



The Seven Levels of Healing®: Celebrating Life and Spirit on the Journey Through Cancer

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Cancer as a Turning Point, From Surviving to Thriving™

The Wellness Community

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Core message:

Today, more than ever before, people are seeking an approach to medicine that is more holistic, compassionate and sensitive to their needs as a whole person. This is particularly true for those dealing with cancer. Patients, family members, and health professionals must grapple with a vast array of conventional and non-conventional treatment options, while also searching for meaningful ways to embrace the mental, emotional and spiritual dimensions of healing.

In this context, what is the most conscious, empowered and comprehensive way to respond to a diagnosis of cancer? How can the very best conventional treatments be integrated with safe and effective complementary therapies? How can we honor and care for every dimension of the *whole person*? And how can such an approach be accomplished within the context of modern medicine and modern life?

In this presentation, Dr. Geffen will address these questions and more. He will describe the seven fundamental areas of inquiry and exploration universally encountered on the journey through cancer and other serious challenges—*The Seven Levels of Healing®*. Understanding these levels of healing assists patients and loved ones to skillfully and effectively navigate *all* aspects of the cancer journey, while celebrating life and spirit at every step along the way.

Level One: Education and Information

-We begin here for two fundamental reasons:

- Making the best and most informed treatment decisions can critically impact prognosis and outcome on the cancer journey
- The mind must be calmed, quieted, and reassured in order to explore the deeper dimensions of healing

Level Two: Connection With Others

- Social isolation is a risk factor for morbidity and mortality from all illnesses
- Connection with others lies at the heart of healing

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The Seven Levels of Healing® (continued)

Level Three: The Body as Garden

- The importance of regarding the body as a precious *garden*, rather than just a machine
- We are all the gardeners of our own health: the role of safe and effective complementary therapies
- The key ingredients of a healthy garden, and their corollaries to our own health:
 - Fertilizer (diet and nutrition); Irrigation (water, hydration); Tilling the soil (movement, oxygen, exercise); Sunshine, fresh air (taking time to be in nature); Weeding (detoxification); Love (loving and honoring ourselves, kindness, compassion, tenderness); Intention (desire, focused attention); Patience (understanding that healing is a journey, not a *destination*); Stillness and Rest (allowing nature to express itself, feeling gratitude, and appreciation for the blessings and mysteries of life)

Level Four: Emotional Healing

- Negative, destructive, disempowering emotions can be the “Elephant in the Room”
- The impact of emotional turmoil on health and healing, and how to transform this

Level Five: The Nature of Mind

- The role of thoughts and beliefs in health, healing, and life
- How the *meaning* we give to events determines one’s experience of life, and can profoundly impact health and wellbeing

Level Six: Life Assessment

- The “Life Assessment Process”
 - “What is the meaning and purpose of my life?”
 - “What are my top 20 goals for the coming year?”
 - “How do I want to be remembered after I am gone?”

Level Seven: The Nature of Spirit

- Embracing “The Nature of Spirit” can transform the journey through cancer -- and life -- in extraordinary ways

Bibliography

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Geffen, Jeremy R., MD. *The Seven Levels of Healing*. (Audio Program). Niles, IL. Nightingale-Conant. 2001 and New York: Simon and Schuster. 2002.

For more information about Dr. Geffen, *The Seven Levels of Healing®* and Geffen Visions International, Inc., call 303-444-6814 or visit www.geffenvisions.com.