



Cancer

**YOU are
the CURE**

**Practical tips on how
YOU can help YOURSELF
and others through this experience**

**Carmen Braga
Hazel Butterworth**

www.HealingHeartsCentre.ca



Cancer - You Are The Cure

**Presented by
Hazel Butterworth and Carmen Braga**

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**LIFE is for ..
LIVING, LOVING, LAUGHING, LEARNING**



Cancer – YOU Are The Cure

You have been diagnosed – Now what?

Lets look at the following aspects to help you get started with your plan:

1. Overcoming Fear
2. What options are available to you?
3. Deciding who is on your team
4. What's YOUR plan? What options will YOU choose?
5. What role will YOU play? What can YOU do for yourself?

1st Reaction: Panic and Fear

So, you just got the diagnosis and if you're anything like we were, you are in a state of panic and fear.

At this point we would suggest that you get yourself a journal and begin charting your journey.

This journal is for your eyes only unless you wish to share it with others but for now, it could be your personal record of your thoughts, feelings and emotions.

It's important to keep track of this because you can learn a lot about yourself when you listen to your self-talk., your inner guidance.

First Reactions ?

The natural reaction to hearing the “C” word is most definitely panic and fear.

Here are some initial questions to ask yourself:

1. What was your first reaction when you heard the news?
Panic or FEAR?
2. What emotions and feelings are you experiencing right now?
3. What are you afraid of?
4. What is the prognosis? Is it treatable?
5. How is this going to affect YOU? Your family? Your job?

Journal your responses.

This journal is for your eyes only unless you choose to share it with others.

Be honest with yourself, acknowledge all emotions and fears.

Write down all the information you have gathered so far.

2 -What options are available to you?

Traditional Western Medicine – Western medicine has its brilliance however it is not the only option to consider. It is important to recognize which treatments will complement each other to create the best results for you.

Holistic Approach – There are multiple options now available to you . In order to make a choice that is right for you, you have to realize we are more than our physical body.

There are 3 more aspects to consider:

The **Mental, Emotional and Spiritual.**

What you think, how you feel and what your instincts are intuitively telling you play a major role in treating the whole person.

When looking at options, you have to engage all aspects of yourself and look at the body as a whole and not just the physical. Before making your choices, you have to have awareness and knowledge in order to make an informed decision.

Do your research, look at those options and find out what's available, then look at each one individually and check in "How does that feel for me?"

When choosing options, you may be bombarded with suggestions from friends and family of what "they" think you should or should not do.

Thank them for their suggestions and for caring but ultimately this must be your decision. Be your own advocate at this time.

Let's take a look at these 4 aspects now.

Physical: Nutrition, exercise, breathing exercises, rest, and alkaline water (Kangen water or Santevia water filter system).

Mental: What are your thoughts towards cancer? Your attitude is a combination between your thoughts and your beliefs – what is your attachment to them?

Emotional: Hate cancer – We've been taught to hate cancer but what is that doing to your body? How do you feel when you say you hate something? This emotion is being experienced throughout your physical body.

What you focus on most is what you attract to yourself so when you focus on hate, then hate is what you will bring more of into your life in one way, shape or form. When you focus on optimism and hope you will attract more of that. You choose your emotions at any given time by how you react to things.

Spiritual: This is your relationship with yourself and your Creator. This is your inner guidance and helps you to trust your gut feelings. When you are making decisions regarding your health, you need to be comfortable with the choices you make.

Are you at peace with your decisions? Are you at peace with your illness?

Universal laws:

What you resist persists – what you put out comes back.
This is an example of a Universal Law, of which there are many.

It is important to familiarize yourself with them especially as they play a huge role in our lives. It's the Law!!!

Here are some of the Universal Laws that we suggest you familiarize yourself with.

