

# BodyTalking Breast Cancer

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By

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I invite you to join me on my continued journey in the land of my breast cancer experience through the prism of BodyTalk. It's no accident now that I write this, mostly in retrospect... almost two years from its launch, when increased synthesis and clarity are revealed. Although my symptoms emerged at a specific time and point in my life its roots ran as deep as the unexpected benefits. I've come to understand that this experience goes far beyond the traditional physical cellular diagnosis, and its expression at this time in my life represents a ripple effect of stored energetic belief patterns that can only be successfully transmuted by the quantum energy medicine of BodyTalk.

The death of my mother and her sister from breast cancer and that nibbling, lurking fearful awareness of this potential in my life is perhaps part of the epigenetic projection process that contributed to switching on the cancerous gene for its eventual expression. I have also come to understand that my recovery truly needed to be the exquisite comprehensive balance for example of the physical, emotional, conscious, subconscious, genetic, energetic, spiritual, lifestyle, and relationship style factors... far beyond my general awareness. What better system than BodyTalk can respectfully address these complex layers of healing in a gentle, non-invasive, non-biased, non-judgmental, and non-diagnosis format which is priority based and driven by my own internal knowledge – my Innate Wisdom?

This is a “good news - bad news” story. Obviously my bad news was the diagnosis of breast cancer, with all its inherent meanings, decisions, consequences, and the reality of facing my mortality directly... not only the intellectual concept! Turns out there was lots of good news as well as I began to clearly see who I am, how I dealt with this crisis, the efforts of the cumulative work I had done on myself, my love choices, the maintenance of my support system, and my good fortune to have BodyTalk as the pivotal healing modality to identify and connect all of the dots. As a BodyTalk practitioner and Instructor, I have experienced the full range interventions including: ACCESS, my own self BodyTalk system practice, advanced BodyTalk treatments from John Veltheim as well as other practitioners, receiving distance sessions from colleagues, and generally utilizing BodyTalk's philosophical underpinnings to provide direction, strength and

guidance through this most challenging experience of my life...“Making lemonade out of this lemon experience.” In fact, the growing sense of empowerment, hopefulness, clarity, energy, creativity, humor, connectedness, courage, spirit and determination were far beyond my expectations. Who knew that cancer would be such an opportunity for growth?

Now it's time however, to adjust and challenge my perception and belief system thus my labeling this experience as “bad news.” This is not productive and keeps me in a state of victim and defensive consciousness...certainly not good for future triggers! And “good news” has similar challenges as it sets up a polarized value experience instead of the neutrality needed for the healing process to occur. I don't want to be good or bad because of a disease. And actually a disease isn't good or bad inherently, it just is! I was diagnosed with breast cancer in July 2009, a lumpectomy and eventual bilateral mastectomy followed in September. The final result was, “...No further treatment!” being discharged from oncology services by November! My pathology reports revealed bilateral Stage I cancer without lymph node involvement. Yet the Oncogene tumor test designed to predict genetic cellular replication and reoccurrence was .06 of 100, “The lowest of the low!” This resulted in no further treatment.... including no radiation, no chemotherapy, and no hormonal pills! What an incredible change in the course of my disease process, in only a matter of 4 months! In addition to my other self care activities it was my fortune to be at John's first Finding Health seminar at the BodyTalk Conference where I was privileged to receive his epigenetic treatment a month before surgery, balancing numerous genetic factors. The surgery removed the diseased tissue and BodyTalk promoted my healing experience and energetically disabled the disease construct...what an amazing result!

These are some of the ways that I have come to view how BodyTalk has made the difference in the outcome of this journey. Since this is the purest form of energy medicine, I can only speculate as to how the formula's derived from our protocol and procedures -from the very basic to advanced- have contributed to my healthy outcome...reminding me that health is defined as more than the absence of disease! In fact I am responsible for my conscious attitude and physical behaviors supporting the underlying Dharmic philosophy of “right living.” Looking back, and as noted earlier, I now understand that my belief system about my mother's experience with breast cancer was pivotal in the genesis of my disease process... not only in her disease itself, but in her denial and acquiescence to it... having hid and denied it for five years! This helps me to understand my willingness and determination to explore this process openly and to create a different response pattern to it. This knowledge also reminds me to keep

consciously aware of future compromising belief systems that may trigger genetic and environmental factors leading to future disease expression...true primary prevention! This Consciousness issue had to be addressed at the most cellular/energetic levels with potential links among the Epigenetic, Maternal Matrix, 8th Chakra and Subconscious factors. I have come to see this as critical in the package(s) of information tapped into my being promoting my health, enhancing my immune system, and in some way altering the very consciousness of my cellular structure!

