



Director's Reflections

Jan Adrian, MSW
Executive Director

I have much to be grateful for in 2008:

- It was a cancer-free year for me. My first cancer diagnosis was in 1989 and I'm here to celebrate the 20th anniversary.
- I was able to begin walking without a cane after needing it for two years.
- I received heart-warming stories from many of you about the benefits you've received from Healing Journeys' events.
- The Sacramento conference was a success – some said the best ever.
- Holly Thompson has worked with me since February, 2008 making work more fun and allowing me to think about "having a life."

A second hip replacement in April didn't eliminate the leg pain that had kept me walking with a cane since August, 2006.

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Setting the Conditions for Hope

David B. Feldman, PhD, is an Assistant Professor of Counseling Psychology at Santa Clara University. He has written and lectured extensively on the topic of hope and is the co-author of The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One. www.davidfeldmanphd.com. He will speak at our conference in Greenville, SC in June.

During the presidential campaign, we heard a lot about hope. Some even say that Obama's hopeful message was the key to his success. Regardless of our political views, we all can agree that hope is a powerful commodity, and the lack of it can hobble even the strongest of us. The notion of hope may be a relative newcomer to political discourse, but cancer survivors already know a lot about it. Unfortunately, whenever an idea becomes politicized, it's easy to forget what it really means in our



lives. The next few paragraphs are an attempt to remind us.

Let's start with what hope is not. It isn't wishful thinking. All of us indulge in fantasies about what we wish could be. For a wish to become a hope, it's easier to tell ourselves that if we just "think positive," all our problems will magically disappear. In contrast, true hope involves accepting the way things are as a starting point for how things should be. One of the most hopeful people I've ever

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UPCOMING EVENTS



Awakening the Healer Within

*a one-day workshop with
Emmett Miller, MD*

San Mateo, CA

Sat. April 4, 2009 – 9 a.m. to 3:30 p.m.

San Mateo Marriott

\$99 early registration by February 28

Portland, OR

Sat. August 1, 2009 – 9 a.m. to 3:30 p.m.

Souther Auditorium

Providence Cancer Center

\$99 early registration by June 30



Cancer as a Turning Point, From Surviving to Thriving™

Two-day FREE program
(Pre-registration suggested)

Carolina First Center, Greenville, SC
June 6 & 7, 2009

Presenters:

Jeremy Geffen, MD

Shayna Komar, RD, LD

Beth Nielsen Chapman, singer/songwriter

Anna Schwartz, FNP, PhD, FAAN

Chad Juros, Magician

Debra Jarvis

Anita Burroughs-Price, harpist

David Feldman, PhD,

and a panel of local health professionals.



Cancer as a Turning Point From Surviving to Thriving™

One-day FREE program
(Pre-registration suggested)

Bremerton, WA

October 3, 2009

Presenters:

Wayne Muller, MDiv

Jonna Tamases

Too short! Too short!

Bidyut K. Bose, PhD
Executive Director, Niroga Institute, www.niroga.org



Memorial Auditorium in Sacramento was packed – about a thousand cancer survivors from across the country and their caregivers, as

well as health care professionals, gathered for the Healing Journeys conference. We presented Healing Yoga on each of the two days.

I presented the latest research on how and why healing yoga, breathing techniques and mindfulness can make a profound difference in dealing with this potentially life-threatening disease. And then I led the audience through a short practice, as senior Niroga teachers demonstrated. Standing and sitting, just a few minutes of mindfulness, connecting with our breathing and gently emerging in movement – no mats, no props, stripping the practice down to its essence. The response was overwhelming: “calming,” “gentle,” “a wonderful addition to the program.” Many left with a desire to develop a

personal practice, having felt “such positive effects in such a short time!”

Hundreds swamped our little table throughout the two days, many saying that they never thought they could do yoga, and yet when they followed along, they found that they could do it, and that it felt wonderful! They wanted to know how they could practice wherever they had come from, and we distributed hundreds of our Healing Yoga DVDs. Summit Hospital in Oakland and UCSF are interested in studying the effects of this Healing Yoga protocol on stress, anxiety and depression, as well as its impact on the endocrine and immune system.

