

☯ Director's Reflections - Jan Adrian ☯

In 2007 we offered our second two-day *Cancer as a Turning Point*[™] conference in Greenville, SC, and it was attended by people from 23 states. The evaluations were superlative, and we've been invited to offer our conference there again in 2009.

In March, 2007, we offered a one-day workshop with Belleruth Naparstek in San Francisco. *Gifts of the Imagination: Guided Imagery for Surviving and Thriving Beyond Cancer* was described as *informative, invigorating, helpful, practical, hopeful, affirming and expanding*. Others said: *Belleruth is wonderful, believable & a great impromptu speaker. Wonderful tools! Thank you for the great combination of research, stories, and experiential opportunities*. We are offering the same workshop in Portland and Seattle in 2008. (See Upcoming Events).

My personal challenges in 2007 included a hip replacement and treatment for ocular melanoma. I continue to be full of gratitude for the many blessings surrounding the eye cancer:

- It wasn't metastatic breast cancer; it was a new primary cancer.
- Western medicine offered a treatment with a 95% cure rate.
- The tumor in my eye was really small. Because I went to the doctor for a torn retina, the tumor was detected early. If it weren't for the retina problem, the tumor would still be growing in my eye.
- The preferred treatment, proton beam radiation, is only offered in three places in the United States. One of them is at UC Davis, 20 minutes from my home.
- The tumor was far enough away from the optic nerve that my sight wasn't affected by the tumor or the treatment.
- I have health insurance that covered the treatment. (With my first diagnosis of breast cancer, I had no health insurance.)

I have surgery scheduled in April, 2008 to replace the other hip. I'm visualizing being able to walk comfortably and dance by the time of our free, two-day, *Cancer as a Turning Point*[™] conference that will again be in Sacramento, CA in September.

Mobilizing Your Life Force

By Ruth Bolletino, PhD, and Larry LeShan, PhD, author of Cancer as a Turning Point. Together they facilitate six-day residential retreats for anyone touched by cancer. The next one will be held April 3-9 in Madison, Connecticut.

Fifty years ago, psychologist Larry LeShan studied the question of whether psychotherapy can make a difference in the progression of the disease. Traditionally psychotherapy is modeled after physical medicine, asking the same questions as a physician: "What is wrong with you?" and "What can be done to 'fix' you?" Many years of research and clinical work showed that this approach is irrelevant to the immediate concerns of

people dealing with cancer and usually has no effect on the course of their illness.

As a result, LeShan developed a different approach. Emphasizing the uniqueness of each person, it focuses on different questions: "What is right with you - what are your own best ways of living, of being, relating and creating?" and "How, given the reality of your situation, can you move more in this direction?" The

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Upcoming Events

**Gifts of the Imagination:
Guided Imagery for Surviving and
Thriving Beyond Cancer**
Belleruth Naparstek, LISW, BCD

Seattle, Washington

Fri., April 4, 2008 – 9 a.m. to 3:30 p.m.
Glaser Auditorium
Swedish Medical Center's First Hill
Campus

Portland, Oregon

Sat., April 5, 2008 – 9 a.m. to 3:30 p.m.
Souther Auditorium
Providence Cancer Center in Portland



**Cancer as a Turning Point,
From Surviving to Thriving**[™]
Two-day FREE program
(Pre-registration suggested)

Sacramento, California

September 13 & 14, 2008
Memorial Auditorium

Presenters include: Jeremy Geffen, MD; Ed Bauman, PhD; Ann Roach; Jonna Tamases performing *Jonna's Body, please hold*; Jamie Sieber; Emmett Miller, MD; Gary Malkin; BK Bose, PhD; Linda Tillery; and *An Inconvenient Tumor* performed by Terri Tate and Annan Paterson.

Special Offer!

**FREE to Cancer Centers and
Libraries**

We received a grant to offer CD sets and DVDs of previous *Cancer as a Turning Point*[™] conference presentations. Valued at \$210, this giveaway package is available to cancer centers and any organization that has a resource center for cancer patients for the cost of shipping only. Use the order form at www.healingjourneys.org. Please pass this information along to applicable centers.

Eating For Cancer Prevention and Recovery

What you eat becomes you, so eat for health © 2008, Ed Bauman, Ph.D.

Ed Bauman, Ph.D., director of Bauman College: Holistic Nutrition and Culinary Arts and Bauman Nutrition Clinic, in Penngrove, CA, is a holistic cancer-recovery nutrition consultant. For more information, visit www.baumancollege.org. He will be a speaker at our Sacramento conference in September.