BodyTalk ACCESS is an amazing technique far more powerful than it's deceptively simple format. Before my breast cancer experience I utilized this program infrequently and didn't hold it in as high a regard as the advanced protocols. Boy was I wrong! As I experienced the cumulative effects of regular practice during my health care crisis, I was amazed at just how helpful it was. ACCESS became "my go" technique. I used it to monitor and interfere with my anxiety and pain. ACCESS became my companion before, during and after difficult testing procedures and numerous appointments. It provided me with the sense of empowerment that I could take care of myself anyplace, anywhere! When I was in a position that I couldn't physically touch and tap the points I just closed my eyes, visualized, and breathed into that space, holding it in my mind. It became part of a meditation practice and supported me during uncomfortable situations. The Cortex balancing technique is incredibly powerful and I often felt like I was humming smoothly, despite what was happening in my environment. The Body Chemistry component protected me by reducing any toxic overload and kept my immune system on check. The Hydration procedure was imperative for me by balancing fluid and lymphatic flow, thereby preventing the edema associated with terrible postoperative complications. The Switching technique enhanced my coping skills and adaptation to numerous stressors. Reciprocal balancing enhanced my sense of structural integration, and kept me coordinated and in touch with my physical boundaries. Wow, all this for a short few minutes of tapping, holding points, and conscious breath work! ACCESS is user-friendly, ready to go, and no equipment needed! The more I practiced this procedure, the more powerful it became. Plus, I had an immediate sense of connection to the IBA, to all our members, and to our healing roots around the world, so comforting! What a gift for literally just a few minutes of my time, my energy and my focus. Currently I still utilize the practice of ACCESS regularly. On most mornings I find myself getting up at dawn and going out on the balcony, greeting the day and the chirping birds, and practicing ACCESS naked - deeply connected to the universe in my purest form.

Permissions, the very act of giving myself and others permission to heal at all levels was and still is a huge part of my healing. I remember mentally granting permission to

the surgeon and staff on my way into the operating room. I also had to give myself permission to make those challenging clinical decisions about what to do and what not to do, given the pressures of well meaning people who wanted me to do what they wanted me to do... very challenging indeed during the initial crisis phase of treatment. This point is illustrated when the day before my first surgery I actually fired the surgeon and canceled the surgery until I was able to locate and trust a physician who was respectful, honored me as a person, and who accepted my input into MY treatment plan! If there was ever the necessity to be assertive and "Trust my gut," this was it! I am truly responsible for me and for my decisions, now made easier with my BodyTalk knowledge and practice. Upon recommendation, I still had to decide whether I would have a bilateral mastectomy, and whether to endure reconstructive surgery. If my outcome was not as successful as it was, I would've had to make those hard decisions about accepting the toxic chemotherapy and radiation treatments. Even if I had to make those decisions, I would've done so with the knowledge of how BodyTalk interventions would have attenuated the toxic effects and protected me throughout this phase of treatment. I can't tell you how empowering it is to have integrated the power of BodyTalk into my journey, knowing that I truly was never alone as I trusted my internal guidance system, my Innate Wisdom. I kept myself busy taking care of myself and yet at the same time, releasing control, correcting unrealistic entanglements about the outcome, and inviting the healing to occur – a true heart/brain connection!

As I review my preoperative phase, it's clear how BodyTalk had addressed so many of the issues needed for my successful surgical experience and rapid recovery from physical, emotional, pharmacological and anesthetic factors. Examples may include: Circulation, Lymph, Scars, Cellular Repair, Hydration, Nerve Supply, Body Chemistry, Endocrine balance, etc. My Cortices needed to be balanced, my breath enhanced through SB, my immune system stimulated. To prevent Switching all parts of my brain and nervous system needed to be synchronized and Repair Systems initiated. My energetic Meridian and Chakra systems needed to be balanced, and Environmental concerns addressed. All this and more was immediately and comprehensively addressed through parcels and packages and plug-ins as formulas were elicited and gentle tapping and breath work, symbolically encoded my system. How wise and elegant the body mind is, and how eager it is to “talk” and “tell” its secrets! BodyTalk provides the communication key to the translation system and a way breaking the code of discovery. I have often called this process “The Bossie Body,” and in our humility if we respectfully ask and wait for the answers they will appear just the way the body wants to tell its story. BodyTalk is the Body Whisperer!

