

# Healing Journeys

2016 ANNUAL  
NEWSLETTER

support healing activate hope promote thriving



support healing, activate hope, promote thriving

## upcoming events

**June 11 – 9:30am to 4:30pm**

Spiritual Life Center, Sacramento, CA

**The Whole Story on Healing Cancer:  
Unlocking the Emotional, Mental and  
Spiritual Aspects of Healing**

Dr. Matt Kreinheder

**July 29 – 7pm to 9pm**

University of Washington Seattle Campus

**Free mini Cancer as a Turning Point™**

Michael Finkelstein, MD

Jonna Tamases performing:

*Jonna's Body, Please Hold*

**July 30 – 9:30am to 4:30pm**

Cancer Lifeline, Seattle, WA

**Loving Your Body Workshop**

Michael Finkelstein, MD

**August 26 to 28**

Westerbeke Ranch, Sonoma, CA

**Nurturing the Nurses Retreat**

**September 23 – 7pm to 9pm**

Immanuel Lutheran Church, Los Altos, CA

**Free mini Cancer as a Turning Point™**

Michael Finkelstein, MD

Jonna Tamases performing:

*Jonna's Body, Please Hold*

Susan Mazer and Dallas Smith

**September 24 – 9:30am to 4:30pm**

El Camino Hospital, Mountain View, CA

**Loving Your Body Workshop**

Michael Finkelstein, MD

**November 6 to 8**

Westerbeke Ranch, Sonoma, CA

**Joy in our Hearts: Unlocking the Heart of  
Healing Retreat**

Co-facilitated by:

Bridget Hughes, MAC, LAC

Karen Drucker, Singer/Songwriter/Author



## Director's Reflections

Jan Adrian, MSW

Thank you for all the appreciative notes I received along with your donations at the end of 2015, telling me how much our programs have benefited you.

Reflecting on 2015, I am feeling grateful for the Healing Journeys events that will continue to have an impact thanks to the miracle of technology. The successful *Denver Cancer as a Turning Point™* conference presentations are now on our YouTube page for the world to experience. The *Radical Remission* workshop last July with Kelly Turner,

PhD, was an empowering experience. Kelly's lectures were recorded, and they, together with the worksheets, have been made into an online course that is available for anyone to experience, as well.

I am excited about a new "product" that we are offering in 2016. Instead of an all-day free conference, we are offering two free mini *Cancer as a Turning Point™* conferences, one in the Bay area, and one in Seattle. They will include a presentation from Michael Finkelstein, MD (see his article in this newsletter), Jonna Tamases performing her amazing drama, *Jonna's Body, Please Hold*, and music.

In addition, we are offering five interactive workshops or retreats where we can connect with each other, and apply healing principles to our own lives. Many of us want to go deeper, learning how to live with joy no matter what the outside circumstances may be.

We are starting with Dr. Matt Kreinheder, in Sacramento in June. I met Dr. Matt last March when he spoke at the Integrated Health Conference in San Diego. His message resonated with my needs as a person touched by cancer. I've had several useful coaching sessions with him, and know I will benefit by spending a day in a workshop with him (see his article in this newsletter).

On the Saturdays following the mini-conferences, Dr. Finkelstein will offer full-day workshops to help us experience the benefits of *Loving Your Body*. Dr. Finkelstein is the author of *Slow Medicine: Hope and Healing for Chronic Illness*, and was a favorite speaker at last year's Denver conference.

For the first time, we are offering a retreat specifically for oncology nurses, knowing that healthy, nurtured nurses are a valuable resource to anyone being treated for cancer (see Theresa Koetter's article in this newsletter).

Our final offering will be a retreat at Westerbeke Ranch (this has become one of my favorite places to rejuvenate) for anyone on a healing journey, with Bridget Hughes and Karen Drucker. Both of these women have contributed so much to my personal healing

*continued on page 3*

## VISION STATEMENT

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



## Nurturing Nurses

by Theresa Koettters, RN, MS

Oncology nursing can be extremely emotional work. Current staffing standards expect that we look after, respond to, and support numerous patients and their families in all different stages of the disease continuum and across all types of healthcare settings. Stories of sadness, fear, and despair are shared repeatedly, and empathy is expected from the nurse.

At some point, nurses must either express or suppress the emotions related to these experiences. "All of this takes place in an occupational environment where support for the nurses' emotional well-being is nonexistent. Opportunities to vent emotions, sufficient time to grieve patients' deaths, and resources to help nurses cope with work-related stress are woefully lacking. As a result, moral questioning, empathic strain, and unintended sorrow go unchecked." (Boyle, *Clinical Journal of Oncology Nursing*, V19, N 5, October, 2015, p 499).

This emotional stress can lead to physical complaints, depression, anxiety, and lack of job satisfaction. "Our compassion takes an emotional toll on our hearts. We must give greater voice to the stress of nursing care. Until we acknowledge this elephant in the room, workplace interventions will remain nonexistent and our grief [and sadness] will remain unattended." (Boyle, *CJON*).

