

The Seven Levels of Healing: Celebrating Life and Spirit on the Journey Through Cancer – Jeremy Geffen, M.D.

Jeremy Geffen, MD will be a keynote speaker at our Seattle conference in July. His Seven Levels of Healing program embraces all the dimensions of who you are as a patient and as a human being, and promotes healing and transformation at the deepest level of the body, mind, heart, and spirit. Here is a description of the Seven Levels from his book, The Journey Through Cancer: An Oncologist's Seven-Level Program for Healing and Transforming the Whole Person. www.jeremygeffen.com.

Level One: Education and Information provides basic knowledge and information about cancer and current treatment options. This empowers patients to actively participate in and obtain the greatest possible benefit from their care.

Level Two: Connection With Others explores the importance of finding support and connecting with others on the journey through cancer.

Level Three: The Body as Garden invites patients and family members to regard the human body as a sacred and wondrously complex garden — rather than a machine. This level also explores the benefits of nutrition, exercise, massage, and the full spectrum of other complementary and alternative approaches to healing.

Level Four: Emotional Healing enters the inner realm of the human heart, and explores the transformative process of releasing fear, pain and anger, and the healing power of self-love, forgiveness, and acceptance of all parts of one's self.

Level Five: The Nature of Mind looks carefully at how our entire experience of life — including life with cancer — is profoundly influenced by our thoughts, beliefs, and the meanings we give to events. It also shows how we can escape the tyranny of the mind and move forward consciously on our healing path.

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Walking the Walk

by Neil Caesar

What a kick in the pants!

When I joined the Planning Committee for last June's *Cancer as a Turning Point*[™] conference in Greenville, South Carolina, as a busy health lawyer, I had no idea how much work would be involved. I also had no idea how fulfilling the entire experience would be for me and for our 800 attendees.

As a lung cancer survivor since 1998, my "cancer year" was life changing. I confess, however, that over the years I lost touch with some of those life-affirming lessons. During our preparations, I secretly worried that perhaps I was just "talking the talk" of someone who had grown from my cancer experience. Had I forgotten how to "walk the walk?"

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Mapping the Journey thru Illness toward Healing

Participate in an interactive art project, Seattle 2006

For the third season *Cancer Lifeline* is honored with the task of co-creating the interactive art installation to be exhibited at the 2006 Seattle event. The exhibition theme this year is **the map**, and titled *Mapping the Journey thru Illness toward Healing*.

We ask all of those who would like to participate: How would you interpret your personal journey through cancer toward healing in the form of a map. Remember, maps aren't limited to the road map variety; they can be visual and/or written, 2 or 3 dimensional. We

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Upcoming Events

Cancer as a Turning Point, From Surviving to Thriving[™]

2-day FREE event

(Pre-registration suggested)

July 8 & 9, 2006

Meany Hall, U of Washington, Seattle. Presenters include Jeremy Geffen, MD, Gary Malkin, composer, Mark Nepo, poet, Jonna Tamases, actor, Sista Monica, singer, One World Taiko, Healing Stories, and more.

September 9 & 10, 2006

Nob Hill Masonic Auditorium, San Francisco. Presenters include Judith Orloff, MD, Laura Esserman, MD, Patrick Quillin, PhD, Michael Lerner, PhD, Debra Jarvis, oncology chaplain, Shaina Noll, singer, Sacramento Taiko Dan, Araceli Project, Threshold Choir and Healing Stories.

The Gift of Service

To be at the heart of the conference, join our volunteer team.

Seattle: Lynne (425) 868-6049
jlsinger@comcast.net.

San Francisco: Karen (916) 923-3331
Karen@healingjourneys.org.

Sugar Plump Fairies at either conference
FranHaynes@msn.com.

Rachel Remen Workshops

April 7 & 8: *Living From the Soul: The Everyday Experience of Calling & Mystery* - a 2-day Public Workshop

June 29 - July 1: *The Healing Power of Story: Opening to a Deeper Human Connection* - 3-day Workshop for Health Professionals

www.rachelremen.com/workshop.html

Beating Cancer With Nutrition

Patrick Quillin, PhD, RD, CNS

Patrick Quillin, PhD, RD, CNS will be a keynote speaker at our San Francisco conference in September. He is an internationally respected expert in the area of nutrition and cancer and the author of the book, *Beating Cancer With Nutrition*. www.NutritionCancer.com.

