficient level. However in our modern world, we are continually bombarded with increasing levels of stress and over time mankind will increase the level of stress we can handle safely. But back to our present day, stress that originates from outside us is usually of short duration, though it can occur daily. What about emotional stress?

If we really think about it, emotional stress is far more stressful than external stresses. If we think or feel what it is like when we feel personally vulnerable, or not good enough or worthless etc, etc, etc, imagine how much untold stress we are experiencing continually. And it is this stress, this type of irritant that is so damaging, for how do you dissipate that stress?

If we average about 4 units of external stress a day and on top of that we have 3 units of emotional stress then we have a continual excess of residual stress and this residual stress also causes extra stress. When this occurs year after year, our whole body is sorely affected, our vitality is lowered and our capacity to maintain health suffers.

Each emotion produces a unique chemical response and each chemical response affects our internal environment (which is our cells external environment) differently. Positive emotions such as love and compassion provide a beneficial environment and nourishment to our cells, whereas negative emotions create a

## What is Cancer?

---

polluting environment. So continually having negative emotions are similar to ingesting poisons (carcinogens).

The emotions that are generally related to cancer are the absorbing kind such as resentment, hate, shame etc, the expressing kind tend to produce different diseases. When we have negative emotions and we internalise them, it seems as if there is no way to rid ourselves of them. We own them, they become a part of us, we keep them, we store them, we may even treasure them!

These negative emotions create an internal pattern of feeling, that operates as an unconscious habitual program, and so while our conscious mind may become unaware over time of the constant irritation, our body has to deal with the effects of this stress, continually. Like little drops of acid continually drip, drip dripping.

Today, treatment of cancer begins with the perception that the person has Cancer. This perception means that the Cancer is alien to you and therefore can be cut out or treated separately, (even natural methods promote your immune system so it can kill the cancer.) and is the cornerstone of most treatments today.

Let me ask you a question, it may upset you if you are currently suffering from cancer, but it is only food for thought. But for your sake read on.

The question is (A) Have you got Cancer or (B) Have you a cancerous life pattern?

If you answered A; Then treatment = You have to get rid of the cancer to be healthy or cured.

If you answered B; Then treatment = You have to change to a non cancerous life pattern or healthy person.

The word cancerous conjures up some undesirable connotations. What I mean by cancerous is - causing or responsible for the disease state called Cancer. You see, Cancer is a result of certain patterns. If anybody has these same patterns, then they will develop cancer also. You of course did not have the intention of being ill, but you can now have the intention to be healthy, which is the result of having and following through with the intention to change patterns.

***Change the patterns and you change the result.***

## 5 Step Cancer Healing Process

---

The sentence above, so very simple yet it could be one of the most powerful truths there is and is the cornerstone of all healing. It is an equation –

A certain pattern = A certain result

A certain result = A certain pattern

A different pattern = A different result

A different result = A different pattern

All chronic illnesses/diseases have a combination of mental/emotional, physical and nutritional components (causes). The most neglected and misunderstood is the mental/emotional aspect. It is the mental/emotional aspect that is predominately responsible for your patterns of behaving and living. These patterns are the patterns that your mind has deemed to be the safest and most advantageous for your survival. So the patterns that are responsible for your cancer were necessary for your survival! And this is the dilemma you are faced with, for as the pattern is deemed pro survival it is resistant to change.

### *How can what you need to survive, kill you!?*

Well, nearly all of our patterns are chosen and in place by the time we are five years old. From birth to five years of age, we gain a perspective of our world (our environment) and we use every human quality of which there are hundreds and every quality has its opposite. We try them all out in our environment and keep the ones that we perceive work for us (keeps us safe) and reject the ones that don't work (endanger us). The final mix of kept and rejected qualities becomes our pattern of living.

We place various amounts of importance on the qualities and form a hierarchy. So you can see that there are countless combinations and therefore countless personalities and patterns. What is important to remember in regard to treatment, is that these patterns are learned patterns. We chose them, or more correctly, we were taught them and absorbed them. These patterns have been taken up by our unconscious mind and become part of our blueprint for our living. Remember these patterns are formed by the perceptions of a young child. As we go through life, everything we do, see, think etc, is compared automatically and unconsciously with our patterns. If something doesn't 'fit' with our pattern, it is instantly dismissed. And our conscious mind usually has no idea that we even considered the 'something'. If the 'something' fits or is likely to fit in harmony with our pattern, the unconscious doesn't discard it and allows the conscious mind to see the 'something'.

## What is Cancer?

---

It is this powerful instantaneous unconscious comparing and discarding without conscious awareness that enables us to maintain our patterns. It makes living easier, and we simply would die out as a species if we didn't have this ability. If our conscious mind considered everything it saw, we would be in a continual state of utter confusion. Our unconscious mind probably discards and rejects 90% plus of incoming information that it encounters. It is this magnificent ability that enables us to survive. But there is a cost. Our power of conscious choice is inversely related to our unconscious power of rejection, if we reject 90% of incoming information, we have 10% power of conscious choice.

So, our freedom of choice, that most wonderful character of the human species, is only a perception. We only think we have the power of choice, when in fact we only have about 10%. We have the power of choice but we rarely use it! What has this to do with Cancer? Well, the cure is in **choosing** to change your unconscious pattern, the pattern that supports the cancerous process. This is where the difficulty for many lies.

Let me explain. The part of the unconscious mind that keeps this pattern is like a computer. It accepts how it is programmed as a fact. For example, if a computer programmer programmed a computer that one plus one equals three. The computer would calculate every sum so that the pattern of  $1+1=3$  would be maintained. It would automatically discard any sum which disproved  $1+1=3$ , and if you tried to tell or type in or in any way correct the computer (unless you are a computer programmer and go in and modify the original program), you would have no success whatsoever. The fact that you know that one plus one is two, has no effect. It is the same with your unconscious mind. Even though it formed its pattern with the undeveloped maturity and mentality of a five year old child, this became your unconscious programmed pattern, that your unconscious mind concludes as an absolute fact. This pattern may have been useful for a five year old child (in its own unique environment then), but if you as an adult have cancer, then this pattern is no longer desirable or appropriate, it is no longer pro-life or pro-survival. It is killing you. You have to change your pattern.

Let's talk about patterns. Say that you were born into a family that had strict rules. From the time you were born you would be learning about your world. You would learn that some of your behaviours are called right or wrong, good or bad, and certain consequences would follow.

If you were born into a large boisterous or loud family, you may learn that you have to be loud or aggressive to get what you want. These qualities would be

## 5 Step Cancer Healing Process

---

pro-survival. Being meek and quiet might not work for you and you would reject these qualities as anti-life.

You may live next door to a child with quiet parents and the child may be scolded or scorned when loud. Being loud and boisterous would be anti-survival. Meek and quiet would work and therefore be accepted as pro-life for that child. None of these qualities are pro or anti life, it is the context (environment) that they are used in that determines if they are pro or anti life. Though these two children live next door to each other, they have different environments and therefore different perspectives of their worlds - for they know no other!

If a family has strict rules, this strictness intensifies the importance a child places on a quality and therefore when he or she rejects a quality, they place emphasis on it, i.e. they reject it passionately. Now though the unconscious rejects qualities, it can't get rid of them. They are still there and you are still capable of using them. All human beings are capable of using all the qualities. So what does the unconscious do, so that you cannot use these rejected qualities?

Each individual quality has a small collection of brain cells (which we will call a 'part' of the brain) that controls this function (quality). It is a good idea to picture that quality and its opposite quality as a see-saw, such as love/hate, cruel/kind, loud/quiet, accepted/rejected etc. Now on each side of that see-saw are early important memories of the child when they felt those particular qualities. So what we have in our unconscious mind is a stack of see-saws with our little selves on them, and all the centre points are in a line. The more importance or significance the quality has, the longer the see-saw is (the greater the leverage).

Now the unconscious puts up a wall in the middle and shows the conscious mind the kept side, this in fact makes up the conscious mind/ego. The computer part of the unconscious believes the rejected side is anti-life and dangerous and so has great fear of these parts escaping into consciousness (remember this is only the perception of a young child in its environment back then). It is not necessarily so today, different time, different environment. So if the conscious mind peeps behind this wall or these parts cross the wall into consciousness, especially in times of stress, the unconscious becomes terrified, strengthens the wall to make it impenetrable and instils more fear.

So what becomes of all these little innocent children? Which is what they are. It may seem strange to be talking of children but the each part on the rejected side as well as the accepted side, consists of the quality and an owner of the

## What is Cancer?

---

quality. The owner of the quality is an identity /ego or you could call it the operator of the quality. This quality is static, a tool and therefore needs an operator to decide when to use the quality. So the identity/ego/operator is you, but when you first used that quality. Though you have grown up, the you (the memory of that time) stays fixed in time, for the pattern (the quality/identity/and criteria when to use) needs to be stable so as to be useable. You grow up and mature but the myriad of patterns do not, as they are programs to be used by you.

It is this identification and attachment of a part of your ego (an early memory) to the quality, that makes the quality feel as it is a part of you and your perception sees them as evil, bad, faulty, horrible etc, because it thinks, mistakenly that they are anti-life, deadly. Each and every one feels rejected, hated, imprisoned etc. How would you feel in this situation?

Now, like all human beings, they need to be loved, accepted, wanted and valued. They are a part of the community called You. If you lived in a community such as a town or city and you and your neighbours or suburb were ostracised, not wanted, rejected, you would form your own community and endeavour to exist apart from the larger community.

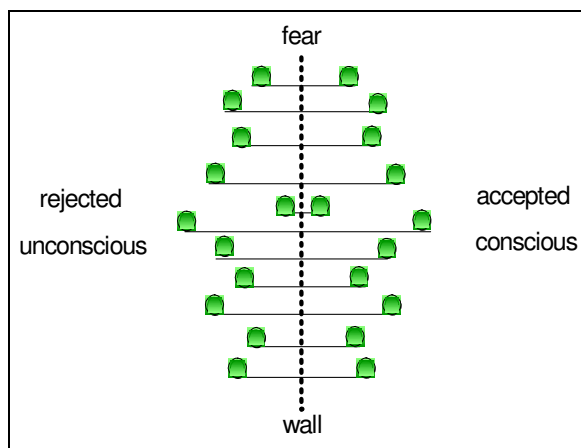
You would split from the original community. This would probably lead to a civil war. This is cancer of a country. It is caused by a lack of understanding, misinformation and intolerance to others. In the human body, it is the same scenario with the exception that the chemical and physical functioning of the body, being developed over thousands of years, sees both sides as parts of the body and won't attack itself. So the rejected community grows and it seeks to *survive and grow* as it rejects the other side for it is rejected. You can imagine the enormous stress that occurs and why many people feel that there is a war going on inside.

Negotiation is the cure. If the rejected parts are accepted, then they become parts of the functioning whole and the whole person becomes healthy. No part is bad, evil, horrible etc; it is only an unhealthy perception. That perception is faulty. When you see the truth, the reality, the wall disappears, fear evaporates and you become whole.

When the rejected parts are accepted and loved then the identities of the parts meld with the ego and the ego is more whole and less fragmented. You probably will rarely use those rejected qualities, for you now have choice of when and where to use those qualities, rather than have them on automatic pilot. The

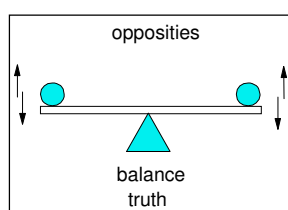
## 5 Step Cancer Healing Process

qualities become neutral. The difference is that you now choose how to behave, there is no war going on inside. It is simple and easy, yet difficult and complex.



Balance and harmony (health); when the see-saw is able to move, that is one side has more energy and power, it moves down, as it moves down, the energy and power is transformed to the opposite side and that side goes down. Hence the see-saw motion is one of harmony.

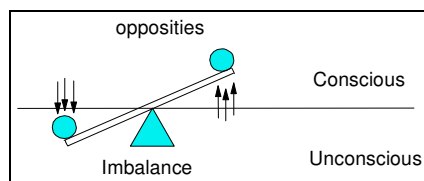
When we reject one side, we give it power, we label it bad, we have to be aware of it at all times, so we can control it and we give power to the accepted side and label it good. They have equal power for they are directly opposite. They match for the more we accept the accepted side, the more we are rejecting the rejected side. So the process is similar to trying to run away from our shadow. We show the world the accepted part and the accepted part lives in the town called conscious and the rejected part lives in the internal darkness and lives in the town of unconscious. Outcasts festering and brooding, resenting their stagnant, impoverished and imprisoned life. The bigger the towns get, the further apart they become till the internal town breaks away from any connection with the rest of you and decides to live and survive and become autonomous for what other choice can it have?.



## What is Cancer?

---

Imbalance occurs when we try to continue to keep energy on one side. The opposite side stores the transferred energy, and you have to produce more energy on the accepted side. Of course this leads to an ever increasing imbalance and an ever increasing stress, which ultimately fails and the rejected side finally has an excess of energy, while the accepted side is fatigued. The rejected side then comes to the fore and the body remains imbalanced with continual fatigue producing symptoms. Some imbalances result in cancer, some in arthritis, some in multiple sclerosis, some in headaches etc.



### What imbalances result in cancer?

Generally speaking, the main quality is absorbing (it's opposite is expressing). In other words you tend to internalise hate, pain, hurt, sadness, bitterness, rejection, embarrassment, guilt, resentment and helplessness etc. It may have been your early learning not to express your anger, hurt etc. You may have felt guilty or been scolded when you expressed those feelings. Your young mind probably thought you were going to die. For it is very easy for the young mind to be overloaded with nervous energy, sadness etc and like any electrical circuit when too much energy is produced it burns out or explodes. Our nervous system is the same, when there is too much energy produced in the system (overwhelming feelings), the young unconscious mind quite correctly interprets this as life threatening.

High up in the mental emotional areas we interpret this, as a feeling of "I am going to die". A state of shock happens. This state of shock is the system shutting down. It is actually a miniature state of death. The diaphragm freezes so you are not breathing, you are actually dying. The brain is unable to process information and shuts down if only for a couple of seconds. In the area of the brain where the statement 'I am going to die' is, there is corresponding physical damage in the part of the body that relates to that part of the brain. This shock only lasts for a very short time, for you get a kick start, a short burst of adrenalin, and you gasp



## 5 Step Cancer Healing Process

---

and you start living again. But in that short space of time you went black and a small part of your brain a 'state of being' is formed with the qualifying statement of "I am dying" is walled off, disconnected from the rest of the brain. We anchor this state of being with the quality expressed. We logically then label this quality as bad, dangerous etc, and so we reject that quality and the resultant emotional state of being. But we don't see it as a quality we see it as me who behaved that way and we reject a part of the Me (you) to the wilderness. You probably have done this hundreds of times. Little by little, we reject our essence.

We then need to compensate for the state of being 'I am going to die' with the state of being 'I am going to live or I have to live'. And this state is dependent on the first, they become attached. It is stable and isolated and it would seem it is neutral, that is has no net effect, that they cancel each other out, so to speak. But there is an insidious effect. For one, there are two more identities formed, and each identity formed is a separation from our essence and more fragmentation occurs. And states of being cannot be neutral, the first formed state ('I am going to die') is dominant or causal, the second state ('I have to live') is reacting, compensating for the first. So both are creating dying! By the second state doing its job it causes the first state to do its job. It is a negative feedback loop.

And what is going on at the physical site that corresponds to the attached emotional state of being? This ongoing feedback loop is felt and communicated at the physical site. Damage occurs and is remedied and this state of affairs continues over and over again, there is no end. After each round of damage and fixing, there is a tiny bit more than before. The Cancerous growth is the protective effect, the absorption of the chemical/emotional irritants and the healing of the damage. It is a tiny pattern operating autonomously in the bigger pattern of our body.

To survive, you rejected the first state and qualities and exhibited the 'good' qualities. But every time you exhibit the 'good' qualities, you have a vague internal sense you are rejecting the opposite part, the 'bad' quality. And absorbing all the pain associated with rejecting the 'bad' part, which is a part of yourself.

Think now where is all that untold pain, unshed tears, hurt etc? Where is your 'Cancer'? And you want to cut it out, destroy it, kill it. What is the 'it' except for a small innocent child (identity) that wants only to be understood, accepted, **loved** and wanted?

## What is Cancer?

---

Why not feel sorry for it? Feel compassion? Send love? Forgive? And there is absolutely no need for blame or guilt. Accept it, don't be afraid, share with it, cry with it, become best friends of friends and the cancer cells will breathe the air of life and give a huge sigh of relief and rejoin healthily with you.

I am wondering how many communities in the world are feeling rejected and cornered. These communities may feel they do not have control over their affairs, they may feel that other communities judge them as bad and evil. They may feel that they are not accepted, not wanted. How do they perceive those that are rejecting them? Do they reject back and see the other side as evil?

When communities have their needs unmet, they react to survive. They adopt a fight or flight response. They feel threaten as anyone feels threaten when their needs are not met. Survival is always paramount. Threaten a people with extinction or rejection and you can expect retaliation. The leaders of the world act as if they are children in a kindergarten. Would they fight if they felt safe with a secure future? When powerful nations threaten weaker nations with economic or military manipulation, and people's futures become bleak, trouble is in store.

We as individuals mirror our world at large and our world at large mirror us and the wars going on outside are similar to the wars going on inside us.

Cancer is a label, there are many different types of cancer, some are predominately a result of emotional/mental processes and some are predominately a result of physical, nutritional or biological processes. Asbestosis for example is a result of physical damage caused by the inhalation of asbestos fibres. This can lead to Mesothelioma which is cancer of the internal protective linings of the body, mainly the lungs.

It can be liken to a grain of sand that enters an oysters shell. The grain of sand gets lodged in the soft flesh and the oyster cannot expel that grain of sand. So it forms mucus to surround the irritating grain of sand and as this process continues a pearl is formed which is a cancer to the oyster. The pearl is the cancer that will eventually kill the oyster, but the pearl's purpose is to protect, ease the pain and irritation, and help the oyster to survive the initiating damaging event. We see the pearl but never the grain of sand.

### Important Learning Points:

- Cancer is label.

## 5 Step Cancer Healing Process

---

- Your assumptions, beliefs, thoughts and feelings relating to cancer produce effects, most likely negative effects.
- Cancer is the result of a healing reaction to a constantly occurring irritant/stress.
- Cancer cells are your cells, doing the job assigned to them.
- Cancer cells will stop proliferating when the irritant is removed.
- Cancer is your body's attempt at healing.
- The healing is successful but the cause, which is an irritant/stress is constantly reoccurring.
- Correct information is essential.
- Until now you may have been ignorant of the cancer process but now that you know, you can now take responsibility for the healing.
- Cancer is an internal process, between the body and its internal environment. The internal environment is effected by our thoughts, feelings, beliefs, assumptions and perceptions. This cancer process somewhat mimics our external process and interactions with others, our world and our life.
- How we view our world, our life and our relationships with others (and ourselves) creates our internal environment.
- Cancer is the result of our pattern of existence (which is different to the pattern we were born with).
- When we change the pattern we change the outcome.
- Love heals.



# Illness to Health

*"To know that we know what we know, and to know that we do not know what we do not know, that is true knowledge."  
-- Copernicus*

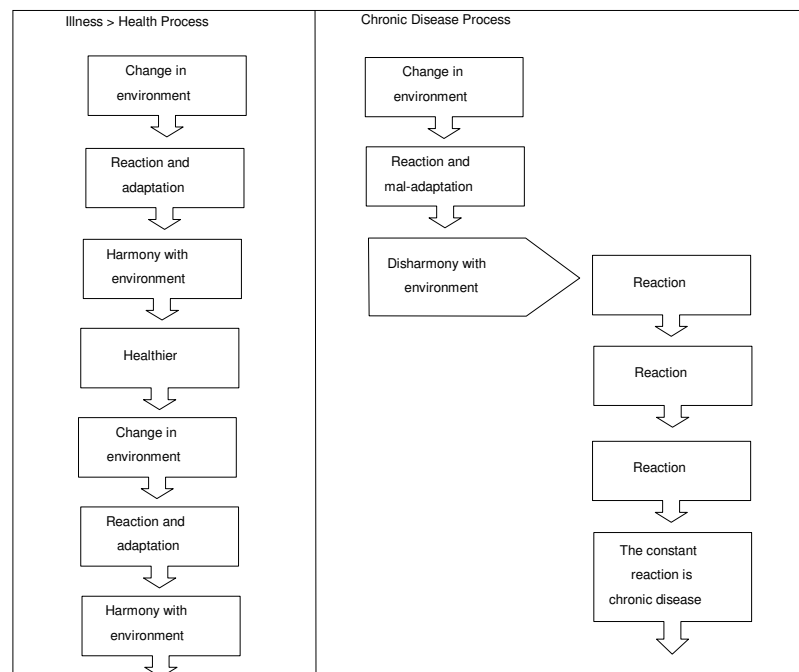
**T**o initiate a healing process of Cancer, one must start with the state of affairs as you know them at the present time. That is, know specifically your present state. Then move back through the reaction process till you get to the mal - adaptation. Then correct and resolve this mal-adaptation and continue on with the natural health process.

Cancer is a state of reacting to mal-adaptation, which is a result of misinformation. Because there was mal-adaptation, we do not evolve into harmony with the environment and gain greater health. Instead we become stuck and continue reacting to the environment without resolution. The symptoms of the illness (reaction) then generate further stress and further illness leading to the

## 5 Step Cancer Healing Process

disease process. The cause or foundation of the disease is forgotten in the quest for relief or alleviation of the symptoms and it becomes difficult to find a solution or even a cause. We become lost in a quagmire, seeking to have the disease disappear or removed. It is too easy to come to the conclusion that the disease is a something, an object, something that we **have** and don't want. We seek for things that will **give** us health and therefore won't **have** disease.

The process of health creation or healing is complex though simple. The healing process is different from the health process, in that the health process is a natural state of affairs. The health process is - we are healthy, and we continue to react and adapt and remain healthy. The healing process is the process that leads back to the health process. Let's look at some basic elements of the healing process.



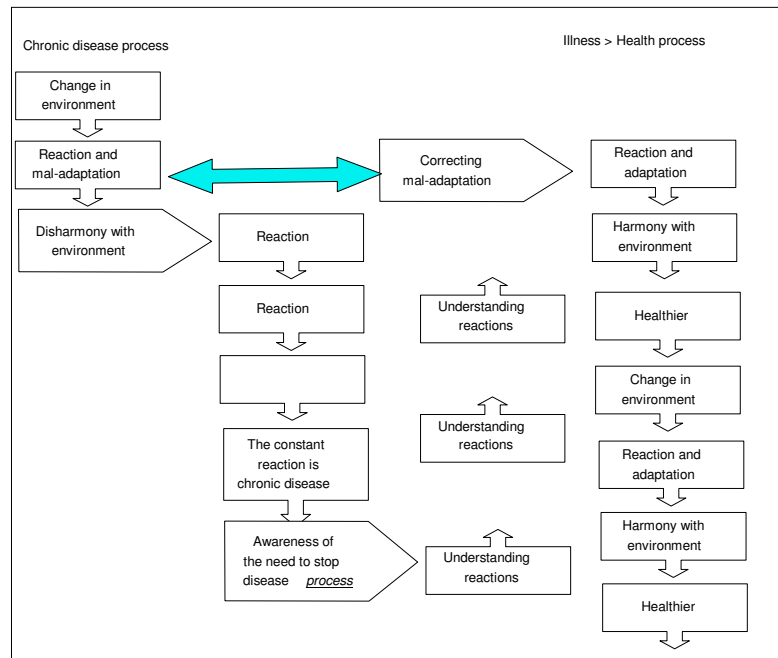
*The Health and Disease Processes*

1. **Know where you are.** - Know as much about your present state of affairs as you can. Do not fall into the trap of 'I have got X condition or disease'. If you have cancer, chances are that you know very little about what that disease is! Even if you are an expert, you know less about the disease, than what you don't know about the disease. With these diseases you may only know that you have a present state of affairs, and that you are motivated to have a different state of affairs (more information than this is likely to be

# Illness to Health

---

misinformation, it will probably be made up of other people's opinions and ideas, you in fact may have no real understanding of your disease). But know that you want to experience the effects and results of the health process.