The compassion-fatigue and burnout experienced by oncology and other nurses is a completely normal response for a variety of reasons. Inpatient nurses are caring for the "sickest of the sick," patients are older and have more comorbid conditions. There are numerous new chemotherapy agents approved and patients are being treated for longer periods of time with decreasing quality of life. Transfers to ICU are not adequately acknowledged for what they represent in the patients' disease trajectory. Patients may be discharged before they are really ready and many times the nurses have no idea how they are going to manage at home. Outpatient or clinic nurses are caring for patients who frequently show up alone for complicated treatments, dropped off by a spouse or adult child who must get to work or lose their own health benefits. Many patients are on numerous medications and the nurses wonder, fearfully: How are they managing all these at home? And finally, patients' deaths are not given appropriate attention in order for the nurses to grieve.

Many of these issues, and more, are not being adequately addressed within the current healthcare systems and across different settings. In an attempt to address some of the issues, and offer strategies for self-care and healing, Healing Journeys will embark on a new adventure in 2016. We are offering a restorative retreat for oncology nurses, to describe and discuss a variety of useful interventions. In keeping with the mission of Healing Journeys, these interventions will "support healing, activate hope, and promote thriving" and help the nurses learn to nurture themselves.

There are a number of well-documented and researched interventions that have been shown to assist in decreasing occupational stress. These include exercise, meditation, yoga, guided imagery, journaling, keeping a gratitude journal, walking in nature, and many more. Some of these interventions will be explored at the retreat. There will also be discussions about grief and grieving, bullying in healthcare, the concept of resilience in a nursing career, what contributes to a healthy work environment, and healthy nutrition.



### Bio: Theresa Koettters, RN, MS

Theresa Koettters, RN, MS, is an oncology nurse with over 40 years experience in a variety of oncology healthcare settings: inpatient, outpatient, homecare, hospice, radiation therapy, and infusion. She was an Associate Clinical Professor in the School of Nursing at UCSF, where she coordinated and taught in the Oncology Masters Program in Nursing for 10 years. Theresa is the most recent addition to the Healing Journeys Board of Directors.



support healing, activate hope, promote thriving

#### 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 condition be 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.

#### Board of Directors

Lynne Singer, PRESIDENT  
 Terri Reasoner, PhD, SECRETARY  
 Jan Adrian, MSW, CHIEF FINANCIAL OFFICER  
 Carolyn Chamberlain, MBA  
 Cathleen Ferraro, MA  
 Fran Haynes, MFT  
 Theresa Koettters, RN, MS  
 Susan E. Mazer, PhD  
 Barbi Phelps-Sandall, MD

#### Staff

Jan Adrian, MSW  
 FOUNDER and EXECUTIVE DIRECTOR  
 Georgia Peach, VIRTUAL ASSISTANT  
 Maria Arcara, OFFICE VOLUNTEER

#### Advisory Board


Ernie Bodai, MD  
 Jean Shinoda Bolen, MD  
 Joan Borysenko, PhD  
 Michael Finkelstein, MD  
 Caryle Hirshberg, Author  
 Lawrence LeShan, PhD  
 Dawna Markova, PhD  
 Wayne Muller, MDiv  
 Rachel Naomi Remen, MD  
 Marty Rossman, MD  
 Kelly Turner, PhD  
 Marion Woodman, JUNGIAN ANALYST

#### Healing Journeys

PO Box 221417  
 Sacramento, CA 95822  
 (916) 391-0549  
 (800) 423-9882  
 Fax (916) 391-1004  
[www.HealingJourneys.org](http://www.HealingJourneys.org)

# The Whole Story on Healing Cancer

by Dr. Matt Kreinheder

 Cancer is not just a physical disease, it's a life disease.

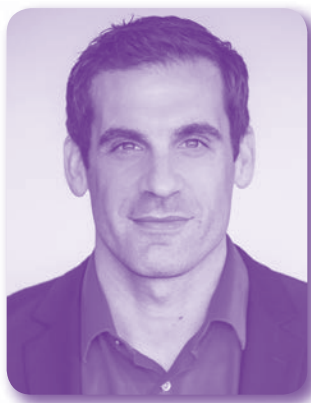
This is the critical element that many people miss. It's not just about clearing your body of cells that are rapidly dividing and creating tumors; we must also consider the potential factors that led the body to arrive at that state.

We know from the research of Dr. Kelly Turner that there are 9 key factors that can lead to remission of cancer, according to those who have experienced remission. The fascinating thing about these 9 key factors is that only 2 of them are primarily physical. The rest are emotional, mental, spiritual, and social. So, according to people who have healed from cancer, 78% of the healing process is based on what you feel, think, your spiritual life, and social interaction.

