Flight to Freedom

Breast Cancer’s
Emotional Tour
If you live in Canada and have cancer, please call the Canadian Cancer Society 1.888.939.3333 for information and support services Or Click Here for the Link.

Disclaimer: The emotions, discoveries and faith expressed in 'Flight to Freedom' are those of the Author. Intended for conqueror's of cancer, their caregivers, family and friends, to gain insight into the power of one's emotions.

'Flight to Freedom' is not intended to replace a medical doctor's advice. It is intended to create a Mental Health Cleaning Initiative.

The Author acknowledges what worked and didn't work before, during and after cancer. Knowing what works now, the Author hopes to encourage and enlighten one to be curious about or interested in one's mental, emotional, physical and spiritual health. Being open to the possibility of smiling and feeling tickled pink. Ready to laugh again.
Flight to Freedom is dedicated to:

John Ster ~ November 18, 1926 - September 18, 2010
Mary Logullo ~ April 1, 1954 - December 19, 2017
Wayne Tite ~ July 9, 1946 - December 7, 2016
Mervin Simon ~ September 18, 1930 - March 12, 2012

A BIG thank you to our family, friends, and their families for all the love, support, thoughts, prayers, and encouragement over the phone, or visits in our home.

Vince, Peter & Alison, Melinda & John, Josephine & Graham, Greg & Kim, Urs & Iris, Patti & Bill, Sue & Bill, Nayfe & Ali, Vince & Anna, Teresa, Luigi & Pina, Rudolfo & Maria, Sebastian & Lena, Ada, Dave & Judy, Sandra & Ciro, Joan, Les & Fran, Donna & Andre,

Rob, Martha, Brant, Pat, Gail, Mary, Rubes, Pastor Lucas & Pat, Adi & Hans, Joan & Scott, Maurice & Siham, Clorinda & Tony, Concetta & Valentino, Sue & Andy, Janet & Mike, Isabel, Annette & Luigi, Natalie, Connie, Denise, Bonnie, Leslie, Sherry, Henry, Kim, Wayne, Judi, Moe, Michelle, Frankie, Helen.
life Before cancer

In April 2016, four short months before my breast cancer diagnosis I attended a 'Focus on You' class. It was held on the weekend of my 62nd birthday. I wanted more passion and joy in my life. I was great at supporting my family but something was lacking in supporting myself. Having a retired husband in my space each day telling me how to do this or how to do that, filled me with hostility. I didn't like who I was around him. I needed help! During my class I gave myself permission to explore the self that I had been expected to be, to discover the real me.

I learned that the difficulties I experienced in life were the result of a stack attack.

It’s an emotion from continuously stuffing emotions one doesn’t want to deal with. The reaction being the result of unfinished business. My mission was to clean up 4 areas of unfinished business. Physical, mental, emotional & relationship. I came home cleaned my office. I cleaned my mental overload by creating boundaries with my cell phone & computer. The emotional and relationship areas would be ongoing. It would require a daily dose of awareness and clean up.

Filled with a new awareness of the emotional clutter. I could see the impact resentment, resistance, and revenge had on my health. I was dead but not buried yet because the joy was blocked from not dealing with my emotions because of fear. Learning how to deal with the clutter and looking at it through love would open up the possibility of looking at my husband as my friend. Not my enemy.

From April 2016 to April 2019 the 'Focus on You' class turned to 'Focus on Cancer' to 'Focus on Healing'. With my family preparing for my Still Alive @ 65 Birthday Celebration. I can see that breast cancer was the slingshot that catapulted us into a new mindset. It forced us to find new ways of dealing with our emotions.
life After cancer

In August 2016, four short months after my 62nd birthday I went for my scheduled mammogram. It had been 5 years since my previous one. While there the Dr. came in the examining room to talk to me. My mammogram showed a lump. It was suggested I have a biopsy. This stirred up fear within me. Tears showed up fast. I became silent. I went to the change room and sat there feeling numb. I stood up when my name was called. I forgot to get dressed. The nurse encouraged me to get dressed then follow her to book a biopsy.

It was a beautiful summer day. I felt frozen in time as I went to my car to gather my thoughts.

I began to panic thinking cancer was a death sentence. I came home and told my husband. He thought it best to keep it a secret until we knew for sure! I went online to do research. Fear turned into denial. I cancelled my biopsy. When I told my husband he said, “I don’t like what you’re doing. I’m going to tell the kids what you’re doing!” “First it’s a secret now you’re going to announce what I’m doing. No way! If anyone is going to tell them, I am,” I said.

After gathering loved one’s thoughts & listening to the Dr’s. I stayed home. Isolated myself. Declined taking any calls. Protected myself from the opinions of others. I was not willing to engage in conversation. I began to search for ways to calm my emotions. The only prayer I could whisper was, “Help me, help me, help me.” God had been my friend since 1978. During cancer He became My Big G.

Big G helped me to look within myself to create the 5 emotional stages of life. Stir Up ~ Stage 5  Bottle Up ~ Stage 4  Stand Up ~ Stage 3  Speak Up ~ Stage 2 Show Up ~ Stage 1. Denial turned into acceptance. I invited Big G into my emotions. Now I’m keenly aware of how to deal with any stirred up emotions.
**Introducing Triumph**

'Focus on You'

It was wonderful. I feel triumphant when I think about the amazing things I learned in my class. I started applying my new found knowledge in the areas of personal fun, health, relationships, prosperity and contribution.

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**Introducing Terror**

'Focus on Cancer'

It was awful. I feel terrified when I think about the emotions that got stirred up in my focus on cancer class. I didn’t want to deal with those emotions. I didn’t want to die. I didn’t want to focus on cancer.
If you’re looking for something to grab onto, please reach out for the hand of God. Invite Him into your emotions. Ask Him to be your tour guide and baggage handler on your emotional tour with life’s circumstances. You’ll be happy to discover His Peace in the midst of your daily emotional storm.

If you do or you don’t have a personal relationship with Big G. God the Father, Son and Holy Spirit; Jesus Christ. That’s OK. You’ll discover our emotions are enough to connect us. They’re universal. Possibly at the end you’ll consider walking & talking with Jesus and giving him a high five.

Throughout these pages. I’m not pushing my faith nor am I hiding it.

One Heart  One Mind  One Flight
Mrs. Encouragement ~ Dorothy Sessa
On August 15, 2016, I began to panic when the technician called in a Dr. after reviewing my mammogram and ultrasound results. I was told I had a lump and would need a biopsy. Lump I understood. But I had never heard of biopsy before.

My first response was shock. I sat numb in the change room.

The technician called my name. I stood up walked out of the cubicle. I still had my gown on. She saw me and said, “Oh you’re not dressed yet Dorothy! Get dressed and come with me to make an appointment for a biopsy.” As I sat there with tears rolling down my face. She said, “Are you ok?” I told her, “I just need to have a good cry. Then I’ll be ok.” She then inquired, “Did you drive yourself here today?” “Yes,” I responded.

“I suggest you gather your thoughts in the car before you go home,” she said. As she put her hands on my shoulder. When I got to the car the tears stopped and so did the thoughts. It was a lovely summer day. But I felt frozen in time. I would now be in a self-directed class called . . .

‘Focus on Cancer’

A class I didn’t sign up for. A class that would initiate change beyond understanding. Was I ready for an emotional tour with breast cancer? Could I handle this type of focus? You’ll soon find out.

My thoughts were terrorizing me. They led me to exhaustion because I thought cancer was a death sentence. I went to my family Dr. to ask for something to help me with my fear. She was willing to give me a prescription for 3 very tiny 0.5 mg pills called Apo-Lorazepam to help me through the biopsy.
The night before the biopsy. My breathing was weird. I was yawning every 30 seconds. I just needed to walk off this nervousness I thought, as I walked to my grandson’s hockey game. My prayer warrior girlfriend called. She could tell I was anxious. She had the courage to ask the right question, “Dorothy, are you afraid?”

I immediately broke down and started sobbing as I was walking. “Yes, I am terrified. I don’t want to go for a biopsy. That’s how cancer spreads you know. As soon as they do that the cancer cells start spreading.” My verbal diarrhea began. She just listened as I walked and cried. Then she cried with me. Our conversation ended in prayer. It was such a release.

My husband drove me to the clinic the next day, where I’d have the biopsy done. When they called my name, I got up hugged my husband and left him sitting there. I nervously changed into an examination jacket. Then followed the technician step by step to the room. They explained what they would be doing as I positioned myself on the examining table. Then I excused myself. I asked permission to jump off the table to get something . . . .

the pill the Dr. gave me for anxiety.

I had brought my soothing music. Which I had on me to listen to. Then announced in some ridiculous way that I forgot to take my pill. Whatever I said, I think I was giving myself permission in front of them, that it was ok for me to take that tiny pill.

I slowly made my way back to the examination table. I put in my ear buds. Then they proceeded. The two female technicians got a hug from me as I left. I sure wouldn’t want their job I thought.