Another challenging and troubling aspect of my diagnosis was addressing the concepts around self love and body image distortion...which obviously didn't start with this diagnosis! I knew I had to directly deal with these Active Memory components so as to clear my ego mis-perceptions, and prevent further triggers. I applied the principles of BreakThrough. As in any disfiguring surgery, particularly for me as the woman with a lifelong relationship of esteem, pleasure and acceptance from my large and beautiful breasts, this experience was particularly traumatic. The sense of loss and grieving was profound! I remember standing in front of the mirror literally saying goodbye to my breasts, and some way them thanking for holding the cancer and agreeing to leave with it. I prepared my body and my mind and I went to places I never went before, and that I knew I had to visit. Not easy, but this disease and its treatment isn't easy either! Then there were the nights I stood naked on my balcony introducing my breast-less chest to the moon, followed by days on that same balcony allowing the warmth and energy of the sun to heal my physical and emotional wounds. Utilizing my Life Cycle knowledge to embrace and support my recovery was powerful indeed. These were almost like mini Freefall experiences coming to grip with what is - and not what was. Diaphragmatic and Emotional Release were imperative and I began to feel easier about being naked. I was challenged to reframe what my eyes saw and my mind struggled with...perception again! Beyond what my eyes saw, my Sensory awareness was critical, especially the sense of touch, and its absence. As a side effect of the nerve damage incurred during lymph node dissection and the massive removal of tissue I had no sensation. I was numb in my mid chest and armpit area. I paid special attention to this lack of sensory physical and subtle clues by gently stroking, acknowledging and accepting my Body Parts that I could not feel. This also represented integration of my Wei Qi, the balance of my structural Tensegrity and Reciprocal relationships, creating a sense of wholeness and fluidity, despite the loss.

I started playing with the idea that my wounds are ugly, not me! And actually they really weren't ugly, again correcting this dangerous misperception and not judging myself harshly. I creatively viewed the scars as signs of the battle for my life. This is part of my life, my experience, my legacy – much like accepting the wrinkles on my face or the graying of my hair. I've come to see this process as another battle, the battle for myself acceptance – in essence the bottom line, my own self-love. Wow, what an amazing and exhilarating experience. This is partly how I came to the decision to not seek reconstructive surgery. No point, as I did not need the implants to feel better about myself, or to be accepted by others. Now I could be light and playful as I accepted myself, and made the conscious decision whether to wear a mastectomy bra, or not...just like I make the decision whether to put makeup on, or not! The bra has become my “bra-boobs,” and I have come to accept them as part of me. Somehow I still feel breast

energy, even though I don't have physical breasts. This is hard to explain on a literal level...it just is a matter of the evolution of my natural consciousness.

Part of my breast cancer journey involved discovering and rediscovering other systems and modalities which have become part of the fabric of my healing experience, interfacing with the energy medicine of BodyTalk. In addition to continuing my regular practices of chiropractic, acupuncture and massage, I utilized my creativity and a sense of urgency to explore many other options. I was treated by a shaman and experienced rhythmic drumming on my chest wall. I went to crystal bowl healing concerts and walked the labyrinth. I utilize creative visualization, and guided imagery on my actual mammogram x-rays and meditated on images of healthy breasts. I took out my paintbrushes and let my expression flow. Then I went to the gym and released pent-up aggression and rage fighting off the cancer within me. I practiced gratitude and wrote in my journals. I took homeopathic formulas, and designer supplementation. I practiced yoga techniques and learned about yoga nidra. I practiced reiki and chi kung exercises. I got into my breath techniques, and laughed hard at my laughter yoga sessions. I walked the beach and prayed to the heavens. I practiced feng shui in the house and my diet focusing on a primarily plant-based organic alkaline diet. I removed all chemicals from the house, and from my personal products. When I heard about a technique called tong ren, I purchased a Barbie doll (my first ever) cut off the hair and clothes, and marked the acupuncture points for its specific tapping regime. I had a series of ozone treatments topically and internally. I explored these different options, and tapped into the joy of discovery enhancing my personal power and energy thus diminishing my sense of helplessness. It was fun! My regular BodyTalk practice combined with this wide variety of techniques was indeed a wonderful time, and represented my ultimate self-care experience preparing me for the best possible outcome.

In closing, I will share that my health is good, perhaps better than before! I am still active and committed to my recovery, stimulated by my breast cancer experience, but not defined by it! I have embarked on an exercise regime preparing for marathon walks to support cancer organizations. I work with cancer survivors and their family members, and do awareness presentations to the community. I continue to work on my self care activities, and practice BodyTalk regularly. I watch and correct negative perceptions, and make sure that I don't allow myself to get "stressed out." I still walk the beaches and parks, and take time to play. I cook great meals and snuggle a lot with my sweetie. Life is good, and I remain in gratitude for my lessons learned, and for the opportunities that I have. I want to note that although the focus of my comments have been specifically related to my personal experience with this specific disease entity, it important to

acknowledge that parts the information presented are adaptable to other health conditions. Throughout my life as other health issues arise, I hope to use these lessons necessary to stay healthy and promote my wellness, regardless of the disease entity. I invite you to utilize, adapt, and expand on this information. If you have not experienced a BodyTalk session then I would highly recommend that you incorporate this amazing healthcare system to promote your health and wellness. Learn the principles of ACCESS to be pro active in your own self care activities. If you have knowledge and experience with BodyTalk, then I hope I have provided you with a new awareness, understanding, and application of this comprehensive system. The process of writing this, organizing my thoughts, and reviewing and sharing my experience has given me a yet deeper understanding of the comprehensiveness of BodyTalk, and the wonder of my breast cancer experience. I invite you to explore your own health care situations...a truly amazing process! I thank you for joining me on my personal journey and hope that my experience is helpful to your journey.