When these factors are off, we have stress. Stress creates an adrenal response and a cascade of stress hormones, resulting in a body that does not prioritize cellular repair and is inherently more acidic. Acidic environments lead to cell damage and an internal environment that supports disease.

So the question now is: What do you do?

What are the emotions that you've been avoiding, pushing down and hoping would just go away? How will you effectively feel these emotions that seem so scary, embarrassing, or chaotic? And what happens once you express these emotions?



Have you ever had the experience of knowing there was a conversation that you needed to have and you dreaded and avoided it, but once it was done you took a deep breath and everything was better? What if your cells responded exactly the same way? It's a metaphor, but the truth is a cell can't be in defense and in repair

at the same time. If you're stressed, they're stressed.

What about those disempowering thoughts and beliefs? Maybe you aren't even aware of them; maybe they were handed down from your mothers, fathers, teachers, and preachers. What is your process for examining these thoughts and beliefs and upgrading them to aid in your empowerment and healing?

I'm going to give you a hint: Most of my clients make their biggest shifts addressing these emotions.

They may need to express emotions more often, value and honor those emotions, feel more types of emotions, or at a greater depth. There is a lot to consider here, but it's critical. Emotional expression is tied to the functioning of the immune system. People who repress their feelings suppress their immune systems.

I'm not suggesting you become a raving lunatic. What I am suggesting is that there is an emotional skillfulness that could help you on your cancer healing journey.

## Director's Reflections

continued from page 1

journey. Karen's newest CD, *Joy in our Hearts*, has provided the mantras that keep me "up" every day.

In her book, *Unlocking the Heart of Healing*, Bridget talks about the HeartMindBody connection as "one of the most egregiously ignored resources for healing available to us." She says, "letting my heart be moved by *something* is one of the most powerful self-healing practices available." Bridget will teach us how to hold a tone of love and wonder in our hearts even as our circumstances may tempt us with panic and worry (see Bridget's article in this newsletter).

It was your notes of gratitude that inspired me to offer these programs. As usual, I am creating programs that meet my needs as a person living with cancer, knowing that many of you will benefit as well. My update on my personal healing journey is very similar to what I said last year. I have metastatic breast cancer with slow growing tumors in my lungs. Rather than fighting a disease, my focus is on creating the healthiest body, mind, and spirit that I can imagine.



### Bio: Jan Adrian, MSW

As a survivor of three primary cancers (breast cancer and ocular melanoma) and currently living with metastatic breast cancer to the lung, Jan has experienced cancer as a chronic disease since 1989. Wanting to help anyone touched by cancer focus on healing the whole person, she founded Healing Journeys, a non-profit formed to produce the *Cancer as a Turning Point™* conference, which is offered free-of-charge to participants. Jan was previously the co-director of the Center for Health Awareness in San Jose, CA, teaching seminars to health professionals on utilizing the mind-body connection in healing. [www.HealingJourneys.org](http://www.HealingJourneys.org)

### Bio: Dr. Matt Kreinheder

Dr. Matt Kreinheder combines his clinical training as a Chiropractor, Acupuncturist and Coach, with brain science and spirituality. Focusing on an approach that integrates the physical, emotional, mental, and spiritual, he helps people heal and transform in ways they never expected. When Dr. Matt's mother was diagnosed with Acute Lymphocytic Leukemia, he searched for resources to help her understand what he already knew – the real reasons why people heal. He started the Cancer Consciousness Project as a way to share critical information with people healing from cancer, as his mother did. [www.CancerConsciousnessProject.com](http://www.CancerConsciousnessProject.com)



support healing, activate hope, promote thriving



# Thank You for Your Contributions



*We appreciate the following individuals and organizations for contributing to Healing Journeys in 2015.*

*While every effort has been made to ensure accuracy, please accept our apology if there are any errors or omissions with your name or gift. If your listing requires correction, please contact us at [info@healingjourneys.org](mailto:info@healingjourneys.org) or (800) 423-9882.*

## **\$40,000 and up**

Susan Mazer &  
Dallas Smith

## **\$20,000 – \$39,999**

Pam Foster & Liz Austin

## **\$5,000 – \$19,999**

Allison Brown

## **\$2,000 – \$4,999**

Dennis Driver  
Genentech  
Kent & Sarah Oakley  
Lois E. & R. Duke Miller  
Foundation

## **\$1,000 – \$1,999**

Carolyn Chamberlain  
Doris Thomasson, HTCP  
Jerry Anderson  
Judy & Tom Buckner  
Linda Kingsley  
Lynne & Jerry Singer  
Sandra Warne

## **\$500 – \$999**

Barbi Phelps-Sandall, MD  
Catherine Prevost  
Donna Kackman  
Ellie Taylor  
Episcopal Church of St. Martin  
Nancy & Don McKay  
Rebecca Zettler  
Terri Reasoner  
Tooran Khayam-Bashi