I came out of the examining area.
I couldn’t see my husband. He wasn’t sitting where I had left him. Then I peeked around the corner and there he was! I motioned with the movement of my head and neck as no words came out of my mouth. Let’s get the hell out of here, I thought. He started asking me questions before we got out the door! I told him I wasn’t ready to talk.

For the first time in our marriage he was silent. He did a great job getting us home all the while holding my hand as I sat there crying. It was an even longer ride through hell waiting for the results. We chose to leave, Calgary Alberta, and go relax at our runaway place in, Victoria British Columbia, while waiting.

Somehow, I missed the Dr’s call that Friday. I suffered emotionally, through another weekend and waited until Monday morning. It was 8 am in Victoria. 9 am in Calgary when I called my family Dr. She was hesitant to talk to me over the phone but I insisted because of being out of town.

It was confirmed. I had breast cancer.

My biopsy results: ACR BI-RADS: Category 5 (Highly Suggestive of Malignancy). Stage IIa invasive ductal carcinoma. Tumor was 2.2 cm. Later turned out to be Stage IIb - 4.0 cm. ER 8/8. PR 8/8. HER 2 negative.

When we got back to Calgary, I went to see my family Dr to talk about what the next steps would be. I told her I would only accept the Dr of my choice to be the surgeon. While waiting to see him. I kept up with my rigorous research about breast cancer online. After I saw the surgeon, I began going to classes to prepare myself for surgery.
I met up with another prayer warrior girlfriend for coffee during this time. I shared my fears. She could tell I was overwhelmed. A deep look of concern overcame her. She calmly comforted me with these words...

“Dorothy, Jesus could be your tour guide, baggage handler & organizer. Tell Him that you’re following this or that direction. If it’s incorrect, He will redirect you. Most importantly, Dorothy, you can trust Him.”

What a relief to be reminded of such assurance.

We walked and talked after our coffee and prayed. We each went back home. So many friends and family were of support to me and my family during this mess. My secretarial skills I put to work right away. Organizing and filing information as I prepared myself for the road ahead.

My emotions tossed me back and forth. I second guessed myself. I doubted myself and God. I made irrational changes in my lifestyle. It was one hell of an emotional ride. I tried to control everything in my power to protect myself from the opinions of others. Through it all, in the end you’ll see that . . .

cancer created a 'Flight to Freedom' . . .
‘Flight to Freedom’ created 'Breast Birthday Ever' . . .
‘Breast Birthday Ever’ created 'Tickled Pink’ . . .

Before the flight took off, you’ll learn what had to happen.
Soon you’ll read to the end of ‘Flight to Freedom’. I think it will inspire you to be courageous through feeling all your emotions. Feeling terrified is real. Feeling tireless is real. Feeling amazed . . . to . . . feeling zealous . . . is possible.

**If you’re ready . . . give yourself permission to begin.**

Keep still, read slowly and breathe deeply. Spend time with your feelings and thoughts as they arise. Keep a pen and a journal with you. Even beside your bed when you nap or sleep. Ideas come and go so quickly. They need to be written down at that very moment so they don’t get lost.

**Believe in the power of Love as you Focus on Freedom.**

I thought cancer was a death sentence. It wasn’t. It became my ‘wake me up’ call on this side of death. Before I head over to the other side of life.

Before writing ‘Flight to Freedom’ I felt bewildered, crushed and trapped. As I began writing I felt fear & anxiety just like when I received my diagnosis. During my writing I felt connected, puzzled, and thrilled. After writing I feel assured, joyful, and revitalized.

Having reviewed these past 3 years I realized there was no way I could wrap it up all in one book. I am open to travelling and speaking about cleaning up our emotional clutter. Gathering ladies together to talk about what we really, really want and why. Creating a flight to freedom.

**I believe this will open up conversations about designing mental health cleaning initiatives in our families.**
Be filled with Courage as you step out of your mind and into your heart. Envision the Tireless you on your Emotional Tour.

Feeling Terrified to Tireless begins with highlights from my cancer blog entries from 2016-2018 then updated with 2019 new thoughts. At the end of each blog entry I leave you with a: Mind to Heart Awareness

p.s. All emotion cards are used by permission
It's my journey filled with emotions. I'm learning to deal with ALL of them in a better way than the 'past me' would have. The 'present me' is looking at life differently now. For the first few months I cried out, "Help me, help me, help me." I couldn't read my bible or pray other than those two words over and over again. My worst case scenario thoughts were about death and dying. Leaving me feeling terrified. I eventually replaced them with thoughts of healing. Leaving me feeling grateful.

Thinking healthy thoughts, I became aware of my negative thoughts and where they came from. I began to clean my mind by throwing out old useless thoughts. Which ended in motivating myself into healthy actions.

**A healthy mind = a healthy body.**

It's been forty years of being married to an Italian this November. Forty years ago he said, "Italian men don't do dishes." Well things have changed around here. Not only does he do dishes he is the chef as well. I began this journey feeling nervous, anxious, worried, and numb. Overcome with fear.

It became a fulltime job doing research into the many options out there for my situation. Ten weeks into it, I accepted this 'Focus on Cancer' class as a gift. As a child I learned to not trust anyone - now I've learned to trust God and invite Him into my emotions.
He became my tour guide, baggage handler and organizer. This gift had forced me to acknowledge how I'm feeling, deal with the emotion then find the best way for that day to get out of my slump.

It especially helped me to create a healthy boundary for myself. Not allowing any other person's negative beliefs, thoughts or out of control emotions get the best of me. The 'present me' is creating a balanced life for the 'future me' to behold.

I was ready to accept and receive miracles beyond what I've ever experienced.

2019 New thoughts: The first week into my tour with cancer I found out about BrainTap by Dr. Patrick Porter. I still listen to it. Click here for the Link

BrainTap helps to let go of toxic negative thinking so the body can relax. When we react rather than respond to the fight-or-flight response our body can not heal. It has something to do with our sympathetic nervous system. This is also called our acute stress response.

I've been dealing with Type 2 Diabetes for 25 years now. I'm beginning to see the connection with anxiety and blood sugar issues since learning about the fight-or-flight response. I look forward to new interpretations of life to stabilize my blood sugar levels.

Mind to Heart Awareness

One's perception creates panic or peace.
Before and after surgery.

November was a challenge as I learned how to open this pink gift called 'Focus on Cancer'. I discovered it was up to me to choose . . .

#1 Lumpectomy  #2 Mastectomy  #3 Double Mastectomy.

The surgeon told me there was no wrong choice and that I could change my mind 5 minutes before surgery. I discovered that to be true if the surgical room was booked for the time to do the mastectomy. I could change my mind to lumpectomy. Not the other way around. My surgery was scheduled for November 1st. I had asked the Dr. for help with my decision.

He gave my name to Karyn.

The Breast Cancer Psychologist on staff.

I had three separate conversations over the phone with her. On the last call, she guided me to jot down the advantages and disadvantages of each choice. Encouraging me to think about it for 20 minutes each day, over the weekend. Then make the decision and move on.

As I thought about it a red flag called 'regret' came to life for me as a disadvantage of having option #3 done. So that did it. My decision was made. I called the surgeons secretary and told her I would stick with option #1. I knew myself well enough that I couldn't live with only one breast and there was no way they were going to take both of them.
My daughter Josephine had given me a book about healing breast cancer naturally by Dr. Veronique Desaulniers. I had only read the intro and first chapter and misplaced the book a couple of days later. While reading though, a red flag went up in my mind when the author mentioned the connection between teeth with root canals and breast cancer.

I went to see an oral surgeon and had that tooth pulled 10 days before my breast surgery. He said there was no scientific evidence. I told him my tumor was directly below that tooth was evidence enough for me, period. I lifted my hand high and he responded. We did a high 5 as I walked out of his office with a smile. That tooth had been bothering me for years.

My husband and daughter would come with me to talk to the Dr. at the Breast Cancer Supportive Care clinic. Click here for the Link Then we’d go to see the surgeon to get the staples out. We were not prepared for what we heard. “Dorothy, the tumor was 4 cm and not all the margins were clean. This means chemo radiation and pills for 5 years,” the Dr. said.

The three of us began to cry.

From there we quickly made our way to the surgeon’s office. He said one of the six margins was considered dirty so they would have to go in for more. Emotionally that set me back to square one. He looked at his phone and said Nov 30th would work.

Before the nurse came in and took out the staples, I honored my surgeon with a blue ribbon. Acknowledging him for making a difference. Helice Sparky Bridges is the founder of Blue Ribbons.
Off we went to the coffee shop to discuss the news! We got a call a couple of days later that the surgery would be moved to November 24th. I had waited while the surgeon was on holiday before I could have my 1st surgery. It seemed like forever, again!

2019 New thought: I learned that coffee is a carcinogen. A substance capable of causing cancer. Because of being roasted. It’s better for my health to drink green tea, white tea or oolong tea.

