



Director's Reflections

Jan Adrian, MSW

As I look back on 2009, the events that stand out are our third conference in Greenville, SC; our first one in Renton, WA; two workshops with Emmett Miller, MD; and the first "Cancer-Fighting Kitchen" workshop. A highlight for me personally was having the courage to get a "sympathy shave" for my friend, Patty, and letting my hair grow back "au natural." What an opportunity that was to let go, embrace change, and expect the best.

It looks like 2010 could be our busiest year ever. Our first workshop in March is sold out a month ahead of time. We have three conferences and three workshops planned. People have often told us they thought Healing Journeys must have abundant resources because we put on such a good show and we offer our conference at no charge. Nothing could be further from the truth.

It's not deep pockets that make that happen; it's our passion and commitment to making a difference in the lives of people living with

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Why Love Heals

©2009 By Dean Shrock, Ph.D.

Dean Shrock, Ph.D. served as Director of Mind-Body Medicine for a group of 40 cancer centers, and is the best-selling author of *Doctor's Orders: Go Fishing and Why Love Heals*. He will be a presenter at the October conference in San Mateo. Parts of this article are excerpted from *Why Love Heals*. Get your FREE *Why Love Heals* e-course and guided imagery audio at www.HeartFeltIntent.com

Picture two lines together, perfectly parallel. Then imagine them moving and waving together in perfect synchrony. Whatever one line does, the other does at the precise moment of the other. In fact, there is no way to determine which line moves first. They both follow each other, or follow some invisible force that conducts them in total harmony.

Now imagine a bunch of lines moving, waving and vibrating in unison. These wavelengths can be all sizes, large and small,



but all are perfectly aligned. All are singing and dancing and moving as one. This is a way to begin to understand the unity that underlies all of creation. At the most fundamental level, all atomic and subatomic matter work and exist in harmony and order. Everything is interconnected and functions as one. Quantum physics has established this scientifically.

This is how our bodies work, as well, when they're healthy. Most of the time the trillions and

(continued on page 3)

UPCOMING EVENTS



The Cancer-Fighting Kitchen

– Sold Out –

Rebecca Katz, MS - Jeanne Wallace, PhD
March 19, 2010 - Santa Cruz, CA



Finding Meaning Through Cancer

Debra Jarvis

April 24 & 25, 2010 - Seattle, WA

and

May 1 & 2, 2010 - Portland, OR



Cancer as a Turning Point, From Surviving to Thriving™

A Free Program

(Pre-registration suggested)

June 5 & 6, 2010

Charlottesville, Virginia

June 26, 2010

Knoxville, TN

October 9 & 10, 2010

San Mateo, CA



"Cancer as a Turning Point" workshop
presented by Larry LeShan,
Ruth Bolletino, PhD, and Mary Bobis, LCSW

April 11-16, 2010 New Jersey

This workshop is based on the psychotherapy approach Larry developed. For people who prefer individual therapy and do not live near New York City, Ruth, in collaboration with Larry, also offers one-week intensive individual "marathon" psychotherapy, as well as telephone sessions. For details about their services and approach visit www.cancerasaturningpoint.org

Finding Meaning

Debra Jarvis, “the irreverent reverend with something to say,” is an ordained minister in the United Church of Christ. She is a breast cancer survivor and author of: *It’s Not About the Hair: And Other Certainties of Life & Cancer* which was a finalist for the 2009 Washington State Book Awards. She is offering workshops for *Healing Journeys* in Portland and Seattle this year. See *Upcoming Events*.



I think any kind of life challenge is about learning to find meaning. When I was in high school, I was required to read Viktor Frankl’s

Man’s Search For Meaning. It’s about how people found meaning in their lives and even a small measure of happiness while enduring unspeakable brutality in a concentration camp.

The whole gist of this book is that we can choose our attitude in any given set of circumstances. This was big news to me because as a teenager my moods and attitudes were constantly fluctuating. Until I read this book, I didn’t realize I chose my attitude despite the millions of times my parents said to me, “You’d better change your attitude, young lady!”

Then I read the book again as an adult and got another truth from the book, which is that just *living* causes suffering and to survive we have to find meaning or purpose in our suffering. But here’s the hard part: no one can tell us what that meaning is. We have to find out for ourselves.