One participant said that it was the “most motivating appeal to do yoga that I’ve ever heard!” while another said, “Too short! Too short!” Indeed, a practice too short, in our short, fragile lives, and yet the power and the promise of a practice that gently nudges us to live each moment fully, as if it were an eternity, pregnant with infinite possibility.

Director’s Reflections *continued from page 1*

I have experienced some relief as a result of the long and tedious process of physical therapy and daily exercises prescribed by an Egoscue therapist (based on “Pain Free” by Pete Egoscue). It seems some of the pain in my lower leg has been caused by the trauma that cancer treatments have inflicted on my chest area, causing a tightness that radiated down to my leg. Even though I’m not totally pain-free yet, I can see Salsa dancing in my future.

The “Awakening the Healer Within” workshop with Emmett Miller, MD last year was so meaningful and valuable that we’re excited to be offering it again in 2009 in two locations (see Upcoming Events). You can register at www.healingjourneys.org.

We just completed a revitalizing Healing Journeys staff/board retreat, outstandingly facilitated by Susan Mazer of Healing Healthcare Systems. We are energized and hopeful about the future of Healing Journeys.

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 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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Healing Journeys' Vision

Our Vision is that **Everyone** touched by cancer has the opportunity to go from surviving to thriving. We are grateful for your support, and we are taking steps forward.

One thousand people registered for our Sacramento conference last year. Free audio presentations from that conference are on our Website. Presentation excerpts are on YouTube, and DVDs are available. We would like to do much more and with your help we can.

Here's an excerpt from a letter from Betty who attended our Sacramento conference: *In the 10 months since learning that my breast cancer had metastasized to the bone, I have watched my emotions move from elated to lost. Lost was my state prior to coming to Healing Journeys this last weekend. I needed the encouragement that I received from the conference to pull myself out of an increasingly darkening realm that was causing me to lose hope and even will after nearly 13 years of confronting cancer.*

*I was possibly
more enriched there than
by few other sources
in my life
in the last few years.*

Both my husband and I had such a wonderful time at the conference. I was possibly more enriched there than by few other sources in my life in the last few years. I came home with such a light and easy heart, playful, even wacky, and felt so deliciously free. The following day I was buoyant. That's a long way from "lost." A week later it is clear to me that my mental state has shifted. What a victory! And for those who cannot donate, it is free! How crazy good is that?

Betty is not alone. We are making a big difference in people's lives. That's why we want to do even more – more on-line resources

and more conferences in more locations. Your contributions will help us enrich other lives like Betty's.

Donate now and get the exclusive DVDs for yourself. Don't stop there; get them for everyone you know who needs messages of hope and thriving. You can donate on our Website or by calling (800) 423-9882.

Setting the Conditions for Hope

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met had a brain tumor that would eventually take his life. Although he longed for things to be different, he found a way to simultaneously admit the reality of his prognosis and maintain hope. "I can't wish this thing away and nobody can magically cure me," he told me. "But there's a lot I still can do."

One of the fathers of the field of positive psychology, C. R. Snyder, surveyed thousands of hopeful people and concluded that true hope thrives under three conditions. First, we must have something to hope for—goals—preferably, several of them. Although nearly all cancer survivors rightfully have the hope of continued survival, it's important that this never be the only goal in one's life. Life is worth living not simply because we have more time, but because this time is filled with meaningful things. Facing a cancer diagnosis can also draw our attention to these other meaningful goals and priorities. Second, we must trust in our ability to move toward those goals; this is what Snyder called personal agency. Even though we'll never be certain of achieving our goals, we can maintain a belief in ourselves. And last, hope involves making plans, or what Snyder called pathways. The difference between a wish and a genuine hope is often the ability to envision how we'll get from where we are to where we want to be.

So, hope isn't a mystery. It blooms when we set the right conditions. But hope isn't easy either. It takes considerable effort to set realistic but meaningful goals, assess our abilities, and plan. But, it's well worth it. I wonder if you'll allow me to be so presumptuous as to suggest a goal that we might set in all of our lives. As we greet a new year (and a new administration), I suggest that we resolve to move beyond the political slogans about hope and put forth a genuine effort to establish the conditions for hope to thrive in our lives and the lives of those we love.

Thank You for Your Contributions

The following people and companies contributed to Healing Journeys in 2008.