## **\$250 – \$499**

Alice S. Hardesty  
Ana Fierro-Estrada  
Carol Purin  
Cathleen Ferraro  
David Pereira  
Dawn & Robert Strickler  
Ed & Gina Pilarski  
Fran Haynes  
Fred Ledbetter  
Gretchen Chambers  
Jean & John Rosenberg  
Kelly & Don Errigo  
Kelly Hewitt  
Linda Rengel  
Lynne Zeller  
Maggie McFerran  
Marcia O'Kane  
Nancy Lane  
Shieva Khayam-Bashi  
Skip Rosenbloom

Theresa Koetters, R. N.  
Wendi Crandall-Amidon

## **\$100 – \$249**

Alisa Stephens  
Anne Fete  
Arlena Parks  
Barbara Fagernas  
Betsy Tarbell  
Betty Russell  
Bonnie Hutson  
Carol Maynard  
Carol Peñara  
Carolyn Tague  
Chris Evans  
Colleen Winters  
Connie Batten  
Dawn Oishi  
Deborah Silva  
Debra Brown  
Debra Jarvis  
Ellie Wagner  
George Freeman  
Glenda Lippman  
Gloria Schulz  
Harold & Joyce Robinson Diftler  
Iris & Tom Moran  
Jan Harvey  
Janie Norton  
Jean & Fred Starr  
Jenny Sill-Holeman  
John Hopper  
Joyce Cai  
Joyce Cates  
Joyce Kamp  
Judy Vasos  
Kaiser Permanente  
Karen Terry  
Karin Winnard  
Kate Day & Henry Lutz  
Kate Walker  
Kathe Kiehn  
Kathryn Waddell  
Kathy Frodahl  
Kathy Haydel & Sharon Jackson  
Kay Duren  
Kay Johnson  
Ken Todoki  
Kerry Freeman  
Laura Rodriguez  
LeAndra Foster  
Lilian Shek  
Linda Holloway  
Lois & Les Hjelmstad  
Lori Misicka  
Lynn Benningfield  
Lynne Descheemaeker  
Margaret Kane

Marilyn Hopper  
Marjorie Schallau  
Marsha Lang  
Marvin Sherman  
Mary Ann Anthony  
Mary Jo & Jim Streng  
Mary K. Wong &  
William Lepowsky  
Mary Lue Wilson  
Masullo Italian Restaurant  
Michael Belsky  
Michael Weinberg  
Nancy Hopps  
Nancy McDevitt  
Nina Weil  
Norma Jean Galiher  
Pamela Dally-La Mica  
Pat Orner  
Paul Cultrera  
Peggy Adeboi  
Rhoda Stewart  
Robert Bost  
RobRoy MacLeod  
Rosanne Heym  
Sally Weiler  
Sandi Polka  
Shari Lurie  
Sherry De Rosa  
Steve Smith  
Sue Brinton  
Susan Conway  
Susan Gutierrez  
Velma Lagerstrom  
Warren & Mary Jo Plowden

## **\$2 – \$99**

A. Ruthe Tyson  
Adrienne Wright  
Alison Holland  
Amy Rabbio  
Andrea Gibson  
Anita Lusebrink  
Anne Miller  
Annette Simonson  
Barbara Conklin  
Barbara Finley  
Beckie Nettles  
Beth Johnson  
Bev Fermon  
Beverly Wassmund  
Bonita Schiebe  
Carl Griesbach  
Carla Vincent  
Carol Reade  
Carol Schira  
Carole Mercer  
Catherine & Tim Pappas  
Cecile DeCuir

Charlotte Pitts  
Cheryl Clark  
Clare Marcus  
Cynthia Gin  
Cynthia Oliver  
Darlene Johnsrude  
Deb Koss  
Deborah Anderson  
Deborah D'Andrea  
Denise Polk  
Doreen Meyer & Charlie Turner  
Dorothy Kain  
Erica Rayner-Horn  
Erin King  
Esther Wright  
Ethel Herring  
Eugene Singer  
Faith Loeb  
Faustine Comstock  
Gaille & Richard Grissom  
Gerald Green  
Gloria Gaumont  
Gretchen Schodde  
Heather Baumann  
Helen Dodds  
Helen Hull  
Irene Brennan  
Jane Doyle  
Jane Parker  
Janice Ashby  
Janice Leong  
Jeff Ward  
Jim Winzenburg  
Jo Myers  
Joe Sullivan  
John Ravera  
Judith Olson-Lee  
Judith Rogers  
Judith Sloniker  
Judy Gehman  
June Longway  
Kammy Caruss  
Karen Moore  
Karen Sanders  
Kathy Bannon  
Kay Ambrose  
Kelly Tobin  
Kerry Hopfner  
Kim Boedicker  
Lauri Rose  
Laurie Salen  
Leonard Rosenbaum  
Lesley Schroeder  
Linda Armacost  
Linda Blanding  
Linda Fredrick  
Lou Fusaro  
Lynnell Jones & Susan Fleanor