It’s all about deciding if the crap in your life is simply going to be crap, or is going to be manure? What is the difference between crap and manure? We pay *money* for

manure. Manure is fertilizer, it makes things grow. The challenge is that nobody can turn your crap into fertilizer except you. No one can tell you what your experience means or what purpose it serves in your life, except you. We can’t tell anyone else what their experience means.

Not only that, no one can tell you what your experience means *right now* or what it is going to mean *in the future*. I believe meaning is dynamic. What it means as it’s happening may not be what it means a year down the road.

I’ll give you an example. I was at a high school graduation and the guy next to me said, “When I graduated from high school all it meant to me was freedom, freedom, freedom! But looking back I realize it meant the beginning of responsibility – actually less freedom than I had in high school!”

I believe we find meaning when we sort out our beliefs about life, spirituality, pain, purpose, death. We find meaning when we go inward and listen to our hearts. We find meaning when we connect with others. We find meaning when we express ourselves. We find meaning when we move our bodies with the mystical combination of absolute concentration and total abandon.

The workshop “Finding Meaning Through Cancer” provides this opportunity to go inward, to connect, to let go, to express and to move. No one can do it for you – except you.

A Note from Jan Adrian

This is the year we need to connect with the passionate person to whom I can pass the Healing Journeys leadership baton. I want Healing Journeys to continue and it’s time for me to start training someone else to take over as Executive Director. If you are passionate about our mission, and if you have the skills to move Healing Journeys forward, it’s time to contact me. (916) 391-0549; jan@healingjourneys.org

Healing Journeys



Mission Statement

Our mission is to support healing, activate hope, and promote thriving.

Vision Statement

Our vision is that EVERYONE touched by cancer or any life-altering illness is empowered to move from surviving to thriving.

Our Commitment to Diversity

Healing Journeys is committed to diversity and pledges to include, welcome, and support all individuals of any race, ethnicity, national origin, gender, age, socioeconomic background, religion, sexual orientation, and disability.

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It Does Matter What You Eat

Laura Pole, President of Eating for a Lifetime, is a Health Supportive Gourmet Chef; an Oncology Clinical Nurse Specialist; Certified Nia Fitness Instructor, and a professional musician; with over 30 years experience in health care, health education and entertaining people. She will be a presenter at our June conference in Charlottesville.



For 30 years, as an oncology nurse, I continually hear of cancer care specialists who tell patients that it doesn't matter what they eat; just get enough protein and calories to prevent weight loss. In my work as a health supportive chef and educator, I have seen first-hand that it does matter what you eat in sickness and in health.

Debbie, for example, learned she had very aggressive breast cancer. Her doctor said she had only a small chance of living beyond 6 months. She asked for the most powerful medical treatments they could give her – and she asked to see a dietician. The oncology dietician asked, "What did your oncologist say your prognosis is?" When Debbie answered, "Probably less than 6 months," the dietician dished up a plate of unappetizing advice, "Oh, then, eat whatever you like – candy bars, potato chips . . . it doesn't matter." This advice incensed Debbie. She took her flash-fire of anger and transformed it into a determination to heal. Her grandmother moved in with her and fed her

greens and liver almost every day (probably seasoned with deep love).

Debbie says she withstood high doses of chemotherapy without serious drops in her blood counts. I met her 5 years after her diagnosis when she told me she had no signs of cancer and all the signs of vitality and passion for life.

Then there was Judy. Judy had very advanced ovarian cancer and most of her stomach had been removed. She could only eat a few bites of food at a time. She received most of her nourishment from an IV infusion at night.

Judy came to Smith Farm's Cancer Help Program and I asked her how I could serve her. She told me that eating gourmet food used to be one of her greatest pleasures. We came up with the plan that I'd prepare the most delicious food possible, with a few bites beautifully plated. She would come in to dine with everyone during the last half of the meal. Judy received the ultimate of what food can give you – the sense of caring and connectedness that is the root of healing.

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Why Love Heals *(continued from page 2)*

trillions of cells in our bodies work together in unbelievable harmony. They cooperate beautifully to keep us breathing, living, growing, and thriving.