The Law of **Potentiality**

The Law of **Responsibility**

The Law of **Presence**

The Law of **Gratitude**

The Law of **Vibration**

The Law of **Choices**

The Law of **Cycles**

The Law of **Intuition**

The Law of **Mantras**

The Law of **Miracles**

The Law of **Rhythm**

The Law of **Spiritual Awakening**

The Law of **Patterns**

The Law of **Judgement**

The Law of **What You Resist Persists**

The Law of **Focus**

The Law of **Change**

The Law of **Faith**

The Law of **Action**

The Law of **Balance**

The Law of **Healing**

The Law of **Love**

The Law of **Meditation**

The Law of **Patience**

The Law of **Sound**

The Law of **Process**

The Law of **Transmutation of Energy**

The Law of **Detachment**

All Creation is Governed by Law.

Natural laws: are those that govern the Outer Physical Universe as proven by scientists.

Subtle Laws: are those that govern the Inner Universe, the Consciousness.

It is important to be aware of these subtle laws of consciousness as they are driven by thoughts knowledge and understanding.

Mindfulness is the key to Self-Awareness and Self-Empowerment.

You are the creator of your life – your own Universe within and around you.

Being connected to your conscious awareness is being connected to your Higher Self, your SOUL SELF.

Your **SOUL** will always guide you for your highest good and purpose as it knows your Life Plan. and Life Purpose . Your **SOUL** has your BLUEPRINT.

Your **SOUL** will help you to filter what you hear so that you can make conscious choices as to accept or reject the suggestions or advice of others so you can stay true to what you feel is right for you.

Deciding Who's on Your Team:

2 options:

You keep it to yourself and don't tell anyone or you tell everyone you see.

Question: Before you tell someone, **PAUSE**. Look at: Why are you telling that person?

The unknown is you don't know how they're going to react. They may go into fear and panic which isn't going to help "you."

It's important to take some time alone and sit with it before you tell it to the world (but that's just Hazel's perception). Because from a practical point, Hazel had nothing to report because she didn't know what she was going to do, she didn't want to be pressured or have people feel sorry for her.

Keeping it to yourself in the beginning prevents a lot of anguish from being bombarded with questions or being told what you "should or shouldn't" do.

Sometimes telling a few select people can help you be able to talk about your diagnosis, and discuss how you feel, as well as starting to build your support team.

Question:

Who is on your **physical** team?

Doctors, naturopaths etc.

Who is on your **mental** team?

Who's going to help you with keeping a healthy attitude? Affirmations and mind set.

Who is on your **emotional** team?

Who's going to be there to keep your spirits up? Who's going to help you work through your emotional times and support you? Who's going to keep you laughing?

Laughter is the best medicine.

Who is on your **spiritual** team?

Who's going to help to keep the faith and trust that you can get through this?
For some it is the church, others it is a partner, close friend or mentor. Who do you trust to always be there for you regardless how you feel. Who is going to encourage you when you are having a not so good day?

What's your plan/treatment options?

Summary: So far...

1. Received the diagnosis and initial reaction
2. Research what options are available
3. Who's on your team?

Next is:

What is your action plan?

Your action plan will depend on your diagnosis and timelines.

For example: Do you have to act immediately or do you have time to prepare?

Your plan may include:

What you can do before, during and after?

What are your options?

What is the priority?

What is the long term plan?

What is in your budget?

Who is on your team and what roles will they play?

What do you need help with?

What role will you play? What can you do for yourself?

This last part is all about **empowering yourself** and realizing that **you play “the” major role** because it’s how you handle, process, action and embrace it.

You’re the one making all the decisions on this journey., you are your own best advocate.

Role:

Do you see yourself as a victim?

Take responsibility for yourself,

Do everything in your power,

Attitude: “this too shall pass.”

Be open to possibilities.

What role have you played in contributing to your current condition? Example: Smoking, drinking, stuck emotions, pain and guilt you are holding onto.

Sometimes you have to take on a new role of being courageous and strong (that can go for you and the caregiver – wife or husband).

Another role may be taking time for yourself, maybe this is showing you that you have to slow down and pay attention to yourself.

Perhaps it’s a wake-up call for you to be aware of how you’re treating yourself, to love yourself.

A new role would be to be your own caregiver. You’ve been looking after everyone else, now it’s your turn to look after yourself.

What can you do for yourself?