Mardie Holden  
Margaret Dubay Mikus  
Maria Bachteal  
Marjorie & Arnie Somers  
Marlene Hiller  
Mary Ann Greenelsh  
Mary Chipman  
Mary Cotton  
Mary Kamci  
Maureen & Julian Witherell  
Maureen Dion-Perry  
Mimie Lee  
Myrna Eden  
Nadine Dempsey  
Nan & Peter Strauss  
Nancy Delaney River  
Nancy Udarbe  
Nicole Ducarroz  
Mikki Broughton  
Pam Auld  
Pat Hukill  
Patricia Harders  
Patricia Higgins  
Patti Ottem  
Peg Henry  
Rena Bloom, ND  
Richard Holgate  
Riley Peiker  
Rita Sommers  
Ruth-Marie Chambers  
Sato Hashizume  
Sharon Navone  
Stephen Otrosa  
Steve Stewart  
Sue Silkworth  
Sue Staats  
Susan Christman  
Susan Dickerson  
Susan Draper  
Susan Uehara  
Suzanne Rogers  
Sylvia McElroy  
Sylvia Nobleman  
Terri Strack  
Terry Healey  
Twila Morris  
Valerie Washburn  
Valorie Scott  
Venecia Taveras  
Vilma Buck  
Virginia Wyman  
Walter Dewey  
Wendy Treynor, PhD  
Willa Pendergrast  
William Leland  
Yael Gott





When you order from Amazon.com, please start by going to [www.HealingJourneys.org](http://www.HealingJourneys.org). Click on the Amazon icon and proceed as usual. When you are finalizing your purchase on Amazon, a page may pop up telling you to use Amazon Smile so Healing Journeys gets a percentage. If you say yes to going with Amazon Smile, the percentage we receive is only 0.5%. We actually receive a larger percentage (up to 6%) by just using the icon on our website (NOT Amazon Smile).

**Thank you!**

**IN-KIND DONATIONS**

“It takes a village” to create our events, and we’d like to thank some of the people and organizations who gave their time, goods, services, and hearts to Healing Journeys in 2015. We are grateful for the following in-kind contributions in 2015.

**Cancer as a Turning Point conference**

Althea Center, Staff & Volunteers  
 Karolyn Gazella and Eden Foods,  
 Snacks Donations

**Maria Arcara**

Our long-time office volunteer

**Susan Fetcho**

Requested a donation from the  
 Lois E. & R. Duke Miller Foundation

**Anne Fete**

Requested a matching donation from  
 her employer

**Kerry Freeman**

Coordinated volunteers at events

*A big thank you to the many volunteers  
 without whom the events could not  
 have happened!*



**DONATIONS IN HONOR of:**

- Ann Lovell & Jan Williams
- Gretchen Chambers
- Anya Cherturisky
- Carole Mercer
- Ari Benjamin Mazer
- Susan Mazer & Dallas Smith
- Carol Smith
- Colleen Winters
- Carole Goodin
- Rhoda Stewart
- Cathy Ferraro
- Carla Vincent
- Ed & Gina Pilarski
- Faith Loeb
- Jane Parker
- Michael Belsky
- Paul Cultrera
- Suzanne Rogers
- Twila Morris
- William Leland
- Claudette Stephens
- Nadine Dempsey
- David Rostov
- Lynne & Jerry Singer
- Dorothy Sobata
- Margaret Dubay Mikus
- Jan Adrian
- Connie Batten
- Gretchen Schodde
- Harold &
- Joyce Robinson Diffler
- Karen Terry
- Kerry Freeman
- Lois & Les Hjelmstad
- Pat Orner
- RobRoy MacLeod
- Sue Staats
- Jan Adrian and all  
 the survivors
- Kathy Frodahl
- Karen Mary Jensen Gagnier
- Kathe Kiehn
- Lois Allbeck
- Mary Chipman
- Margaret Kane – Birthday
- Valorie Scott
- Mary Jo Plowden
- Warren Plowden
- Mary Udarbe & Hisako Udarbe
- Nancy Udarbe
- Mother Earth, Humanity & Cosmos
- Wendi Crandall-Amidon
- Betty Lee Moy, my mom
- Mary K. Wong
- Nancy McKay
- Chris Evans
- Roger & Marlene Wilkinson
- Linda Rengel
- Roger Wilkinson
- Linda Rengel
- Sarah Oakley
- Kent Oakley
- Steve Clark
- Erica Rayner-Horn
- Vicki Pffingst
- Linda Kingsley