*The Healing Process*

List your present state of affairs - Your feelings. Your beliefs. What is important to you. What do you cherish. What do you despise. What are your symptoms. What do you need? What don't you need?

2. **Know where you want to go.** - Now know as much as you can about how you want to be. List the state of affairs you want in the future - Feelings, beliefs, qualities, emotions, behaviours, things you will be doing, see, feel and hear the results.
3. **Do the actions that take you there.** - You will need to constantly update and modify the actions, to truly suit your purpose. Remember you have to take different actions if you want different results.

Healing takes place when the conditions are right, doesn't this hold true for most if not all things? Let's look at the conditions that enable healing to take place. Answer the following questions after deep contemplation, listening to inner feelings, you are after the unconscious answers. It is the unconscious that enables healing.

1. **Desire** - You must desire what you want.

## 5 Step Cancer Healing Process

---

Write out what you want

.....  
.....

2. **What then?** - If you had this goal fully and completely, what then? To know what we really want/desire, imagine having your goal, are you satisfied? Is there something else you want? so ask yourself what then?

.....  
.....

What then?

.....  
.....

What then?

.....  
.....

3. **Specific** - Know exactly what you want. Look at what you wrote above. Imagine your goal with all your senses. See how you live with your goal. Notice the *changes* in your life as a result of achieving this goal. Do you still want it? .....

4. If you had achieved your goal right now, would you keep it?  
Would you continue to keep the goal for many years to come? .....

Did any doubts or **objections** arise? If so write them down.

.....  
.....

5. **Importance** - Rate how important your goal is to YOU, how badly do you want it? Give your goal an importance rating out of 100. First look at other goals you have achieved and not achieved in the past and rate them first. This way your rating will be more accurate. Also when rating your goal, sit with eyes closed and imagine a gauge with the numbers from 0 to 100 and a red needle to indicate the importance. Now let the needle, under the control of your unconscious mind, tell you how important your goal is.

If you don't rate it at 100, which you probably won't, what has to occur for it to be 100?

## Illness to Health

---

This is how important I would want my goal to be if I had cancer – “I would rather die than not achieve my goal of excellent health”. This would activate my brain to heal the disease at any cost, for death is the ultimate pain, it is the benchmark that our brain compares importance to. How many people continue daily suffering while accepting the inevitability of slowly dying from their disease? They are still living and to the brain this is preferable to death. As long as the death is prolonged and is not now, then the brain is happy to continue the status quo. Quality of life is not factored in. But if you genuinely would rather die than not attain your goal of good health, then your brain and body has a choice to make, it is this or that. The this, is death and the that, is good health (don't use getting rid of your disease, for this is a concept, it is not a result. Being in a state of good health is something you can picture and quantify). Your brain is forced to choose between two complete scenarios, complete patterns, there are no grey areas and as it is programmed to always move away from pain then it has to attain the goal. It is an imperative, the brain must commit totally.

6. **Urgency** - Urgency magnifies importance. When do you want the healing to begin? .....

When do you want the healing to be completed by?  
.....

7. **Realistic** - Is your goal realistic and reasonable? Do you believe it to be attainable? .....

Remember if another person has done it, it is possible for you to do it (given normal physical constraints).

8. **Motivation** - Does your goal excite you? .....

Does the thought of attaining your goal uplift you and fill you with passion?  
.....

**Cross (hidden) Motivations.** - What benefits are there to continuing the way you are? Do not judge them or dismiss them, simply list as many as possible no matter how silly or ridiculous it may seem. Cross motivations generally supply emotional needs, such as making one feel important or recognized or safe or a somebody. Resolve these hidden agendas. (These are one of the major impediments to the healing process and in fact some of these motivations are part of the disease process)



## 5 Step Cancer Healing Process

---

9. **Flexibility** - Are you willing to modify your behaviour to do more of what works and less of what doesn't work? .....

Are you aware of where you are rigid in your behaviours and beliefs?  
.....

10. **Deserving** – Do You deserve to have your goal? .....

**Right** – Do you have the right to have your goal?.....

**Permission** - Are you allowed to have your goal?.....

These three are essential to have before your unconscious mind will work on obtaining your goal.

11. **Willingness** - Are you willing to do what is necessary? .....

12. **Beliefs** - What beliefs are necessary to be a part of your new pathway (attaining and maintaining your goal?)

.....  
.....

13. **Limiting beliefs** - What beliefs will prevent you from attaining your goal?

.....  
.....

14. **Experiences** - What experiences will maintain your goal attaining beliefs?

.....  
.....

What experiences will maintain your present state/illness, limiting beliefs?

.....  
.....

15. **Action** - All results are a result of actions. You have to work at it Every day. **Do** actions that you know are beneficial to achieving your goal. List the actions you take. Congratulate yourself at the end of each day for the actions you took that day.

What do you need to do to have your goal?

.....  
.....

## Illness to Health

---

16. **Persistence** - Constantly take the actions and effort to do what is necessary.

17. **Space** - Healing takes place in the empty space. Health fills the vacuum. Love the void and love will fill the void. Where can you create an internal space?

.....  
.....

18. **Meditation/Self Hypnosis** - Communicate with your unconscious mind. Your unconscious mind is in control of the healing/illness system. The more you communicate with it the better.

19. **Fear** - Eliminate (release) fear (not scaredness), have the **courage** to investigate your fears, and get help if necessary to release them. Do you fear yourself?

.....

If you do, for what purpose?

.....  
.....

20. **Love** - Love really does heal all. This maybe an overdone cliché, but nevertheless, it is absolutely true! If you feel love in *every* part of your body, you will heal. Discover what love is. Love is total unconditional acceptance. How was love demonstrated in your family as a child? What did you learn about love?

.....  
.....

Do you love yourself? .....

What do you have to do to earn love, acceptance?

.....  
.....

21. **Release** - Release, work through feelings of resentment, helplessness, hatred, anger etc, these are all valid emotions, but they create chemical toxins when they are repressed, as do all repressed feelings.

## 5 Step Cancer Healing Process

---

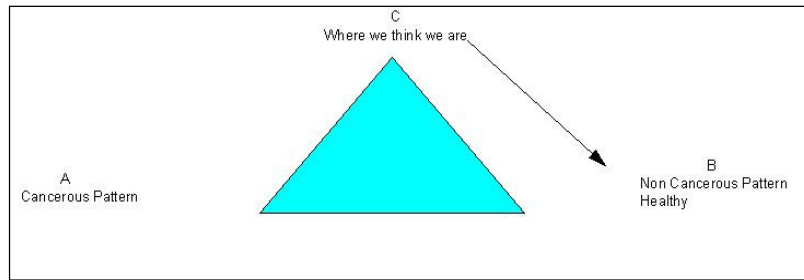
22. **Commitment** - 100% commitment means success. How can you raise your commitment to 100%?

.....  
.....

What is preventing you from being 100% committed?

.....  
.....

Healing cancer is a matter of creating the correct conditions. The list above is helpful in aiding you to discover information about the correct conditions for you. Get uncomfortable, pry, ask, demand, seek, do!!! **or** be comfortable and not do.



In the diagram above, when most people are diagnosed with cancer, they either accept their assumed fate, which is what they believe about the label cancer, or they seek to be cancer free. Being cancer free may entail fighting the cancer, beating the cancer etc which is seeing the cancer as an enemy. But, the goal really is to be healthy and this requires correct information of the complete picture. The problem is that you have cancer and you don't want to die. That sentence implies the cancer is the enemy but cancer is misunderstood, as I have said, the cancer is the symptoms resulting from attempting to heal an irritant. Instead of looking at the result you have now and thinking that is the cause of your problem (which is starting at point c), look at the bigger picture. The big picture is, that the pattern (of your life) is the cause of the result you have now, if you remove this pattern then you remove the cause.

Sadly most people try to become cancer free by starting in the middle (point C) and this is totally natural and understandable. It is human nature to want to begin by being as close to the goal as you can, and this is more so when there is uncertainty and lack of information.

## Illness to Health

---

As in the diagram, most people want to take the actions that lead down the mountain to their goal for they think they are at point C. When in actuality fact they are at point A and the most important work is getting to point C. Point C is the actual moment that the cause is removed. Point C is where you make a decision, the most important decision in your life. This decision is actually a cluster of decisions.

The decisions are –

- Decide to have the goal, which is being in a healthy state. Which is the result of a different pattern of life.
- Decide to remove/dissolve/ eliminate or transform the present pattern of living. Which is the cause of the present results (cancer).

**Healing can't take place till the existing pattern becomes invalid and therefore stops operating.** Point C is where this pattern, which is an all encompassing process of how you live, stops. You may recall in some movies where the newspaper printing presses are printing the next day's paper and there is an urgent need to change the front page headline story. The editor hits the big red button (only to be used in extreme cases) and all the presses/conveyor belts stop. They quickly retype the front page (while this is going on the whole system has shut down, stopped working, the process has stopped, everything is in suspense/limbo) once they have completed the retyping, they hit the start button and the presses/conveyor belts fires back into life and a **new story** hits the streets with great ramifications for all concerned.

Create a new story of your life but first hit that red button for nothing changes till you do!

People heal from Cancer when they realize that their life (pattern) is killing them, they may not know it consciously but they know a dramatic change is necessary. They make dramatic changes and with or without them knowing it, they are changing the pattern. They know at some level that the pattern equals death. When you know the existing pattern equals death, then there is no resistance to stopping this pattern.

Some people who healed say they surrendered themselves, what actually happens is that they dis-identify with their pattern and as we think we are the pattern (which we are not) they feel they let go of who they were. When they

## 5 Step Cancer Healing Process

---

separated from the pattern they automatically created a new one. By not owning the old one, it instantly dissolves. And when they have healed, they realize they are still who they are but what they identified with has changed.

Some people who have healed called upon all their resources to reject the cancer, they actually reject the death sentence, that they feel they have been given and at the same time they associate their current life with the death sentence. By rejecting the death sentence they are rejecting the pattern and like surrendering, they are separating from their pattern, their life. The key here is that they have attached the death sentence to the pattern. And by rejecting the death sentence they also (probably unknowingly) reject the pattern.

It takes an enormous effort (though it doesn't have to) to surrender or reject the pattern, for we think this is who I am. But by attaching death (pain) to the pattern (our life) then we only have two options, to live or die, if we choose to live then obviously it has to be a different life, a different pattern. We identify with a new life.

Dare I say, most people are too afraid to change their pattern, their life, for incorrectly they feel that to change, is to change who they are and that is impossible, we become so identified with our pattern that we think it is us. The pattern is simply an automated program of instructions; its purpose is to make your life easier and more efficient. But if the pattern does not suit what you want, it is unwise to keep it, for you will just get more of the same (what you don't want).

Anybody can separate their identity (who I am) from their pattern or life, for no one is their pattern, we are simply the owners of the pattern. The pattern is a vehicle that we use to experience our existence. How we experience our existence is up to us but it is too easy to imagine that we are the pattern. The pattern is lifeless, it is like a pattern a dressmaker uses to make a dress. The dressmaker knows the style of dress she wants to make, so she chooses the appropriate pattern. The pattern doesn't make the dress and is not a part of the dress. It is a useful guide and set of instructions but only for the dress of that single design. Want a different dress then use a different pattern.

Our pattern is lifeless, it is just a set of instructions (created from our childhood meanings) that we automatically follow. Our unconscious simply creates our life according to the instructions (pattern) and it won't stop this process (for it is deemed as necessary for survival) until it is encoded as anti survival. Once the

## Illness to Health

---

pattern is associated with death, it instantly become invalid and the process of following the instructions stop.

Life then stops for a moment and a new set of instructions is adopted and the process of life starts again, a different story emerges. The new set of instructions will be more in tune and in harmony with the original set of instructions that you were conceived with. You would have kept these and had a life according to these instructions, except that you unfortunately had negative **life changing** experiences in your early years of life. Now you are just **undoing** these negative life changing experiences, not the experience itself, but the meaning and instructions you created from them. It is these harmful instructions that you have been living according to ever since, which get removed.

So the '**5 step Healing Cancer Process**' is primarily to get you to point C in the diagram for this is where there is little available information and secondarily what to do once you have reach point C, it is all downhill from there.

Please be patient and do what is necessary to get to point C, do not be in a hurry to go from C to B, it is absolutely crucial that you arrive at C.

See you in the 5 step Healing Process.

Cheers

Philip Martin

# Step One

# Know Where You Are





# 6

## Step 1: What are your Personal Beliefs?

**W**elcome to Step 1. Of the 5 Step Process. This step is the starting point of your journey to health and it is probably an uncomfortable step. This first step is to understand and be aware of the pattern of your life. You may feel that you know who, what and where you, are for you have memories and can recall your life but do you understand why you think, feel, behave and function they way you do? You will probably just assume that's the way you are but in reality this is not who you are but the way you follow your pattern. This is the step most of us don't do but it is very important do this step, as it is the first step in a process of five steps and like a conveyor belt or production line, the order is very important. Knowing where or who we are (our pattern) starts the process and begins to supply some of the missing information, which is necessary to complete the journey. Knowing ourself is initially resisted by most of us, for we have misconceptions about ourselves. We can have a very unfavourable image of ourself and we don't want to know about the darkness inside and yet knowing ourself is really a wonderfully experience and

## Step 1: What are your Personal Beliefs

---

is the purpose of our existence. I tell you this, with total certainty, what you find when you discover who you are, you will be pleasantly amazed.

Our layers of misconceptions and misinformation are like mud covering a diamond. Though you may not believe me now, you will discover the truth, so please read on, as you may heal yourself and find yourself at the same time and as a result have a wonderful life, a life filled with happiness and joy.

We are concerned with negative personal beliefs, as they are the beliefs that limit your life and create the patterns that create negative/limiting thoughts, actions and results. If you want to achieve different results then the pattern has to change. Eliminating or changing a negative belief will change your pattern of living. The more that are eliminated or changed, the more the controlling pattern is changed and therefore you will have different emotions, different thoughts, different actions and different results. The results will come effortlessly, as the new pattern of your life will create those results, just as the results you have now, have come effortlessly from your existing pattern. If your life is hard and a struggle, then you have created (from what you have been taught) that effortlessly, because this is the result of your existing pattern.

At this stage of your journey, which is at the start, it is important to only know what your beliefs are, so you can discover where you are at now. Knowing where you are at now is the first step in the process to achieving your goal (which has being healthy at the core). The process is simple and Is:

1. The beginning.
2. The actions (the doing part).
3. The end (the result/ the achievement of the goal).

Most people leap into the doing part and this is a big mistake, for the actions have to be based on knowing where you are and where you want to be. As in any journey, if you are lost and you take directions to where you want to go, then the directions have to relate to where you are or they are useless, what good is a map if you do not know where you are? Where do you start from? And in healing cancer, most people start from where they think they are. Please, accept that you do not know where you are (which is knowing your pattern), and get this first step right and discover where you really are.

Who are you? What are you? What do you really want? What is your purpose in life? Do you have total faith in yourself? What meaning does your life

## 5 Step Cancer Healing Process

---

have? Do you know all parts of yourself? If you have any doubts then you do not know where you are at. What do you know about this thing called cancer? What do you not know about this thing called cancer? There is so much you do not know and you believe in so much misinformation. This is why I say that you are lost and it is absolutely crucial to know where you are at now, so you can discover which direction to head.

**So lets get started.**

Please list below any of these beliefs that you have or may have.

<i>Some Personal Beliefs</i>	<i>Tick</i>	<i>How old is this belief? When did you first get it? Who may have taught it to you? How does it affect your life?</i>
I am Nothing'		
I am a Nobody		
There is something wrong with me.		
It's all my fault		
I don't love myself		
I am Vulnerable		
I am worthless.		
I am useless.		
I am Stupid.		
I am ashamed and guilty.		
I am bad.		
I am evil.		
I am no good.		
I am not acceptable.		
I am not good enough.		

## Step 1: What are your Personal Beliefs

---

I am not lovable.		
I am not safe.		
I am rubbish		
I am sad inside.		
I am safer on my own.		
I am to blame for everything.		
I am too exposed.		
I am too sensitive.		
I am lonely for something.		
I can't ..., I always ..., I shouldn't ...		
I can't accept myself.		
I can't even take a compliment.		
I can't feel joy.		
I can't forget people who hurt me.		
I can't stop eating.		
I can't be selfish.		
I don't deserve anything.		
I don't feel safe in relationships.		
I don't feel safe.		
I don't feel secure.		
I don't like myself.		

## 5 Step Cancer Healing Process

---

I doubt myself all the time.		
I feel guilty.		
I feel things too much.		
I feel wounded and battered.		
I can't forgive and let go.		
I hate my intrusive thoughts.		
I must do everything perfectly.		
I punish myself.		
I put myself down.		
Everybody hates me.		
I wasn't wanted.		
I will never be any good.		
I've lost some of myself.		
No one appreciates me.		
Sorry I couldn't be a boy/girl for mum/dad.		
I'm hopeless in social situations.		
It's my parent's fault.		
I am responsible for how other people feel.		
I will never succeed.		
I am not like my father/ mother		
<i>Others that you have</i>		

## Step 1: What are your Personal Beliefs

---


Most of us have many more negative beliefs about ourselves than we realise and you can see how beliefs are worded as instructions. That is, they form and direct our behaviour. Many beliefs can also be called vows and these are very powerful beliefs that rule our lives whether we consciously want them to or not. We have no conscious control over these beliefs for the unconscious has accepted them (incorrectly as facts rather than assumptions) as true.

In the list above I have mostly excluded absolutes such as always, and never. These absolutes make the belief much more potent. Look at the beliefs you have and see if they actually do contain absolutes. For example the last one in the list 'I am not like my father/mother' would be 'I will **never** be like my father/mother!' Can you see how this is a vow and would be a controlling principle in a person's life. The interesting thing about a vow like this is; that the person must create within themselves the quality of the parent in order to not be like that. If the quality of the parent that is despised by the child is, say for example, abusive, then the child has to create that abusiveness, as the parent does it and then create the polar opposite in order for the ego to say 'I am not like my father/mother'. This abusiveness can either be expressed externally or internally and this also creates the fear within the person that they may really be abusive, just like their parent. So they try harder to be the opposite and on and on the vicious cycle goes.

The result is inner turmoil and a less than authentic life for they are not choosing how they want to feel and behave, for the vow is controlling their actions and they remain in a reactive state, constantly reacting to a past event.

# 7

## *Step 1: What are you Global Beliefs*

**W**e are concerned with negative global beliefs as they, with negative Personal Beliefs are the beliefs that limit your life and create the patterns that create negative/limiting thoughts, actions and results. If you want to achieve different results then the pattern has to change. Eliminating or changing a negative belief will change a part of your pattern of living. The more that are eliminated or changed the more the controlling pattern is changed and therefore you will have different emotions, different thoughts, different actions and different results. The results will come effortlessly as the new pattern of your life will create those results, just as the results you have now have come effortlessly from your existing pattern. If your life is hard and a struggle, then you have created (from what you have been taught) that effortlessly because that is the purpose of your existing pattern.

Remember that at every stage on your journey to health, that you remain in control, you may get scared that by changing your pattern, that you don't know how you will feel and think etc, and you therefore may feel that you will lose control. But you are in control of the process and you will continually gain more control, for you will choose and *decide how You want to feel and behave*, You will be

## Step 1: What are your Global Beliefs

---

creating the future that You want. The new pattern of living will be in harmony with your magnificent blueprint, that you were conceived with and as you altered this original blueprint when you were very young, you can alter it again to suit what you want now.

If we look at money for example, what do you think about wealth, money, wealthy people, poorness etc? How do your beliefs relating to money affect you life today? Think back to your early childhood and see your parents and your environment at that time and what messages did you pick up and absorb. What were you taught in regards to wealth and money, because the beliefs you formed in those early years are dictating your life today. Did you learn that being wealthy would mean pain. If you were a millionaire and highly successfully, how do you feel your parents at that early time in your life would react to you (as an adult). Are your beliefs worth changing?

Please list below any of these beliefs that you have or may have. All negative beliefs produce stress and stress causes damage and stress is an irritant.

<i>Some Global Beliefs</i>	<i>Tick</i>	<i>What results might this lead to?</i>
Life is difficult.		Constant struggle.
Love never lasts.		Failed relationships.
People can't be trusted.		Defensive attitude.
People see my vulnerability.		Feel weak.
Life is short.		Premature death.
Children should be seen and not heard.		Lack of love for all.
No pain - no gain.		Pain.
It's not nice to ask questions.		Stunted learning and evolution.
You can't have/get what you want.		Lack. Disappointment.
Good children are quiet.		Intolerance.



## 5 Step Cancer Healing Process

---

There is no peace.		Anxiety.
Asking for something is selfish.		Lack.
Cleanliness is next to Godliness.		Diminished importance of other qualities.
People can betray me and destroy me.		Increasing vulnerability.
You are only young once.		Loss of youthfulness, zest, passion etc.
Don't talk back to elders.		Inferiority.
It's a man's world.		For women – inferiority. For men - arrogance
Always share.		Lack of self worth.
Girls/boys can't do that.		Incapability.
Women are terrible drivers.		Lack of appreciation.
You made me do that.		Victimhood.
You can't have your cake and eat it too.		Lack. Apathy.
Sacrifice yourself for others.		Lack of self worth.
We have to pay for our sins.		Punishment.
We've always done it that way.		No growth. Intolerance. Inflexibility.
Women's work is never done.		A lot of work.
Everyone is out to rip you off.		Mistrust.
Never walk under a ladder.		Fear.
Don't take on more than you can handle.		Limited possibilities.
Better safe than sorry.		Limited possibilities.

## Step 1: What are your Global Beliefs

---

Give them an inch and they will take a mile.		Meanness.
Work before play.		No play. No joy.
A nice person smiles at everyone.		Being a bad person.
You will never be good enough.		Not being good enough. Failure
Education is the most important thing.		Diminished importance of other things.
Only weak people forgive.		Unforgiving. Weakness.
Must suffer to get anywhere.		Suffering. Getting nowhere.
Play is a waste of time.		Hard, cold life.
Money is hard to come by.		Poorness.
Rich people are never happy.		Poorness. Sadness.
Money is the root of all evil.		Poverty.
Sex is dirty. Sex is Evil.		Hate. Coldness. Poor relationships.
Men can't be trusted.		Failed relationships.
Women lead men astray.		Failed relationships.
Never ask for money.		Poverty.
Big boys don't cry.		Rigidity.
Rich people are lucky.		Poorness.
Waste not, want not.		Poorness.
You don't get anything for nothing.		Poorness.
You can't have everything.		Poorness. Diminished dreams.
It's my parents fault		Victimhood.
<b><i>Other beliefs that you have.</i></b>		

## 5 Step Cancer Healing Process

---


Once again, how many of these beliefs have you added an absolute to? How many things have you vowed never to do or have. How many of these beliefs control your life, actions, thoughts and behaviour.