1. Increase intake of local, seasonal, fresh, organic foods.
2. Drink half your weight in ounces of purified water, about a half cup every hour.
3. Read labels and avoid packaged foods with anything you can't pronounce.
4. Decrease intake of refined and artificial sugars, white flour products, margarine or hydrogenated fats, added hormones, preservatives, colors, and antibiotics.
5. Don't be meat predominant in your protein choices. Try more beans, grains, nuts and seeds.
6. Ingest 1 gram of protein per kilogram (2.2 lbs) of normal body weight.
7. Eat protein by ten in the morning and 1-3 more times during the day.
8. Eat protein or something naturally salty, such as celery or seaweed to curb sugar cravings.
9. Minimize caffeine intake to 50mg or less (1 c. black tea, 3 c. green tea, or ½ c. coffee or espresso).
10. Eat more monounsaturated fat (olives, avocados, almonds) than saturated fat (animal, dairy, coconuts) or polyunsaturated oils (soy, corn, sunflower).
11. Increase consumption of gluten-free grains (brown rice, corn, millet, quinoa, buckwheat, amaranth), which are mineral rich and easy to digest.
12. Increase consumption of leafy (e.g. kale), crunchy (e.g. broccoli) and starchy (e.g. yam) vegetables to provide abundant minerals.
13. Eat three portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.
14. If body temperature is cold, eat more proteins, essential fatty acids, seaweeds, and warming spices such as ginger and cayenne.
15. If body temperature is warm, eat more cooling foods, such as fruits, vegetables, and green herbal teas and spices like mint, rosemary, lemon grass, and rooibos.
16. Undertake a simplified diet or fasting program seasonally, including colon cleansing and increased spiritual practice.
17. Enjoy your food and let others eat in peace.

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intent is that you find a way of being that brings purpose, enthusiasm and fulfillment to your life. The focus is not on your past but on your future.

Imagine that you are on a boat and find yourself far from shore with no oars. You are feeling helpless and scared. Thinking about how you got there does not help. Instead, you haul up the anchor and throw it ahead of you. When it catches, you take hold of the rope and pull the boat forward. You do this again and again, as many times as you need to, until you are on solid ground.

Imagining a future that you get enthusiastic about, and then acting to make changes in your life to take you there is like throwing

an anchor into the future. When people who are ill find a meaningful, exciting future to move toward, there is often a positive change in their body's ability to resist the cancer process. At the very least, life becomes more of an adventure.

The approach was originally developed in ongoing therapy with individuals. Later we found it to be equally effective in six-day residential workshop retreats and intensive individual "marathons." For information about our approach, our workshop retreats and other services, see our Web site: www.cancerasturningpoint.org. Ruth can be contacted at rbolletino@aol.com. or (212) 496-9136.

Healing Journeys



Mission Statement

Our mission is to support healing, activate hope and promote 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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FREE Retreats for Cancer Patients

Harmony Hill Retreat Center in Union, WA, just one hour from Olympia or Bremerton, offers no-cost cancer retreats for people in any stage of cancer diagnosis and their loved ones. For more information, please visit www.harmonyhill.org or call 360-898-2363.

☞ Robin Davenport's Graceful Journey ☞

Diagnosed with a rare form of cancer in 1998, it became Robin Davenport's mission and passion to assist others with life threatening illnesses. It was her passion that brought our *Cancer as a Turning Point*™ conference to Greenville, SC in 2005 and again in 2007. During the last 6 months of her life, her husband, Denby, kept Robin's friends up-to-date via email. Here are some of Denby's words:

Dec. 20, 2007 – "When we brought Robin home from the hospital on December 10, we thought that she would not be with us much longer. But, she is still here, although growing a bit weaker each day. This has been an amazing ten days. I have learned a bit about living and a lot about the journey of dying. My father died at age 53 after a period of battling cancer for several years. Back then, no one used the word "cancer" and even fewer people would talk about his "illness." Too Bad! Being able to discuss the process of dying and what is happening is extremely liberating to the patient and to those supporting the patient. All of us have benefited greatly from Robin's journey, and Robin tells us how wonderful it has been to have this time to share with family and

friends. Robin now tells us that her work here is finished and that she looks forward to continuing her journey."

January 12, 2008 – "Robin died peacefully early this morning with me holding her as she took her last breaths. For some number of months, Robin has had limited physical mobility and has required more personal attention as her cancer has progressed. The demands on my time and resources have, from time to time, been inconvenient, but never a burden. I have loved and been loved. This period of time has afforded me an opportunity to love Robin on a much deeper and spiritual level than I ever have before. Robin's path has also been a gift and a blessing. We have had the opportunity to be together at a very meaningful and personal time in our lives, and I have learned lessons in empathy, compassion, and patience."

Memorial contributions for Robin can be sent to the Community Foundation of Greenville, 27 Cleveland St, Suite 101, Greenville, SC, 29601, for the *Cancer as a Turning Point*™ Conference to be held in June, 2009.