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Dianne Schearer Kathy Frodahl	Joan E. Horngren Mary Horngren	My sister & 2 dear friends who have survived cancer	Tim Klinefelter Shirley Weishaar
		Helen Schroeder	



Cancer Fitness

Anna L. Schwartz, PhD, FNP, is the executive medical director of Rehabilitation Systems, LLC, and develops comprehensive rehabilitation programs for people with cancer and other chronic illness. www.rehabsys.com. She is the author of Cancer Fitness: Exercise Programs for Patients and Survivors (Simon & Schuster, 2004). She will be a speaker at our Greenville, SC conference in June.

Are you fit for cancer and survivorship? Profound fatigue and weakness are the most common side effects of cancer treatment, and these side effects often linger many years into survivorship. Research consistently demonstrates that regular exercise is the most effective intervention for preventing and reducing cancer fatigue and weakness. Unfortunately this information has been slow to get out to both health care professionals and survivors.

Exercise, aerobic and resistance, improves not only fatigue and weakness, but very quickly improves aerobic capacity, muscle strength, body composition, depression, emotional outlook, and other aspects of quality of life. Exercise as simple as walking every other day for 10-20 minutes can

produce dramatic changes physically and emotionally. The key is to start slowly, progress systematically and be patient with your body as it adjusts to the work you are asking it to do. If walking for 10 minutes is too much to start, then break the exercise into shorter times throughout the day. You will see and feel results within a few weeks.

Being "cancer fit" makes treatment more tolerable and survivorship more enjoyable. Exercise should make you feel good, so if you are feeling tired or that you are pushing too hard, then go a little easier. Cancer fitness gives you the strength to live life the way you want, and pursue activities that are meaningful to you.

Moving Through the Dark by Mark Nepo

*This excerpt is from a new book of teaching stories,
"As Far As The Heart Can See."
For more about Mark and his work, please visit
www.MarkNepo.com.*

In nature, we are quietly given countless models of how to give ourselves over to what appears dark and hopeless, but which ultimately is an awakening beyond all imagining. All around us, everything small and buried surrenders to a process that none of the buried parts can see. We call this process seeding. And this innate surrender allows everything edible and fragrant to break ground into a life of light that we call spring. As a seed buried in the earth can't imagine itself as an orchid or hyacinth, neither can a heart packed with hurt or a mind filmed over with despair imagine itself loved or at peace. The courage of the seed is that, once cracking, it cracks all the way. This moving through the dark into blossom is the threshold to God. And the devotion of the living to move through the dark into blossom is the work of soul.

Turning Point T-shirts on SALE!



Take advantage of this close-out special on a limited supply of white Turning Point T-shirts for \$10 plus \$5 for shipping, handling, and tax. What a deal! Only medium, large, and extra large are available. To order, go to www.healingjourneys.org and click on Visit Our Webstore. Next to the T-shirt, you can also read what the Turning Point symbol means.

Wellness - Your Cash Reserve of Good Health

By Emmett Miller, MD



Dr. Emmett Miller is the author of Deep Healing: The Essence of Mind/Body Medicine. For information about programs, workshops and CDs site at www.DrMiller.com. Dr. Miller will be offering a workshop for Healing Journeys called "Awakening the Healer Within" – see our Event Calendar and register at www.healingjourneys.org.

Building up a reserve of good health is like keeping money in reserve – it makes good sense. It's your "Reserve Capacity" that will keep you from getting sick when unexpected stress comes your way. Most people are careful to check the oil in their cars regularly, but many of these same people will push their health and vitality levels to the limit and then wonder why they "overheat" under pressure.

Nature provides us considerable reserve by giving us two kidneys, when one – or even a half – kidney might be enough for most of us. Likewise, we should give ourselves more than the minimum rest, nutrition and exercise. It is this margin of error that allows us to bounce back when we have a health problem.

What can we do to invest in a "wellness savings account?" Invest in your own energy stocks. It's best to diversify, of course, keeping in mind the four basic energy areas: physical, emotional, mental, and spiritual. Here are their "portfolios:"

Physical Energy: Monitor your diet, including calories, fat, vitamins, antioxidants, and fiber. Avoid cancer-causing foods. Exercise, with regular strengthening, stretching and aerobics. Get plenty of rest. Poor sleep habits lead to low energy and impaired performance and decision making, as well as greater susceptibility to accidents, infection and other diseases.