**DONATIONS IN MEMORY of:**

- |                                   |                      |                         |                        |
|-----------------------------------|----------------------|-------------------------|------------------------|
| <i>All friends lost to cancer</i> | Dorothy Miliman      | JoAnn Bellow            | Mary Jones & Maureen   |
| Dorothy Kain                      | Yael Gott            | Sue Brinton             | Fleenor, our mothers   |
| Anita Whitaker                    | Dr. Jeremy Geffen    | John Hubbard            | Lynnell Jones          |
| Jerry Anderson                    | Laura Rodriguez      | Rhoda Stewart           | & Susan Fleenor        |
| Ann Lovell                        | Edward & Frances     | Joyce MacDonald,        | Nancy Colbert          |
| A. Ruthe Tyson                    | Lepowsky             | my mom                  | Myrna Eden             |
| Pam Foster &                      | Bill Lepowsky &      | Gloria Gaumont          | Nancy M. Henry         |
| Liz Austin                        | Mary K. Wong         | Judith Frohman          | Peg Henry              |
| Arthur Zelov                      | Eleanor Myers        | Joyce Kamp              | Peggy Smith, MD        |
| Eugene Singer                     | Maggie McFerran      | Judy Dickinson          | Lesley Schroeder       |
| Audrey Wilson, my sister          | Elizabeth Harlander  | Maureen &               | Sally Schwartz         |
| Arlena Parks                      | Rosanne Heym         | Julian Witherell        | Ethel Herring          |
| Auntie Ann                        | Farice Ochs Filbert  | Julia Blair             | Sandra Farha           |
| Mary K. Wong &                    | Donna Kackman        | Marjorie &              | Catherine Prevost      |
| Bill Lepowsky                     | Ginger Frisby        | Arnie Somers            | Sita DeLeuw            |
| Betty Marie Buss                  | Kathy Bannon         | Karen Deem              | Gloria Schulz          |
| Bonnie Hutson                     | Gwen Kendall &       | Maria Bachteal          | Stephanie Donich       |
| Bill Cline                        | Wendy Smith          | Nicole Ducarroz         | Debra Jarvis           |
| Faustine Comstock                 | Dawn Oishi           | Karen Lusebrink         | Steve Dugal            |
| Both my moms                      | Helen Reiner-Sherman | Anita Lusebrink         | Rhoda Stewart          |
| Annette Simonson                  | Marvin Sherman       | Kim Thanh's mother      | Susan Spanton          |
| Carolyn Erickson                  | Hermine Raskopt      | Judy Gehman             | Catherine &            |
| Sue Silkworth                     | Sue Silkworth        | Linda Leners, my sister | Tim Pappas             |
| Celia Misicka &                   | Isabel V. Fierro,    | Joyce Cates             | Syd Kruse & Angel Kush |
| Aanhnr Misicka                    | my lovely mother     | Linda Tinoco            | Susan Christman        |
| Lori Misicka                      | Ana Fierro-Estrada   | Kelly & Don Errigo      | Tammy Stout            |
| Darryl W. Nelson, Jr.,            | Jack Hardesty        | Lorna Skrine            | Maria Bachteal         |
| my son                            | Alice S. Hardesty    | Kathryn Waddell         | Teresa Pereira         |
| Susan Gutierrez                   | Jack Heslin          | Maria Totushek          | David Pereira          |
| Dillip Nandwana's wife,           | Erin King            | Lynn Benningfield       | Kate Walker            |
| Luanne                            | Janice Hayes         | Marion Garvey           | Todd Norton            |
| Marcia O'Kane                     | Rhoda Stewart        | Myrna Eden              | Janie Norton           |
| Dorance Ochs                      | Jill Rider Graves    | Marsha                  | Utome Uehara           |
| Donna Kackman                     | Shari Lurie          | Steve Smith             | Susan Uehara           |

## Loving Your Body

by Dr. Michael Finkelstein



It makes perfect sense that Cancer as a word, as a concept, as a condition, invites disgust and other negative feelings. It might seem uncompassionate to suggest otherwise, because it messes up lives; it is an unwelcome stranger. It's natural to want to get rid of it, as quickly as possible.

Occasionally, that's actually doable. As a holistically-minded physician, I'm not opposed to treatments that completely eliminate a disease in one fell swoop — that is my first choice. Unfortunately, it doesn't usually work that way, and we are forced to live with this disease, which infiltrates our bodies and our minds. This can lead to a cycle of negative thoughts and feelings toward the stranger, including resentment and anger, all of which

triggers an inflammatory response which, science shows, supports its existence, making it hospitable to the intruder.

Paradoxically, by bathing our tumor with love, we activate an innate healing response which has more power to usher it away. That's what I'd like to talk about — loving your body, including your tumor, in such a way that you pull yourself out of fight or flight, fear, anxiety and angry states, into harmony, health, and healing.

I've heard many people with cancer say they hate their bodies now; even identifying a sense of betrayal, made worse by disfiguring surgery and the toxic, irritating, erosive side effects of chemotherapy and radiation. It's not easy to embrace it after all of that. But, I implore you to consider how meaningful that might be, how healing it can be, much like the feeling one has in offering forgiveness and making up with a long lost friend.