💖 Mind to Heart Awareness 💖
When one asks for help it is a sign of humility & strength.
The past me wore a C cup bra. The present me is in transition. Some days my breast that HAD cancer is a B or a double D. So, I just lived one day at a time. Live & wait. Not wait and see what size she’d be! I guess that’s part of the healing process, some days she felt relaxed and some days she swelled up even in the middle of a COLD Alberta winter.

**Not only that, I sounded like a water bottle.**

Because I didn’t have a mastectomy and a drain. The fluid gathered in the cavity of the breast. I was thinking the water that I drank was going into my breast! I asked the surgeon if it would go away. He said with 80% of the women it stays which is a good thing otherwise your breast will cave in which will require a partial prosthesis.

May you get to know your breasts and call them by name. For if you should ever receive a notice in the mail to donate your breast tissue it just might send you off the deep end. Especially when they call you and the call happens to come just as you walk in the door. After your first appointment with the surgeon.

This happened to me. In shock, I said "No Way" and hung up on them!
I was surprised at how many women said, "Cut them off. I'll get a new and improved set." It made me feel like vomiting.

2019 New thought: As I sit down with the occasional matcha green tea. I realize that I am blooming where I am planted. In Calgary in the middle of winter. Living, waiting and giving thanks to God. Thanks that He knows me by name and will call me home one day. Until then heaven can wait because I'm going to be a Nonna again soon. I've got one more grandchild to spoil with my time and energy.


Mind to Heart Awareness

Blooming begins on the stirring up inside, and shows up on the outside.
I walked into a mall to go to the dollar store and saw Santa sitting there. I walked right past him then stopped dead in my tracks. It's now or never I thought. I went over to see about having a photo with him. It cost $25.00. I changed my mind. As I engaged in conversation with Santa's helper one thing led to another and cancer became the subject.

I was the only one in line. It was his first day on the job. Well off with my coat and over to see Santa - Santa's helper had cancer in the past too. She took the photo of Santa and I as a Christmas gift to me.

I asked her if she wanted me to laugh or cry, because I was about to let those tears flow and flow fast.

I asked Santa's helper for her address so I could send her an 'Encouragement by Dorothy' card. I told her, out of all the Santa's I'd seen in the malls over the years - I liked her Santa the best - he was for real and so was she.

The past me began to ask myself "Why do you do the things you do?" Asking myself that question over the past three years has helped me to stop doing the things I was doing that seemed empty and meaningless or a waste of time or for the wrong reasons. Plus, I've stopped living up to others expectations of me.
When I was visiting my friend for lunch at her house, I thought it was just going to be the two of us. Surprise! There were 3 other Muslim women as well. I took a deep breath, removed my coat and came in. I didn't run away because of them being dressed up and I wasn't.

As we sat around the table my friend got up to fill the salt shaker. My spontaneity kicked in and I said,

"Do you know that Christians are known as the salt of the earth?"

After looking at all their facial expressions of surprise and hearing a few whispers in Arabic, I waited then asked . . .

“What are Muslims known for?” The youngest one’s response,

“Muslims are known as the honey of the earth.”

To which I responded, "Oh you are good. That is an excellent answer.” We all smiled then we multicultural women enjoyed our Lebanese lunch. Two Lebanese, one Egyptian, one Libyan and one Canadian, eh!

2019 New thought: Next time you're in a new situation - be aware of the fear within you. Take a deep breath once, twice, three times; then go with the flow and just be yourself - you might be surprised at who you really are.

💖 Mind to Heart Awareness 💖

When one is being spontaneous, one feels inspired.
Emotions are an Emotion in motion!

I began to learn more about my emotions and how I handled them. I became aware that I was speaking up a lot quicker than before. The past me would keep quiet and blow up inside when I felt someone was trying to control me or when someone blew up at me. Setting the emotion of anger into motion.

**That emotion filled me with irritation and I'd run away.**

The new me could choose which emotion to put into motion. This allowed for peace in the midst of the storm. I could think clearly and give a negative emotion no energy no color and remove it from my mind. When I thought clearly, I was protecting myself from my emotions going out of control.

The new me could think things through and ask questions and speak the truth even to a Medical Dr. asking for clarity regarding my breast cancer as I approached the appointment with the oncologist (chemo Dr).

As I walked into the Tom Baker Cancer Center (TBCC) at the Holy Cross location. A friendly young volunteer guided us where to go and how to get there. I was quiet.

**My husband was chatty!**

Neither one of us wanted to be there. It was obvious how different we were from each other and how we handled our stress. The volunteer took us down the stairs into another room - then the tears began. The receptionist took one look at me then gave my husband the instructions about the paperwork.
I quietly filled out the papers (you see even though the tears were streaming down my face my ears were still listening). Besides I’m the one who filled out the papers in our home. A short time later we were called into the examination room. A friendly nurse took my blood pressure, my height and weight. I asked her, “Would it be ok if I recorded the conversation with the Dr because my daughter is not able to attend at this meeting?” “I suggest you ask him for permission,” as she smiled and left the room.

I deleted some photos and voice recordings to make sure I wouldn’t run out of space on my phone to record our conversation.

While I was doing that, I discovered a healing prayer I had recorded myself speaking. WOW. Isn't God amazing. I had recorded that after a healing prayer service in October and forgot all about it. Here it is back at just the right time, another tool to help with my emotions. Had my daughter been able to attend I wouldn't have been reminded of the healing prayer.

As the Dr. walked in I smiled and said, “Would it be ok if I recorded our conversation?” He responded, “Sure that’s ok with me! Let’s begin with a couple of questions. Do you know your name and why you’re here today?” I replied, "Well Dr. today my name is Dorothy and I'm here because my surgeon said I might have to do this, this and that." His response, "Well Dorothy today were going to talk about this, this, and that."
I expected to hear what my next step would be (a date to start chemo or radiation). Turns out I had to wait another two weeks for another test result. The test called Oncotype DX which cost $4,000 would be paid for by Alberta Health Care. So now my breast tissue from Nov 1st would be going to California.

Why not send Dorothy to California and give her $4,000 to spend on this, this, and that, I wondered! The emotion I put into motion overnight was discouragement. I felt like a puppet on a string. Not wanting to stay in a negative mindset I chose to let it go and take a holiday from my cancer to celebrate Christmas in a quiet way and live and wait for our newest grandchild to be born possibly within the next 2 weeks.

I had left the building with an appointment 2 weeks later.

The next day I called and cancelled the appointment. Now I go again mid January. The Dr. assured my husband that my type of cancer was not life threatening so I felt comfortable to take a break for my mental and emotional health.

I asked the oncologist then, and the Dr. at the Breast Cancer Supportive Care Clinic the next day, why that test was not ordered within days of my first surgery. Encouraging them to consider the emotional impact on their patient. Click here for the Link

I was given their reasoning to which could have set the emotion of anger into motion but I have no room in my place (mind) to entertain negative emotions so I just let go and took control.
2019 New thought: My healing prayer I know by heart and use it on a regular basis to keep me from going off the deep end when doubt creeps in.

Jesus Jesus Jesus I believe
My soul finds rest in you
You are the rock on which I stand
All other ground is sinking sand
You are my salvation I will not be shaken
Thank You for Healing me of Cancer
Thank You Jesus Thank You
Jesus Jesus Jesus I Believe

❤️ Mind to Heart Awareness ❤️
Opportunities to stand up, and speak up, show up when one is ready.
Why do I have cancer?

I went to the Breast Cancer Supportive Care Clinic with one question on my mind. Why do I have cancer? After my husband had all his questions answered, I tapped him on the knee and said, “Could I possibly talk before our time is up?” I had only one question. Click here for the Link

“Yes, let Dorothy have a turn,” she said. I said, “I’d like to know why I have cancer?” "Everyone has cancer cells. You might consider reading this book: Anticancer - A new way of life by Dr. David Servan-Schreiber.”

When the Dr. looked at my file to see what my alcohol consumption was, she gasped and said "3-5 glasses of wine per day? Oh, excuse me, that is per week not per day. You might consider lowering that as well, as all alcohol has estrogen."

Now for some of my research.

Dr. Northrup has a lot of helpful information for a woman's health. I've browsed at her books at the health food store.

Paula Owens is a holistic nutritionist who promotes: Identification of the root cause - Using Food as Medicine - Learning Healing and Thriving.
When I googled holistic approach for estrogen, breast cancer I found an article from AHWATUCEE Foothills News. Click here for the Link Helpful notes that stood out for me: obesity causes estrogen receptors to be high - not having a gallbladder - inflammation - alcohol - processed corn, soy - anti depressants raise aromatase - nail polish.

I had my gallbladder removed in 1993!

Magdalena Wszelaka, a certified holistic health coach. Shares her own journey with health issues and the failure of the medical world to adequately address Graves’ Disease and Hashimoto’s Disease.

That’s enough research for one night.

2019 New thought: Now before I lay me down to sleep I can tell myself why I no longer need to be intimidated by cancer. And why I’m willing to change!