As with personal beliefs, how are old are your global beliefs? Who may have taught them to you? And how do they affect your life?



# 8

## *Step 1: What are your Values?*

*Value is a personal evaluation*

**E**motional values are the states of being, that we feel, and place a value of importance on. And we place a value on the quality and the quality is a component of the states of being. These emotional states are a mini pattern and are a large part of our patterned blueprint and direct much of our behaviour and our emotional values coupled with our beliefs, dictate our decisions and behaviours.

Our emotional values, their meaning and the significance attached to them are stored in the subconscious mind. Sometimes our conscious mind is aware of them; mostly the conscious mind is not.

Our prime motivation in life is survival. Pain symbolises danger = anti survival, pleasure symbolises non dangerous = pro survival. Our nervous system is encoded to always move away from pain, this is the fight or flight response that is our most primitive and powerful driver.

## Step 1: What are your Values?

---

We divide all our qualities as either anti survival or pro survival and place an emotional value of importance on them regarding their anti or pro survival capabilities. From this we form a complex pattern that dictates our decisions, behaviour and future.

**We have two sets of *emotional values* -**

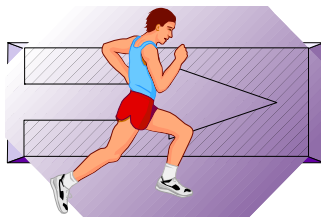
1. Anti survival/painful values - these are emotional states that we avoid e.g. Sadness, Hate, and Anger. We move away from these.
2. Pro survival/pleasurable values - these are emotional states that we seek e.g. Love, Security, Freedom. We move towards these.

Though of course any value can be either pro or anti survival dependant on how it is viewed. Our avoiding values have more influence, as if we avoid these, then we can guarantee our survival.

This interplay between our *emotional values* is one of our major guiding principles. Our *emotional values* are guiding features of our direction in life.

We all have a different blueprint of *emotional values*. What are yours?

**Please list below your avoiding values and seeking values**, look at the list below for some examples of emotional values.



### *Some emotional values*

#### << Avoiding values

Sadness  
Pain  
Depression  
Anger  
Frustration  
Vulnerability

#### >> Seeking values

Love  
Acceptance  
Freedom  
Contentment  
Security  
Creativity

## 5 Step Cancer Healing Process

---

Rejection	Self Control
Embarrassment	Health
Humiliation	Passion
Jealousy	Adventure
Guilt	Excitement
Hate	Calmness

Then number them in order of importance - No 1. Being most important.

To list them in a hierarchy of importance, pick the first value on your avoiding list and compare it with the next value. Which one is more important to avoid? Compare the answer to this question with the next value on the list and ask the same question. Repeat this till you get to the bottom of the list. The value that is the answer to the last question is your number 1. avoiding value. Repeat this process again starting at the top (leaving out your number 1. value) and you will discover your number 2. value. Continue this process until you have your 5 or 6 top avoiding values in order. Then do the same with your seeking values, asking which one is more important to have?

Reflect upon your emotional values and the direction of your life.

### *Some more Emotional Values*

Arguments	Happiness	Procrastination	Independence
Arrogance	Greed	Motivation	Godliness
Wealth	Harmony	Peace	Gratefulness
Cheerfulness	Health	Punctuality	Learning
Blame	Quietness	Slackness	Losing
Confrontation	Shame	Confidence	Judgemental
Spirituality	Respect	Safety	Selfishness
Cowardice	Tardiness	Trust	Loyalty
Contribution	Righteousness	Hope	Honour
Giving	Vanity	Gratitude	Failure
Crime	Seriousness	Compassion	Success
Courage	Vitality	Hurt	Comfort

## Step 1: What are your Values?

---

Crowds	Working	Power	Failure
Cruelty	Honesty	Enlightenment	Caring
Crying	Laziness	Loneliness	Control
Flexibility	Humbleness	Intelligence	Others

This mix of emotional values that you have, can feel like “This is who I am”, when in fact they are formed mostly from experiences, that you had in childhood, your parents most likely taught you most of them. They become part of the pattern of your life but they are not you. They are the way you operate.

Please write out your list of moving away and moving to values. You will need them later.



# 9

## *Step 1: What are your Rules?*

**R**ules, hmmm, rules are very important to us. We **obey** them, we get upset when we or others break them. Where did we get our own unique rules from? We inherit most of our rules from our childhood, some are rammed into us, some we adopt for fear of punishment and of course there is a lot of repetition attached to them. And as they say, repetition is the mother of all skills. Now there may be a place for rules and they may be beneficial but as a child we have no or little choice but to simply adopt the rules and as such they become an unconscious pattern. As an adult these rules dictate some of our behaviour and so rob us of choice and free will. That is, we abide by the rules without thinking and we accept the rules as justified (because usually we felt pain of some sort if we broke them). Because we blindly obey them, we feel disempowered by them for it seems that they control us and we feel little and powerless. There is much to be written about rules, but here you just need to discover what your rules are.

Please print out the table below and fill out.

## Step 1: What are your Rules?

---

<b>Rules I have about family/relationships</b>	<b>Rules I have about my behaviour</b>
<b>Rules I have about work</b>	<b>Rules I have about money</b>
<b>Rules I have about my self</b>	<b>Rules I have about others</b>

# 10

## *Step 1: What are your Limitations?*

**L**imitations are things that limit your life expression. We **all** have incredible potentials and possibilities but we deny them, not see them and fear them. The reason is that we have limitations that conflict with our potentials and possibilities. These limitations are active, that is to say, that they create actions and behaviours, whereas your potentials and possibilities are dormant. They are there for your use, if you want to use them and we all have enormous untapped potential and possibilities. And though you are in control of them and they are your tools, you use only a minute amount of them.

You can use these potentials and you will need to discover and use them to speed up your healing journey, but you can only access them if you have the desire, permission and the right to utilise them. But what is preventing their use right now? Your self imposed limitations and these limitations control you!

What are some limitations?

## Step 1: What are your Limitations?

Fears	<p>What fears do you have? Ultimately all fears are a fear of ourself and our perceived inability to guarantee our own survival. Fear is different to being scared of an actual present danger.</p> <p><b>F.E.A.R = False Evidence Appearing Real.</b></p>
Beliefs	<p>Sentences/statements that we believe are true about ourself and the world. They are also vows and commitments.</p>
Attachments	<p>Attachments disempower us, by having an attachment to something, which means that what we are attached to is in control. Has power over us and that we are dependent on that something at the end of the attachment. Otherwise why attach, we believe the object or person at the other end of the attachment is needed and supplies a need. Therefore we feel that we are vulnerable if we detach and our need is unfulfilled and we will die. We become unimportant. We can be affected by the object, person or circumstance, rather than be in charge of our own feelings. These are the subconscious mental effects that occur when we form attachments. We are mostly unaware of the attachment process and that the effects we suffer are the result of attachments. As a baby we do need attachment to our mother but as we mature we should fill our own needs and remove our attachment. But sadly most of us learn to attach and attach and attach, and we stay immature.</p>
Rules	<p>Rules control our behaviour and so the more rules we have, the less self control that we have. Rules also rob us of our freedom.</p>
Things we have to do	<p>Have, need, and must are absolutes. They deny choice and self control. How many things do you use these words for?</p>
Things we can't do	<p>As above.</p>
Unmet emotional needs	<p>A book can be written about this alone. How many of these do you feel unfulfilled in, consider –Safety, acceptance, individuality, self control, faith in self, self reliance,</p>

## 5 Step Cancer Healing Process

---

	connectedness, significance, love, contribution, purpose, wholeness, flexibility, gratitude, certainty, growth and success.
Self image	How we view ourselves, how do you view and feel about yourself? Do you have other views? Is the image that you portray to others authentic? Do you look for the good opinion of others? What deep secrets do you hold about yourself?
Our identity	Identity restricts our awareness of so much. Our vulnerability is our identity/ ego's vulnerability.
Our values mix	In a previous section.
Meanings	Meanings are only a perception and we assume them as facts. To any event there are an infinite number of meanings, yet we perceive only one and delete all other possibilities. If you do not have a marvellous life then meanings are responsible.
Misinformation	Intertwined with meanings, in the human experience there is vastly more misinformation than correct information.
Perceived vulnerability	The undercurrent driver of many of our emotions, actions, behaviours, destination and life.

Please write out and list what limitations that you have, don't worry, we all have many, so list them. Look at all areas of your life and where you have limitations that prevent you experiencing an excellent life. You may like to pick a few particular limitations that you would like to overcome.



11

*Step 1: What are your Resources?*

**W**e live our life according to the patterns that we have formed early in life, with the odd change along the way. We may have many, many limitations that hinder our progress. We are aware of some of these limitations and many we are unaware of. It is through the use of our resources that we struggle our way forward through the mass of obstacles that we unknowingly place in our way. It is the balance between our limitations and our resources that determines our progress. Just for a moment it may be nice to imagine how resourceful we would be, if we didn't have any of these limitations. How easy, effortless life would be. You may though, start to feel the beginning of fear many of us have, the fear of our own potential. Yes many fear their potential. What good does it serve anyone to limit and fear your own potential?

As you are getting to know where you are at, it is important to list your resources.

What are you capable of?	Set aside all your doubts and insecurities etc and just allow yourself to be aware of what you are capable of. It doesn't mean you have to use them. Just be aware of what
--------------------------	--

## Step 1: What are your Resources?

---

	capabilities you have. Write them out. Don't short change yourself.
Qualities	What qualities can you draw upon if absolutely necessary?  Write them out. There will be much more than you think. Keep writing.
Power	When we are very young, most of us have been taught to diminish our power and our power can frighten us. For if we really tap into it we know it is unlimited. But we don't realise that the power is dormant, we are afraid the power will take over us. The fact is, the power is ours; the power has absolutely no power over us. We are also afraid we are not mature enough (regardless of age) to use all this power.
Justification	In what situation would you willingly use your power, your qualities and your capabilities? Imagine the most extreme event you can, that if happened, you would instantly use all these resources.
How deep?	How deep can you dig within you? How committed can you be? How focused can you be. If you were willing to smash through that shell, that limits you and keeps you comfortable, if you were willing to step outside of yourself, what could you do and achieve? If you had no limitations. What could YOU DO?



# 12

## *Step 1: What do you Want?*

**S**urprisingly, you may have difficulty with this question. What do you want? Unless you are absolutely clear and specific about what you want – how can you get it?

The more quality time you spend on this question, the better the outcome.

Imagine that you are in the future and in this imaginary future, imagine how you want to be. Do not base this future you on your past, start totally afresh, it is only imagination. Let yourself to really let go and feel how you would like to feel. Feel what you are doing. Feel what you have achieved. Explore all areas of this imaginary future.

Answer the questions below about this future you. Describe completely and write out.

How do you feel?	Consider these – complete, whole, Joy, happy, confident, successful, content, inner peace, calm, powerful, resourceful, blissful, loving, compassion, purpose, passion, others.
How is your	Feel how healthy you are. How much vitality and energy do

## Step 1: What do you Want?

health?	you have? How does your body feel? Light? Is there an absence of stress?
How is your life?	Your life is the expression of your living. How is this new life? And how will your life be from this moment on? How important is life?
How are your relationships?	How are your relationships with others in this new future?
Is it worth it?	Is this new life worth it? Is it worth desiring, attaining and keeping? How much do you want it? How important is it to achieve? What advice do you as the imaginary new future you, want to give to the present day you.  In this new future you, what has changed? Old meanings have changed or disappeared and therefore the patterns that direct your life have changed and you are in charge.
Self Worth	How important are you in his new life? Do you matter?
Purpose	Do you now have a purpose, a reason for living, is there a new meaning and theme to your life?

What I want more of. Please tick what you want more of and circle the priority level.

Priority Level:

Low (L) - Medium (M) - High (H): Circle below.

L	M	H		Happiness
L	M	H		Peace
L	M	H		Self control
L	M	H		Freedom

## 5 Step Cancer Healing Process

---

L	M	H		Confidence
L	M	H		Self esteem
L	M	H		Serenity
L	M	H		Health
L	M	H		Vitality
L	M	H		Respect
L	M	H		Love
L	M	H		Safety
L	M	H		Acceptance
L	M	H		Trust
L	M	H		Hope
L	M	H		Purpose
L	M	H		Understanding
L	M	H		Clarity
L	M	H		Fun
L	M	H		Excitement
L	M	H		Adventure
L	M	H		Creativity
L	M	H		Communicate better
L	M	H		Motivation
L	M	H		Fulfilment
L	M	H		Satisfaction
L	M	H		Success
L	M	H		Flexibility

## Step 1: What do you Want?

---

L	M	H		Power
L	M	H		Significance
L	M	H		Calmness
L	M	H		Ease
L	M	H		Wealth
L	M	H		Better lifestyle
L	M	H		Emotional mastery
L	M	H		Spirituality
L	M	H		Others

13

*Step 1: What do you Not Want?*

**A**n important part of what do you want, is also knowing what you don't want. By knowing what you don't want completes the picture of what do you want.

Answer the questions below about this future life of yours. Describe completely and write out.

What do you not want to feel?	By knowing what you don't want to feel, fine tunes your goal. It doesn't mean you won't have these feelings, it means these feelings are not in harmony with your desires. The pattern that you will end up creating will more accurately deliver the results you are after.
What do you not want to experience in	As above.

## Step 1: What do you Not Want?

your life?	
------------	--

What I don't want or want less of.

Priority Level:                      Low (L) - Medium (M) - High (H): Circle below.

L	M	H		Stress
L	M	H		Anger
L	M	H		Frustration
L	M	H		Fear
L	M	H		Hatred
L	M	H		Confusion
L	M	H		Anxiety
L	M	H		Sadness
L	M	H		Timidity
L	M	H		Procrastination
L	M	H		Depression
L	M	H		Disenchantment
L	M	H		Impatience
L	M	H		Self Criticism
L	M	H		Pain
L	M	H		Shame
L	M	H		Grief
L	M	H		Embarrassment
L	M	H		Humiliation

## 5 Step Cancer Healing Process

---

L	M	H		Helplessness
L	M	H		Insignificance
L	M	H		Rigidity
L	M	H		Defensiveness
L	M	H		Phobias -
L	M	H		Addictions -
L	M	H		Rejection
L	M	H		Worry
L	M	H		Hurt
L	M	H		Judgment
L	M	H		Illness
L	M	H		Negative emotions
L	M	H		Inferiority
L	M	H		Destructive behaviour
L	M	H		Sexual problems
L	M	H		Over concern for others
L	M	H		Compulsiveness
L	M	H		Others

## Step 1: What do you Not Want?

---




14

*Step 1: What is Important to You?*

**T**he things that are important to you, partly define who you are or more accurately your perception of who you are.

Answer the questions below about this future you. Describe completely and write out.

What is important to you?	Why is it important to you?	What has to happen in order for you to experience or know it?



### 15

## *Step 1: What have to's, must do's, can'ts, etc have You?*

**T**here are many things that we feel we have to do or must do or can't do, by having absolutes such as these in our pattern of living, we rob from our sense of self control. These absolutes form part of our automatic behaviour. Also by having these absolutes, we have lost the right to be able to do these things and lost the right to choose. It is not a question of whether these things are good or bad or right or wrong but whether we are mature enough to make conscious choices in the present moment. The less ability we have to make choices and decisions, the more we feel we lack control. Ought to or should do have a similar but lesser effect.

## Step 1: What have to's, must do's cant's etc have you?

---

<i>Action</i>	<i>Have, Must, Need, Ought, Shoulds</i>	<i>Can't</i>	<i>Fears I have related to this action</i>	<i>Beliefs I have related to this action</i>
Be right				
Be wrong				
Fail				
Succeed				
Be late				
Be honest				
Be lazy				
Be angry				
Hate				
Be patient				
Have fun				
Cry				
Be dirty				
Be cruel				
Be nice				
Be good				
Be serious				
Be polite				
Be fair				
Be Just				
Care				
Be kind				

## 5 Step Cancer Healing Process

---

Be strong				
Be brave				
Hurt				
Be clever				
Be loving				
Be tidy				
Work hard				
Be stupid				
Be worthless				
Be worthy				
Be smart				
Be childish				
Be bold				
Be loud				
Be quiet				
Be clean				
Be rewarded				
Be rejected				
Reject				
Be embarrassed				
Be shameful				
Be ridiculed				
Ridicule				
Be ridiculous				

## Step 1: What have to's, must do's cant's etc have you?

---

Win				
Lose				
Be poor				
Be rich				
Be healthy				
Be sick				
Be myself				
Be powerful				
Be rotten				
Be useless				
Be important				
Be significant				
Be a nobody				
Be excited				
Be happy				
Be a woman				
Be a man				
Be wanted				
Want/desire				
Be proud				
Share				
Give				
Receive				
Keep				

## 5 Step Cancer Healing Process

---

Hoard				
Laugh				
Sing				
Play				
Be creative				
Have control				
Trust				
Be responsible				
Ask				
Serve				
Help				
Criticize				
Judge				
Be respected				
Respect				
Have my space				
Be alone				
Be free				
Be confident				
Envy				
Be jealous				
Fight				
Forgive				
Blame				

## Step 1: What have to's, must do's cant's etc have you?

---

Be flexible				
Be ignorant				
Be secure				
Be safe				
Learn				
Speak				
Cheat				
Deceive				
Exploit				
Regret				
Be guilty				
Be foolish				
Be inadequate				
Be capable				
Be nurtured				
Belong				
Have joy				
Be vulnerable				
Be fulfilled				
Be selfish				
Feel sorry for my self				
Be someone / somebody				
Be magnificent				



## 5 Step Cancer Healing Process

---

Be alive				
Be mediocre				
Be appreciated				
Be inferior				
Be smug				
Be racist				
Be courageous				
Be spiritual				
Be humble				
Be greedy				
Be independent				
Be motivated				
Be passionate				
Be peaceful				
Be moral				
Be honourable				
Be humiliated				
Feel				
Stop				
Praise				
Be perfect				
Deserve				
Do the wrong thing				

## Step 1: What have to's, must do's cant's etc have you?

---

Struggle				
Say no				
Refuse				
Be dull				
Comfort				
Wish				
Decide				
Be delighted				
Be dizzy				
Be shallow				
Be spontaneous				
Have hope				
Be treasured				
Be superior				
Be dumb				
Be soothed				
Have faith				
Be lucky				
Be emotional				
Be eager				
Be forthright				
Be smart				
Be daring				
Be protected				

## 5 Step Cancer Healing Process

---

Be self assured				
Be reliable				
Be unique				
Others				

Please print out and complete. It may seem petty to be answering all these questions but it is imperative to discover where you are at. You won't fully discover where you are at, but by completing this first section of the journey, then you will know enough to be able to achieve your goal, much more easily. This preparation is essential.

# 16

## *Step 1: What is your Story?*

**T**his is the last step in this first section. Write a story of your life. Our life is a story and by writing a story you will access much more information. The story can be as long as you want but remember, this is part of your journey to health and healing. The more effort you put in, the greater the results you will get.

Please do not proceed to section 2 until you have fully completed section 1. The shortcut is in getting to the starting point, which is at the completion of section 1. This is the step nearly everyone misses and because of this they have such great resistance to healing.

By completing all of step 1. You are accessing your existing pattern of living and remember, that healing is the changing or transforming of your existing pattern to a new and better pattern. The new pattern will lead to the achievement of your goals. This new pattern will not have the irritants and processes that lead to or support cancer and so you will be healthy and in charge of your life.

Cheers,

## 5 Step Cancer Healing Process

---

See you in section 2. When you are ready.

Philip Martin



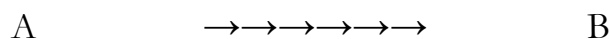
**Step Two**  
**Where Are You Going?**

17

## *Step 2: Where are you Going?*

Once you have established where you are, which is a fixed place in time and space. You then need to establish where you want to go, which is a different fixed place in time and space. It is in the future for you are not there (yet). Then you find and follow the suitable directions to get you there. This is the process of all journeys. So three overall steps 1. Know where you are. 2. Know where you are going and 3. How to get there (have the right map and the directions). Then you simply follow the directions and you will arrive at your destination.

The start (where you are) and the finish (where you will be) are stable, fixed places. The journey is the actions and movement from one to the other. This is where all the work and effort is done. But you can see that by not knowing where the start and finish are, the work and effort will be to no avail.





## 5 Step Cancer Healing Process

---

This journey from ill health to health has the identical process for the actions and directions are related to the start and finish. So for every unique individual there are unique actions and directions. These unique actions and directions are yours. You will take responsibility and ownership of the process for only you can travel your particular journey.

So please do not start this section until you have fully completed section 1.

When you are ready, let's begin.

So your destination, B, where is it and how to know and discover this place? For your unique journey there is a unique process. This process entails using imagination, your mental resources and reverse hindsight. We know what hindsight is, but imagine using hindsight before hand, I guess we would call that presight. Anyway let's get started.

This exercise is best having someone to help you and the physical movement helps the mental processes be more fully involved. Read this with your partner beforehand. Gather all the paper work from section 1. All this written information represents where you are at, which is point A.

1. Place this paperwork on the floor and remove or photocopy 'What I want' and 'What I don't want'.
2. Stand on this paper work and take the time to fully feel and know 'This is where I am' this is the start of the journey. The journey begins from this point in space and time. See it as a fixed and stable place in time. This is point A.
3. Now imagine what you want, look at 'What I want and What I don't want' paperwork. These give some pointers to your goal. Fully imagine yourself in the future, having already achieved all your goals. Being complete and whole, being in excellent health, knowing that the cancer and the healing journey is in the past. We explored this in the chapter Illness to Health.
4. Now feel, imagine where your goal is. That is, imagine that a few meters away (at least two) is the You that is in the future and has achieved your goal.
5. Do not base this new future You on any of your past. Be completely free, just allow yourself to imagine how you would like to be and feel.

## Step 2: Where are you Going?

---

6. When you can sense/imagine what this future is like, get a sense of **where** that future is in relation to where you standing now and walk slowly over to that place. Sense you are leaving all of you back at the paperwork. Whilst walking **slowly** over to the destination, feel yourself becoming this new future you. The unconscious does not have a problem with this step but our logical conscious mind thinks that it is silly and won't want to do it. Just use your imagination or pretend. When you are imagining the new future You, your unconscious mind will utilize the original blueprint that existed before your blueprint was altered (life changing) in your infancy. These life changing incidents may be thought of as necessary by your conscious mind in your early years but any change from your original blueprint will cause distress later in life.
7. When you arrive at the destination, fully feel how it feels here, feel how you feel physically, notice how much lighter you feel. Allow you body to adjust to this future. Fully imagine being here in this future. Straighten up and enjoy.
8. Now whilst standing there, get you helper to write out how you feel. Write every quality on a separate sheet of paper and as they do, place it on the floor beside you.
9. As your journey is about healing cancer. Define your state of health in this future. See yourself as healthy and vital. I am sure this is an essential component of your goal.
10. State how you feel,so your helper can write each one down. Consider these qualities that almost everyone experiences in this new future. Self control. Calmness. Love. Compassion. Freedom. Enthusiasm. Wholeness. Confident. Light. Expansive. Limitless. Etc etc.
11. Look at your want and don't want sheets and reflect.
12. As you feel this new future You, do you want to adjust it, can it be a better, improved You, do you need to move a little to a different place. Is there a place nearby that feels more appropriate? If so move there and notice the changes. Place the papers that represent this new future, here.