Emotional Energy: Your emotional diet should include the full range of human feeling. Regularly exercise your emotions, strengthening and stretching them. Allow grief and sadness to stretch you, for they are essential to heal from the necessary losses we all experience in life. Anger and assertiveness are strengthening; they are our keys to power and achievement. Serenity brings healing and joy, a strong tonic to the life force within us.

Mental Energy: Avoid bad habits and addictions. Monitor denial and dissociation. Exercise the ability to confront people or situations and to accept rather than overreact. The key to mental relaxation is The Serenity Principle: Develop the ability to accept those things you cannot change, the courage to change those that you can, and the wisdom to know the difference.

Spiritual Energy: Take the time to digest great wisdom, through books, discussions, loving relationships, spiritual rituals and ceremonies. Do spiritual exercises every day, such as meditation or prayer, to realign yourself with the higher principles you wish to be guided by. Stay in touch with your own inner principles, values, and ethics, to your vision of the future, and to your true mission in life.

Sacramento Conference DVDs

To make some of the informative and inspiring presentations from last year's Sacramento conference available to you, we have created 2 unique and special two-hour DVDs. They are not for sale. You can receive them exclusively when you make donations to Healing Journeys - one DVD when you make a \$35 donation; both of them when you donate \$60 or more. Your generosity sustains us and keeps the inspiration flowing. You can donate at www.healingjourneys.org or call us.

DVD I

- ❖ Hero Song by Ann Roach
- ❖ Jeremy Geffen, MD, FACP - The Seven Levels of Healing: Celebrating Life and Spirit on the Journey Through Cancer (full one-hour presentation)
- ❖ Healing Story by Pam Quillin
- ❖ Music by Jami Sieber

DVD II

- ❖ Healing Yoga with BK Bose, PhD
- ❖ Emmett Miller, MD – Mind-Body Tools for Enhancing the Healing Response (full one-hour presentation)
- ❖ Healing Story by Nick Trujillo
- ❖ Music by Linda Tillery and Ann Jefferson

"A bend in the road is not the end of the road.....unless you fail to make the turn."



support healing, activate hope, promote thriving

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Saving the Trees

In our effort to live greener, we are sending the brochure of our South Carolina conference to our mailing list except to California, Oregon, and Washington. All the information and online registration is available on our Website. If you would like a brochure, please call us. A conference and vacation in South Carolina – now that is a great idea!

For the Emmett Miller, MD workshops in California and Oregon, we are not creating or mailing a brochure. Check out all of the information on our Website, mark the date you can attend, and register online. If you have any questions or want to register by phone, please call us.

Where's the donation envelope? The money we would have spent on printing the envelopes was used to create the DVDs mentioned in this Newsletter (a better use of your dollars to support healing, activate hope, and promote thriving). We hope that doesn't discourage you from making a donation. It is so easy to do at www.healingjourneys.org.

Did you know you can keep up-to-date on resources, ideas for thriving, and Healing Journeys' events, by getting communications in email? Don't miss out; simply go to our Website and click on Join Our Mailing List.

The SNACK Challenge!

Finding healthy snacks and treats can be a real challenge. A few suggestions come from Jeanne Wallace, PhD, CNC, Nutritional Solutions Consulting Group in North Logan, UT. (435) 563-0053; www.nutritional-solutions.net

Green Tea Mints by Sencha Naturals. These delightful leaf-shaped mints have 75mg green tea polyphenols per 3 mints. They are sweetened with low-glycemic sweeteners (like xylitol). Available in pear, lemongrass and original flavor. www.senchanaturals.com

Lydia's Organic Crackers. Low-glycemic, tasty crackers that are 100% organic, raw, vegan and nutritionally-superior! Made from sprouted seeds, vegetables and spices (no grains). The taste is fresh and healthy (great with hummus). Six flavors available: "green" and "curry" are our fav's. www.lydiasorganics.com

Coconut Bliss Ice Cream by Luna & Larry's. Ten wonderful vegan (no dairy) organic flavors made with coconut milk, and sweetened with agave syrup! www.coconutbliss.com