Image created by Deborah Muller/Chubby Mermaid
Taken from my book, ‘I Believe in Miracles’. 
Mind to Heart Awareness
Focus Focus Focus

F ~ find your focus
O ~ organize your thoughts
C ~ create your flight to freedom
U ~ understand your why & walk it
S ~ support yourself
Focus on boobs.

If they could talk they would say "Thank You Dorothy for taking a stand, fighting through your emotions and asking for help, which saved our lives!"

From the time my mammogram jolted me into outer space I began researching about breast cancer, surgery, reconstruction, tattoos and I began to cry.

**Oh, husband dear see here see here, come and feast your eyes.**

Before surgery I was in Costco looking at women's breasts, if you can imagine. I just stared at them all. All of those women with breasts large and small. Oh, husband dear see here see here. "Oh my gosh look at those BIG ones!"

**Then I saw the set that made me cry, as I thought about the possibility of losing mine!**

After surgery in Costco, crying again. I bought an individual glass water bottle (no more plastic for me). This time I was looking at shopping carts, watching what people bought. All the dead and processed food that they would be putting into their bodies before they too would begin to cry.

When I paid for my item the cashier said "Have a Merry Christmas!" Of all the things to say to me she chose that phrase. She didn't say that to the lady before me.
I grabbed my item. I didn't respond. I just walked away in tears. Have a Merry Christmas? How does one have a Merry Christmas when they are dealing with cancer?

Full of courage confidence and a commitment to not give up I thought about women's boobs- some may come and some may go but the message of Jesus will live forever as we prepare our hearts for heaven. I would have a Mary Christmas not a Merry Christmas thinking about the mother of Jesus and what she went through on her 1st Christmas and how she surrendered to God's calling which had a major impact on the world.

2019 New thought: It's amazing I was able to stand up and fight for my bOObS. I've been so deeply impacted by the opinions of others. Especially people that have strong personalities. Before I was afraid to stand up for what I wanted. Not since cancer. I knew for sure I wanted to keep my breasts.

Naming my breasts, Laverne & Shirley, helped me to stay focused.

❤ Mind to Heart Awareness ❤

~ Self Awareness Matters ~

Sometimes one has to do what's best for self, not what's best for everybody else.
SHOW UP ~ STAGE 1  Friday, December 23, 2016

Christmas Anyway! After 18 weeks of breast cancer.

When I announced to my daughter Josephine (mid November) that I would not be celebrating Christmas that year, she became sad and then showed up at my door a few days later with a live wreath and hung it outside with care. She said, "Mom whether you feel like it or not, Christmas is coming." She gave me a hug, shared a few tears and sat down for a cup of tea. She has a diploma in positive psychology. She helped me become aware of how my thoughts make me feel.

Click here for the Link

Her courage to ask me questions about my feelings encouraged me out of each slump as I opened my gift called 'Focus on Cancer'.

It was a gift because it gave me the courage confidence and commitment to do what I needed to do for me. The other gift she made for me. A cream made with olive, coconut, frankincense, and myrrh oil.

So here it was, Christmas. It's not about my feeling happy or sad, it's about engaging in 'Christmas Anyway'. It's about enjoying my grandchildren and my family. The days are long gone where the perfect hostess shows up and stuffs everyone with her baking gifts. This year Christmas is simple, Christmas is sweet with only a processed store-bought cake called Panettone (Italian Christmas cake), as we sit around the table playing Tombola (an Italian game of bingo).
I am Canadian, married to an Italian Immigrant. Together we have three married children with children of their own. Christmas this year is anything but normal. Each family has a BIG change they are facing. Especially our son in law Graham. With his Dad passing away in December.

There will be no pretending, we can just be ourselves. Some of us will be quiet. Some of us loud. Some of us just sitting still. Watching the little ones filled with the Spirit of Christmas. As they begin to laugh and play with each other.

To my 4.5 yr. old granddaughter I said: "Imagine the hospital having no room for Mamma to have your baby brother, Mamma and Daddy having to go to the farm and have the baby where the cows and horses sleep." She gave me a disgusting look and yelled, "NO WAY." "That's what happened to baby Jesus' Mamma," I said. Then she continued playing with the nativity set.

NEWS UPDATE: AMAZING NEWS

WONDERFUL NEWS OF JOY UPDATE: I got a call at 2:10 pm MST Friday December 23 from the CHEMO GUY - that's what my husband called him as he passed the phone to me. The laughing Dr. said "I'm the chemo guy." I just got your test results back from California this morning. Your score is 8/100 = NO CHEMO. I just called to tell you this and have a MERRY CHRISTMAS."

This time my tears were filled with JOY.

I Believe in Miracles. Mary, a virgin giving birth to Jesus is a Miracle. I bought a balloon bouquet and celebrated with my prayer warrior girlfriend.
Healing is a Miracle

2019 New thought: I’m sure glad I believe in miracles.

💖 Mind to Heart Awareness 💖
Forgetting to be who others tell one to be, helps one to remember who one is.
It's all wrapped up . . . in fear or in love . . .

With the news on December 23 that I didn’t need chemo - I've called the fear part of my journey a wrap. It’s done. Cancer. The word that brought fear into my heart and scared me to death. I'm done with the word fear!

I'm wrapped up in love, overwhelmed with the Love of God. Unconditionally through Jesus, the reason for the season.

This crazy emotional tour taught me a big lesson - to guard my heart while fighting to keep my breasts. Had I not asked for help from Karyn. The breast cancer psychologist on staff. Fear would have led me down the path of regret had I chosen the mastectomy.

With a heart of gratitude, I thanked God for choosing the young girl 'Mary' who said YES to be the mother of His Son Jesus. The God who's not dead. He's alive. The God who overwhelms us not with fear but unconditional love.

Without prayer, I could have easily given up fighting for what I needed to do for me and given into the pressure that fear brought. Our Christmas gift called 'Jesus' and my 'Breast Cancer' are worth giving thanks.
Thank You to my family & friends for praying for us.

Since cancer entered our home, my husband became aware that he never knew how much he loved me until this happened. I'm the salt, he's the pepper, together for 40 years in November we've made chili pepper. It's been a wild ride, all y'all, especially since retirement! We can see that our chili pepper emotions are like a cancer too.

I became aware that I never knew how much my husband loved me. Through these past few months my husband has taken care of me, encouraging me, cooking, washing dishes, buying groceries, hugging me and just letting me cry.

2019 New thought: These emotions create healthy relationships.

Mind to Heart Awareness

Love & Understanding come from within.
Breast cancer changed my attitude from why to why not? Together my husband and I spontaneously bought a RED fake Christmas tree for next year. For New Years we bought a ticket on Dec 30th. I asked to go dancing.

As we searched for somewhere to dance on NYE (New Years Eve) we looked into four venues. Three were sold out. The fourth venue choice we bought the last online ticket at 4pm. We had no idea who we'd be sitting with but God sure did. We were put with a Portuguese family. What a lovely fun filled evening we had.

At midnight we were on the floor dancing.

As my husband and I embraced we began to cry. We were so thankful that we had another chance at living life to the fullest. Then as we all went to sit down, on the count of 3,2,1. We sang Happy Birthday to Mr. Portuguese who was celebrating his 76th birthday.

2019 New thought: As breast cancer changes 'past me'. I look forward to 'future me' living in the moment. Realizing that today could be my last. 'Future me' knows that one day I'll meet my Savior, Jesus Christ, face to face. Until then I've got the wild card in my hand.

Mind to Heart Awareness
Being Grounded Growing & Grateful helps one to be flexible, fun & spontaneous!
Unto us a grandchild is born

In the beginning when I had my mammogram. My husband wanted me to keep our news a secret until the biopsy results. Out of fear and denial I had cancelled the biopsy. Then I had to tell him my secret! “Vince I’m not going for a biopsy,” I said. His response. "I'm going to be telling our children, I don't like what you're doing."

"No way, if anyone's going to tell them, I am," I said!

But how? When? There was so much excitement with a new baby, one week before the mammogram, and the announcement one week after the mammogram that another baby would join our family in Jan 2017.

At the end of the evening, just before everyone left, I chose to reveal my news and it wasn't shared with a party attitude. They too didn't like what I was doing. So, the next day I re-booked the biopsy appointment.

. . . That was then and this is now . . .
. . . The story of the baby's arrival . . .

Jan 6 - 12 noon - My granddaughter took me grocery shopping. She's just about 5 years old. She wrote out the list as to what her mother requested. She directed me to the grocery store and throughout the store. It was fun.

When we were going through the fear that cancer brought. My daughter Melinda was sad that I wouldn't be fully able to enjoy the birth of her baby. As I helped tidy her kitchen and put the groceries away. I told her, "I could stay until hubby gets home." But she said, “No thanks Mamma.”
She thought I had done more than enough for her, then commented with a huge smile, “Nonna is back!” It felt good to help out. I ended up going back a couple of hours later as she began consistent labor pains an hour after I left.