When we do things like eating nutrient-rich foods and exercising our muscles in appropriate balance, it contributes to the harmony and growth of our cells. When we are joyful and "going fishing," this emotional state also resonates with the natural harmony of our cells and contributes to our health. When we are practicing wellness, all the electrons that comprise our bodies are dancing together in the greatest line dance you could ever imagine. Think trillions and trillions of Fred Astaires and Ginger Rogers waltzing and spinning and swaying as one.

However, when we experience dissonance or stress, the harmonious movement and activity of the cells is disrupted. When we eat something that cannot be properly absorbed and used by our cells – and when we don't exercise our muscles appropriately – and when we get stuck in "negative" emotions – all of this causes the vibration of our cells to not be able to dance the same dance in harmony. The cells can then weaken, and the systems in our bodies stop operating optimally. Disease is now able to thrive in the environment of our bodies, where normally it would be sitting out the dance.

The quantum field, Life Force, and Qi energy described in ancient wisdom texts, are all ways to label or understand the fundamental "glue" of the universe that flows through and connects everything. When you are aligned or resonating with this energy matrix of harmony and order, you allow for a greater flow of this life-giving energy through your body.

The key is to get the cells of the body back to vibrating as one. Love is the expression or experience of oneness – this is why I define love as oneness. Love expressed as listening, caring, compassion, hope, etc., literally bathes the cells of our bodies with exactly what they need to return to their natural state of oneness.

When we experience love, it's like getting a "tune-up." For example: Remember in science class when iron filings were scattered on a card held over a magnet? They always arranged themselves in the pattern of the "lines of force" of the magnet's field. Similarly, love functions like a magnet's force field, and realigns the molecules of our bodies with their fundamental, natural state of harmony and order. This is why love heals.

Thank You for Your Contributions

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The Cancer-Fighting Kitchen DVDs

This workshop is already sold out, but you can still take advantage of Jeanne and Rebecca's expertise because we will have DVDs of the workshop available for purchase.

DVD I – Jeanne Wallace, PhD, CNC is an authority in integrative cancer care, educating cancer patients and their health-care providers about evidence-based dietary, nutritional and botanical support to complement conventional oncology care.

- Learn diet strategies that strengthen the body's resistance to cancer, complement medical care and bolster recovery after treatment
- Discover specific foods that can significantly boost the body's innate ability to resist cancer
- Understand which foods are most important to avoid (and explore healthy substitutes)
- Learn how some foods (and spices) can alter gene expression, turning off cancer promoting signals in the body

DVD II – Rebecca Katz, MS is the author of *The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond* and *One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends*. This DVD demonstrates Rebecca's approach to health supportive foods: that they must taste great—i.e., be flavor driven—in order to be nourishing and healing.

- Learn how to use flavor carriers to create healthy food that tastes great and is good for you
- Discover how to use herbs and spices to boost the immune system
- Increase confidence in your cooking abilities so you will better be able to nourish yourself and your family

To order: Cut out this order form and send it to us in the enclosed envelope. Write your name, contact information, and payment information on the envelope. The price includes tax and shipping.

-
- Enclosed is payment for The Cancer-Fighting Kitchen DVDs**
- \$30 for the Jeanne Wallace presentation**
 - \$30 for the Rebecca Katz presentation**
 - \$50 for both DVDs**

Healing Journeys Board Openings

The Healing Journeys Board of Directors is expanding in size! We are looking for three individuals who are passionate about the work of Healing Journeys and have experience and skills in social media technology, fundraising, or a legal background.

Healing Journeys is a non-profit organization that provides educational resources and programs that focus on healing the whole person. For 16 years we have been organizing and supporting extraordinary conferences and workshops that educate, empower, and inspire attendees. If you have the needed skills but are not interested in board membership, we can still use your help. Contact Jan at (800) 423-9882 or jan@healingjourneys.org.

Sweet Death, Come



T. Garvice Murphree, 86 years old, lives in Asheville, North Carolina. Eight years ago he received the diagnosis of Non-Hodgkins Mantel Cell Lymphoma, which is treatable but not curable. He is the author of Strangers and Angels, a volume of poetry in three sections: I. Nature Sings, II. Living with Illness, III. Between Book Ends.