This is point B.

## 5 Step Cancer Healing Process

---

13. This new future You is a reflection of your original blueprint, before it was interfered with, before you unintentionally or were taught to overlay it with negativity, problems, stresses and **misinformation**.
14. Really feel how it feels here, bathe in it. Notice how easy it is to be a human being, a magnificent human being. Accept this new reality, truly imagine that you have travelled in time to this future.
15. Look back at the other stack of papers and the You that is there and notice the differences. What does the you back there need to know? That you back there probably doesn't believe it is possible for him/her to be or have this new future, for it has all the limitations, fears and resistance and this is natural, but in this new future you may not know how you did it but by doing the exercise you bypassed all this resistance. This is similar or the same as spontaneous remissions that occur. The you is the same, you just feel different, this is your natural state of how to feel.
16. Realize that if you were nurtured correctly, then you would have had this future already. This is your natural heritage. So now there are two present day Yous (though separated seemingly by time), that are here now. Both of these Yous are possible, right now! They are both you, only the experience of **being** is different. Only the patterns (blueprints) that support these two realities (the life experience) are different. Understand that these are two distinct places, you can have either one. These places are the results of two distinct patterns.
17. Whilst in this state, see if you get an understanding of the significance of what is occurring.
18. What is the factor that causes one state or the other? The old you at the start is a result of all the meanings you have attached to the events that have occurred in your life. In this new state you have less and different meanings.
19. See all the meanings over there at the start that have **attributed** to the state of health of that You at the start. How many of those meanings are negative and soul destroying, are those meanings really necessary?
20. Any meanings etc that belong at the start (point A), that you feel you have here (point B), just imagine sending them back to the start You.

## Step 2: Where are you Going?

---

21. Now as you sense the two of you. The distance between them is the direction and actions that you have to take, to move from A → B. In a sense you have already done them. For you are standing in this present moment as this new you. By standing at Point B, and feeling how different this state is to the state at point A, you are actually accessing and creating the new pattern. So this new pattern is instantaneously available and in reality, you can have and keep it in an instant, if you generate enough power, commitment, desire and need.

But the resistance is that the old pattern has years and years of conditioning and habit formation, as well as, that the old pattern is (incorrectly) deemed pro survival, but can you sense that that pattern, is no longer pro survival today.

22. Now step away from where you are, to a place outside the influence of A and B. that is the two Yous that are on the two stacks of papers. If you can, imagine seeing those two of you there. If not, see the two stacks of paper that represents those two states. So stand as if you are a third point of a triangle.

23. At this third point of the triangle, you are a neutral observer, maybe imagine you are an unknown onlooker. Look at the pros and cons of both states. Are the pros at A (the start position) really pros or vain attempts to prevent change. Is it just fear of letting go? The biggest obstacle that occurs is that the ego feels it will cease to exist in the new future so to survive it hangs onto the old pattern of life and all those meanings and painful memories and emotions, because it mistakenly thinks “This is Who I am”. But it is not who you are, they are just the trappings that you surrounded yourself with, it is just an automatic program/pattern. The You in both states is the same You, but with different patterns of living, and feeling and experiencing life.

24. Imagine if someone held a gun to your head and will soon pull the trigger. You are certain you are going to die. Nothing else is important anymore, only survival and you have virtually no chance. What would you do? As a human being you will have a last look at your life and you **Will** see all the deviations from your original blueprint and the actions and behaviors that resulted. This is the life flashing before your eyes phenomena and in this moment you evaluate your life against the original blueprint.

## 5 Step Cancer Healing Process

---

If you have the slightest chance of survival and have the option of choosing death or life, what life, what future will you put in that equation – death versus life.

Imagine the gunman pulls trigger and it misfires.

He runs away.

*This last part simulates somewhat a life/death experience. A life death experience can have wonderful consequences for a person, for in that moment, when they are certain they are going to die, their life replays before them and the person has an epiphany and realizes what is important and discards an enormous amount of their previous meanings. The pattern of their life that has been dictating their experience, is shattered (as the meanings is the glue) and they begin anew with a much more beneficial life, for they know what is truly important.*

25. Keep the two stacks of paper as representations of A and B. it is very beneficial to stand on the representation of B and really feel this state. The more you do this and do it with power and commitment, the better. This is part of the actions that you will be taking to achieve health and well-being. You can also stand in this new future (B) and while fully experiencing this state, walk slowly back to the present day you at (A) keeping all of the future state. When you get to A, you can give yourself a gift (the future state) and feel these two states merge. If you want you can then walk slowly back to the future state and when you have fully experienced that state, then once again walk slow back to A and merge again. You can do this as many time as you think you need to, until A has totally transformed and is the same as B.

So now you know Your starting position and Your destination. You may be already be well on your way there.

See you in Section 3.

**Step 3**  
**How Much Change**  
**is Necessary?**

18

*Step 3: How much change is  
Necessary?*

*Are you prepared to change?*

*Will you smash through your comfort circle?*

*What is preventing change?*

**T**his section is about change. Remember the process of your journey: A →→→ B. You have completed A and B. That is, make sure you are at the start, more specifically 'Know where you are' and 'Know where you are going' which is B. You are ready to take the actions and follow the directions. It will take work and effort, this is the doing part. By using universal principles you will minimize obstacles and erroneous diversions. The middle part is where movement takes place, it is a force and by applying force you will have a result.

As I have stated earlier A and B are fixed points. How can we be sure to attain our goal? Like any journey you must leave/ depart from/ **detach** from A.

### Step 3: How much change is Necessary?

---

The big obstacle, those with cancer and other chronic diseases and chronic problems is that they want A to move to B or be A without cancer etc. This can seem logical to some extent. Our conscious mind can have an intent such as being cancer free and I can still be at A and just cut out, kill or get rid of the cancer, problem etc. There seems nothing wrong with this theory.

But this will fail or meet with great resistance. Let's understand why. Cancer for example is a major part of a person's life, by this I mean that it is very important/impactful. I am sure you will agree it is not something to be taken lightly. Have you had more important/impactful events in your life? So cancer will absorb much of your energy, time, attention, thoughts, actions etc, so you can see it occupies much of you. In fact the cancer is a part of you, it is not something that you have attached to you or invading you etc. These common beliefs are a huge obstacle in recovering to health. Much more on this in the section 'What is cancer'.

And you can't be A when at B for B is a totally different state and pattern. The Journey is leaving one life pattern and creating another life pattern. It is the pattern of your life that produces a result but because we think this is who I am we refuse to change the pattern. We have great difficulty in discerning what our pattern is, and understanding, that we are not our pattern. The pattern is a very complex process but a process it is. We are very intertwined and attached to the pattern because to every event in life, our ego attaches a meaning. And as the ego created the meaning and the meaning is the glue of the pattern, the ego feels it is the pattern. Whilst we continue to adopt this belief we will unconsciously resist any change.

Change itself is also a barrier to healing for when healing cancer, the end result, that is health, is a dramatic change from a state where you are likely to die as a result of that state (if the state doesn't change).

If we look at evolution we will see that change in a species will correspond with change in the environment, so that balance and harmony is constant. Now the environment from one generation of a species to the next generation changes minutely and therefore changes in the species are minute. In the human being it is the same, the environment changes little so we inherit our DNA which was in harmony with our parents' environment. Our parents obviously survived so that DNA and therefore our DNA is in harmony with our environment. If we make big changes to our DNA we can be assured we will not survive. To survive and procreate is the prime motivation of all living things. So resistance to change is an inherent objective.



## 5 Step Cancer Healing Process

---

Another inherent objective we have, is the seeking of comfort. Comfort symbolizes that we are surviving and discomfort symbolizes danger and threat to survival. These are deep evolutionary patterns. So drastic change which is necessary to heal cancer, will meet unconscious resistance, unless we safely circumvent this problem. We will use the principle of least resistance always.

So how much change is necessary? A lot is the answer. Look at your sheets of paper representing A and B and feel how much change is necessary. How different is B to A? And change is what is between A and B. This is where many get fearful and give up. They are not prepared to change. The problem is that they do not know what the change is and what actually changes. Also unaware to them, they are comfortable for they are in harmony with their pattern and they don't, as none of us do, want to be in discomfort. We don't want others to be in discomfort. The whole healing, medical industries are concerned with alleviating discomfort as is nearly every other industry. What would it be like to have no money – discomfort, what would it be like to have no house – discomfort. Nearly everything we do is to seek comfort. Yet in this journey the pursuit of comfort is your enemy. If you pursue comfort then you resist change.

The Equation is health equals change.

Health is the product of a different (changed) Pattern.

### **The pattern must be changed.**

Your entire life, since you were about five years of age, is most likely the expression of your existing pattern that has resulted today, in the knowledge that you are in the state of affairs that you are in now. The results you have today are the results of the pattern. If you want a different result you will need a different pattern.

When your pattern changes to one that produces what you want, you will be there at B, you will be healthy, you will be as those sheets of paper that represent B. You will still be you but you will have a vastly superior and happy life.

What other changes take place beside the pattern. The pattern once changed will automatically produce changes throughout your body. The 50 trillion or so cells in your body will act accordingly to the pattern. Your healing system which has been working overtime for so long will continue, but it will be more effective for many irritants (which are unknown to you) will disappear and so the healing system will not waste energy and resources on these. The oversupply of cancer

### Step 3: How much change is Necessary?

---

cells will return to normal cells. They will not be needed. At this point they are needed, that is why the body supplies blood and nutrients to them, and why the healing system does not get rid of them. When the cancer cells are not necessary, you will not have cancer.

With people who have had remarkable recoveries or spontaneous recoveries against all odds, what has happened with or most times without them fully appreciating what occurred, is that in a moment they made a significant change in themselves. They flipped so to speak and in that moment they began a new life, a new pattern was formed. Somewhere in their mind they had a near death experience, where they evaluated that in order to live, they could not live with the old pattern. The old pattern was what was killing them, so they chose to live without the old pattern. The choice was the old pattern **or** life. They did what was necessary, they separated/detached themselves (life) from the pattern. And it is this detachment that is at the core of **all** returns to health.

#### **Are you prepared to change?**

Do not answer lightly.

Think of the cost in all areas of your life if you do not change.

Think how you will feel if in the future, if you realized that you had an opportunity to change today and didn't take it.

Are you willing to let go of everything?

Are you willing to surrender all of who you are in order to survive?

#### **Will you smash through your comfort circle?**

Imagine that where you are standing there is a circle that surrounds you and everything that you know is inside that circle. Think of your life. All your life is inside this circle. Imagine where the border is. Imagine what colour it is. How thick that border is. Now just outside this comfort circle is the unknown and discomfort. Approach the border and begin to feel the beginning of discomfort. See how far you can go outside the circle before it gets too uncomfortable. Go back to the centre and notice where you could go no further. Sense where B is, where the you that is healthy and free is and ask you helper to put the sheets of paper that represent your goal, where you imagine is the right spot (outside your comfort circle), by the way, if your goal is inside the circle then your pattern is already changed or there is little resistance to changing patterns and if so simply decide to

## 5 Step Cancer Healing Process

---

be your goal, or you may be wishing your goal is inside the circle. So to be sure imagine where your goal is as if it is outside the circle and continue with the exercise. Now look towards the stack of paper. And ascertain how important it is to have your goal. How committed are you to have your goal. What would it feel like to give up on your goal now? If you truly want your goal, feel all the fears you can, and reinforce the border of your circle with them, feel all the doubts and reinforce that border with them, feel all beliefs that you have about cancer and reinforce that wall with them, fortify that wall with any objections and obstacles anything at all that will help you stay in this comfort circle. Imagine the wall/the boundary see how strong and thick it is, see all its qualities. Now this wall, this boundary is keeping you at A (the start). Look at B the future healthy you. Everything that is preventing you from attaining B (your goal) is in the wall, all the beliefs of others relating to cancer, put everything there. Now there are two things: Your goal and what is preventing you (the wall).

Now it is up to you, what do you want to do? How badly do you want that goal? If you want that goal you will have to smash through that wall. That wall doesn't want you to go outside the circle, that wall is all of your limitations. That wall's job is to prevent you having the pattern that is necessary for your remarkable return to health. It is your wall, it is your journey and it is your decision to make. This is the point where you decide who is in control of your life, will it be you or your outdated automatic patterns/the wall. This is a monumental decision few people ever get the chance to make. For your sake do whatever it takes, don't be meek. Dig deep, deeper than you have ever dug before, get angry, unlock your power, do you want B? If so take it, but you have to smash through that wall first, do anything at all but smash through that wall, see it crumble and Take what you have a right to, what you want, what you deserve. Take it, be that goal and be free.

Once you have broken through, take credit for what you have done. A change has occurred and the body will respond to that change with changes. The snowball has left the top of the mountain.

Decisions are the instigators of change and actions. You have made a choice and took a decision and acted. This is the power. Feel powerful and take credit for what you have done.

### **What is preventing change?**

We have discussed some resistances to change.

### Step 3: How much change is Necessary?

---

The pattern of your life is made up of smaller patterns forming a very complex web like structure. One of the major patterns is your beliefs. The power of a belief is that the belief is treated as a fact and therefore we filter incoming information against our beliefs. The beliefs will perceive, control and transform incoming and outgoing information to support our beliefs. The unconscious will behave according to the beliefs because to it the belief is a fact. The unconscious will attempt to thwart any attempt at changing beliefs. Changing a belief changes the pattern. So changing a belief is a life changing event. If the unconscious has proof or doubt that the belief is true it will automatically rectify the situation. If it has proof the belief is not true, it will discard it immediately, for the unconscious cannot accept an untruth (it cannot compute it). If there is doubt about a beliefs it will strengthen the belief or discover more doubts and discard it.

Habits and conditioning prevent change for they are patterns within the overall pattern.

Meanings prevent change for we believe our meanings are true.

Our identity is a major change preventer as mention earlier. The identity thinks I am this (A) therefore I cannot be that (B), if the body adopts B, then I will be lost, cease to be. This is not true. The I am in A will be the I am in B.

That is the end of this section.

How are you going? And what have you discovered? Please reflect on this.

See you soon.

# Step 4

# Decide

---

# 19

## *Step 4: Decide*

*A or B*

*Do you want to Proceed?*

*Imagine A getting worse if you don't change and leading to eventual consequences. Now would you rather die than not change?*

**D**ecide: How can I impart the power of this action to you? Words are representations of experiences, ideas and concepts etc. We use words so that the reader or listener has an experience. The creator of the words wants the reader or listener to experience or know the experience that creator is offering. Yet when you or I read or hear the words, we filter it through our own

## 5 Step Cancer Healing Process

---

unique perception and interpret the words and gain a meaning that is a mix of the meaning of the speaker/writer and our own meaning. And sadly both reader/listener and writer/speaker accept that there is only one meaning. But each have a different meaning. I have the meaning that I want to convey to you, and each reader will interpret my words differently. Sometimes we may have similar or identical meaning and sometimes they will be vastly different.

That was just a little bit of philosophical raving. It came about because of the importance of this word – Decide.

A decision is the beginning of the second stage of

A                      →                      B.

As stated previously, A and B are fixed stable states. They are immovable objects.

It is important to see that A and B are two of infinite possible experiences/expressions of your life. They are like two totally different houses, that you can live in but you can only live in one at any time.

A is the experience/ expression of you at the present time and B is the experience/ expression of you at a future time, though you can have it now.

A is the easiest to have, for this is the state (house) that you are in today, it is a result of the pattern you have been living since you were about five years of age. So there is a massive amount of habit and conditioning. So this pattern is an automatic process that just keeps on going, like a snowball rolling down a mountain. Though you may have been told you have terminal disease, and therefore a premature death is looming. And that ‘death’, is a result of the pattern rolling on forward regardless. It is this forward motion of the pattern, which prevents most people recovering and healing. Many, many people have had incredible or seemingly miraculous recoveries and how did they do it? Mostly likely without their knowing, they stopped the motion of the pattern. They may attribute the change (healing) to actions that they took. But they took these actions after they stopped the pattern.

These miraculous recoveries only seem miraculous because we do not know, understand or see the pattern.

I’ll come back to a recurring theme. Misinformation is the cause of all suffering and correct information is the cure.

---

Back to decide: Actions are motions and you want to move from A to B. Without the motion you will remain at A. Now no motion can begin without a decision! Decisions are your greatest source of power. No decision = no result. The power of decisions is unfathomable. Look at any great achievement anyone has ever made and you will see it is because of a decision was made. Once the decision is made, even if the person doesn't know how to achieve or know what to do, the steps and actions start to fall into place. The decision is the guiding principle.

A decision is the beginning of a pattern. Decisions always create patterns. We make decisions all the time though. Yes and those decisions are in harmony with our existing pattern and most of those decision, we don't even really become aware of. But what about when we make important decisions? What makes them important? They are important because they imply a possible change in direction of a part of our pattern. The bigger the change in direction the more importance we place on it. Why do we make it important? – because we don't want to change direction! This is our resistance to change.

Now, these decisions and the important ones we have made, have only veered our pattern, has only changed the direction slightly.

The bigger the change you want, means the bigger deviation you have to make and you are programmed to be resistant to change. But having information about how your mind process choices and decisions will enable you to avoid this resistance. Remember we will using the path of least resistance.

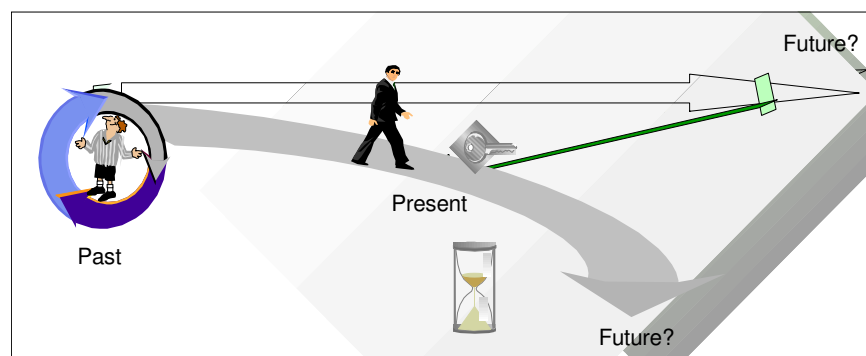


Figure 1

In the diagram below, figure 2, most of us (98%) are on option 2 and the results of option 2 leads to less than an optimal life. Some of the results we get from option 2 (depending on certain criteria) will be chronic disease, mental and emotional problems and life problems. If we have an optimal initial first five years



## 5 Step Cancer Healing Process

---

we will have option 1 as our pattern of living and the result will be a wonderful life. This life is in harmony with our original blueprint. Our society is made up of people on option 2 and so it seems this way of living is perfectly normal and it is. But it is normal only because that is all we see. Option 1 is in a minority, we rarely get to see people with this pattern.

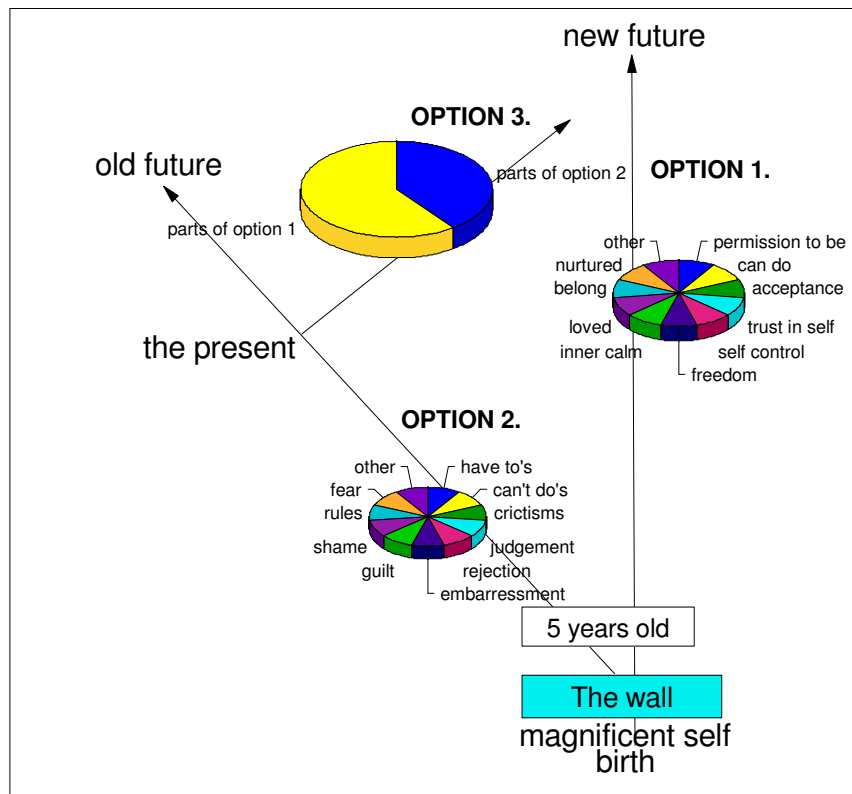


Figure 2

So though option 2 is normal, it is not healthy or beneficial.

If you do not make a decision to be at B you will move forward to your old future. Look where that is heading, be pessimistic here, things will only get worse. For by not deciding to be at B and not changing, you are deciding to slide further along this old path.

You will have a million reasons to not change. One major one that we haven't discussed, is one relating to responsibility. This is a difficult one to get across to you on paper. For likely you will have an initial (automatic) tendency to reject my premise.

---

Please have an unbiased mind and don't look at this as personal to you. Be curious how the rest of mankind behaves for I am talking about how the mind operates at a deep level in all of us. How through evolution mankind has the same wiring/programming if you like.

It is easier to believe cancer is something you have caught etc and therefore you are unlucky and to be healthy then just remove the cancer. This means you are at A and have this baggage called cancer. When the cancer is removed, killed etc then you are still at A. This is how most people perceive the situation and of course it makes sense and seems the easiest way to deal with the problem. This simplistic perception has resulted in untold premature death and suffering. When you take drastic action to remove or kill the cancer, does the person then make changes in their perception, do they feel that they have a second chance and unknowingly change their pattern. Some do, some don't.

My point is that the healing takes place in the mind, which is connected to every part of the body, and with a change in the overall automatic pattern. Some people make this change after undergoing surgery etc, some because they believe the surgery etc will work. If they had surgery (which is one part of the equation – surgery = cancer free) then they have to produce the result, which is cancer free. The unconscious then is compelled to produce the result and so it automatically changes the pattern. If you truly believe any agent/action will produce a cancer free state, then the taking of that agent/action will have to produce a change of pattern. But sadly the percentage of survival/recovery rates and quality of life is not as good as it could be.

By believing cancer is something that you have caught etc, then you are not responsible for it, and if you are not responsible for it, you will not take ownership of it. It is something foreign to you. And as such, something foreign to you has to take responsibility to remove it. By foreign, I mean external to you.

We must never forget that all healing is done by our own self healing system. Nothing outside of you can heal anything in you. External things and people can only assist the healing system. Only you can heal you. This is an absolutely inescapable fact. That is why it is important to take responsibility for your healing and recovery. By leaving it to others you are limiting your self-healing system. By the same token if you believe the cancer is caused by external causes then your self healing system is limited.