Jan 7 - 1 am - The new baby’s siblings are sleeping, Nonno is sleeping and I’ve just received the news about the safe arrival of the baby. They were snoring and I was down stairs full of joy that I was able to be present to enjoy the moment that our family was being blessed with another grandchild.

2019 New thought: When our first grandchild was born. Ada, my sister in law in Italy asked us Canadians what we’d be called. Her brother wanted to be called Nonno because he’s Italian. Her nieces and nephew wanted to be called Zia & Zio. Not Aunt & Uncle. I wanted to be called Grandma because I’m Canadian. She said “Oh, I get it, Nonna Canadaise.” I said, “I like that!” That’s how I became Nonna not Grandma. Then there’s Uncle Graham, Zia Alison who are also Canadian & Zio Johnny who’s Italian.

Mind to Heart Awareness

The birth of a thought comes from the thinker. It’s the thinker that’s in charge. Not the thought.
Helpful I Am statements through discouragement.

My deepest darkest days were filled with tears. I created a list of powerful 'I Am' phrases to focus on to help me conquer discouragement.

I am praising God. I am on top of the world. I am spending time with my grandchildren. I am releasing toxins. I am healing. I am at peace. I am walking. I am grateful. I am in my home. I am full of love of family and friends. I am full of life. I am with my husband.

I sure didn't come up with those at one time. I just kept adding to the list and reading them aloud.

I am driving. I am smiling. I am getting better every day. I am excited about my health. I am moving my arm more each day. I am enjoying my meals. I am forgiven. I am loved. I am beautiful. I am able to relax. I am enjoying music. I am enthusiastic. I am able to sleep. I am able to ask for what I want.

Each time I faced discouragement I created new things to focus on. I am able to let go. I am grounded, growing and grateful. I am flexible, fun and spontaneous. I am kind.
I Am grateful for my headset from BrainTap to help me relax my mind. As you get to know how brave you are in 2017, I wish you peace through it all as you discover ways of dealing with your fears. Click here for the Link

2019 New thoughts: I’ve dealt with depression for decades and double depression through the first emotional stages of cancer. Music had been my go to source of uplifting and my go to also through cancer.

It helped to hum when I couldn’t sing.
Crawl when I couldn’t walk.

Soon I’d be able to dance again by turning the c in cancer to a d. I’ll soon be dancing to my heart’s content as I frolic with my grandchildren. Making sure I do the required arm stretches twice a day to fully recover from surgery. I became full of love and forgiveness. Full of peace. Inspired and cancer free. Now that’s a miracle.

Mind to Heart Awareness

Fear is not who one is.
A child of Big G is who one is.

Remember to: Keep still. Read slowly. Breathe deeply. Spend time with your feelings and thoughts. Have a pen and keep a journal with you as you read.
When it comes time to die, let us not discover that we have never lived. By Henry David Thoreau

I went to my daughter’s house to see my grandchildren. While I was there, news that my son-in-law’s Aunt passed away from cancer. Now I was crying again. Typing my blog entry, thinking about my consultation appointment for radiation the following week. My emotions were very sensitive again! As soon as my husband opened a conversation about cancer I started crying. It was so nice not to think about it over the holiday.

When it came time for my Nana to die it was a GREAT loss in my life. She was my best friend. My encourager. My go-to person. I wasn’t willing to talk to anybody about my loss. She died January 18, 1985. I just kept stuffing my grief inside of me. That’s how depression first showed up in my life.

This is Bessie, my teddy bear. She warms my heart. I had her created and designed by a Calgary Furrier to always remember my Nana. She is made out of the remnants of her fur coat.
An awareness of death became part of my everyday life. Being a young stay at home mom back then I imagined that when it was time for me to die, I would teach my children how to die because I had taught them how to live.

Here I am dealing with my own mortality. I wasn’t ready to die yet. I still had many moments to create and cherish with my family. I seized the day when my emotions were out of control during cancer, I would go hang out at Wellspring. A non profit organization, offering a lifeline to cancer support. Living life to the fullest pushed me to find a support system. I knew what depression felt like, I had memorized it. I didn’t want to let it control me again.

Also it was very encouraging to know that my God was greater than me. I invited more of God into my life so I could be filled with hope, assurance, confidence, courage and a commitment to discover that when it came time for me to die, I would be able to say 'goodbye until we meet again'.

When I found out about the Grief Recovery Method in 2010, I was excited to discover closure. It’s a program for a loss of any kind. Click here for the Link

2019 New Thought: I’ve been thinking about the benefit of going through the grief recovery program again. To find closure with cancer.

Mind to Heart Awareness
When it comes one’s time to die.
One will discover that one had the choice to live to the fullest or not.
Life is Fragile, Handle with Prayer

Over my life time of 62 years, fears have robbed me of peace, joy, fulfillment, contentment, and happiness. As well as open and honest conversations. Fear planted many seeds of doubt. I thought it was about time I called upon courage and dealt with being a hostage to cancer and fear. I thought making a decision to decline radiation would make it easier on me. But it didn’t. I had to deal with not only my emotions but my husband’s as well.

I thought I’d try telling my daughter Josephine first as she was more understanding. Then I’d tell my husband. She took it ok but not him. He was shocked! His comments were very discouraging. I had to listen to a few ‘BrainTap’ sessions to calm me down. When it came time for my appointment Josephine asked me “Mom why are you going if you already decided not to do radiation?” My response . . . .

"I don't know. That's a very good question.
I never thought about it like that.
I guess I'm going just to see what they have to say."

But my deepest desire was that my husband would learn something to help him understand my thoughts and feelings. He did! Isn’t God amazing. I often prayed for a messenger when he didn’t understand something.
I was to fill out paperwork again! This time I chose not to fill out the second double sided sheet of questions because there was an option for the nurse to check "patient refused to fill out questionnaire". When I took it to the receptionist, I told her I wasn't going to fill out page two. She said "That's OK the nurse will go through it with you."

When the nurse arrived, she weighed me then took me to room #3 and said, "So, I'll assume nothing has changed, that's why you didn't answer the questionnaire?" "Yes," I replied. "Very good then, I'll check off that you weren't willing to answer the questionnaire," she said. Excellent idea I thought.

She asked me, “Do you have any questions about today's visit?” “No, we're here to learn about radiation,” I said. Then she left the room saying the Dr. would be in soon. As we waited for him, I began to read Proverbs 17. This part stood out for me the most.

A merry heart is good medicine;
a broken spirit saps a person's strength.

No kidding! My broken spirit was being as merry as it could be while sitting at the Tom Baker Cancer Center. In comes a young Dr. The name on his badge was not the same as the one I had the appointment with. When he said what he'd be doing - check my breasts - I asked "Will you be doing it and then the other Dr. because I'm not willing to do it twice?" He left the room then came back with the head Dr. So now I had both of them there front and center as he learned how to check breasts for lumps!
With four people in the room, me, my husband and two Dr’s, one would have to sit on the examining table. So, I got off when they were done and sat beside my husband. We listened attentively for one hour about the statistics, the good and bad points about balancing the pro and con choice in choosing or declining radiation.

**Turns out we both asked great questions!**

The Dr. suggested I take no longer than a week to think about having radiation or not. Make a decision and live with it. Which I have already done. I just need to tell him within a week. I was given a new pamphlet to go over and call back if I wanted to participate in a new study for the next five years. I didn’t think so.

I wanted to spend the next 5 years:
- Travelling ~ Watching funny movies
- Living each day as if it were my last ~ Giggling
- Hugging and kissing my grandchildren.
- Being myself

Life is fragile, handle with prayer 24/7/365. As you deal with your story each day, make it a story worth telling. Tomorrow I have an appointment with the Chemo Dr. who will go over the pro’s and con's about taking the anti hormone pills for 5 years.

**One thing for sure. 100% guarantee.**

**Sooner or later. I’m going to die.**
2019 New Thoughts:  As I look at all my past and present writing projects. I see there is a theme. My deepest inner desire has been ‘I just want to be me.’ I was filled with fear. Living up to the expectations of others because of being constantly criticized. I allowed this to stop me from being myself.

I acknowledge that bitterness, resentment, and unforgiveness have travelled with me thus far. Resulting in seeking revenge which increased the anger. It would have been better for me to speak up no matter the consequence and just stand firm.

Therefore, when a past hurt comes to mind. I am ready to let it go. I am not God. It’s not up to me to fix and change people. It’s up to me to love, forgive and choose who to spend time with & create healthy boundaries. It’s up to me to let go of creating more expectations to experience this freedom I so desire.

I apologized for my behavior. It will be an incredible life being myself; standing up, showing up, speaking up filled with courage, confidence and a commitment to being the woman God created me to be, period.

Mind to Heart Awareness

When one is ready to forgive. The flight to freedom begins.
Laughter is Good Medicine

The Bible says that death and life are in the power of the tongue. And those who love it will eat its fruit. I believed laughter brought life. My perception and my opinions spoke life or death. Today we rushed out the door to go see the 'Chemo Guy', Dr X. to give him a hug and listen to . . .

why anti hormone pills would be prescribed for 5 - 10 years!