He gives five reasons why every cancer patient should include an aggressive nutrition component in his/her comprehensive cancer treatment program:

- 1) Prevent or reverse malnutrition, which kills 40% or more of cancer patients.
- 2) Reduce the toxicity of chemo and radiation on the patient, while making the chemo and radiation even more toxic to the tumor. Supportive nutrition makes chemo and radiation more of a "rifle" against the cancer rather than a "hand grenade" against both the patient and the cancer.
- 3) Build the immune system, which is inevitably in charge of destroying the remaining cancer cells when the doctor says "we think we got it all."
- 4) Starve the cancer of its favorite fuel: glucose. By lowering gut and blood glucose, we can slow cancer growth.
- 5) Using nutrients as "biological response modifiers", meaning "changing the way the body works" to make the patient less supportive of cancer cells and more endowed with wellness.

Starve The Cancer

Here's an "appetizer" of some of the valuable information in his book:

"Cancer is a sugar-feeder. The scientists call it an 'obligate glucose metabolizer'. You can slow cancer growth by lowering the amount of fuel available to the tumor cells. Americans have become humming birds in our constant consumption of sweet fluids and foods. The resulting constant high blood glucose levels yield many diseases, including cancer, diabetes, heart disease, hypertension, and yeast

infections. Trying to beat cancer while eating a diet that constantly raises blood glucose is like trying to put out a forest fire while someone nearby is throwing gasoline on the trees.

Stop eating sugar. Eat very few sweet foods, including high glycemic fruits. Begin an exercise program to burn blood glucose down to a manageable level. Your cancer is not going to be happy as you begin to starve it. You will develop sugar cravings worse than you currently have. Ignore them and push through the discomfort.

Make fish and colorful vegetables the staples in your diet. Eat small amounts of fresh fruits at a mixed meal, which will blunt the rises in blood glucose. Use cinnamon liberally, since it helps to stabilize blood glucose. Take supplements of chromium and magnesium. I have yet to see a cancer patient beat the disease who continued to load up on the average amounts of sugar in our diet, which is 140 pounds per year per person." ❧

Thank you, Carole

Carole Purin contributed greatly to Healing Journeys in the many roles she played. As our first Board president (for 7 years), she held the Board together during our developing years, putting procedures in place that we continue to use and appreciate. As staff for the last 3 years, her many hours of devoted work and her organizational skills have left us with structure and organization that will make conference activities and volunteer assistance at future conferences run more smoothly.

After ten years with Healing Journeys, Carole feels ready for new adventures. She has retired, leaving us in much better shape than when she came. We will all miss her greatly and wish her the best in her new endeavors. ❧

Video Tape Sale

A limited supply of video tapes from past conferences are on sale for \$10 – including the Gray video that includes Rachel Remen, MD and Jean Shinoda Bolen, MD. See selection at www.healingjourneys.org, or call (800) 423-9882. ❧

Healing Journeys

Mission Statement

Our mission is to promote and support healing by assisting people with cancer and other life-altering illnesses to access their healing potential and their ability to thrive.

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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Director's Reflections – Jan Adrian

In 2005 Healing Journeys branched out into two new ventures. In April, 150 of you attended our first *Cancer and Healing* workshop for Health Professionals in San Francisco. DVDs are now available from www.amazon.com. We offered our first East Coast conference in Greenville, SC, in June, for almost 800 people from 23 states and 2 countries. The Greenville community has invited us back in June, 2007.

Occasionally I read a book that I want to give to everyone I know. *Can the Mind Heal Cancer?* by Alastair J. Cunningham, OC, PhD is one of those. It is a clear, well-written description of several decades of research into the question of whether and how the mind can affect health and disease, particularly cancer. Dr. Cunningham and his group at the Ontario Cancer Institute in Toronto, Canada have been doing comprehensive, rigorous studies and have demonstrated a clear relationship between what they call “involvement in self-help” and significantly longer survival from advanced cancers.

“For the mind to influence an established cancer, there must logically be mental change, and change sufficient to affect the molecules that ultimately regulate cancer growth.” Their program, entitled *Healing Journey*, is intended to promote that change. Some of the characteristics in their long-term survivors were that they: 1) lived as they wanted to live, in contrast to a more obligation-driven existence before cancer; 2) saw the cancer diagnosis as more of a motivator than a threat; 3) experienced a greater sense of meaning in life and connection to a larger order or spiritual dimension.

In developing and researching this program over the last 20 years, they have demonstrated that it not only can improve the quality of life, but also can prolong life for patients with metastatic cancer. Learn more on their website www.healingjourney.ca/main.htm. We hope to offer an on-going group in Sacramento (call or email me if you are interested) as well as two-day workshops presenting their *Healing Journey* program in the United States. 🌱

Walking the Walk

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Might the Conference reconnect me with the insights and truths I had learned years ago?