## 5 Step Cancer Healing Process

---

If you take responsibility for your cancer, that is, your cancer is yours and it is a result of the pattern of your life, then your body can change. Your pattern was mostly taught to you in your early years. In the first few years of life we absorb information and mimic what our environment shows us. So you had no idea how or that the pattern (that would eventually lead to cancer) was forming. So by taking responsibility I am not saying you are to blame, of course no one wants to create cancer. But by now knowing more information about the processes involved, you can take responsibility and heal easier. If you created the cancer then you have total control over it. If you created it you can uncreate it.

No one wants to be responsible or to realize they have caused their cancer. They may feel blame or shame. They may feel poorly about themselves and of course that will cause discomfort and pain and so you will automatically attempt to reject the idea. And it takes less than a second. But what will it cost you to not accept the idea? What are the benefits of accepting the idea? I believe if you accept that the cancer is an integral part of your pattern of living then you will greatly improve your chance of recovery. If you accept that you created your cancer then you have much greater chance of recovery.

Blame, shame etc have no place here, discard them. It is because you do not have the correct information about cancer, that you only see what you believe and think about cancer, and that is why you don't want to take responsibility for it.

Your cancer is in reality the healing of an irritant. The purpose of cancer is to heal. You are unaware of the irritant and you are only aware of your perceptions about this particular 'word' and the word cancer conquers up all sorts of dire meanings. If cancer is simply the self healing system reacting to an irritant and the result of that interaction causes symptoms and eventually death because of the collateral damage, what if you stop the cancer and the irritant is still there creating damage? Cancers take many years to get to the discoverable stage. The cancer has prevented you dying earlier from the irritants and the symptoms are the result of vainly trying to heal that irritant. If you want to be well and healthy, what do you have to do?

What if the irritant is removed? The cancer can stop doing its job. It will stop reacting to the irritant.

**Do you want to proceed?**

---

If you do, then you have to make that decision and realize the power involved. You are proceeding, moving forward, direction is changing. Proceeding where? Towards B, towards making the decision to leave A and arrive at B.

How do we make decisions? Ultimately the brain only ever chooses between two things at a time. This means the brain chooses either this or that. When we have multiple choices say five options and let's call them 1,2,3,4 and 5, the brain chooses between 1 and 2, and if the choice picked between those two is i.e. 2. Next the brain chooses between 2 and 3. In this example 3 is discarded and so we now have a choice between 2 and 4. We decide on 2 again and we now choose between 2 and 5. The winner of this choice and let's say again it is 2, so we choose 2 out of the possible five options. We may think we had all five options available and then picked the best, but in fact we only ever evaluated two options at a time. The brain can only ever evaluate two options at a time. It is the sheer speed it does this computing, that enables us to come to quick decisions.

**Imagine you (A) getting worse if you don't change & leading to eventual consequences. Now would you rather die than not change???**

This is a strange question, if we have a choice between A and B many of us will sub consciously choose A because of the resistance I have talked about. The B can be a bit or a lot unknown. The A has enormous conditioning involved, also your beliefs will not want to change. If you look at figure 2, you can see that if you change some of patterns on option 2 to those of option 1, you will make progress to B. You can take a limiting belief and transform it and your overall pattern will change a little. The more limiting beliefs you change, the more progress you will make. The more parts of option 2 you change to those on option 1 the greater the progress.

However there is a shorter way, some will take it and others won't, it is up to you. This way guarantees that there is no sitting on the fence, it ensures commitment. It is a powerful decision and will probably be the most beneficial decision you will make in your life. If you want the surest way to health (B) then consider this decision.

Rather than deciding between A and B directly, decide between A and death. Yes, if you can generate enough pain on this path that you are on, that is, imagining making no changes, and you keep proceeding on this path. Feel what it feels like, to arrive near the end of your days and know that you didn't take the opportunity to change. Feel any negativity and pain increasing, feel the total lack of

## 5 Step Cancer Healing Process

---

power, the devastation of remaining this way. Fully realize all the massive amount of pain that results from this pattern that you are on. If you can conclude that you would rather die than continue on this path and then decide 'I would rather die than have this life'. Then you have effectively stopped the pattern, you have stopped the process. When this decision is made then the pattern of your life becomes invalid. The decision carries great importance and value, as the benchmark for all decisions is death. Death is the extreme of the pain pleasure continuum. The avoidance of death is our prime and most important objective. Death is the only clear, defined and stable construct in our mind, so that we know what we don't truly want. All other wants and don't wants have to be conceived of and then balanced against the value/power of this objective (survival/avoidance of death). If something is as important as this objective, either as a positive or negative, then our unconscious is compelled to act and create the said objective. If you would rather die than keep your pattern of living, then you cannot achieve any more commitment, power or value than this. It will remove all resistance to adhering to your existing pattern. The pattern of your existence has proved to be false, that is, it has **failed** in its objective of ensuring your survival!

If your existing pattern is invalid, then any other pattern of existence is now worthy of consideration. When your pattern is valid, then all other patterns are invalid! As stated previously, you are where you are at now as a result of your pattern of existence. If you have cancer, then this is a result of your pattern of existence and therefore needed, as it is now part of the pattern. If your pattern of existence becomes invalid, then your cancer will become invalid.

The mind can only make decisions between this and that, only two options can be available at any one time. Now if you made the decision that you would rather die than continue to live as you are. The brain accepts that death is a preferable option to life. At this point you will be in limbo, no man's land and it will be uncomfortable. (Though many feel immense freedom) For without the choice of life, there is no forward motion and the pattern begins to dissolve. So now ask this question 'do I want to die or live as B' or 'would I rather die or have this life' whilst holding the sheets of paper representing B. The decision you need to make now is between death and life (but this is a different life) and it is now an easy choice. Resistance is no longer a problem. Your unconscious will devote its energies and resources to accomplish this goal.

In this moment you have healed. It will take physical time for changes at the physical level to be noticed. But you are now healed. Healing is the result of the decision. People who have had miraculous or unmiraculous recoveries have made

---

this decision, whether they know it or not. For ultimately health/healing is the result of deciding this life (the old pattern) or that life (the new pattern which has good health or cancer free at its core).

This decision can only be made by you, no one else can make this decision for you. This is part of the power involved, you have to take total responsibility for the decision. This empowers you for (if you chose death over the previous life and then new life over death) you truly have made the most powerful decision a human being can make. You are now in control of your life and existence. Take credit for it, for you deserve it.

Next: step 5 – The actions.

# Step 5

# Actions





# 20

## *Step 5: Actions*

### *The doing part*

**T**his is where most people start, I hope you can see that without doing the previous sections you would not gain the benefits of doing the actions.

If you have completed the previous sections then you can take actions that assist the healing process. Your healing process will already have begun restoring your body to health and it will continue to do so in the fastest way it can, for it will not be sabotaging itself or meet with resistance.

At this point what is important to remember is that the resources you have available to you are energy, resources and time. Energy is the amount of energy that your body can devote to the healing process. Let's look at where energy is used:

- Your daily survival takes precedence. All your bodily functions take energy.
- Presenting stress. Stress has to be mitigated /resolved/nullified. Stress is regarded as painful and thus energy has to be diverted to any new stress

## Step 5: Actions

---

occurring. How much stress occurs in your day? What about stress that occurs beneath your awareness?

- Old stresses that have not been nullified yet. Ongoing stress that goes round in a loop without solution. This is a huge problem and an enormous amount of energy is wasted here and is where much collateral physical damage occurs.
- Your new healing desire, goal, pattern. How much energy is left over for this?

I will look at time now: Each day you have a limited and fixed amount of time, you do not get an extra second. You can only use what you have. If you take time from other activities and spend that time on your healing, you will shorten the distance between now and when you discover that you are in excellent health. You are in control of your use of your time. Realize the incredible value of time.

So what actions do you need to take: in no particular order and of course there may be many more. As you are a unique individual there will be unique actions. But if you have successfully completed the previous sections and the decision you made is total, then the result will come.

1. **Time** – a limited supply – **invest your time wisely.**

How? – Ask yourself ‘Is the time I am using now being used to attain my goal?’

2. **Delete or minimize stress from your life.** Stress uses precious energy. A disease is simply a process that results in massive stress.

How? – Practice daily meditation. Take meditation classes. Meditation has many benefits. It has an inward focused direction which naturally produces better communication between all parts of the body and mind. This subtle benefit is like the power of a river or ocean gently creating its course and yet unstoppable. It eliminates stress and tension and so there is more energy for healing.

It is surprising how many cancer sufferers go into remission if they take an extended holiday and the cancer returns when they are immersed back into their old life (and old stresses).

## 5 Step Cancer Healing Process

---

3. **Resolve emotional stress.** Emotional stress is modern man's insidious disease.

How? – do the zipper technique which is explained later.

Remove limiting beliefs. There are many excellent methods to do this, there are numerous resources on the internet that will assist you in removing limiting beliefs.

Remove limitations.

In fact, I will discuss much about resolving emotional stress later.

4. **Practice self hypnosis** daily, take classes. Using self hypnosis empowers and speeds up the healing process.
5. **Good nutrition** – What you eat is what the body must renew itself with. The more man has interfered (processed) with food the less quality it has and the amount of chemicals used in the processing of food is downright dangerous. Use organic food where ever possible and more fresh food. Grow some of your own, growing and eating your own food increases the mental pattern of the new healthier you, because it is in harmony with our primal instinct to survive by being responsible for our own food supply.
6. **Exercise** – always essential for good health.
7. **Expect to be in good health** – Expectations program the brain to achieve the result. An expectation is an order to the brain as it is a prediction of a certainty. Another way of saying “I expect ... to occur” is “I know ... will occur”. Expectations are very powerful and work at the unconscious level.
8. **Notice the changes** – This new pattern you are on is different to the old pattern. Continually notice and enjoy this new life. This reinforces the new pattern.
9. **Use therapies/therapists** – Seek professional assistance, this will greatly speed up the process. There are many great resources on the internet, explore, discover and learn about your healing journey. Be totally involved in the process.

## Step 5: Actions

---

10. **Discover what cancer really is** – Read the section about this. Man fears the unknown and though you may fear dying from cancer, you also magnify that fear, if the cause of the cancer is unknown to you. The fear and uncertainty that missing information creates, causes enormous emotional stress.
11. **Take responsibility** – By taking responsibility, you are empowering yourself and the new pattern. When you assume responsibility, you have the power to control and to create your future.
12. **Evaluate what is important** – You and your goal of good health is the most important thing in the universe. Many people have a problem with this one. But you do everybody, including yourself, a disservice if you do not realize, that you occupy a unique space in the universe, which only you have access to. I occupy a unique space in the universe that only I have access to and if I do not cherish and know that this space that I occupy, is the most important space in the entire universe for me and that I am the most important person in the universe for me, then I would be insane. Each person on the planet has to be the most important person in the world for them. You can't be anybody else. If you realize that you are the most important person in the world for you. Then you will realize how important everyone is. There is no such thing as one person being better or worse than an other. You might like to put 1 or 2 other things as important and then discard everything else. Everything that you decide is important robs from the healing.
13. **Live in the now** – Living in the present moment, being in the now and live this day only, is an age old wisdom that is essential for a happy and healthy life. Though in our incessantly busy society, this wise tenet of living is sadly missing. It seems very difficult for many to grasp the simplicity and practice this cornerstone of correct (for want of a better word) living. When we are not living in the now, then we are not being authentic to ourselves and we are not in tune or in harmony with ourself and we become even more immersed in the illusionary world. When we are living in the now, then we have less worry and we are calmer and more effective for we have more clarity. When you are living and therefore experiencing the present moment, your mind is clearer and calmer and the busyness is quietened. We adopt busyness and doing, doing, doing, to **compensate** for the lack of connection to ourself and this busyness and constant doing is an attempt to

## 5 Step Cancer Healing Process

---

connect to the external world. It is a vain attempt to feel a sense of belonging and connection, we are trying to fit in. The more we seek this external gratification the more we are disconnected from our internal world and ourself and the more fragmentation we have. Basically we are running away from ourself and we become more disillusioned with our life and our existence. We seek meaning and purpose but this eludes us for we are looking in the wrong direction.

When we are not in the moment, then it is easy for us to worry, for we are not centred and we get overly concerned with all the 'what if's?'. We get so accustomed to all the mental busyness that we think it is normal but if you practice living in the now, then you will gain calmness, peace of mind and you will discover that you will have more trust in yourself.

When you discover yourself lost in worry or concerned with the past or future, just say to yourself 'Stop' and then ask yourself 'How do I want to experience this moment right now?' and relax, take a few deep breaths and just pay attention to those breaths, nothing else, just pay attention to those breaths. This is special time, realise that this is special and enjoy the time you take to do this. An excellent book to use as a resource for this action is 'The Power of Now' by Erkhart Tolle.

14. **Be committed everyday** – Without commitment change will not occur. Commitment gives the mind and body the permission to unleash the enormous potential and power that you possess. All great things have occurred because commitment was part of the process. Commitment is like a switch which once turned on, is difficult to turn off. And this is what occurs in the brain, commitment is a switch that is difficult to turn on, it is difficult because when the switch is on, the power is available and the brain does not want to use this power and energy unless it is important. It's job is to conserve this energy. So once you evaluate how important this change is to you, then commit wholeheartedly. Many, dare I say most people are afraid of their own power and potential and in my experience people have problems achieving their goals and desires, whether they be weight loss, achieving health, success, wealth or whatever, not because they don't have power, personal resources and potential but because they are afraid to use and unleash them. They have some sense that if they unleash that power, then they can do anything and this is absolutely true, but they (the ego) feels that they would lose control and that against this power they would be

## Step 5: Actions

---

nothing, insignificant and unable to use the power wisely. This shows our ignorance for that awesome power is at our beck and call, it is there for our use. It has no identity or will of its own, it is **our** power, it can not take over or choose to do anything. It is us that does the choosing. We feel inadequate with this power and yet only by using this power do we become adequate. This is a monumental mistake that most people make, they see themselves as separate from that power for they see themselves as separate from the body and the power is produced from the body.

For those people that achieve incredible success in any endeavour, how do they do it? They may or may not know how, but they use their power and because they use their power they (their ego) feels it is the ego that is powerful and so they do not fear the power. The ego is definitely powerful for it is the only controller or user of that power, the ego and power (and potentials) become joined, become one and these people are normal ordinary people though you may see them as extraordinary for they do extraordinary things, it seems easy to them and you may believe you could never achieve those things. For these extraordinary people are in such a small minority and you see yourself as in the majority, then you are only aware of your limitations rather than your potential.

You can heal from your cancer (which is a misconception for a start) which is, that you can be as healthy as you **Want**. You have access to this power and potential at your fingertips, you know it is there, yes you do, but you may not want to know it. You may be fearful of that power, you may feel that you will get lost, you may feel that power will overwhelm you. And all children experience this, you, when you were very young felt the unlimited force of your power, as it is always there, as your ego was immature your body had to put a damper, a limiter on it, till you can use it wisely. This limiter is fear and it works brilliantly. Think of a learner driver trying to master a race car before he/she has even attempted to learn in a more docile car, how dangerous would that be?

So fear only allows a small percentage of that power to be used and as we don't have access to it, we then naturally feel small and impotent and inadequate and so we never mature enough to be able to use that power, we still feel like a small child when we are faced with that power. That is we regress to a small child when we try to access the power. And the fear of the power grows and as it is a negative feedback loop, we and the power

---

## 5 Step Cancer Healing Process

---

become more separated. Will you continue to allow fear to prevent you accessing your power?

Here is a beautiful quote from Marianne Williamson that sums it up beautifully, you may have heard or read it before, but take a look at the truth of it now.

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.' We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?... Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do... It's not just in some of us; it's in everyone. And as we let our own light shine, we subconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."*  
(Marianne Williamson, author, from *A Return To Love*, 1992.)

15. **Realign values** – From step 1. What are your values? Get your hierarchical list of values. This mix of emotional values that you have would seem to lead to a grand life, if you achieve your seeking values. How is it going so far? Have you achieved your seeking values? No?.....

Let's look at what has to happen to achieve your seeking values. We will label these values - goals, as they are things that you want.

Beside each seeking value write out what has to happen in order to achieve your goal. For example if your goal is love, ask yourself "What has to happen for me to feel/have love?" If the answer is not specific, ask this question "What has to happen for this to occur?"

Now do the same for the avoiding values.

Is it **difficult** or impossible to achieve your seeking values?

Is it **easy** to feel your avoiding values?

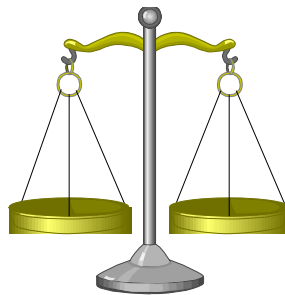
For example:- it is common to have love at the top of the moving towards values and when I ask people who have love at the top of the list "What has to happen for you to have love?", the answer is usually - "I have to find my perfect partner !" This guarantees that they will fail. Why do we sabotage ourselves? In this case there would be a belief held in the subconscious and the belief would be 'I am a nobody/nothing' or a belief derived from this belief

## Step 5: Actions

---

such as 'I am unlovable' or 'I am worthless'. With this subconscious belief it is more painful to achieve love than not have love. Having love does not fit the equation of- 'I am worthless = therefore I am unworthy of being loved'.

If you achieve love, your unconscious mind would have to get rid of it, in order to be in harmony with the belief. To have love, keep it, enjoy the love and be in harmony with the love, what do you have to be? - A somebody with the belief of 'I am somebody = I am loveable' = 'I am loveable = I can have love/loving'. 'I am worthy = I am worthy of being loved' To have or feel what you desire, you have to be the person who is in harmony with those desires. You have to believe that you deserve the desire, you have a right to have the desire and you have permission to have the desire.



Our mind operates as a series of equations, this = that, everything balances.

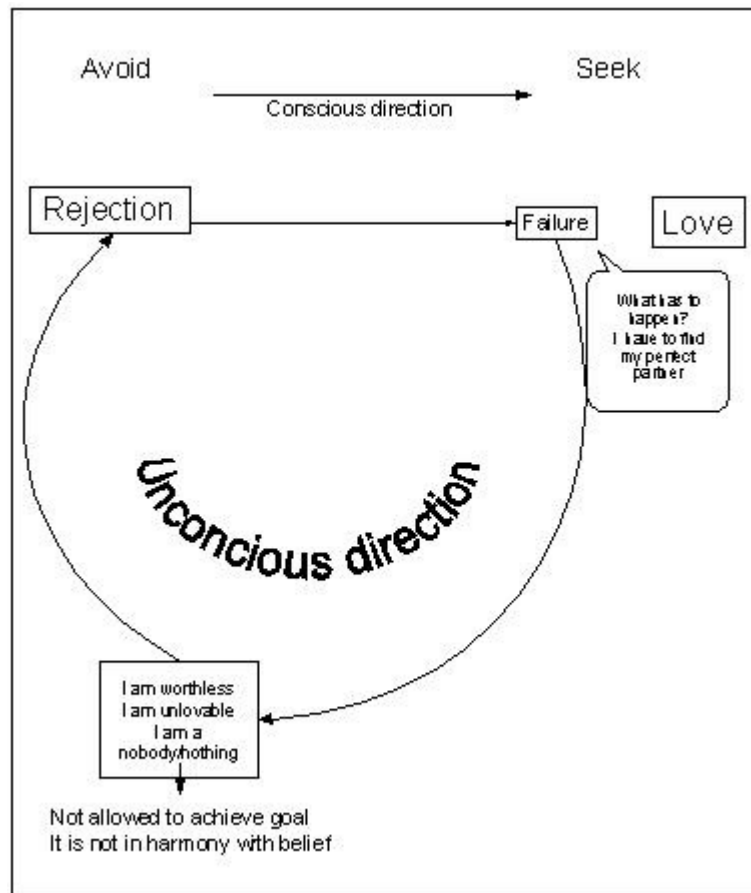
In the diagram below it can be seen that one can have the conscious desire to have love and to avoid rejection. Now if we achieve love and escape rejection then this would be great but let's look at the criteria we can have to attain love.

In this case the condition or criteria to achieving 'having love; is having the perfect partner. This condition is usually out of conscious awareness and the condition is placed on the value by the subconscious belief of 'I am unlovable' or 'I am worthless' or the deeper belief of 'I am a nobody/nothing'. This particular condition allows the conscious mind to seek and move towards love but guarantees that the effort is in vain. This condition seeks to prove the point that the person is unlovable /nobody/nothing. There is comfort in this for the unconscious, for it feels that it is being truthful and acting according to its belief.



## 5 Step Cancer Healing Process

---



The vicious cycle continues with the person feeling rejected or unloved and henceforth heroically jumps headlong into another doomed attempt. Why is this person doomed to fail? Because the criteria necessary to have love i.e. “I have to find my perfect partner” has the intention of failure. Is there such a thing as a perfect partner? Is there anybody out there without flaws? Perfect sounds nice and romantic and so the conscious mind doesn’t realise the trap. It can search but can never find!

What is the solution to this dilemma? How can we have what we desire in life?

1. We have to be aware of the belief systems that we hold for instance - I am a nobody and it’s my fault.
2. We then split the nobody/it’s my fault, by recognising the fault lies outside of you, you are not at fault or faulty. Remove the fault from yourself.

## Step 5: Actions

---

3. We then proceed to discover the real truth, underneath that belief system, that we are a magnificent human being - an expression of our core. Transforming the I am a nobody/nothing into I am a magnificent Human Being.

The nobody is actually like the starting position in a board game. We are only there for a moment then we throw the dice and move forward. Without the nobody or start position, we can't play the game. The nobody/start position has all the unlimited potential of the game, it is not a position to be feared, but cherished, we only pass through it once. Time to let it go, for we have already thrown the dice and are now playing the game of life.

4. Design the seeking values so that they fit your desires and make the conditions so that they enable you to easily and constantly have the values. Choose what would be the most beneficial seeking value to have at no 1. Would it benefit you to have health or peace of mind as your top value? What seeking values would benefit you the most?
  5. Design the avoiding values so that they assist your seeking values and any others make them unimportant, difficult to feel or happen or remove them altogether. For example: if you have health as your no 1. Seeking value then giving up/ lack of persistence may be useful at the top of your avoiding values.
  6. Seek help and guidance when stuck. Remain in charge of your evolution and progress.
  7. Be prepared to fully know yourself, until you truly accept yourself. You are a magnificent human being. Please do not settle for less than you are. Knowing ourself is the key to enlightenment and sages throughout history have implored us to know thyself.
16. **Decide what you want to do once you are healthy** – Once you have achieved your goal of being healthy, then that is the end of the healing (return to health) process. Once we reach an end we need to detach from the process and begin a new project. It is important to know when we have achieved our goals otherwise we remain stuck in a process that is unnecessary. The self healing process is an inherent continual automatic process. The healing of cancer is an adjustment (or new) of a maladaptive

## 5 Step Cancer Healing Process

---

pattern. Once we have achieved health and a healthy pattern, we don't have to adjust the pattern anymore. So plan what you want to do once you are healthy. This helps the brain shorten the healing process as it puts healing in a context of achieve healing first then .....

Many people have healed from cancer and yet continue with the fear of cancer by saying that they are in remission. They have healed, they have no more cancer cells than healthy people. But they have not accepted that they have healed. They have not ended the process and therefore **expect** the cancer to come back and they fear the cancer coming back. By doing so they are likely reproducing the cancer pattern. Once you have healed or if you are in remission, make sure you don't adopt the old stressful patterns back.