We arrived at the Tom Baker Cancer Center, went down to the basement. The room was full of people waiting for their appointments. Several people were coughing. I headed over to the receptionist. Once again, she gave me the forms to fill out. I took them and answered a quick no to each question then returned the second double sided page blank.

I re-read the section that the nurse fills out 'patient declined to answer questions'. Yesterday I wrote 'patient refused to answer questions'. Declined is a friendlier term, isn't it?

We waited 1/2 an hour and saw no one called in. I could feel my blood sugar start acting up as I had rushed out the door without finishing a full breakfast. I brought my food and espresso with me and left them in the car. I was tired of standing up in the hallway, not wanting to be near germs.
I went to the receptionist and asked when I was in line to see the Dr. She counted up to number four. I asked if I had time to go to my car. She excused herself to go ask the nurse. The nurse said it would be 45 minutes to an hour.

While my husband paid for more parking after 45 minutes had passed. I went downstairs to see where I was in line to see Dr. X. It would be another 30-45 minutes. We went back upstairs to see about changing the appointment. We could reschedule for Feb 8th.

**We asked the receptionist upstairs to hold onto that appointment.**

We went downstairs again this time with a volunteer named Tony. He was going to show us the cafeteria. My husband said to Tony "I don't like going down I like going up." Tony broke out into laughter. I didn't know my husband was so funny. Things must get pretty serious around there.

We had no idea there was a cafeteria. First, we asked the receptionist, “Why so slow today?” Tony was still with us. The receptionist said, “Intern Dr’s from the University are helping out today and Dr. X is not here.”

"Excuse me, we came here to see Dr. X. We love Dr. X and only want to see him for a group hug (as my 5yr old grand daughter would say). If he’s not even here we’ll just reschedule my appointment if that’s ok,” I asked? No problem,” she said. The receptionists were laughing when we said we wanted to give Dr. X a hug. My husband said, “Tony, let’s go see the cafeteria first. Seeing we are down - not up.” (the laughter began again) Then he asked, “Tony do they have pasta fagioli (bean soup) here?”
He said "I don't think they have pasta fagioli here!" He took us to see the cafeteria then we took the stairs as we both would like to use the stairs. As we made our way to the receptionist upstairs with Tony still laughing about pasta fagioli we changed my appointment to Feb 8th and asked the Filipino receptionist, “Have you ever had pasta fagioli?”

She said, “What’s that? I’ve never heard of it. Then I said, “It’s an Italian soup.” I shared the story about the Gigli Festival in my husband’s hometown, Brusciano, Naples Italy. In celebration of their patron Saint, St. Anthony. Click here for the Link I remember one summer in Italy. In my mother-in-law’s cul-d-sac, a huge pot of pasta fagioli was being made to serve those who were in the parade as the three-day festival began.

I explained that it was as popular as pancakes for breakfasts in my hometown, Calgary, Alberta Canada. During the Greatest Outdoor Show on earth. The Calgary Stampede. Click here for the Link You’d find many free breakfasts in parks and parking lots throughout the city during those 10 days.

As I was sharing this with the receptionist, I heard my husband ask Tony a question, “Do you speak Italian?” Tony said, “I used to speak quite a bit but not so much now since my Nonna passed away. I loved my Nonna’s pasta fagioli.” That’s when I said, “Tony, you’re Italian. Of course, you know what pasta fagioli is!”

Well Tony hysterically broke out in laughter.
As we left the Tom Baker Cancer Center we were laughing. We experienced that laughter is good medicine. When we got in the car and started our drive home my husband apologized to me about being so negative with his quick reactions in giving his uncalled-for opinions about my choices.

2019 New thought: What makes me laugh is Italian comedian, Sebastian Maniscalco. He’s hilarious. He’s Italian. What more can I say?

Vincenzo, thanks for introducing Sebastian to our family. He helps us understand why you do the things you do!

Mind to Heart Awareness

Being terminally serious effects one’s health.
My husband and I were worried about the breath of life given to our grandson. He’s been on oxygen for a month (then what?). Seems we had more questions than answers. With my husband retired he has more time to think. And more time to talk. We were concerned about the situation and the uncertainty of life.

I said, "We seriously have to let go & trust God."

This initiated an opportunity for an open and honest conversation with each other. My husband shared about how God was helping him let go of the fear and stress with my choices on this tour with cancer. And I shared with him that I was committing to spending an hour with God each day to lean not on my own understanding.

**Otherwise with our emotions being at the center of our universe it edged God out (EGO).**

I began a bible study at home with me, myself and God. I was ready. I knew in my heart that I must lean on God for complete direction. I chose a study book in my collection called, 'Believing God' by Beth Moore. Turned out it was the best choice. It’s about faith.
First day’s homework, was to claim: I believe God is who He says He is. I believe God can do what He says He can do. I believe I am who God says I am. I believe I can do all things through Christ. I believe God’s word is alive and active in me.

I was caught in the act of believing and acknowledging how God equips, strengthens and gives me great power to overcome my emotions. When I trusted in the Lord with all my heart and leaned not on my own understanding. Life became peaceful in the midst of my storm.

2019 New thought: No matter what I do, the choices I make, I create my own stress. My own mess! The message behind the mess: I am here to love because God first loved me. I am here to listen and to learn. I am to live my life on purpose. I am to let go and trust God.

Be still. Read slowly. Breathe deeply. Spend time with your feelings and thoughts. Have a pen and keep a journal with you as you read.

Mind to Heart Awareness

When one pray’s cries and let’s go, one is able to deal effectively with deep hidden & stuffed emotions. Resulting in the ability to breathe deeply again.
Good Morning Sunshine - I am the Lord that heals you!

After finishing my bible study. This phrase came to mind - I am the Lord that heals you. I went looking for it in my bible. It’s the promise I will bring with me to my radiation sessions. I encouraged myself reviewing the steps I had taken on my tour with breast cancer.

I researched and read, to educate, not medicate. I used BrainTap to relax the fight-or-flight response. Click here for the Link I discovered root canals were a cause of cancer. I paid attention and got my tooth pulled. I asked for the best breast surgeon in Calgary and got him.

I fit the criteria for a Oncotype DX test for my cancer tissue. It was sent to California. From this test I discovered I didn't need chemotherapy. I was directed to a documentary, Eating You Alive. A vegan whole food lifestyle which helped me overdose on nutrition. Soaking in Epsom salts and baking soda baths was helpful advice for after radiation sessions.

I walked into my radiation schedule with a promise: I am the Lord that heals you! That encouraged me as well. I needed all the help I could get. I could have ignored all those interventions or just the medical interventions alone.

I had to take a good long look at the whole situation.
Step out of the frame that I was in.
Step forward in faith.
My new routine was my shoulder exercises morning and night. My stretches, my 1/2-hour exercise on the treadmill or stationary bike at home. Walking at a mall in the winter. Or outdoors when the weather was warmer.

On a day when the sun was not shining within me. My heart needed a hug. My friend from Fort Saskatchewan came down to Calgary to visit her family and checked in with me to encourage me with a gift: A tea towel - Good morning sunshine. She needed some encouragement and so did I. It was great to get together.

2019 New Thought:
The tea towel is still in my bedroom. I dare not put it in the kitchen. My husband would use it to mop up tomato sauce!!

Mind to Heart Awareness
Big G’s desire is to be one’s greatest encourager.
I believed in Miracles. It was through a difficult situation before cancer that I turned to writing 'I Believe in Miracles'. It helped me see the bigger picture. Knowing that focusing on the bitter picture of my life caused a lot of frustration. I wanted to turn depression into inspiration.

Dealing with breast cancer I'm sure I'll be writing again in a couple of years. We all get to choose what we want to focus on. In 'I Believe in Miracles', I talked about 'Poor Me' 'Rich Me' and 'True Me'. I re-read that booklet last night. Which my daughter suggested I do after listening to me slide down the slippery slope into negativity. She asked me,

"What would 'Rich Me' do in this situation Mom?"

I had no clue what 'Rich Me' would do so I read it to refresh my memory. I also read a book about Billy Graham - A life well lived. Reading about how other people dealt with life issues helped me step out of the frame of my life. I realized there were better choices to make in dealing with challenging situations. The result, it’s about connecting to God and stepping out in faith. It’s not about self first, it’s about putting God first.

It’s been just over two months since my lumpectomy. I had a numb nipple and my breast looked like an elephant wrinkle. My breast will change again after radiation.
When I found myself in a very difficult situation like cancer. I learned to turn to God quicker than before. I prayed, cried and let go the best I could understand. When He became greater than my problem. I coped better.

I believed in dreams.

I had a dream that someone gave me something to boost my thyroid. That's how I came across the Global Healing Center. I received a product that I hadn't ordered. While waiting for the correction to be made I took the product they sent. It was B12.

Since my mammogram in August 2016, I've gone to a Naturopath once a month for a B12 shot.