Breathing

Visualization

Affirmations

Self-Journey

Journaling (conversations within)

Meditation

Change your diet & exercise

Create an attitude of gratitude

Forgiveness

Self -Love

Laughter - Is the best medicine so what makes you laugh? What's your funny movie?

Laughing has been proven to change the chemistry in your body.

Address how you're looking at yourself and your life, be willing to take a close look at what you may want to change, it could be nutrition, exercise, lifestyle, letting go of old pains and emotions.

Deal with emotions such as guilt, grief, anger, resentment, fear...what are you hanging onto? (Who's hurting you now?)

Steps to your best – take one more step closer to healing

Work on your patience because you're going to need it

Book: The Secret Language of the Body By Inna Segal

This is an amazing book that helps you to see the correlation between how you live your life and where illness shows up in your physical body.

Look for the gift in this (Some may or may not be willing to look at this)

Things to stop:

Judging yourself, criticizing, berating, blaming, worrying (worrying is like praying for what you “don’t” want), panicking (anxiety).

None of these things are going to help you; in fact, they can hinder your healing process.

Map of Consciousness: book Power vs force by David Hawkins

Moving from the ego (to me) to linear mind (by me) – This is where our power is; this is where our healing comes from.

When we can make these changes, it promotes healing.

The linear part is what we are aiming for; this is what’s going to help us.

Map of Consciousness. Book: Power vs Force By David Hawkins

GOD-VIEW	MIND	ACTION	STATE	LEVEL	LEVEL	EMOTION	LIFE-VIEW	PROCESS
Self	Enlightened States	AS me	Is	Enlightenment	700-1000	Ineffable	Is	Pure Consciousness
All-Being				Peace	600	Bliss	Perfect	Illumination
One	Spiritual Reality	THROUGH me	Be	Joy	540	Unconditional Love	Complete	Transfiguration
Loving				Love	500	Reverence	Benign	Revelation
Wise	Linear Mind	BY me	Do	Reason	400	Understanding	Meaningful	Abstraction
Merciful				Acceptance	350	Forgiveness	Harmonious	Transcendence
Inspiring				Willingness	310	Optimism	Hopeful	Intention
Enabling				Neutrality	250	Trust	Satisfactory	Release
Permitting				Courage	200	Affirmation	Feasible	Empowerment
Indifferent	The Ego	TO me	Have	Pride	175	Scorn	Demanding	Inflation
Vengeful				Anger	150	Hate	Antagonistic	Aggression
Denying				Desire	125	Craving	Disappointing	Enslavement
Punitive				Fear	100	Anxiety	Frightening	Withdrawal
Disdainful				Grief	75	Regret	Tragic	Despondency
Condemning				Apathy	50	Despair	Hopeless	Abdication
Vindictive				Guilt	30	Blame	Evil	Destruction
Despising				Shame	20	Humiliation	Miserable	Elimination

Map of Consciousness

It is important to understand that **everything has a vibrational frequency.**

Our thoughts words, emotions, and actions impact our health.

Holding on to emotions will eventually eat away at you, literally.

It is important to remember that every thought or emotion creates an energetic imprint in our energy fields, both the positive and negative ones.

They will eventually make their way into the physical body; negative ones show up as ailments unless they are released, positive ones show up as Joy and Happiness.

It is also important to honor each and every emotion, allow them; feel them; express them; and experience them.

Each day your frequencies will fluctuate as your emotions change, that's ok.

At the end of the day, check in to see what your average was; aim to raise your average and function as much as possible in the higher frequencies.

Doctors' Appointments Pre Op/ Education Sessions / Lab / Diagnostic
List them as you receive them, this will help you to keep track and to plan ahead.
Place a check mark next to those you have attended

DATE	TIME	DAY	Dr	REASON
21-Jul	2pm	wed	name	Eye
10-Jul	11am	tue	name	Gp

You may have to follow up to schedule appointments yourself as sometimes we can get lost in the shuffle. We have to be proactive in making things happen.

Other lists that will help to relieve your stress are;

Write down your medical history so far,
List your meds and allergies,
List any surgeries or diagnostic visits.