If you are cancer free, then you have healed, if you go back to the old stressful way of living then you may create cancer again, this is a sign you haven't learnt from the experience. By accepting that you have healed, then you can begin to create and manifest the life that you want.

17. **Forgive** – Forgiving is a huge release, it releases the emotional irritant that is continually hurting you. If you have been hurt by someone, such as a loved one rejecting you, then until you forgive yourself and the other person, then the hurt that you feel is a continuing hurt. It is still causing emotional pain, little drops of acid eating away your insides and your cells are trying valiantly to repair the damage. But day in day out, you know that hurt is there hurting, hurting, never letting up. And why don't you want to forgive? It is difficult for many people to forgive and why is this so? How will you feel if you forgive? Will you feel that the other person will get away with doing a wrong and not getting punished? Has there been an injustice done? Has a rule been broken? Has trust been abused? Will the other person get off the hook? Do they not deserve your forgiveness? Is forgiveness a gift that they don't deserve? Has an attachment with the other person been shattered and to forgive will mean you attaching again but with no attachment coming back to you? A bit like paying for a coffee or a cake but not getting it. Are you afraid that if you forgive you may like/love that person again and so get hurt and rejected again?

We don't forgive, so we don't get hurt (again), this is the deep reason why we don't forgive. When we can't forgive someone, it means that a negative event happened and a bit of shock was involved and that we can't comprehend the situation. There is a tendency or desire to restore the

## Step 5: Actions

---

relationship and the unknown aspect of the event to disappear. This unknown component, this 'can't understand why they did what they did' is the result of an unknown contract between the two of you being broken. The contract was for the ways you treated each other and behave. You have lived up to your part of the contract but the other person did not. You feel that they have wronged you or betrayed you. You may feel stupid for trusting and having faith in the other person to uphold the contract or you may feel that there is something wrong with you as you are feeling the hurt and pain.

You have taken it personal and you may say 'of course, how can it not be personal?' by personal I mean you are letting it affect your identity and self image. You are victimizing yourself and as our egos are vulnerable, you feel more vulnerable and it is this vulnerability that deep down you are trying to protect against. And so how do we guard and protect from getting hurt again, we keep the hurt as a reminder, while we are experiencing the hurt, we naturally will be reluctant to forgive and mend the relationship (if it is worth mending). So you feel you are protecting from being hurt again.

To forgive is to release the attachment to the hurt, the anger and the pain. It is to accept that a breach of contract has occurred, it is to accept that you have felt hurt and betrayed and that may have been valid, but that you are now in control. By taking control you stop feeling vulnerable and you stop being a victim. The other person made a mistake and is human. How you want to proceed is up to you, but by forgiving you are ending the process of continually hurting yourself.

18. **Love** – Love heals! Love is greatly misunderstood and though it has been said over and over that love heals, it is absolutely true. It is not just an airy fairy tale. Love is not to be confused with romantic love which is more about passion, desire and lust. Love, if you like can be seen as an energy and it is of the highest frequency. So that when love is experienced in the body, then the cells in the body resonate with that frequency. Love is the highest nourishment to any living thing and cells become healthier in an environment of love.

So what is love and how do you experience it? Love is the acceptance of the connection between things. We all live in an environment and we are all surrounded by air. We all breathe the same air and this air flows into

## 5 Step Cancer Healing Process

---

everyone of us, we all share this air and it is a part of me and a part of you and similarly we are all energy. Some of the energy is condensed into bone, muscle, blood etc and we produce an energy field. This energy is the same energy in all of us and we are all part of and contribute to this energy field. This connectedness and sameness is love, when we feel this sameness and connectedness, then we call this love.

We can experience this love by being in nature and just be aware of the beauty that surrounds us. If you allow yourself to See the beauty and Feel that beauty, then you will become part of that beauty and you will know love. You will be vibrating at this highest of frequency. This frequency eliminates stress, dissolves emotional irritants and heals damage.

Sit quietly and send this love to all parts of your body, to every cell and feel this love everywhere. If you practice the art of loving, you will drastically alter your pattern for the better and you will be cancer free. This alone can heal you. And the parts of you that need the love the most are the parts of you that you don't love!

Love is your underlying reality, it is the underlying reality of everyone but we have learnt separation and we have learnt not to love and we have learnt not to be connected. Truly, how much are you disconnected from yourself? And how can this possibly be good for you?

Love is the mother of all emotions, all other emotions are a part of love and the negative emotions are a result of the absence of love. When you are experiencing love, there is no judgment or criticism, there is only acceptance of what is. This experience of what is, is where there is a lack of meaning and you are just seeing or experiencing what is, without attaching any meaning to it. Meaning robs from the experience rather than adds to it. And love is all the emotions without separation, like white light is all the colours of the rainbow before they are separated.

If you choose to experience love and practice giving and receiving love to all parts of your body then you will not be disappointed. As I mentioned earlier this alone can heal your body and you will return to health.

19. **Be in the minority** – By this I mean, take charge of your life. It is easy to go along with the herd mentality. We wrongly assume that if the majority is in agreement then they are right. We are more interested in being in

## Step 5: Actions

---

agreement and fitting in, then whether the subject matter is correct or not. The minority is more likely to consider their options and the majority is more likely to simply be part of the crowd and not take responsibility. It means they can't be blamed if they are wrong. With healing cancer, always consider the alternatives and be very wary of accepting any point of view, especially because everyone else thinks so. You need to think at a deeper level than the shallow thinking of the majority. By discovering your own answers and making your own choices and decisions, you will become more the person you are and also more in control of yourself.

The mind like all things in nature seeks the path of least effort, though this greatly helps our efficiency, sometimes there is a price to pay. This efficiency easily becomes laziness when it comes to thinking, choosing and deciding. And as thinking, choosing and deciding are the greatest resources and power that you have, you need to use these tools wisely and not lazily and just follow the crowd.

20. **Get uncomfortable** – Mankind is programmed to seek comfort, for two reasons 1. To abide by the law of economy of effort, (energy is the fuel of the universe and conservation of energy underpins everything in the universe) 2. Comfort represents that we are safe and surviving, and we seek comfort as a reward to ensure survival of the species. The pattern that we live our life by is deemed pro-survival (if you have cancer, then your pattern is obviously no longer pro – survival, it is littered with misinformation) and as it is deemed pro –survival, you may be very comfortable with your pattern, no matter how much suffering results. The time for comfort is when you have returned to health. In the meantime be prepared to be uncomfortable because change is uncomfortable and drastic change is absolutely necessary. At some point a decision will be made, do you want to be comfortable or healing? Having cancer already causes discomfort and you will naturally resist doing things that create more discomfort, but these added actions that create discomfort, are less uncomfortable than the symptoms of cancer and they end in rejuvenation and relief.
21. **Be grateful** – Whether you are in excellent health or have a terminal illness, being grateful for all things in your life is necessary, for a happy and satisfying life. When you have returned to health you will be grateful for the experience, for you will have learned much and you will feel a much better

## 5 Step Cancer Healing Process

---

person for it. By better I mean that you will have come to really know what is important and you will discover great joy of being alive, not just living.

When you are being grateful you are communicating internally to all the parts of yourself that you are worthy of receiving good things, whether they are material, emotional or spiritual. By being grateful you are also giving yourself permission to receive more. Be grateful for being alive and you will have more aliveness.

22. **Understand what cancer is** – This was explained earlier. By not knowing what the cause is, this creates mystery which we then magnify the fear of cancer. We naturally fear the unknown for it seems powerful if we do not know or understand something and the unknown then becomes more powerful than us.
23. **Eliminate fear** – Fear is a very stressful emotion and it also prevents the utilization of a lot of your potentials. Nearly all fear is a fear of ourself, we fear our vulnerability and we fear our ability to survive. All this fear is ego based fear and I like to separate this fear from the fear when there is an actual threat to your life. In this modern time people have a lot of this emotional fear and this fear creates more vulnerability and therefore creates more fear.

All this emotional fear is an illusion as it is a thought process, there is no physical threat but the chemical responses of the body to this type of fear are the same as the responses to real fear.

Emotional Fear weakens the body and creates the feeling of vulnerability and so fear leads to more fear.

To eliminate fear is to see it for the illusion that it is. To the body, fear means that death is imminent, that a real physical threat is presenting itself. In these situations your survival is at stake and a signal goes to the fight/mechanism in the hindbrain and when this part of the brain is activated it sends out signals to the body to shut down all nonessential operations, such as digestion, blood flow to the extremities is diminished, adrenalin is pumping through the body and the conscious mind is excluded and you stop thinking and operate automatically. In this survival mode the body is primed for maximum physical performance. If you are not cornered

## Step 5: Actions

---

with no way out you will flee as fleeing gives you the most chance of survival.

This is what fear is designed for, to maximize your survival in life threatening situations. It is to be used only in life threatening situations as it extracts an enormous toll on the body and after you are safe the body has to neutralize and remove all the adrenalin. Now the part of the brain that triggers the fight/flee response, which is the hindbrain (it is the first part of the brain to form) and it is also referred to as the ancient brain, as it has little changed since cave man days. This part of the brain when triggered overrides all other parts of the brain, this is survival mode. And how is this ancient part of the brain triggered into action? By an electrical signal, when an electrical impulse is received by this part of the brain, then it is switched on. This electrical signal is produced whenever a threat is seen, or experienced through our senses and here is the problem, back in ancient days this system would work just fine for ancient man had a very small conscious mind and it had little significance, but as we evolved the conscious mind has grown considerably and with it the ability to think, to imagine, to perceive and assume etc.

So if we think or assume we are in danger , then this triggers the senses, that is the senses receive a signal that we are in danger and the electrical switch in the hindbrain is triggered. So we react to an assumption or belief as if we are going to be attacked by a lion for example. The hindbrain has no way to know the difference, for it reacts to an electrical signal. It is either on or off and it should remain off except for an emergency life or death situation. It has often been reported that public speaking is the most widespread fear. People are terrified of it. And of course if you fear it then you will have the same experience as if you were attacked by a lion. Your body responds just the same and so you feel justified in having your fears for you suffer the consequences. The object of your fear then becomes an anchor for fear, so just as you would be crazy to confront a lion you won't confront the object of your fear for the brain thinks you would die.

So how to eliminate fear. 1. Know consciously that you will not die. Who has ever died from public speaking, there is no danger. 2. Realise that you are safe and say the words "I am safe", this turns off the signal to the hindbrain, 3. Discover that your fears are false, how? Fear is ultimately a lack of trust in yourself, the more fear you have, then the more distrust you



## 5 Step Cancer Healing Process

---

have of your self in those areas. So choose to discover the truth of your fear. Sit in a comfortable chair and decide to enter your fear, begin to feel your fear, imagine the situations that trigger your fear and when you can feel some fear, choose not to flee or resist the fear and choose to experience it. Choose to sink deeper into it with the attitude of an explorer seeking to discover what is there, imagine that you are going down into the fear, challenge it, ask what is there and look around, for when you stay in the fear instead of fleeing or resisting then you are still alive and this poses a dilemma for the brain, if you are still surviving then where is the threat? Stay there and the fear disappears, look around for any other fears.

We are so afraid of our vulnerability that we constantly flee from ourselves, just keep going into fear, into vulnerability. Look and seek for fear and when it comes, stay there experience it and you will discover it has no power over you, and again it disappears, for it is only an assumption an illusion. Keep going, you might discover terror and once again look for something there and if you find something stay with it or ask what is your intention, the deepest terror that people have is the thought that they are nothing, just a black nothingness and if you discover this, once again stay with it, by staying with it and not fleeing your are staying in control and fear robs control.

Fear is our great limitation and it has no place within us, fear is also an integral part of the cause of cancer, so spending time discovering for yourself what your fear is and experience is the teacher, you will be amazed that you let fear rule your life for so long. Remember no matter how real fear appears, it is an illusion, you create it by your thoughts and once you experience that fear and stay with it till it disappears it is gone for good. And how will you feel instead?

24. **Create space** – We are a closed system bounded by our skin. We are full and a mixture of all the components that are us. If we want something that we haven't got, we have to empty something out. We have to create a space for the new thing to enter. What do you need to empty out, negative emotions, such as fear, hate, resentment, shame, blame, etc. What comes in – Love.
25. **No longer be a victim** – You may have your perceptions of what being a victim means but here I allude to the natural tendency to be a victim of our culture and society. This victimhood that we experience is the widespread habit and belief that circumstances and outside events control our life. We

## Step 5: Actions

---

are brainwashed from the moment we are born to be a victim of circumstances and to be like sheep. In this regard we are truly a herd animal and as in everything there are costs and benefits but the costs are too high if you have cancer.

One way you can look at being a victim is to see it as not taking responsibility for our own thoughts, choices, decisions, actions and behaviour. Being responsible means knowing and taking ownership of our own actions, that is to say, I did such and such because I did, as opposed to they made me do it or I did it because they did ... I am sure you have had childhood experiences where your mother or father said you make me so cross, or I got angry at you because you did such and such. Can you recall that happening? It is easy us human beings to see things this way because our conscious mind operates in a linear fashion, that is, this causes that which causes that. This is the way that we (our egos) think, we look at cause and effect in all things but when it comes to our actions we do have to realise (for our own benefit) that in all things that we do, we have a choice. The fact that rarely, we exercise that power; this is the only power that we (the ego) have. Our power is that we can think, choose and decide

26. **Your Purpose** – Survivors of cancer generally discover a purpose for life. This having a purpose is indicative of a changed pattern and as the survivor has a changed pattern, they will discover that they are important, for unconsciously they were important enough to change the pattern for. Now that they have discovered their importance, then they will need a purpose. Purpose is the expression of importance. You see, importance is static whereas purpose is active. These survivors then find a purpose, an important purpose and this purpose excites their life and produces further healthy and joyful benefits.

So, as you are going to be healthy, why wait to discover your purpose? What do you think your purpose will be? Imagine all the trivial, shallow and unimportant stuff has disappeared, feel yourself in this free and empty space, you have healed and are healthy and whilst imagining this allow yourself to imagine what your purpose may be.

## 5 Step Cancer Healing Process

---

27. **Think.** – Man’s greatest potential and resource and what potential it has. The ability to think and create thoughts and make choices and decisions is truly remarkable. And why is thinking an action to take, to be healthy. Thoughts are little balls of energy that create effects and you create at least 50,000 thoughts every day. Your thoughts are small orders to the unconscious mind. And your unconscious mind is the powerhouse that creates actions and behaviours from those thoughts. The unconscious mind obeys the conscious mind, unless the order conflicts with previous beliefs systems. In a nutshell what you think, you make. All thoughts have an effect, they are not neutral, for they are the source of cause and effect. Whatever you think will have an effect. So to achieve what you want, **think** about it. Thoughts are like currency and you are the printing press, this currency brings about the object of your thoughts. Negative thoughts produce negative effects and positive thoughts produce positive effects. What effects would you like to have? What effects are important to you? What effects don’t you want? You have a limited amount of time and an unlimited amount of thoughts. Spending the time with useful thoughts, will reap untold benefits. If you focus on a healthy body and a healthy life you will be constantly creating health.

If you learn and practice the power of focus, you will attain the object of your focus. The power of focusing your thoughts is that you are giving an unequivocal command to your unconscious mind. By focusing you are repeatedly commanding the unconscious to deliver the object of your focus and the unconscious mind has to conclude that your order is important. Focusing increases the importance and value of the order. In relation to your health, every cell in your body is part of the unconscious mind, every cell in your body is interconnected and it is this connectedness and communication of your 50 trillion cells that enables you to achieve miraculous results. Imagine what you can achieve if all of your 50 trillion cells are aligned and focused on you being in perfect health.

Everyday, everyone is producing results and the results are the results of their thoughts and like a circle, thoughts create beliefs and the pattern of your life, and the pattern then influences the thoughts and feelings that you have. To be healthy the pattern must change and thoughts are part of the pattern and they are truly powerful for they create actions and they are yours. Thought can be thought of as the start of the circle and therefore have great influence on the pattern. So if you choose to change what you

## Step 5: Actions

---

want to think about and then focus on thinking what you want to achieve, then your thoughts are changing the pattern and you will have different feelings and these feelings will make it easier to continue having your new train of thoughts.

What thoughts and feelings are appropriate for your journey?

1. Any positive thought or feeling that makes you feel good.
2. Get a clear visualization of you in a healthy state doing the things you like to do. See yourself going to the doctors and getting the all clear, look at the test results and see the shocked faces of the doctors as they express the bewilderment of how you have healed so fast. As you visualise, include movement as in a movie rather than a still picture. The visualization is then a story and this has more power. Feel how wonderful you feel and feel all the sensations that you feel, having succeeded, acknowledge that you have healed yourself from something that you once thought of as difficult or impossible and what are you going to do with this new information. Look at what benefits or possibilities there are now for you. See all your visualizations in the present, in the now, as if it is already achieved. **Accept** it as real for the unconscious mind has concept of time, there is no past and there is no future there is only now.

To the unconscious mind, there are no concepts, no meanings and no time, what is, is and when you place a desire with conviction and importance and in the present moment as if it is already achieve, then the unconscious mind accepts this and there is a disharmony, tension and stress as there are now two realities and there are two what is's, and there can only be one. The unconscious mind **has** to neutralise the disharmony and the tension and the stress and how does it do this? It has to make only one of those realities a reality and which one is of most value? The one that You have placed the most importance on and so the unconscious mind transforms the existing situation into the new reality (your desire). If you desire becoming healthy or see the health in the future (which is not now) then there is no tension to ease and so the unconscious will do nothing new.

## 5 Step Cancer Healing Process

---

Imagine two points A and B and they represent your present situation and your new future (with you in perfect health or any goal you want) and imagine the distance between these two points. This distance is the time it will ordinarily take according your perceptions. Your unconscious is like a rubber band, and the rubber band is at A and the rubber band will slowly move towards B while maintaining its flaccid and at ease state.

If you visualise B as if in the present time and accept that you have it now, then the rubber band is stretched between A and B, which are two present realities. Now the unconscious (the rubber band) is in disharmony, tension and stress and the unconscious **has** to neutralise that stress, it has to ease the tension and how can it do that? It has two realities in the place where only reality can exist. A and B are fixed and the distance between them is not time for they are at the same time. The distance represents the changes or difference between them. There can be only one reality, the unconscious has to chose which reality it will accept and which reality it will discard and it will choose which one is the most important and you have proved which one is most important, which one you want and which one has the most value attached, And so the rubber band loses its grip at point A (as A fades) and tension is eased as it springs to B.

Without the tension, there is little or no change and no movement.

3. Feel happy deep down inside and think happy thoughts, send happiness down to your toes, all over and feel happy to be alive and you will **create** more aliveness and more vitality. Every time you feel happy your cells are receiving the message that living is good and you eliminate a little bit of stress. Do this enough times and you will create a pattern of easily feeling happy, just because you are alive! And this will program your mind to improve the quality of your aliveness.
4. Feel grateful for what you have, feel grateful for the health that you have, if you can breathe, feel grateful for that, if you can eat, feel grateful for that. Though you have cancer you also have many aspects of good health and by being grateful for those, then you are announcing to your body to have more of this, as you are grateful and when you are grateful for something this gives you permission to have more, you have a right to have more. If you are grateful, then you are worthy of receiving and the

## Step 5: Actions

---

object of the gratefulness is important and worthy of having and receiving.

5. Feel compassion and empathy for others, as this awakens the deep nature of our being. This awakens our humanness as we acknowledge the humanness of others. As we are compassionate and have empathy for others, acknowledge that you have compassion and empathy for all parts of yourself.
6. Think about what is important now, and what is important? At the top of the list at number 1. is you, can you make this an absolute fact? I have spoken earlier about the importance of this. You are the only person that is you, nowhere in the entire span of mankind has there ever been a more magnificent human being, you are responsible for your behaviour but you are not your behaviour. You may feel it is arrogant or vain in accepting that you are truly a magnificent human being but realise this, at a very deep level you may be a little bit aware of your magnificence and you may have been taught that you are not magnificent but you are truly magnificent. See this magnificence in all those around you, look beyond the facade that they present and see the magnificence there, look past their behaviours and see the magnificence there.

So you have a duty to you, to place you at the top of your importance list and fix it there so that it will always be at no 1. What is next on your list, loved ones? By the way, can you really love them fully if you don't love yourself? What is at number three on your list of importance? Use number four on your list for temporary things and delete them when they are finished. This is a big enough important list, you really don't need any more distractions in your life. With all the extra things you may want to place as important, weigh them up, are they as or more important than you? For each one robs from you, you may not realise this but each extra important thing robs from your importance and robs from your time.

With every positive thought, you will generate a positive feeling and with every positive feeling you will generate a positive thought and each time you do you will eliminate stress and create a stressless pattern, an irritantless pattern.

## 5 Step Cancer Healing Process

---

Feel love, joy etc for no apparent reason and you will create a reason and if you think and feel positive thoughts often every day, for thirty days then your pattern will change and you will receive the benefits of that new pattern and that pattern will continue to continually provide benefits to you.





# 21

## *Step 5: Time*

**W**ith the 21st century already here, with its never ending array of stresses. We can be forgiven for not having the time to focus on our own personal journey. Our relationship with time is one of our major sources of these stresses. It is the inescapable boundary of life – sooner or later we die, our life ends. Death marks the end of opportunities – that’s it. We did what we did and cannot do anymore. The boundary of death is always at the back of our minds for we are aware that it forever looms closer, and we fear it above all else. How often do we feel we are not doing enough and that there is not enough time? Yet our technology is continuously increasing efficiency in all areas of life. So why do so many of us feel we cannot keep up with the pace of time or that there isn’t enough of it?

Time is indestructible, it passes at the same constant rate regardless and it cares not for you or I. It is the one unchanging inescapable thing there is, and yet it is constantly changing, second by second. It is like a moving train, sure in its path, straight and true and no longer where it was a moment ago. If you are on the train (going at the same rate as time), you are comfortable. It is easy. If, on the other hand, you missed the train and are running after it (not going at the same rate as time), you are uncomfortable. It is hard work. The train moves forward regardless, and all you can do is to keep running after it.

## Step 5: Time

---

As the gap widens you become more despondent, until you lose sight of the train altogether and you feel lost.

I repeat, time moves on regardless, seconds slip into minutes, and the minutes into hours, and of course the hours into days. And we wake up one morning to discover the distant future has arrived. We spend the final years reminiscing about what might have been, regretting all the missed opportunities, depressed in the knowledge that life wasn't much; just a lot of mediocrity. How many of us are going to reach our final days and have a sense that it was a waste of time?

At the end of our life, it is too late to change things, to do the things we could have done. The clock that is ticking away the moments of our life does not care about who succeeds or who fails. It cares not about winners or losers and it cares not for excuses or reasons.

Moving at the same speed of time is one of the keys to a successful, happy and healthy life. So, how do you get back on that train? What is the speed of time? Time is a conundrum for many and is one of the many paradoxes of life. The passing of time is central to all things and it is easy to see time as linear and flowing from the past to the present and onward to the future. We look at all things with a backdrop of time and so time is like the canvas that we paint the picture of our life on and we of course measure all movement with time. I ask you to move at the same speed of time, and what speed is that? 0 mph, that is time has no speed. Time is a construct that enables the mind to organize information into sectors. Without this construct of time the ego could not function and would not be able to maintain its separate identity. Much can be written about time and I will leave that for another day. The concept of time though is very useful for us and to negate the problem of stress as a result of this time concept, spend your time in the Now. This means appreciating this moment now. The Now is the experience of what you are experiencing without reference to past and future, and when you do this, time disappears and as a result, fear and stress disappears. It is easy to experience being in the Now when you are alone in nature and just appreciating the beauty around you. You allow time to stand still and be the experience. The experience of you moves forward.