If one can perceive any silver lining, and discover a critical message or hidden treasure, a long-in-coming shift in perspective can add more credence to the notion that there are reasons for the embrace. Imagine then, how you would feel now if you loved your body, all of it, the way you would your new baby, your new puppy. You'd shower it with love; you'd make it feel good, even when it pooped on the carpet.

There are many ways to show your body love, starting with one of the most basic — how you feed it. Literally, food and your approach to nourishing your physical body has more to offer than good nutrients. The care you take in selecting food, preparing it, sitting down to dine, will send signals through your body that will increase your sense of wholeness, i.e., heal you. There are simple tenets regarding foods that are best for healing cancer. You know them: more fresh seasonal vegetables, organic if possible, raw is great, lower on the glycemic index, i.e., less root vegetables; limit or eliminate processed grains. While often debated, I think it might be okay to consume dairy occasionally, especially from local raw sources for the probiotics they offer. Similarly, think wild fishes and organic pasture-raised meats. This degree of mindfulness, while challenging, is a message to oneself, “**you** are worth it, I love you.”

The power of this approach is to incorporate a healthy mind in the process, by enjoying the creative preparation of food that stimulates all of our senses — the colors, shapes, textures, tastes — and connecting this directly to the story of where they grew, the family farm that you can name, grateful for the sacred process of life itself. Indeed, what's on your mind when you eat is as important as what's on your plate.

There is more, which I hope to share with you in future articles and meetings. In the interim, begin with the basics — love, love, love.



### Bio: Michael Finkelstein, MD

Dr. Michael Finkelstein, The Slow Medicine Doctor®, is the executive director of The Slow Medicine Foundation and is the author of *Slow Medicine: Hope and Healing for Chronic Illness*, endorsed by Andrew Weil, MD, and Mehmet Oz, MD. Dr. Finkelstein is a medical blogger for Doctor Oz, Sharecare, and The Huffington Post. Trained at premier institutes for both conventional and integrative medicine, he is the recipient of numerous distinctions. He will lead two Healing Journeys workshops and present at two free mini *Cancer as a Turning Point* events this year. [SlowMedicineDoctor.com](http://SlowMedicineDoctor.com)

## Radical Remission Online Course

Kelly Turner, PhD, spent over a decade analyzing more than 1,500 cases of radical remission — people who survive cancer against all odds — and distilled the common threads from these extraordinary examples of healing. She has designed an online course based on her NY Times Bestseller, *Radical Remission* (now in 20 languages), and more specifically on her in-person “Radical Remission” workshop.

Using the video footage of her lectures, and the worksheets used in the in-person course Kelly taught for Healing Journeys in 2015, she has designed an e-course. It will lead you through tangible action steps that will allow you to bring the **9 Healing Factors** from Dr. Turner's research into your own daily life.

Get more information and sign up  
for the e-course at  
[www.HealingJourneys.org](http://www.HealingJourneys.org).

## In This And Every Moment

by Karen Drucker

In this and every moment  
I am safe and all is well.  
In this and every moment  
I am safe and all is well.

I am held. I am whole.  
I surrender to it all.  
When I trust and let go,  
then I know that all is well.

The lyrics above are from a song on  
Karen Drucker's new CD, *Joy in Our Hearts*.



### Bio: Karen Drucker

Karen has recorded 15 CDs of her original music, and is the author of an inspirational book, *Let Go of the Shore: Stories and Songs That Set the Spirit Free*. She sings, speaks, and leads workshops at retreats, mind-body & health conferences, and various churches around the country, as well as working with authors like Joan Borysenko, Alan Cohen, and others. Karen has been called “a master of communicating presence and spirituality through music.” She loves making music, making a difference, and touching hearts.

[www.KarenDrucker.com](http://www.KarenDrucker.com)



# Unlocking the Heart of Healing

by Bridget Hughes, M.Ac., L.Ac., NBCCH

I was not always the type of person who believed that it was possible to have an experience where my eye, to which 5 shards of 400 degree glass had fused, could heal almost simultaneously with extraction of the glass. But one thing I've learned is that most of us are capable of stretching far beyond our habitual inner states, and when we do, dormant resources for healing often become available.

When illness, hardship or suffering touches our lives, we may harden a little in response. We may clench a bit with tension, become too quick with cynicism, or too slow to hope. Initially, in response to my own lengthy list of health challenges, I rendered myself very tense, very cynical, and very, very low on hope. I was definitely not the type of person who would follow in ancient footsteps and experience Rapid Wound Healing.

A year before the eye incident, I was inspired by ancient Chinese, Hawaiian, Indian, and Southeast Asian oral traditions that literally allude to a state of heart-mind-body that allows for the spontaneous healing and vaporization of illness. I had set out to understand whether there was anything I could learn to help "vaporize" even one of the 24 diagnoses I had managed to collect like curios over the years.