I've dealt with depression for thirty years due to having 'Poor Me' at the center of attention. I knew what it was like to live in a fog. To have a doom and gloom cloud follow me everywhere I went. The very first time I spoke in front of a women's group about 'emotions'...

the 'Poor Me' voice inside, began to quiver.
She knew her gig was up.

Thanks to a friend's sister in Saskatchewan. A cancer conqueror. I registered for a Square One 10 week online coaching program for cancer patients and caregivers through Chris Beat Cancer.
2019 New thoughts:  Through each lesson in life I’ve learned something about my emotions. It became clear. To be alive is to be full of passion. Setting an emotion in motion. Life will never be perfect. There will always be something to learn. Then I can reach back with a heart full of love. A hand full of support and a mind full of joy in being of service to God, myself and others.

Image created by Deborah Muller/Chubby Mermaid. Taken from my book, 'I Believe in Miracles'.

As I continue on this journey of faith, healing and miracles I’m totally inspired to keep on keeping on. The thought of allowing cancer to take over my body and call it a day was short lived. Through each self created emotional tsunami I swam back to land. Caught my breath then began again. Walking on water with Jesus.

When I’m out of the water, I’m in the kitchen preparing colorful live and vibrant vegetables - Singing 24 hours of Happy and dancing with Pharrell Williams.
As I continue on my journey of faith, healing and miracles I made an appointment at a Natural Health Clinic. While doing research I came across this discovery. Cannabis CBD essential oil offered pain relief, relief for sleepless nights, help with anxiety/stress and low and behold - cancer prevention. So why not check it out. Upon arrival I asked for the key to the washroom.

The receptionist gave me a Barbie Doll with a key around her neck.

When I was finished. I asked the lady in there, “What office do you work at in the building?” Her reply "I work at the Natural Health Clinic, and it’s been the best job ever!" I asked her to kindly return Barbie to her post so I could go back to my car to eat my lunch as I was 1/2 hour early for my appointment.

Guess who held the key to the boy’s washroom? Ken!

The Dr. calls me in asks a few questions then fills out a prescription size piece of paper for 'treatment recommendations'. Under that was written 'This is not a prescription'. My name, date, recommended dosage per day and four recommendations were listed on the sheet of paper.
The following were the four choices 1. Predominantly CBD 2. Predominantly THC 3. THC/CBD blend 4. Oil. Then he asked, "Do you know which supplier you'd like to use?" "I have no idea," I replied. "Would you like to sit down with someone to help you decide or would you like to go online on your own", she asked? "I'll stay for some help," I said. Trying not to look too confused. The next person called my name and asked me, What are your recommendation for?” I told him, "Breast cancer."

He registered my 'treatment recommendation' with a company that supplied the oil and told me to register online before the day was over. I could order the oil online and have it delivered within a week or two. I came home went to the website, saw the oil choices and did some more research.

Cannabis could certainly relieve . . . .

stress/anxiety,  
sleepless nights  
and pain . . . .

but it sure couldn't do what my faith could do. Here is a great song about Faith by Kutless.  {Click here for the Link}

I slept on my thoughts of taking or not taking cannabis and I chose not to take it. I'll stick to my frankincense and myrrh oil and faith that can move mountains. I'll keep listening to BrainTap to go on my mind vacations to keep my body in harmony and full of vitality.  {Click here for the Link}
2019 New thoughts: My key points to being content are:

- Knowing who I am. Why I’m here. Where I’ll be when I’m not here.
- Being friends with Jesus.
- Knowing when my husband is upset in front of me. It’s all about his emotions. Not mine.
- Knowing when I’m upset in front of him. It’s all about me. Not him.
- Being aware of any poor negative behaviors in me. Being able to learn from the situation. Apologize and move forward.
- Knowing another grandchild will arrive in Spring 2019.
- Friendship with my children.
- Frolicking with my grandchildren.
- Going on holidays with family.
- Being fun and spontaneous.
- Filled with courage to speak up.
- Being abundantly loved.
- A heart of gratitude.
- Playfulness. Enthusiasm.
- Ability to listen to others.
- Being open minded.
- Enjoying being me. Smiling.
- Knowing my strengths. Being a team player.
- Knowing I’m worth being loved, I changed worthless to priceless!

Mind to Heart Awareness

Being grateful increases one’s contentment from within.
If only they would have listened to me.

If only they would have taken me seriously. If only they would have communicated clearly to one another. If only they didn't react. We were at the Tom Baker Cancer Center. The Dr. was a couple of hours behind schedule plus we were told Dr. X was not in anyway. Realizing that we couldn't see him made it easy to reschedule.

We took the first appointment of the day so we could give him a hug and thank him for the Christmas call to inform us that I would not need chemo. When we got there that day, we also told his nurse that we wanted to give him a hug. I was sure that they understood where I stood.

After half an hour another Dr. walked in the room.

I took a deep breath and said, "You're not Dr. X." I must have had a look of shock on my face. The young Dr. walked towards me and offered a handshake. I gently shook his hand. My husband just sat there. I wondered what kind of look was showing on his face.

I said to the young Dr. after he sat down that I wanted to see Dr. X at some point. I suggested to him that he give us his recommendations and then call in Dr. X or give Dr. X a heads up so we wouldn't waste any time waiting for him to finish between patients.
That way he could just pop in at his convenience. Either way it would be OK. I said "You choose what you'd like to do." He chose to go tell Dr. X that we declined to see him. That was not true.

We encouraged the recommendation either before or after seeing Dr. X. All we wanted to do was give him a hug of gratitude! If only he would have listened. But instead he reacted. That's the fight-or-flight response.

**If only If only If only**

After the Dr. left the room. A moment later, in walks Dr. X. He was not pleased. He was nervous. He was shocked at what his colleague told him. "That couldn't be", he said. "Those are nice people in there. Dorothy wouldn't decline to see you," he said to us.

Dr. X assured us that he chose only the best senior Dr.'s. He also told us his colleague was upset that we declined to see him. It was at this point my husband spoke up and stood up. Telling Dr. X the truth.

We asked that his colleague come in to clear up the situation. Dr. X declined the offer telling us that he sent him away for a coffee.

**This was not about either Dr's competence.**

It was about giving a Dr. a hug, period. Ended up Dr. X went over my December report and concluded that it would be in my best interest to go on anti hormone pills for five years. But not until six weeks after finishing radiation.
We asked a few questions then we gave him a hug of gratitude and asked to see his colleague. Dr. X left the room. A few minutes later his colleague walked in and my husband and I assured him it had nothing to do with him.

We just wanted to give Dr. X a hug.

If only he would have listened. Then he asked my husband, “Do you want to give me a hug as well?” They gave each other a bear hug and we each went our separate ways. I said to the young Dr, "I'm sure we'll see you in the future. Thanks for your understanding."

Being caught up in drama and expectations sure doesn't bring freedom. I wanted to be free. Looks like I need to free myself from destructive patterns in my life.

Someone shared with me that an issue on the left side of my body was due to emotional issues with a female relationship. On the right was due to a emotional issues with male relationship. I had cancer on my left side. My issues were with my mother.

Issues such as abandonment, rejection, feeling unloved.

The list could go on and on.

That was a very good example of me making my mom's behaviors all about me. When in fact it had nothing to do with me. My mom passed away in 1997. In the booklet I wrote in 2016 'I believe in Miracles' I wrote my mom a letter. I had already begun my healing journey and didn't know it.
2019 New thoughts: I came back from a European vacation promising myself and our friends that I would be going home a new woman. I didn’t like who I was around my husband. I was ready to begin with counselling in 2017. Participating in an emotional intelligence program in 2018. Signing up for an Emotional gaming community in 2019. The emotional cards you see in ‘Flight to Freedom’ are part of the gaming community. If you’re interested, call, text, or email 403.473.2940 dorothy@mybigg.com

I discovered it was possible to not allow the poor behavior of others to bring out the worst of me. I also discovered when I made someone wrong, I was judging them. And needed to understand that I was also judging myself. I needed to let go of judgement. I needed to let go of anger. Wanting anger to no longer get out of control I began scribbling my anger on paper. Freedom was found in validating the emotion then choosing the best way to release it out of my body.

Mind to Heart Awareness

Chronic anger puts us into a fight-or-flight mode, which results in changes to heart rate, blood pressure and immune response. This, increases the risk of depression, heart disease and diabetes, among other conditions.

Forgiveness, however, calms stress levels, leading to improved health.

Click here for the John Hopkins Link
From my Heart to Yours ~ A letter to my Mom.

Taken from my 2016 booklet 'I Believe in Miracles.'
Creating closure on a broken relationship.

Dear Mom: Losing your Mom when you were only three years old and the many losses you experienced after that left you tired and deeply wounded. I'm just beginning to understand your pain. Yet you were so blessed to have a neighbor (Nana) step up and offer to raise you as her own. Then you fell in love with a man from a different culture, and I was the first of four miracles to come along.