In your normal days activities allow your attention to be attuned to what you are doing, focus on enjoying the moment, allow the past and future to be

## 5 Step Cancer Healing Process

---

the illusions they are. We have difficulty being in the moment, being in the Now. Our ego wants to be busy and think, so it can convince itself that it is valid and warranted. The ego is searching for acceptance, so accept yourself unconditionally and for no particular reason and then say to yourself 'I wish to enjoy this moment now, just as it is'. And then fully feel this moment. Practice this, for spending time in the now is invaluable for your health and wellbeing. It is the missing ingredient of modern man. I can truly not emphasise the importance of this enough.

It is easy to create the future that you want. It is easy not to. It is easy to become the person you want to become. It is easy not to. It is easy to succeed. It is easy not to. It is easy to do. It is easy not to. Time moves forward regardless. In what direction do you want to go? Do you want to get what you have always got? The easiest thing for people to do is to do what they have always done. But there is more to life! No matter whom we are, or where we are at. There is always more. There is always progression, evolution. True happiness, is the result of moving forward and progressing, using more of our talents, developing new skills, gaining new capabilities. If we do not do this, we become stagnant, and life becomes less than what it could be, gradually diminishing in quality.

It is the nature of the human brain to continually progress into the future, constantly learning, constantly improving. When we do this, we naturally feel happiness and joy. The journey through life becomes a wonderful adventure. At the final days we will look back and smile with inner contentment and satisfaction. Yet sadly today very few people make the effort to achieve a wonderful life. Why is this so? Because human beings, having the most complex and intelligent minds amongst all of life on this planet have gained the most powerful of abilities - the freedom of choice. The freedom of choice is a two edged sword, it allows us to reach our maximum potential. It gives us the opportunity to create and achieve each and every day. It gives us the opportunity to decide our life and our future. In this sense it is an extraordinary tool, brimming with infinite potential. But it also gives us the opportunity to do nothing, to live in the past, to not experience this moment now and to fear.

When we are truly aware of this moment Now, which is simply being aware without any form of judgement or interpretation, just being aware of what you are seeing or experiencing then we are actually experiencing reality and we are in harmony with reality. Much of the stress we experience is a

## Step 5: Time

---

result of being out of touch with this reality. An excellent book “**The Power of Now**” by Eckhart Tolle will help you understand this very important principle. Living in the now is extremely beneficial for everyone and even more so for those wanting to heal.

Who we are is our choice and as our experience of life is the result of our choices, we can choose each day, each moment the experience we choose. Without the power of choice we are nothing. When is it time to choose?

Please take the *time* to do this exercise.

Sit quietly with eyes closed, be fully aware of your next five breaths and reflect on the following question.

If you had only 24 hours of time left, what would you do with that time?.....

Now, again sit quietly with eyes closed, be fully aware of your next five breaths and reflect on this question.

If you had an extra (bonus) hour and a half after that 24 hours, what would you do with that time? .....

Again sit quietly with eyes closed, be fully aware of your next five breaths and reflect on this question.

What do you want to do with the next ten years?.....

When does the next ten years begin?.....

To create success in any endeavour, we have to create a space in our time, in the time that we have. That is, to have the time to do the actions that are necessary for success, we have to take that time from other actions that we are doing. If we place a value on time and time is extremely valuable for who wouldn't want more time, we may think differently about what we do with our time.

Throughout time mankind has endeavoured to unravel the mysteries of the world. He has sought to understand himself and all things outside himself. Questioning always all things. When we are in harmony with our essence, time is our friend and when we are in disharmony and ignorant of our essence then time is our enemy. When we are in harmony with our essence we flow with

## 5 Step Cancer Healing Process

---

time, we are in harmony with time, the time is always right. When we are not in harmony with our essence we struggle against time, the time is always wrong. We are out of time.



# 22

## *Step 5: Delete Stress*

**S**tress is simply a signal that produces a reaction. A reaction denotes an action and therefore movement and as such the use of energy and the effects or waste of that action. The act of breathing is a stress, it takes energy and there are by products produced which in turn have to be dealt with. Now, our bodies are wonderful machines (for lack of a better word) that have evolved to the point of truly sophisticated and well tuned functioning. Though we are unaware of all the stresses involve in our normal functioning, it pays to realize that just to maintain our health, the body undergoes continual stress and the reactions to whatever the stresses are. The reactions are to delete/resolve the stress so that the body maintains its harmony with the environment.

Any extra stress puts an extra strain or burden on our body and resources have to be rerouted to delete/resolve the new stress. This is a part of the healing process that occurs continuously. The body is always seeking balance/homeostasis. If we have a particularly active day then we may need more rest and sleep at night to compensate. But if we continue daily with being extra active then our body will make changes to compensate. You will see that athletes will gain extra muscle, their heart may enlarge and of course they will be fitter. The point is that the body adapts, if we don't adapt by doing less activity then the body adapts accordingly. The end result is that stress is deleted or minimized and homeostasis achieved. But

## Step 5: Delete Stress

---

what happens if the athlete pushes to hard for too long. The body breaks down; it can't keep up with the added stress. There is more stress than the body can dissipate, the quantity of unresolved stress increases till breaking point.

On your healing journey, you want your body to use all its available resources for healing. Any unnecessary stress will rob from those resources. We get used to accepting stressful situations and this, needs to be stopped. List all the stressful situations you tend to encounter, list them under nutritional, environmental, physical, financial, relationship, work, emotional and other. Eliminate/resolve these stresses where you can, make you day better and happier. Sleep well, rest well, exercise appropriately, eat well and live well. Meditate, meditation is extremely beneficial for your journey to health. Take classes and meditate daily. Meditation eliminates a lot of stress and has ongoing benefits. Meditation quietens the ego which is the source of emotional stress. Mediation by being an inwardly focused practise, enhances the communication between the unconscious and conscious minds, which is sadly lacking in our western civilization.

Play and laugh as these reduce stress, have fun with life and wherever you can enjoy and appreciate every day.



# 23

## *Step 5: Resolve Emotional Stress*

**E**motions, energy in motion. When we are experiencing positive emotions then naturally we are producing positive energy that every cell in our body experiences. And when we experience negative emotions then every cell experiences negative energy. Some people have cured themselves from terminal disease from just by immersing themselves with humour, watching old comedy shows and movies. This will work as it changes the perceptions and the old pattern of living. The positive energy from laughing and experiencing humour will dissolve some old negative beliefs. Every cell in the body will be receiving nourishment in the form of positive energy which means there is a significant decrease in stress levels. So laughter is highly beneficial and well worth experiencing.

It seems normal to have negative emotions and so it is, if we have them sparingly and we resume feeling good. But in our present day culture negativity is the norm. Negativity is acceptable and we are continually bombarded by the media with negativity. Negativity creates more negativity and positivity creates more positivity so it makes sense to avoid negativity.

It is rare to see a happy, positive and enthusiastic person these days and they may seem that something is wrong with them, if we see a person smiling for no

## Step 5: Resolve Emotional Stress

---

reason, then we may think the person has a mental disorder. Yet if we see downturned faces etc, we take no notice as it is normal. On this journey you will come to see just how much negativity and silent misery is going on everywhere. Please stop being a part of this as it serves no one by being unhappy, negative and downbeat. A child will be happy and smile for no reason, the child is just alive and happiness is part of the process of just being alive. Being alive is highly pleasurable but adults forget this and what will people think of me, becomes more important, what is the right thing to do, becomes more important, doing what I should, becomes more important and all of the thousand of things that become more important robs from the importance of being ALIVE. Being alive, not just existing. Being alive is like the child, thrilled and tingling with its own existence.

Cancer survivors learn that being alive (without all the so called important things) is what is important, they learn to discard all those learnings (the important things) for those important things are robbers of life. You are important, that's it! How can anything else be more important than you? Only you are in that space bounded by your skin. This is your unique space in the universe, only you can occupy that most special of spaces. This space is yours and you must cherish and love that space and all that is in it as I love and cherish my space and all that is in it. It is sad that most people feel that they are not important, that they are insignificant, that they are not good enough and yet as sad as this is, it is just a perception and this perception creates the corresponding emotions, so the person feels the perception and the emotions create the experience in life of that perception.

Cancer survivors have learnt a valuable lesson, or rather, unlearnt an unvaluable lesson. They had to (in order to survive) know that they are important. By doing this, they automatically discarded all of the old important things. The importance was transferred from those things to themselves. This is essential and the earlier you do it the better.

The crucial step in healing cancer is step 4, The Decision, making the decision is the tipping point, it is the switching on of the new program, the establishment of the new pattern, it is the start of attaining the goal. We can get rid of all the emotional patterns, the belief systems, the vows (the absolutes in beliefs such as 'I will never be like my father/Mother') and the habitual conditioning, and this is preferable. We become so attached to all these patterns that we feel we will cease to be without them, but these are just our program that we live by, they are not us. We become so much healthier, happier and wiser without them. We can eliminate

## 5 Step Cancer Healing Process

---

them by using the Zipper Technique explained latter and you can also utilize various techniques to eliminate or transform limiting beliefs such as Hypnosis, NLP, Kinesiology, EFT and there are many excellent internet sites if you search 'Limiting Beliefs'.

By removing emotional stress, you are removing the emotional irritants that the body is constantly trying to heal. Imagine the sheer quantity of negative thoughts and negative feelings that you have experienced in your lifetime and all these emotional irritants are felt internally so that when you feel bad, then you feel bad all over. And have you had constant poor thoughts about yourself, or feelings of resentment etc?

Imagine how it will feel to remove just half of that stress. What would that be like? How would your life be?



# 24

## Step 5: Beliefs

**O**ur brain is an amazing bio-computer and it certainly holds and processes an astonishing amount of information. This information is filed and formed into patterns which enable us to proceed and evolve through life. With the enormity of information that the brain must process, coupled with the infinite possibilities that this information can lead to, the brain has to be efficient so that we can live. If at every step in the process, that we call living, we had to select from all possible combinations, we would be unlikely to take any actions at all, as the brain would be completely occupied analyzing the infinite possible outcomes. So to efficiently process the constant stream of information and therefore decide upon and carry out an action in response, the brain must delete the majority of possibilities. But how can we do this effectively? By what criteria do we decide what to delete?

The solution is beliefs. To achieve efficiency the brain uses beliefs as comparable criteria for new information. We simply delete any information or possible responses if they in any way conflict with a held belief. After deleting the vast mass of incoming information, the brain can then choose from the tiny fraction of responses remaining. Despite greatly increasing processing efficiency,

## Step 5: Beliefs

---

most of our time is still spent continually deleting information. The power of deletion is what has enabled the human species to develop such awesome mental complexity whilst maintaining functionality, reflected in the advancement of civilisation. Beliefs are indeed a powerful tool.

There is, however a price to pay for this efficiency. Beliefs are used to delete vast amounts of possibilities; therefore they are by nature, limitations. The power of a belief is the concept that it is true. If it is true, we do not have to question it. It is a template and any information that doesn't fit the template is immediately discarded (and therefore that information is labelled as untrue). Once we assume a belief, all incoming and outgoing information is filtered against the belief. We do not question the validity of the belief. Often they can seem ridiculously illogical (to others or others have beliefs that seem ridiculous to us), and yet we simply just accept our own beliefs as truth. Beliefs therefore are severely limiting and blinding and often sabotage the person's life and future. If your life is not a wonderful life, then you have limiting beliefs that prevent a wonderful life from occurring. The quality of life you have is directly equivalent to your beliefs. The quality of life you have is dependent on your beliefs, not by circumstances. We certainly need to have a greater understanding of beliefs.

Have you ever questioned why you have the beliefs you have?

Do you treat your beliefs as absolute, unchangeable facts? If so ... **Why?**

You, probably like most people, have awful beliefs that you hold about yourself. Beliefs that guarantee you pain and rob your life of fulfilment.

Considering this, you may feel that you want to change your beliefs and thereby improve your experience and quality of life. It is common and perfectly reasonable to want to change your life for the better. When going about changing one's life, the most common mistake people make, is attempting to fix what they see as the problem. While this seems logical and obvious, in reality they are only treating the symptom or result of their limiting beliefs, the behaviour. They fail to realise that the belief is at the core of their problem. For example if a smoker becomes concerned about their health and wishes to improve their quality of life, then the obvious solution is to simply stop smoking. But why did they begin smoking at all? Do they view smoking as cool? As rebellious? Makes them fit in, acceptable? Or for example as one client did, he was an immigrant and was interned in an immigrant detention centre in the 1970's as a child and he came to

## 5 Step Cancer Healing Process

---

see himself as a second class citizen and he saw smoking as something second class citizens did.

If they stop smoking, are they a smoker who is not smoking or a non smoker? If they are a smoker who isn't smoking. Do they feel uncool, a conformist, unacceptable or a first class citizen and at odds with their beliefs (and therefore their self image)? A battle will ensue. They will take up smoking again, if the beliefs and self image win the battle or the beliefs and self image will express themselves in another fashion. One that is more powerful so as to overcome the non-smoking. If they are now a non smoker, then they have changed their beliefs and self image, where smoking is no longer needed, required or desired. Their identity and concept of who they are is different, there is no battle, no resistance. It is easy to remain a non smoker.

As your beliefs are held in your unconscious mind, which accepts them as absolute fact, your life will continue to be in harmony with your beliefs. That is, your beliefs will always triumph!

To really achieve change and have a better life, it is essential to make changes at the source, the beginning of the problem. In fact making a small change at the beginning naturally creates further changes that you want in your life. But how can we change a belief if it is true? Isn't that lying to ourselves? No! For beliefs are rarely truths!

To go about changing our beliefs we must first understand more about them. We have covered how they operate and why we have them, so how do we form beliefs?

Beliefs, one of the brains most useful tools, are the criteria which govern our thoughts and determine both the physical and emotional responses. And are formed only from assumptions and incomplete fragments of information, and we form them in our childhood! Some beliefs are accepted and then utilised simply because other people have said something is so! Others are formed to make sense of things we don't understand! All in all a very suspect and ineffective way to create the criteria by which we will live our lives. Once we have the beliefs, we then treat them as sacrosanct and we defend them with vigour! And yet most of our beliefs are formed by the time we are five years of age.

It is important to remember that beliefs are not bad. They are an essential tool for our complex brain. Some beliefs, though still serving their purpose, can have a limiting and negative effect on the person's life. The most common and

## Step 5: Beliefs

---

perhaps most limiting and damaging of these beliefs is: 'I am nothing.' That's right, almost every person on the planet believe that they are nothing! (The reason behind this belief is explored later ). Obviously this belief is ridiculous, the fact that you are here proves you are not nothing. But remember that beliefs are formed in our early childhood, when we are most vulnerable and easily convinced of anything, regardless of the absurdity. Typically a belief will be kept for the rest of our life. We don't have to keep it but we usually do. Only a life changing event will modify, or eliminate a belief. That is why an event is life changing, what changed is the beliefs.

Normally the belief itself remains unchanged. It never matures and therefore maintains the illogic of the young child that created it. So how is such a derogatory belief such as 'I am nothing' formed by such a young innocent child or indeed by almost all young children?

It is most likely that you have limiting beliefs and these most likely include 'I am nothing' or something similar. But you didn't always have these beliefs. You were not born with them. They were formed in your early childhood. Before you had those limiting beliefs, you were a beautiful child, eager and enthusiastic to get on with living. You would have been very aware of your **sparkly** self. You would of course, have been vulnerable and totally dependent on others. Even though you were born you were not yet complete, for you needed certain elements to flourish. Because you needed these elements for survival, we will call them needs.

If you are nurtured and are given love, fun, freedom, permission, acceptance, praise, trust, assistance, encouragement and optimism and your right to be you is respected, you will have had your needs met. You will know that you are a complete human being and life will be a wonderful learning experience and you will thrive.

But sadly, like most people, you were probably treated with some degree of seriousness (denies fun/life), and rules (denies autonomy), judgement (denies evaluation), rejection (denies acceptance), criticism (denies self trust), fear (denies security), control (denies thriving), limitations (deny evolving), pessimism (denies optimism), orders (deny decision making) and you felt the injustice of not being able to be you. You were given the opposite or absence of what you needed and so you learned to live with your needs being unmet.

This is where the dilemma facing the young mind arises. Because all your needs were not supplied to you, you felt incomplete and incapable. You knew



## 5 Step Cancer Healing Process

---

something was missing, but you did not know what. This feeling would have been translated into thoughts and feelings of being inferior, faulty, vulnerable, weak or bad. Feeling this way, your sparkle, your magnificence, your innocence, became depressed and you shone less brightly and became bleak inside.

You felt the pain and the suffering of yourself (your brightness) being turned down and you had to make some sort of sense of the pain. You asked, ‘Why? Why do I feel this way? And your young brain had to form an answer that was equal to the pain. So you thought of ... ‘I am a failure’, ....‘I am not good enough’,..... I am a misfit’,..... ‘I am stupid’,..... I am unimportant’,..... ‘I don’t deserve anything’,..... ‘I am bad’,..... ‘I am worthless’,..... ‘I am unlovable’,..... ‘I can’t have what I want’..... etc,... etc,... etc.

Though these beliefs make some sense of the pain, give a reason for it. It is still not clear to you why you have the pain and the beliefs, so once again the mind asks, Why? ‘Why is all this happening?’ And you ask yourself “Is there something wrong with me?” And the only appropriate answer is one that you and everyone else have concluded..... **yes,**

***‘There must be something wrong with me’.***

This at last explains why. It is true that something is wrong, for you **are** in pain, being in pain is wrong. It makes sense, it becomes easy to accept. It’s your entire fault (for you are the one experiencing the pain), you’re faulty, rotten, broken, a nobody, a **nothing!**

It rings true with an earlier time, before your conscious mind (ego) formed and assumed control and first said “I am me” but much more on this later.

**Do you remember asking - “Is there something wrong with me?”**

Do you still ask this question today? This is part of the process our computer like brain takes to arrive at the conclusion of ‘I am nothing.’ This belief despite obviously being ridiculously untrue is in fact a logical and rational conclusion based on the evidence faced by the young brain. With his/her needs unmet the young child experiences pain or suffering. In all animals pain is the most powerful motivator as it represents the threat of death. The brain views pain as bad, anti-survival and all creatures fight or flee from the source. So to the young child having their needs unfulfilled, it is obvious something is wrong; they are in pain. The brain receptors for pain cannot distinguish between physical and emotional pain. But how do you fight or flee when the pain is inside you? You can’t! Because

## Step 5: Beliefs

---

your pain is yours, you own the pain. You therefore feel that there is something wrong with **you** (your Me). Logically the brain concludes; ‘I am wrong, I am faulty, I am nothing (no thing), because, I cannot be me (the magnificent sparkle I once was).’ The brain always seeks to establish balance and being a nobody or nothing fits, it balances the equation:

Pain/painful life = Painful beliefs = Faulty (if I am faulty, I am not what I should be, if I am not what I am), ‘I am nothing’

Do you have a belief (that you of course feel is true) that negatively affects your life?

Is this belief beneficial or limiting to you?

Do you understand how and why you created it?

How has this belief limited your experience of life?

Do you want to believe this belief?

I am sure you have ample proof that the belief is true. Because, with every belief, your unconscious mind will create experiences that match the belief. And if your beliefs are questioned, your unconscious mind will generate further experiences that match your beliefs, so as to prove the beliefs are true. These generated memories or experiences reinforce the belief and ensure the belief is maintained. You form a self image from your beliefs and you project this image and perceive the world through this image. Your beliefs do define your reality. So, why is your limiting belief true? Only because you **chose** and continue to choose to believe it! And yet you are probably unaware that you do. There was a time before you had that belief, when that belief wasn’t true. If you had formed the opposite belief your unconscious mind would have provided ample experiences and proof for that belief and hence, a different reality and life would have resulted.

The reason you have pain, suffering and sadness in your life now, ultimately comes down to the core belief nearly all of us have and that is, ‘I am nothing.’ Our bio-computer takes this to mean you don’t have a **right** to exist, to be a human being, to breathe the air, to have joy, to have peace and a fantastic life. This of course grows into guilt if you do experience any wonderment; you are having something you shouldn’t, that you don’t deserve. This belief is the internal, silent suffering that goes on way below the surface and we repress it and catch glimpses of the pain (our deep dark secret) from time to time. We do not want to become aware of this, ‘I am nothing’. It is too unbearable and so we cope, living a life less than we deserve or even a life of quiet desperation.

## 5 Step Cancer Healing Process

---

### **But no more !!!!**

There is only one reason that you continue to have this core belief and its resultant effects. No matter how hard you try to improve your life and find happiness, there is only one thing that prevents you from having a wonderful life. There is only one reason that people live this core belief of 'I am nothing', all their life. The reason is that our computer like mind concludes that it is our fault. If it is our fault, we have to live with it. 'I can't change me, if it is me that is at fault or faulty. The fault lies with me, that's the end of the road, the buck stops here.' So we stay a nothing or a nobody (not a human being or a person). We assume ownership of the fault. This can be difficult to realise and accept. It can seem unbelievably simple, too simple.

Have you heard people say "Who does he (she) think he is... a somebody?", "He thinks he's someone", "Who do you think you are?" The underlying assumption is, 'How ridiculous you are, to think you're someone', and the tone implies that you are nothing (because we all are nothing). We then look to celebrities and famous people or even those we admire and label them as a somebody! Till they fade from the spotlight and become a nobody again!

Let's get to the point. This belief of "I am nothing" is the root of all your suffering, you may have a lot of suffering or very little, if you have very little than you definitely are in the minority and you have not built core negative beliefs upon your root belief of "I am nothing" in this case the "I am nothing" is not causal it is a static state of being. Your core beliefs will be that you are worthy, loved, important etc. The source of suffering is the core beliefs that are one level above the root level of "I am nothing" These core beliefs are "I am worthless, I am not good enough, I am faulty, I am unlovable etc"

The source of the pain that caused you to think you were worthless for example, was an external event, not an internal one! There wasn't something wrong with you after all. There is nothing wrong with you! This is critical to understand; the source/cause was not one of your making. Another person did an action(s) that resulted in you feeling pain. You then formed a limiting belief about yourself, because of the pain that you felt. You needed a reason to make sense of why you had that belief. This reason became your untrue core belief (I am worthless), and you lost your feeling of magnificence.

## Step 5: Beliefs

---

At some point you resigned yourself to it's *my* fault. **It is not your fault.** The fault lies with the other person(s). They were being careless, uninformed, lazy, hurting, scared, worried, avoiding their own pain, feeling like nobodies, doing it the way they were taught. They developed the same damaging belief in their childhood. The fault belongs to them; it is theirs, it does not belong in you. The fault is not yours to keep. Let it return back to its rightful owner(s). You do not need it any more. You have to be something in order to become nothing. 'I am nothing' is imposed on top of your magnificent self. Let it go. The fault is nothing to do with blame; there is no blame. The fault just belongs outside of you. It does not belong inside of you. You do not own it! It is not your property! It is important to remove the ownership of the fault from yourself, as this is using the brains natural processes. The brain keeps what it owns, so doing any work without removing ownership of the 'Fault' is futile.

