



Cancer – You are the Cure



YOU are
the **CURE**

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

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Carmen Braga / Hazel Butterworth / HealingHeartsCentre.ca "It`s ALL about YOU"



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LIFE is for

LIVING, LOVING, LAUGHING, LEARNING





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You have been diagnosed – Now what? In this workshop we will be looking at the following:

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 when you listen to your self-talk. The natural reaction to hearing the "C" word is most definitely panic and fear so 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 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.





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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 available to you. However 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.

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? This falls in line with the physical aspect of you as well. 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

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?

So, as a reminder: 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. 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 but ultimately this must be your decision.





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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 What You Resist Persists
The Law of Responsibility	The Law of Focus
The Law of Presence	The Law of Change
The Law of Gratitude	The Law of Faith
The Law of Vibration	The Law of Action
The Law of Choices	The Law of Balance
The Law of Cycles	The Law of Healing
The Law of Intuition	The Law of Love
The Law of Mantras	The Law of Meditation
The Law of Miracles	The Law of Patience
The Law of Rhythm	The Law of Sound
The Law of Spiritual Awakening	The Law of Process
The Law of Patterns	The Law of Transmutation of Energy
The Law of Judgement	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. 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.





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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.

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.

Question:

Who is on your **physical** team?

Doctors, naturopaths etc.

Who is on your **mental** team?

Who's going to help you with you keep 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? Because 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? Church.





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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:

4. What's your action plan?

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 should include: What you can do before, during and after?

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.

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.





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What can you do for yourself?

- Breathing
- Visualization
- Affirmations
- Self-Journey
- Journaling (conversations within)
- Meditation
- Change your diet & exercise
- Create an attitude of gratitude
- Laughter - Is the best medicine so what makes you laugh? What's your funny movie? Laughing changes the chemistry in your body.
- Address how you're looking at yourself and your life
- Deal with emotions such as guilt, grief, anger, resentment, fear...what are you hanging onto? (Who's hurting you now?)
- Forgiveness
- Self-love
- The Secret Language of the Body – Inna Segal
- Look for the gift in this (Some may or may not be willing to look at this)
- Steps to your best – take one more step closer to healing
- Work on your patience because you're going to need it
-

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:

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.





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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
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

Levels of Consciousness. Power vs Force. By David R. Hawkins

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.





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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

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





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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 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	

Additional notes: HOW do you feel about this option?





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CHOICES

Remember you 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
If having surgery -
what can you do prior to surgery
What treatments are post-surgery

It is important to remember
Some treatments can be a lengthy process
Be aware of any Contraindications
Not to do too many at once
Allow time for your body time to process each treatment

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.





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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.

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



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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