As I begin my 8th year with Non-Hodgkin's Mantel Cell Lymphoma, treatable but incurable, I have an abiding gratitude for all the wonderful understandings I am privileged to assimilate. Yet, I am appalled by a prevailing idea that the only response to cancer is to seek a cure.

I am a retired Minister of Christian Education, having served on the staff of several churches. A fundamental and appropriate response to any situation is prayer – thanksgiving, interceding, longing, seeking, and reaching for the highest and best good. Nevertheless, most of my sincere, earnest, caring Christian friends seem to be focused exclusively on finding a cure. It seems there is no thought behind their words of genuine concern that embraces any perception of healing except via a cure. This troubles me.

Many valued friends who evidently think they are expressing caring support refuse to acknowledge any understanding of dying or death except as defeat. There seems to be a grand collusion that if one talks of death, it reveals a death wish. Since January 2002, I have, in fact, lived with death daily. It is an acknowledgment of reality, not a wish. My life is enriched, greatly, by understanding that death is not perceived as a terrible calamity which may pounce upon me. Rather, I have some healthful perspectives on life and living that I did not have earlier.

The experiences and circumstances described above have made my life richer than it could be without them. With insight gained, I find greater meaning with vitality akin to what I experienced at the *Cancer as a Turning Point* conferences.

In light of the perceptions mentioned above, six months ago (in cancer year 7½) I was strongly impelled to write on the subject of death in beneficent terms. I replaced the concept of "death as the enemy of life" with death as a significant traveling companion on my journey through life to its end, not as a fearsome intruder lurking behind or around suspected corners or other hiding places. This concept led to the poem entitled *SWEET DEATH, COME* written from memories 55 years ago of hearing the masterful, overpowering composition for organ by J. S. Bach.

SWEET DEATH, COME

Come
oh death
not late
not early
but in your
great certainty.

Time is on your side
ambivalence on mine.

I have heard
I have felt the rain
pounding relentlessly
upon the doors of earth.

I am witness to the
seasons of my years;
sprouts in springtime,
fruits of summer's bounty,
somber maturing in autumn,
warming comforts of winter.

On the brow of
each tomorrow
lively gifts enrich my way
in joys immeasurable.

Sorrow claims its
appropriate space.

Approaching death
is my anointing.

So
come
sweet death
as you will.
Come!

Come!

8/24/2009, Copyright; T. Garvice Murphree

It Does Matter What You Eat *(continued from page 3)*

I now know that people with all stages of cancer can have good appetites and can eat heartily. After a week of eating whole foods, my clients often tell me they feel "pleasantly cleansed." Indeed, their complexions are clearer, their eyes are brighter and their countenances radiant.

A pleasant experience of eating nourishing and nurturing foods helps people feel connected to each other and to a larger whole. Eating whole foods sends a very basic message to the body/mind/spirit: The whole of life is inherent in nourishing food – and real food is the ultimate transformation of energy into life.

When you eat whole food that is lovingly and thoughtfully prepared, you are eating more than protein, carbohydrates, fats and phytonutrients – you are eating life.

Yes, it does matter what you eat!

Paying Forward the Gifts we Received

Like so many of you, I remember the exact date, time, and place I heard the news "you have breast cancer." I had just facilitated a training class on "civility" and was standing outside my car where the training took place. When I heard the doctor's message on my voicemail to return his call as soon as possible, I knew the lump was malignant.

Time suspended until I heard the doctor answer and say, "you have breast cancer." As he talked about appointments and procedures, I felt removed from myself, as cold and distant as the grey skies and Wisconsin cold that surrounded me. I remember crying then and calling Michael (who became my husband). "I have breast cancer," I almost shouted, with the rage and anguish I so deeply felt. As I drove the 90 miles home, I knew that I could not go to that "home" ever again. This was the beginning of a new kind of life, and not one I had ever prepared myself to live.

I began a frantic journey of learning everything I could about invasive lobular carcinoma. Following blue links on my computer screen, my head felt like it would explode. I couldn't sleep; I was terrified; I cursed, cried, begged and screamed.