The "Bremerton" Model

In September, 2007, Harrison Medical Center sponsored a one-day version of our *Cancer as a Turning Point, From Surviving to Thriving*™ conference in Bremerton, WA. Presenters included Michael Lerner, PhD, Terri Tate, Debra Jarvis, Sista Monica, and a local panel of health professionals. 240 people attended and here are some of their comments:

- *Thank you for this life-changing conference.*
- *Very healing day!!! Filled up my heart and soul. You're doing some very important, needed work.*
- *A wonderful, reassuring, hopeful day. Thanks for all your efforts. Thanks, especially, for Harrison Medical Center sponsorship.*
- *Thank you – this conference came just when I needed it – it was a salve for my soul!*
- *This was a retreat, both educationally and spiritually. Actually physically also. And in my own backyard! A single day that has nourished me as though it were a week. Blessings.*
- *I believe workshops such as today's not only facilitate learning, but promote an environment for all patients to be at ease to ask questions. Often we are intimidated because we are less educated in the diagnosis than the medical professionals we consult. Today gave me more confidence to ask questions and trust my own instincts.*

This was a new model in which we created the program and consulted with Harrison while they obtained the venue, created the brochure, promoted the conference, and provided food and drinks. They were delighted with the exposure this gave them in their community, and the participants loved having the conference in their own backyard. Since this model is less labor intensive for Healing Journeys, we can offer more conferences and more people will experience the benefits of attending. **If you want this program in your community, please call Jan at (800) 423-9882.**

If You Knew

by **Ellen Bass**

from *The Human Line*. © Copper Canyon Press, 2007. Reprinted with permission.

What if you knew you'd be the last to touch someone?

If you were taking tickets, for example, at the theater, tearing them, giving back the ragged stubs, you might take care to touch that palm, brush your fingertips along the life line's crease.

When a man pulls his wheeled suitcase too slowly through the airport, when the car in front of me doesn't signal, when the clerk at the pharmacy won't say Thank you, I don't remember they're going to die.

A friend told me she'd been with her aunt. They'd just had lunch and the waiter, a young gay man with plum black eyes, joked as he served the coffee, kissed her aunt's powdered cheek when they left. Then they walked a half a block and her aunt dropped dead on the sidewalk.

How close does the dragon's spume have to come? How wide does the crack in heaven have to split?

What would people look like if we could see them as they are, soaked in honey, stung and swollen, reckless, pinned against time?

Healing Journeys' Wish List



Office Space: We have been operating out of Jan Adrian's home for several years. With staff expansion, we need to move into a larger office space. If you know of any inexpensive or donated office space in Sacramento, please contact Jan at jan@healingjourneys.org

Volunteers: Help us produce our 2008 Sacramento *Cancer as a Turning Point*™ Conference. Join the Sacramento steering committee, or help us on Sept. 13 and/or 14 at the event. Email karen@healingjourneys.org or call 916-501-9796.



**P.O. Box 221417
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Return Service Requested

We can be in touch with you more frequently via email. Please join our email list, or update your email address by clicking on "Mailing List" at www.healingjourneys.org.

Healing Journeys Future – Jan Adrian

It's been 14 years since I created the first *Cancer as a Turning Point, From Surviving to Thriving™* conference that was held in Monterey, CA. Twenty-three conferences later, I was feeling tired and discouraged. I've hired help over the years, but have not been able to financially sustain them, so I was mostly working alone in my home office again. After another cancer recurrence, Larry LeShan talked to me about needing to have an anchor in my future that I could latch onto to pull me forward – something I felt excited about. As a Board, we decided that our work is important enough that we want it to outlive all of us. That means I need to be working with and training others now, rather than continuing to work alone. I can feel excited about that.

Our goal is to continue with a two-day conference in Northern California every even year. On the odd years we will offer a conference on the East coast. In addition, we would like to add a one or two-day free event in at least one new location every year. As a result of giving CDs and DVDs from previous conferences to cancer centers, there is an increased knowledge of, and interest in, the services we offer. We're working on turning some of this interest into events.

We want to make some of the presentations available on our Web site. We also want to offer teleseminars, and occasional workshops offering self-help tools for cancer patients, their families, and

health care providers. To accomplish this means we need to have a staff, and requires that we raise about \$300,000 a year. If everyone receiving this newsletter donated at least \$25, our goal would be met.

Some people are surprised when I express Healing Journeys' financial need. Because we put on such a great and well-run conference that is free, they think we must have deep pockets. It's always been a struggle financially, but I'm affirming that this is the year in which that changes. It is an incredible feeling to know that somewhere between 10 and 20 thousand people have experienced the healing and hope of our free conference. If you are one of those, and you want to help make it possible for others to have that experience, please contribute whatever you can to help us meet our goals.

☞ Greeting Cards ☜

Thank you to Judy Tillson and Julie Rodriguez Jones for the beautiful cover designs for our three new greeting cards for 2007/2008. The Rising Nautilus card is available as blank inside or with an ancient Tibetan blessing. They are perfect to have available for any occasion. Our cards from 2006, with an inside message of "You are Loved" are also available at www.healingjourneys.org.