This will be a tremendous help you when having to repeatedly
fill out forms or answer questions about your health history.
Take this list with you to all your appointments

MEDICAL HISTORY

DIAGNOSIS	DATE DIAGNOSED	WHO/WHERE DIAGNOSED
e.g. Diabetes	Jun-12 1994	U of A D. ABCD

SURGERY

WHAT FOR	WHEN	WHERE
Broken Leg	Jan-97	Royal Alex

DIAGNOSTIC/ SCANS/TESTS

	WHAT FOR	WHERE
MRI	SHOULDER	U OF A

MEDICINE

WHAT	DOSAGE/ HOW OFTEN	WHAT FOR
LANTUS	24UNTIS 1/DAY	LONGTERM
HUMALOG	VARIABLE /WITH MEALS	SHORT TERM

ALLERGIES /MEDCIATIONS/ENVIRONMENT/FOODS/ INCLUDE ALL ALLERGIES

ALLERGY	REACTION	WHEN DID IT START
PENICILLIN	HIVES	AS CHILD

TREATMENT OPTIONS

Compile your list of possible treatments You may want to include

What is the treatment?

How long is the treatment?

Where will treatment take place?

How much cost is involved?

Is it covered by your benefits?

Can it be combined with other treatments?

What preparation is needed prior to treatment?

What side effects might there be?

Also make a separate list

What can you do that has

NO financial cost involved?

What can you do for yourself?

Additional notes:

How do you FEEL about each treatment?

TREATMENT OPTION

what	
how long	
where	
cost	
covered	
combine	
prep	
side effects	

CHOICES

**Remember you always have choices.
Be at PEACE with your choices**

List all the treatments you have decided to do.
Consider the timelines of each.
Which treatment is the priority?
Consider the costs of each.

If having surgery;
What can you do to prepare?
What treatments are post-surgery.

It is important to remember that
Some treatments can be a lengthy process.

Be aware of any contraindications.
Do not try too many treatments at once.
Allow time for your body to process
each treatment.

CHOICES

Treatment	# weeks/days	start date	end date
chemo	6	Jul-12	Aug-23
alkaline water		today	

In your Journal,

Record how each treatment is working for you and how you are progressing.

Celebrate all your successes.

Focus on the wellness and healing, not the illness

What will each treatment help to heal?

Who is on YOUR TEAM?

Once you have -

Researched YOUR options

Made YOUR choices

Decided who is on YOUR team

Remember it is not just the physical;
include those who will help you
emotionally, mentally, spiritually

Remember – It is not just Western Medicine,
include those who can help you
holistically and energetically.

Remember it's not just what everyone else can do
include what your family and friends can do
as well as what you can do for yourself.

Now List your team.

You will be able to see if you have covered ALL your bases.

WHO IS ON YOUR TEAM

Western Medicine	
Holistic Medicine	
Energy Medicine	
Emotional support	
Mental support	
Spiritual support	
Family/ Friends	
Primary Caregivers	

ACTION PLAN

Now you can put your action plan into “ACTION”
and proceed with YOUR OWN HEALING PLAN

Each individual plays an enormous role in their own healing by taking responsibility and ownership, and by doing everything possible to restore good health.

Each individual can influence the effectiveness of their treatments by approaching them with a positive outlook, determination, diligence, and a strong belief in Miracles

Each individual is the one unknown factor in this equation. No one can predict or know for sure how an individual will respond to a diagnosis or treatments.

Everybody has the innate ability to heal themselves from within.

This is one of the reasons the Placebo can be just as effective as a pharmaceutical pill.

What makes your heart smile?

Find as many ways to bring smiles and laughter into the action plan

.

Watch funny movies, read funny stories, listen to funny jokes.
Play your favourite music, enjoy your favourite hobbies

.

Anything that makes you FEEL GOOD on the inside helps..

.

Sometimes LAUGHTER is THE BEST MEDICINE



Cancer

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THANK YOU

For more information,
or to book Hazel and Carmen
to speak at one of your events
Please email: hazelandcarmen@gmail.com

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