Then, in one of my many searches, I found Healing Journeys. I ordered the *Cancer as a Turning Point* CDs. From the moment I finished listening to the first CD, I wept with a relief my body desperately needed. Each speaker lifted the weight of fear I felt. It wasn't what any one of them said exactly, but more the pure power of their stories, research, and experiences.

They were thriving, and I knew if they could do it, so could I. I felt as if I knew these people, as if we all belonged to a family in the best sense of the word. These people, my people, imbued me with courage and strength. I had a road map out of the dark forest, which provided me new areas to explore and skills to make treatment decisions and, thus, life decisions. I had a way to move from surviving to thriving.

My journey through cancer also gave me the courage to marry the man I loved – a man who said, on the day of my diagnosis, "We



have cancer and we will beat it." There isn't any better medicine than knowing someone will share your journey. Just a few weeks after the end of my treatment, we married. Instead of gifts, we asked

that money be donated to Healing Journeys in gratitude for the difference it had made in our lives. We hoped we were paying forward the gifts we received – a small gesture for the sense of clarity and hope which transformed my life.

P.S. Today I ate peanut brittle because a friend died from bone cancer. May we never forget to live some moments as if we never had cancer.

Sherry DeRosa lives in Eau Claire, Wisconsin. She is a life skills coach for individuals and a coach for CEOs trying to build motivation among their employees for the vision of their business. You can contact Sherry at www.sherryderosa.com, via email at sherryderosa@gmail.com and by phone at (715)379-2615.

Elbows

The sacred quality of arms, particularly elbows that make each of us working class, put us here for a purpose.

Look at elbows and what they say: elbow your way into the passive crowd to do what is needed, give it your elbow grease – this is enough.

Elbows, no one can possess them because they can disappear and you move them into action by choice.

And that choice is prayer in action. The deepest current of love is not found in the heart. That is the certain spring, the natural ease, the flow from the mountaintop. The greatest current of love rushes forward in the choice to make a cradle of the body.

John Fox



John Fox is a poet, certified poetry therapist, and President of the Institute for Poetic Medicine. He is adjunct associate professor at the California Institute of Integral Studies in San Francisco, California and teaches regularly in three other graduate programs. John is author of Poetic Medicine: The Healing Art of Poem-making. His work is featured in the PBS documentary, Healing Words: Poetry and Medicine. This poem was written the week both Mother Teresa and Princess Diana died in August, 1997, while he was looking at pictures of them holding children. He thinks of it as a significant poem about bringing our love out into the world.



support healing, activate hope, promote thriving

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Director's Reflections *(continued from page 1)*

cancer and other illnesses. It's the stories we hear from so many of you about how our conference has made an impact on your life. It's many long hours of hard work. It's generous and compassionate people, like you, who want to give back and contribute your talents and resources.

We have been producing *Cancer as a Turning Point, From Surviving to Thriving™* for 16 years, offering it at no cost so it is available to everyone. We have depended on sponsorships, grants, and personal donations to support these free events. This past year, not unlike other non-profits, not unlike families whose economies have suffered, the donations to Healing Journeys have shrunk. Our ability to project a viable future for Healing Journeys was (and still is) strained.

Responding to our needs (and your needs), an anonymous donor offered a matching grant to pay half the cost of a Northern California conference in 2010. These funds are only available to us if they are matched.

"Matching funds" means that you can double your impact by donating now. For every dollar you donate, two dollars will go to Healing Journeys; for every \$25, \$50 will go to Healing Journeys. This has allowed us to plan for the next Northern California conference in San Mateo on October 9 & 10, 2010. With your help, it will become a reality.

While planning for 2010, we also want to create sustainability. **A more predictable future for Healing Journeys requires financial stability.** I invite you to please consider donating \$10 or \$20 per month ...whatever you can. This donation can be arranged automatically at your bank at no charge to you. You will make a huge difference in our ability to empower more people to move from surviving to thriving.

Please think about what the experience of *Cancer as a Turning Point, From Surviving to Thriving™* has meant to you and what life would be like had you not become a part of this community. **This is the time to donate what you can, knowing it will go much further.** Thank you.