What I learned about how to live lit with life, drenched with love, open-hearted, whole-hearted, and holy-hearted, irrespective of circumstances, changed the quality of my living in ways I could not have conceived of, until I lived that change. I learned, in my body, not just as an idea or a concept, how infinite is our capacity to live more vibrantly and vitally, even as we age, decline, and die.

The keys to unlocking this heart of healing can be learned. I began to think of the symptoms of illness as my "yellow sticky note" reminders to practice. I was blessed with abundant yellow sticky notes nagging at me all day long. I used each murmur of illness not as a call to fret, worry, and plan



for a disabled future, but as a call to refocus the feeling tone in my heart, even as suffering was also present. I call this practice of changing the feeling tone in our heart a Feeling Mantra.

I walk around now gasping in amazement at the width, breadth and depth of joy this body, still challenged with symptoms though healed beyond what is deemed possible has learned to experience.

I joke with my patients, friends and family, "It should be illegal to feel this good!" I'm literally high on my own Inner Molecules of Medicine (endorphins are endogenous morphines!).

To learn more about our most powerful inner keys to unlock dormant inner resources for healing, *Unlocking the Heart of Healing* is available in print or for Kindle on Amazon or at [www.UnlockingTheHeartOfHealing.com](http://www.UnlockingTheHeartOfHealing.com). To explore keys for *Unlocking the Heart of Healing* in depth and experientially, join us at Westerbeke Ranch in Sonoma, California, November 6-8.



## Bio: Bridget Hughes

Bridget Hughes, M.Ac., L.Ac., NBCCH, is a Licensed Acupuncturist, a Board Certified Hypnotherapist, certified Qigong Instructor, and author of *Unlocking the Heart of Healing*, and *The Engaged Reader Books in Cursive "Read & Do"* children's book series. Bridget is co-founder of 2 healing arts centers: Healing Point Acupuncture & Healing Arts, inside the Claudia Mayer Cancer Resource Center at the Medical Pavilion of Howard County General Hospital/Johns Hopkins Medicine, and Healing Point LLC in Severna Park, Maryland. [www.UnlockingTheHeartOfHealing.com](http://www.UnlockingTheHeartOfHealing.com)

## What Can I Do?

by Mark Nepo

I was surprised when John, who helped save my life, came down with liver cancer. He had no interest in going through this the way I did. He didn't want to talk. He just stared at me for hours. I so wanted to be there for him. All I could do was sit with him in silence. I read books while he slept, held his hand, tried to slow his breathing when he was agitated. All this to say, keep your friend company the best you can. Give your heart to what you sense brings her relief. If she likes to be with dogs, be with dogs. If she likes to smell lavender, smell lavender. If she likes to watch *The Iron Chef*, watch *The Iron Chef*. Ask gentle questions, expecting nothing. Listen for her remaining aliveness. Mist those tender roots with time, the one thing she doesn't have. Love her into some small adventure the two of you can enter, like chasing light or watching the first silent film. To be a second self is a vaccine against despair.

See page 8 for another of Mark's poems and his bio.





support healing, activate hope, promote thriving

P.O. Box 221417  
 Sacramento, CA 95822  
[www.HealingJourneys.org](http://www.HealingJourneys.org)  
*Return Service Requested*

We can be in touch with you more frequently via email.

To receive our monthly e-Newsletter please join our email list or update your email address at [www.HealingJourneys.org](http://www.HealingJourneys.org)

## Setting Fires in the Rain

by Mark Nepo

You see. It was time. The tube had to come out. It had drained my lung of blood for days, through a slit in my side. The doctor was waiting and I looked to Paul at the foot of my bed. Without a word, he knew. All the talk of life was now in the steps between us. He made his way past the curtain. Our arms locked and he crossed over, no longer watching. He was *part* of the trauma and everything—the bedrail, the tube, my face, his face, the curve of blanket rubbing the tube, the doctor pulling the tube's length as I held onto Paul—everything pulsed. And since, I've learned, if you want to create anything—peace of mind, a child, a painting of running water, a simple tier of lilies—you must crossover and hold. You must sweep past the curtain, no matter how clear. You must drop all reservations like magazines in waiting rooms. You must swallow your heart, leap across and join.



MARK NEPO is a poet, philosopher, and cancer survivor who has taught in the fields of poetry and spirituality for over forty years. A New York Times #1 bestselling author, he has published eighteen books and recorded thirteen audio projects. His work has been translated in over twenty languages. These poems are from his recent book, *Inside the Miracle: Enduring Suffering, Approaching Wholeness* (Sounds True, 2015), which gathers twenty-eight years of Mark's writing and teaching about suffering, healing, and wholeness.

[www.MarkNepo.com](http://www.MarkNepo.com) and  
<http://ThreeIntentions.com>