Imagine the fault as a tangible object, such as a rock, imagine it, feel it, visualise it. Now imagine the person/s who gave it to you, and give it back to them. In reality there is no fault, it is an illusion, a mental construct. But because you assumed that the 'fault' belongs to you it is necessary to remove it from yourself. For it is like glue that keeps your negative beliefs bound together. The unconscious mind sees the 'fault' as an object, as personal property. Therefore it must reside with someone and hence the reason for giving it **back** to the so called rightful owner. Remember this is a process using only your imagination. It is not required or helpful to involve anyone else.

Understand and know where the fault truly lies and you will be free of that untrue core belief. You will feel the real truth of you, that you are a magnificent human being, you are somebody. It is sad that most people (**at least 98%**) believe they are nothing/nobody. Let's change that percentage, starting with You.

Another process involved in the formation of limiting beliefs is that the beliefs were created by us. We are the creator of the beliefs, but because the beliefs are tied to a fault we take no power from the fact that we are the creator of this powerful tool. In fact we are now a victim of them. It feels that they created us. By removing the fault and realising that we are the creator of beliefs. We can see them for what they are, incorrect sentences (instructions) subject to what we want to do with them.

Let's look at another scenario, as an adult a dog bites you and runs away. You are in pain, there is something wrong with you, you are in pain. Do you form a

## 5 Step Cancer Healing Process

---

belief about yourself from the event, probably not? You may form a belief about dogs. As an adult you may say to yourself “there is something wrong with me” as you look at the bite and feel the pain, you may need stitches. But in your mind, as an adult the wording gets modified internally, to - my arm is bleeding and there is a wound there, that’s what’s wrong. You know that who I am, me, is not wrong in this situation, the pain is in the arm, and the format of the sentence is therefore incorrect (though if the pain is of unknown origin or emotional, then we may assume ‘there is something wrong with me’). A young child will not make this qualification. The sentence “there is something wrong with me” will be accepted without qualifications with the result that the ‘Me’ is what is wrong. You then assume your magnificence is faulty!

*Welcome to the world ..... be kind to yourself ..... T.L.C (tender loving care).*

### *Dust if You Must*

*Dust if you must,*

*But wouldn't it be better to paint a picture, or write a letter, bake a cake, or plant a seed.*

*Ponder the difference between want and need.*

*Dust if you must, but there is not much time, with rivers to swim and mountains to climb. Music to hear, and books to read, friends to cherish and life to lead.*

*Dust if you must,*

*But the world is out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain, this day will not come round again.*

*Dust if you must, but bear in mind, old age will come and it's not kind. And when you go, and go you must,*

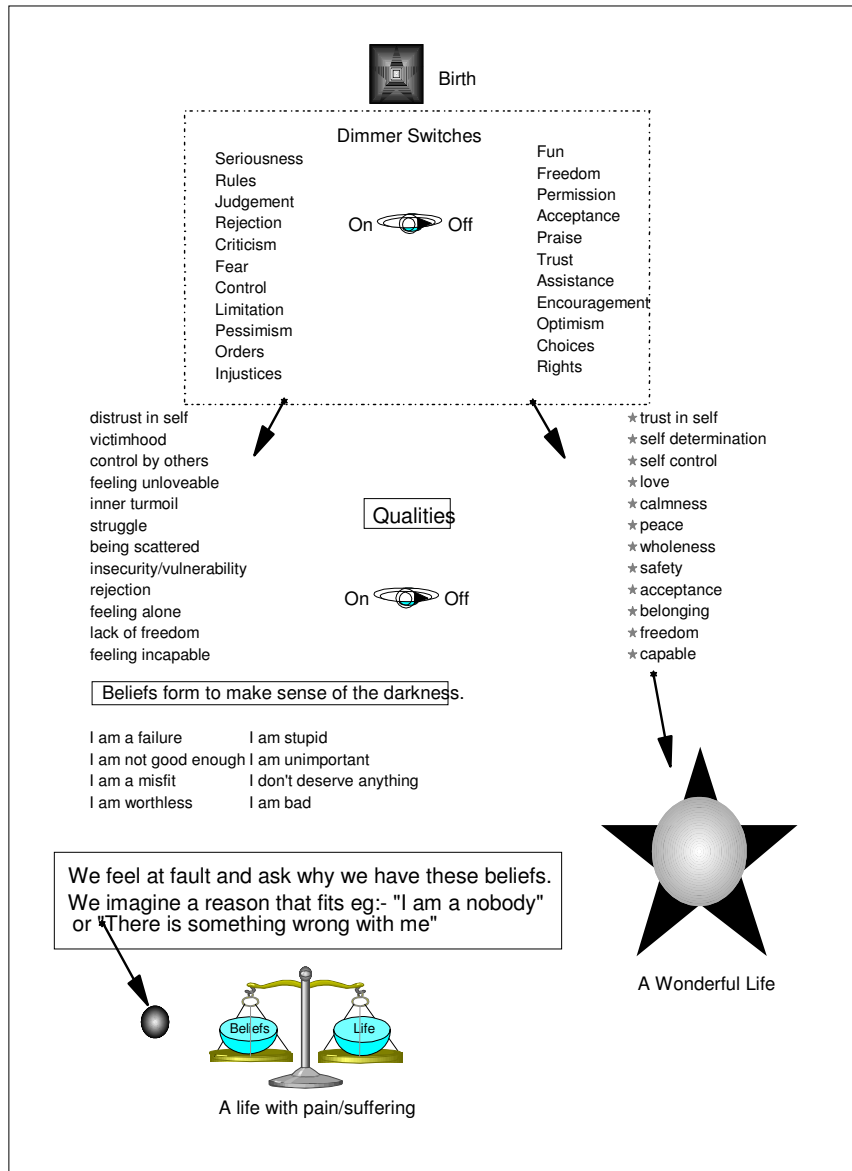
*You, yourself, will make more dust!*

*Author unknown.*

*"If you accept a limiting belief, then it will become a truth for you."*

*-- Louise Hay*

## Step 5: Beliefs



### The dimmer switches of our life

Every moment of every waking day we have had experiences and these moments of experiences have been the physical history of our life. If we take today for example and we watched a movie of our day, then we would be watching the physical history of our today. What we are seeing has actually happened. If we watch this movie with the sound turned off, we will be more aware of what we are seeing, though it will be a little bit bland. If we watch a movie of a complete stranger going about their day and with the sound turned off. It will be quite bland and we will not know what they are thinking or what meaning they are placing on events. When they are talking to other people we will only see them talking. We will see their actual physical history. This is real and unchangeable. Without knowing the emotions of the person

## 5 Step Cancer Healing Process

---

the movie is very bland. We can imagine the emotions of the person and we imagine what meanings they are placing on the events. We can complete the movie by imagining what is being said. The movie is less bland. But would we know that this overlay of emotional history is a fabricated history? I hope so.

In fact this is what we do every waking moment. We overlay a meaning onto the physical history. We attach meaning to the reality and like mixing hydrogen and oxygen and ending up with a stable compound called water. We end up with a stable compound that we call life. It is fixed, it is stable, it is one thing. It is in the past and therefore unchangeable and tomorrow we will build another day on that life, where all before (the past) is unchangeable. This attached history is the story of our life and all that happens before today dictates and guides our future. Daily repetition. If we look deeply at our history, we will discover that the meaning part of that history is what guides and dictates our future. This is the part of our history/past that has meaning (obviously) but because it is attached to a reality, the physical history. We accept both as fact, as being true and real, because the physical history is real. Yet if we have courage we will see one is real and one is a fabrication, a lie, for it is impossible to have meaning.

When we place a meaning on a real physical event, we are denying the reality of the event and imagining something else (the meaning) happened. The ego simply put out a perspective to explain to the True Self what happened. Without meaning the event is bland, devoid of life and the ego does not accept the blandness and so forms a meaning to fit its perception of life. Though this meaning, which is only a concept from the concept of an identity, is colourful and dramatic and filled with emotion, it is immensely changeable for it is not real. If we realise that we, the ego, created the meaning history of our life (its deep purpose is to prove that the identity of 'I' is existing, living and alive), then we can accept that we created our life, it didn't happen to us. When we accept one possible meaning or perception we are in fact deleting all other infinite possible meanings, which are just as valid. We *only* see what we want to see.

Do we want to change the meaningful history of our lives? Some may want to, some may not want to. But the rewards for eliminating the meaning history are enormous. Here is an exquisite way to see for yourself the reality of your past history. It is handy if someone else guides you through this exercise. I call this the Zipper technique. I usually use this technique after I have had my client become aware of their magnificent self and healed 2 or 3

## Step 5: Beliefs

---

major incidents of their past. The magnificent self usually appears to the person as a little golden sparkle usually hidden deep inside the person. It is hidden because whenever we as children, accept something from others (acceptance, love or a toy and have to conform and to give back to the other person something, even something as innocent as a thank you) we *have to* behave in a certain way that pleases the giver. We are trading, they give me this and I give them that. The that, feels as it is a part of our self, our magnificent self, that is, our soul and we do not feel we get what we want unconditionally. Adults always want something in return! So we go through life trading, selling parts of our self till we get to the point where we feel we have no more to give. Women get to this point much quicker than men because females are expected to give much more in our society (generally). Our magnificent self has shrunk to such a degree that we have to hide it where no one can find it, we can not afford to allow any more to disappear.

### **The zipper technique**

1. First take a few deep breaths to relax the body, as a preparation and to quieten the mind.
2. Place some markers in a line representing conception, birth and the present day and some significant times in your life, about three. The longer you make this line the better, about ten metres is good.
3. Look at that imaginary line joining the markers and realise that this represents the history of your life. Take a slow walk along this line from the present to conception and back to the present. I usually am gently holding the persons shoulder. Their unconscious feels supported and it is surprising how wobbly the person can feel. While you are walking along this line know that you are walking through your past. Your unconscious is accessing all the information of your past as you do this. When you get to the present look back along that line and see/imagine a path from birth to the present and describe it, what colour is it? What is it made of? What texture is it? Fully describe the path. This visualisation of the path is the representation of the conditioning that takes place as a result of the meanings and beliefs etc. You can change or eliminate beliefs etc but the type of path is the foundation that will still influence your life. In simple we automatically follow the path.



## 5 Step Cancer Healing Process

---

4. Place additional markers (preferably a different colour) on top of the other markers. This symbolise the meanings you have place on the physical events. Standing at the present look back along the path and see that this path is made up of the physical and emotional/meaning history attached together.
5. Now separate these histories, imagine this path is a zipper and unzip the path till you get two paths, one is the physical history, which stays where it is and the other is the meaning history, move this path to one side. When you see the two paths separated get your helper to move the top markers onto the corresponding place on the meaning history path. Take a minute or two to just look at those two paths that are now unzipped. As a side note: this mirrors the action of DNA replicating.
6. Take a slow walk along the physical history path from present to birth and back to present. You should notice it is quite bland. Repeat this on the meaning history pathway, noticing all the meanings and emotions that are here. Is this pathway heavy and dark? How much hurt and negativity is on this pathway and realise the burden that you have been carrying around. Really feel the burden of this path.
7. Step back so you can see the two pathways without being on any one of them. Notice them describe what the meaning path looks like. Imagine moving them slowly closer together and then further apart and then back to where the markers indicate. Has the physical path changed its look?
8. Stand on both paths (separately) and ask yourself, can this history be eliminated or destroyed? You will discover that the physical history cannot be eliminated or destroyed, but the emotional history can, it feels as if it has no foundation without being attached to the physical history.
9. Now as you are the creator of the meaning history, may I suggest that you adopt a different meaning history? Eliminate the meaning history completely. Just get rid of it, path and all so all you see is the markers take a few nice breaths and become aware of your magnificence and that golden sparkle. Walk along slowly where the meaning history was and feel that golden sparkle is the new meaning, laying down a path of golden sparkle so that every event in your life has the meaning attached to it of “I am a magnificent human being” or simply “I am”.

## Step 5: Beliefs

---

10. Now look at that path, describe it and look at the physical history path and describe it, has it changed? Now move them together, zip them up and get your helper to put the markers together. Now look at the zipped path and describe it.
11. Walk slowly along the path, do this a couple of times, knowing you have done this for yourself.
12. Step out of the exercise and drink plenty of water for the rest of the day or your brain will become dehydrated. An enormous amount of processing will be going on, so rest and relax. You may like to make a picture of your new path, or place some markers down outside so you can recapture the essence of what you have done over the coming week.

# 25

## *Step 5: Self Hypnosis*

Methods of self hypnosis:

**T**here are many methods of entering trance, I will show you a basic one that when you master it, you can easily adopt other methods or create your own. There are plenty of self hypnosis books for sale or in the library.

Meditation, yoga and martial arts etc. are other forms of focusing the unconscious mind and have the same natural automatic benefits.

First of all it is important not to be in a hurry. I know it is difficult in this instant world to expect to get what you want instantly. This is not magic, it takes time and patience.

First you need to practice entering trance, once you have mastered this you can practice utilizing the trance to achieve what you want.

So lets start.

Work out a schedule that is suitable and realistic for you to keep. Perhaps wake up earlier in the morning, have a shower to fully wake up. Or you may prefer night time. Any how.

Set aside a twenty minute session time daily.

The unconscious mind learns things in a routine fashion, so you have set aside your special time each day.

Now you need a place to do it. Ideally a quiet room where you won't be disturbed, have a comfortable and supportive chair that for the first three weeks you only use for your hypnosis. Your unconscious will expect to go into trance every time you sit in the chair, so the process starts the moment you sit down. Sit in the chair in your special place - does it feel comfortable?, do you feel safe? is there any disturbances?, rearrange until it is suitable.

Have an alarm clock if needed, and set it for twenty minutes, that way you won't have to be concerned about how long you're in trance. You have allotted the time, and the alarm will signal the end of the session if you haven't already finished.

Now sit in the chair, relax into it, have your clothing loose and comfortable.

Take a few deep breaths (keeping your eyes open), and every time you exhale, notice that you are relaxing a little. This prepares you and signals your mind that you are about to enter hypnosis.

Now begin by closing your eyes and behind your closed eyelids, look up to a centre point in the middle of your forehead.

Focus on this point (your eyes roll up to this position each time you go to sleep, so it is an effective trigger for your conscious mind to switch off).

Take three long slow breaths, and on each exhale say to yourself 'deeper relaxed'.

Now repeat this affirmation (at the start you might have to open your eyes and read it, or if your practice reading it during the day, you will remember it easily), 'I am a magnificent human being, my mind and body is so magnificently created that no feat of engineering could ever duplicate the uniqueness of myself, my imagination is the greatest force in the universe, I imagine myself going deeper and deeper into trance'

Lower your eyes so they relax deeply, and imagine a wave of relaxation flowing all the way through your body.

Take another three long slow deep breaths, focusing your awareness on your nostrils feeling the air entering and leaving as you breathe. Each time you exhale imagine that you are twice as relaxed. You will notice the physical sensations, such as your body sagging or slight muscle twitches, as your body relaxes.

Now start counting down backwards from 100 to 1 to yourself. Tie the count with your breathing as you exhale, imagine that you feel the numbers being forced out of your nostrils. If thoughts enter your awareness, simply watch the thought for one or two seconds to let it pass and drift back to your count, if you can't remember your last number, it doesn't matter, don't try to remember, just pick one that seems appropriate. This is a passive process, the aim is to make it

## 5 Step Cancer Healing Process

---

effortless, like a light stone dropped on the surface of the ocean will simply waft down under its own weight to the ocean floor.

When you get down to one, or if the timer goes off or if you've 'spaced out' and have come to, its time to emerge from your trance. A clear termination of your hypnosis session helps future sessions. So count up slowly from one to three like this - 'One I am beginning to leave my trance. Two, I am more refreshed and energized. Three, that was great! Now bounce out of your chair and don't use it until your next session.



# Index

- abilities, 153
- adaptation, 29, 30, 44
- adrenalin, 40
- adventure, 153
- affirmation, 178
- arthritis, 30, 40, 45
- Asbestosis, 42
- attached, 41, 69, 76, 170, 173, 175
- Attachments, 76
- awareness, 134
- balance, 168
- Balance, 39
- behaviour, 49, 164
- Beliefs, 49, 69, 163, 164, 165
- birth, 35, 174, 175
- blueprint, 35, 69, 70
- brain, 37, 40, 48, 153, 163, 165, 167, 170, 176
- Calm, 183
- cancer, 30, 34, 35, 36, 38, 40, 42, 45
- Cancer, 34, 36, 38, 41, 42
- cells, 37, 42
- change, 29, 31, 34, 36, 152, 164, 165, 169, 170, 173, 174
- Change, 34
- childhood, 30, 165, 166, 170
- choices, 154
- civilisation, 164
- commitment, 51
- Commitment, 51
- compassion, 42
- computer, 36, 37, 163, 167, 168, 169
- concept, 48, 164, 165, 173
- conditioning, 174
- conform, 174
- conscious, 35, 36, 37, 39, 69, 134, 135, 167
- consciousness, 37
- control, 37, 39, 42, 47, 50, 76, 166, 167, 183
- Control, 71
- create, 50, 153, 165, 168, 170
- creation, 45
- creator, 170, 175
- criticism, 166
- Cross motivations, 48
- define, 168
- disease, 31, 34, 44, 45, 48
- dog, 170
- efficiency, 151, 163, 164
- ego, 37, 38, 167, 173
- energy, 39, 40
- essence, 41, 154, 176
- faulty, 38, 135, 167, 168, 169, 171
- Faulty, 168
- fear, 37, 38, 50, 133, 151, 153, 166
- Fear, 50
- feedback, 41
- filtered, 164
- foundation, 45, 174, 175
- fulfilment, 164
- goal, 47, 48, 49, 133
- Happiness, 71
- harmony, 29, 35, 39, 44, 134, 154, 165
- Harmony, 71, 183
- heal, 30, 31, 48, 50
- healing*, 30, 31, 41, 44, 45, 46, 48, 50
- Healing, 46, 50, 51
- Health, 50, 71
- history, 172, 173, 174, 175, 176
- hypnosis, 129, 177, 178, 179
- Hypnosis**, 50
- identity, 41, 165, 173
- illness, 29, 30, 44, 49, 50, 51
- Illness, 29, 30
- illusion, 170
- image, 165, 168
- imagination, 170
- importance, 35, 37, 47, 48, 69, 71
- Importance, 47
- information, 2, 30, 31, 36, 40, 45, 51, 163, 164, 165, 174
- injustice, 166

- Intelligence, 71  
intention, 135  
irritation, 42  
**Journey**, 21  
joy, 153, 168  
judgement, 166  
label, 39, 41, 42, 133, 169  
limitations, 164, 166  
limiting belief, 168, 169, 171  
love, 37, 42, 50, 133, 134, 135, 166, 174  
**Love**, 50, 64, 70, 133  
magnificence, 167, 169, 171, 174, 175  
meaning, 69, 172, 173, 175  
Meditation, 50, 128, 158, 177  
Mesothelioma, 42  
mind, 35, 36, 37, 40, 47, 49, 50, 69, 134,  
135, 151, 165, 166, 167, 168, 169, 170,  
171, 174  
motivation, 69  
Motivation, 48, 71  
Music, 171  
needs, 42, 48, 76, 166, 167  
nothing, 66, 133, 134, 136, 153, 154, 166,  
167, 168, 169, 170  
Nothing, 59  
orders, 166  
Outcasts, 39  
ownership, 169, 170  
oysters, 42  
pain, 40, 41, 42, 48, 64, 69, 164, 167, 168,  
169, 170  
Pain, 69, 71, 168  
path, 151, 174, 175, 176  
pathways, 175  
pattern, 35, 36, 41, 70  
peace, 65, 168  
**Peace**, 71  
pearl, 42  
permission, 2, 133, 134, 166  
Permission, 49  
perspective, 35, 173  
pessimism, 166  
play, 66, 136  
Play, 66  
potential, 136, 153  
power, 36, 39, 76, 154, 164, 170  
process, 29, 30, 31, 36, 39, 40, 42, 44, 45,  
46, 48, 71, 76, 163, 167, 170  
purpose, 42, 46, 50, 165, 173  
qualities, 35, 36, 37, 38, 41, 46, 69  
quest, 45  
reality, 38, 164, 168, 170, 173  
rejection, 36, 40, 42, 166  
resistance, 165  
**rights**, 2  
rock, 170  
rules, 36, 37, 166  
**Safety**, 71  
*sand*, 42  
secret, 168  
see-saw, 37, 39  
self image, 165, 168  
seriousness, 166  
**Seriousness**, 71  
**Shame**, 71  
smoking, 164, 165  
soul, 41, 174  
space, 41, 50, 154  
Space, 50  
*sparkle*, 167, 168, 174, 175  
struggle, 155  
suffering, 30, 34, 48, 167, 168, 169  
survival, 29, 35, 36, 37, 69, 70, 166, 167  
Survival, 42  
**Time**, 73, 136, 151, 153  
trance, 177, 178, 179  
True Self, 173  
truth, 38, 136, 164, 170, 171, 173  
unconscious, 35, 36, 37, 38, 39, 40, 46, 47,  
49, 50, 69, 134, 165, 167, 168, 170, 174  
understand, 31, 154, 165, 168, 169  
Understand, 170  
unimportant, 76, 136, 167  
unknown, 171  
unlovable, 134, 167, 169  
vacuum, 50  
values, 69, 70, 71, 133, 136  
Values, 71  
vulnerable, 166, 167  
worthless, 59, 134, 167, 169  
zipper, 129, 174, 175  
Zipper, 173



## 5 Step Cancer Healing Process

---

1. Time – a limited supply – invest your time wisely
2. Know yourself – In nearly all cases people are trying to get somewhere or change their situation when they don't know where they are or what situation they are in
3. Commit – totally
4. Remove obstacles, remove what prevents excellent health, disease supporting patterns
5. Change – your life, your today and your future
6. Get uncomfortable
7. Become aware, accept and love everything, even your disease and then let it go
8. Detach
9. Take inspired action – do only those things that lead to excellent health and wellbeing
10. Learn meditation and self hypnosis
11. Take responsibility
12. Expect good health
13. Discover the process and pattern of your life and create a different pattern and process – create health
14. Appreciate rather than fear your potential, your power and your magnificence
15. Elevate your self worth
16. Be selfish – (understand what selfish, is)
17. Gain correct information discard misinformation – be selective and discerning
18. Be
19. How do you want to feel? – Happy, Important, Free, Loved, Accepted, Creative, Purposeful, Respected, Excited, Capable, Spontaneous, Calm, Independent, Powerful, Loving, Belonging, In control, Confident, Vital, Vibrant, Healthy, Optimistic, Enthusiastic, Self reliant, Flexible, Fearless, Peaceful, Harmony, Positive, Trust in self, Self directed, Wise, Passionate, Evolving, Fun, Whole, Courageous, Motivated, Connected, Caring, Somebody, Authentic, Feel what you want !!!
20. Design your values with your intention and goal
21. Discover what is important. What matters.
22. What are you hidden goals and objectives?
23. What are the negative things that will happen if you become healthy and disease free?
24. What are the negative things that will happen if you change?
25. Who will go unpunished or be affected if you are healthy?
26. What would you do if your were certain that that will lead to health. Would you walk around Australia?
27. What do you need specifically to do???
28. What are you going to do when you are healthy?
29. Are you willing to be in the minority?
30. What are you practising daily?
31. Change habitual patterns – such as swapping how you hold your knife and fork etc.
32. What great understanding or gift will you have after you become healthy?