Boy, were my wishes surpassed! The Conference was thrilling. I was energized, enlightened, enriched, empowered, and perhaps best of all, embraced. My job was to run the registration process and all of the “outdoors” volunteers. Jan had reminded us to show respect to our guests. It was easy to follow these instructions, because this respect was reciprocated ten-fold. It evolved over the weekend into a shared sense of belonging — and then into a sublime, selfless love that permeated the entire Conference.

We shared our stories, our pain, our knowledge, our laughter. We shared, synergistically.

These emotions were simultaneously intense and calming. It is really difficult

to describe. Those of you who have attended a Conference know what I am describing. Those of you who haven't, well, what are you waiting for?

The Greenville Conference inspired and rejuvenated me. It rekindled my hope, perspective and insight. For me and many others, it was a transformative experience.

Like I said, what a kick in the pants!

And The Beat Goes On...

Also attending in South Carolina was Mary Bernau Eigen and her husband. Mary writes, “For me, this conference was ‘care for the soul’. I’m working to bring this conference to Milwaukee where I am both a nurse practitioner and practitioner of body-mind therapies. We have several top notch cancer centers that focus on research and the latest medical technology. *Cancer as a Turning Point™* speaks to the ‘quality of life’. We need both.” 🌱

ENDGAME

by Mark Nepo

Death pushed me to the edge.
Nowhere to back off. And
to the shame of my fears,
I danced with abandon
in his face. I never
danced as free.

And Death backed off,
the way dark backs off
a sudden burst of flame.
Now there's nothing left
but to keep dancing.

It is the way
I would have chosen
had I been born
three times
as brave.

From *Suite for the Living* by Mark Nepo. *The Exquisite Risk*, his newest book, was cited by *Spirituality & Health* as one of the best spiritual books of 2005. Books available from www.breadforthejourney.org.

Mapping the Journey

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will look for common routes and landmarks within the terrain of transformation of our individual maps that will enable us to create a universal/archetypal map.

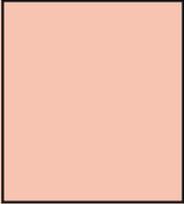
To help develop your ideas, workshops and open studio times will be facilitated by local artists Kathy Ross and Kim Newall.

Weaving Together Our Pathways of Healing Sat., Feb. 18th, 10 - 3

Creating the Healing Journeys' Art Installation Sat., March 25th, 10 - 3

Open Studios are on Saturdays. Call ahead to RSVP (206-832-1275).

Contact Basha Brownstein for books and websites for some “out of the box” ideas, or for more information about the project, workshops and open studios at bbrownstein@cancerlifeline.org 🌱



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Return Service Requested

If you want to be on our email list for occasional updates, please email jan@healingjourneys.org with your email address.

Positive Energy – Judith Orloff, MD

Judith Orloff, MD will be a keynote speaker at our San Francisco conference in September. She is a psychiatrist, practicing intuitive, assistant clinical professor of psychiatry at UCLA, and the author of the national bestseller, Positive Energy: Ten Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love (Three Rivers Press, 2005). www.drjudithorloff.com. Here's a "taste" from her book.

“In my Energy Psychiatry practice I advocate a ‘take no prisoners’ style of intuition. This gut-centered voice is committed to your happiness, health, and survival. With practice, you can learn to tune into it. I want you to start listening. Really listening. I guarantee: your positive energy will grow. Why? You’ll be operating from a spot inside that’s juicy, core-felt, authentic – not from an impulse to conform or disown your strength. You won’t be seduced by what may look good but betrays your gut. Intuition is a truth detector. When you deviate even a nanofraction from your inner voice, your energy will wane, whether a subtle seepage or radical bottoming out. The more ferociously faithful you are to this truth, the more energized you’ll be.

Intuition offers a direct line to your life force and also, as I experience it, to a divine intelligence. It’s the language of energy. You need to speak it to thrive, though our techno-crazed society doesn’t

recognize this essential fact. At best it equates intuition with a woman’s trait (try telling that to Native American male shamans!). At worst, it’s considered a magic trick or fluff. No surprise there’s an epidemic of worn-down, confused people out there.

Our energy issues are solvable, but we can’t afford to remain deaf to intuition’s messages. Its expertise is energy; its job is to know every nuance of what makes you tick. A master at reading vibes, intuition is constantly tallying: what gives you positive energy, what dissipates it. Your intuition evaluates who you meet, where you go, your job, your family, current events – all crucial data you can learn how to interpret and apply.” ❧

The Seven Levels of Healing – continued from page 1

Level Six: Life Assessment explores the aspirations, goals, and purposes of our lives. What are we really living for? What do we want to accomplish, experience, and share with others while we are alive, regardless of how long that might be?

Level Seven: The Nature of Spirit embraces the spiritual aspects of the healing process, as well as the universal, non-physical dimension of our being that exists beyond time and space, illness and health, and even beyond birth and death. ❧