You and I have a lot in common with marrying outside of our culture. Did you feel discriminated against thinking that being Canadian wasn't good enough within your multicultural family? Now I truly feel blessed knowing many cultures and love listening to the many stories of these multicultural women. Calgary celebrates multiculturalism. We have come a long way. You'd be pleased with all the help and hope there is.

If you were here today, we'd have fun cooking Hungarian Goulash, Lebanese Falafel, Korean Japchae, Swiss Roesti, Costa Rican Barbudos, African Peanut Soup, Thai Red Curry Shrimps and for desert Italian Tiramisu. Food choices have changed since throwing frozen fish and chips in the oven or going out for Chinese Food.

If you were helping your grandchildren send out their wedding invitations, you'd be astounded by the details and the numbers. Your wedding was a small family celebration in the basement, mine a dozen for dinner at the Romeo and Juliet Inn.
I was so surprised by your grandson's thank you speech at his wedding, thanking me for teaching him how to respect women. Even though you and dad were divorced, he still loved you. He even remembered the day you two met. And now he's gone too! I've let go of blaming you and Dad for not loving me the way I thought love should look like.

Your great grandchildren, I'm sure would cause you to giggle.

They are so cute. This year another one is on the way. I just about missed out on this miracle because of not wanting to live anymore. I thought about running away, feeling sorry for myself with such a busy family with no time for me.

I wondered if that's why you ended up running away when I was a teenager because we were too busy to see that you needed some tender loving care. I'm so sorry Mom. Life was truly upsetting wondering where you were since you ran away for good after Nana died.

Several years later when we got the call that you were near death and on life support, spending your last few hours together, it was actually a relief. Now we know where you are, in heaven, in a place with no more tears, no more suffering, no more pain, no more sorrow.

After you left us (died) I had a dream that you were in the hospital in Italy. You were so beautiful. Somewhere in your beautiful mind I know you loved me. I love you Mom. I look forward to seeing you again, giving you a big hug and kiss embracing you with tears of joy, always and forever singing and dancing, giving God the glory for delivering us from darkness.
2019 New thought:

Love is the answer.
It is easier to love from a distance.
But how do I love someone
I’m irritated with?
With God all things are possible.
I must let go. Ignore the irritation.
Give no time or energy to being
irritated. Be myself anyway.
I must refuse to be brought into
another person’s drama. It’s got
nothing to do with me.
My emotions are my own. Their
emotions are their own, period.

Mind to Heart Awareness
Finding closure of one’s broken relationships
creates a flight to freedom.
And a newfound sense of peace,
rather than serving pain.
Talk the talk? Walk the walk.

He said something, I said, something, out the door I went.

I ran out of the house with my bible study and bible in hand. To find somewhere quiet. I went away to spend the day away with me myself and God. I said to Him, "I know that you know my innermost desire is to run away from everything. I am four days away from radiation. What can I do to enjoy the last few years of my life? Where can I go for four days? Show me the way Lord."

I closed up my study and headed back to my car. I called a girlfriend to meet for coffee. She was busy so I drove around imagining where I could go but I didn't have everything I needed to go anywhere. When I'm upset, I like to drive and cry? So, I drove to a health food store a long way away from my home, to have lunch. I ate my lunch minding my own business.

When I was finished, I went up to the customer service rep to see if I could have access to WiFi. The rep was talking to a couple with an issue for some time. When they were finished, I said, "Excuse me, what is that product you were discussing?" The husband explained what it was and what it was for. One word he mentioned was cancer which got my attention. By now the wife was on my left and the husband on my right.

The wife said to me "Well now we've told you our secret. Why don't you tell me your secret? How is it your skin is so healthy? What do you use?" I was stunned. I giggled. "I don't use anything, never have. Right now, I'm dealing with breast cancer. I don't have any secrets," I responded!
He asked, “Have you looked into Cannabis?” She said "Let's not get her going on that, please!" Then I proceeded to tell him my story about that. He highly suggested I use the product that he was discussing with the customer service rep.

He gave me the name of the author who wrote a book about it. His name is: Ed McCabe. His book: Flood your body with oxygen. As I listened, I asked the customer service rep to get me a bottle and stood there to read all the details about the product. The couple left to do their shopping.

At one point the husband came up behind me to tell me something else. He actually scared me. The rep giggled and asked him not to scare her customers. He wanted me to know the recipe to use in the bath after each radiation treatment . . .

*2c 35% food grade hydrogen peroxide 1/4c baking soda 1/2c epsom salt.*

I sat down to finish reading. I waited for the couple to finish their shopping. On our way out, the door I asked the wife, “Is it ok to give you my contact information?” She said “Yes of course you can!” I gave her my card and said, “Could you please call me once a month? It would be nice to check in with a woman who understands.”

I then started to cry and said, “I'm having difficulty dealing with this situation.” She gave me a hug and said “I'll call you.” Her husband smiled and said, "Fight the fight - don't give up, you'll be fine!"
I thanked God for calming me down, and directing me to the health food store. I thanked God for the encounter and cried myself home. I began my preparation for the Sunday family dinner as it was a day to celebrate two birthdays.

2019 New thoughts:

When I’m on the run
I’m lacking confidence in dealing intelligently with the situation or I’m afraid of confrontation.

Mind to Heart Awareness

When one knows how to stand up to one’s emotions, one can work through one’s greatest pain.
I had my first radiation treatment today. I hoped to just be dropped off but my husband insisted that he join me. I haven't been myself lately! Dealing with cancer has put a lot of stress on our relationship. I wondered how I'd handle my time waiting for the radiation technician to call my name.

Dorothy - From the Greek meaning: Gift of God.

Had I known a LONG time ago that I was a gift from God. Possibly I could have, would have, or should have avoided cancer. Why? Because my perception of life would have been seen through the eyes of love. Love is a gift from God. If only I believed and loved myself as much as God does.

I arrived on time. Checked in. They gave me my schedule. Within a couple of minutes, I heard my name called. This young East Indian gentleman walked over to me and said, "Are you Dorothy?" To which I responded "Yes I am. Just let me check my cell phone to be sure! Yep today I'm Dorothy."

I am, the daughter of a great man named Jesus.

The technician asked me to join him in a very small room to go over the plan. I realized I wouldn't be seen by my husband when he came looking for me after finding a parking spot. I looked at the 4 people waiting there and said, "If you see a good-looking bald guy looking for me, tell him I ran away. He's Italian!" They chuckled.
I went with the technician. To release the tension I said, "I've not heard your name before what is your heritage?" "My parents are from India, I was born in Canada" he said. "I've never been to India," I replied. "I hope you'll go there. It's quite a cultural difference, it would be a great experience," he explained. Yeah way better than this one I thought.

He started to explain what would happen that day. Suddenly a knock on the door. Another technician escorted my husband to the room. My technician said, "We'll be finished in a few minutes," Then started to close the door. The other technician explained that this man was my husband. So in came my husband.

I remember: While at an appointment with the surgeon my husband left to use the washroom. When he came back he opened a door and walked into a room on his own. It wasn't me that was sitting there topless!! My technician continued his explanation then finished with this question . . .

"Do I have your permission to get started today?"

The tears started welling up in my eyes. I chuckled and said, "I don't want to be here!" He offered me a Kleenex and said, "The first time is the hardest." Then he showed me where to undress and wait in the waiting room. I had heard that they were quite often delayed from their schedule. I didn't like the idea of sitting around with hospital clothes on. I already had a plan in mind.

I didn't even have time to sit down and another technician called my name. I walked towards her and asked where the bathrooms were. I didn't need a key to get in! She then took me to the radiation hazard room.
I was instructed to take a deep breath and hold it for 20 seconds each time the radiation machine was used. In my mind I was thinking, thank you, thank you, thank you, thank you! I prayed for the hands of the technicians to be precise on their measurements so that my organs would be protected. Before I could even take that deep breath, each time I had to swallow several times so I wouldn't cry.

It was crucial that I not move at all. Otherwise their markings and precise positioning of the machine would be off and cause damage to my organs. When I felt the tears begin, to calm myself down I said to myself "You're OK you can do this, you're OK you can do this!" It was then that I realized I didn't even think about that tiny pill to calm me down.

I had two pills left in the bottle at home.

My hands were positioned over my head. One wrist was beginning to hurt and also my hip. Again, I told myself "It's OK, it's OK, it's OK!" Then the pain went away. It was only me and Jesus in the room.

I was well behaved. I did exactly as they told me to. I kept my eyes closed most of the time. I imagined Jesus was with me - just as it said in the bible. I asked Him to protect my heart and lungs from any damage from the radiation rays. Then I imagined His light radiating over me and protecting me. I was overflowing with brightness.

When the technician returned to the room she said "We’re done for today." I walked out towards the waiting room and saw the sign. I got out my camera and took a picture. I saw my husband standing there looking so sad. I said to him, "Don't come down here. It's dangerous, radiation will kill you!" I quickly asked where my clothes were, grabbed them and went to change.
My husband drove me home. I got my bath ready with the 35% hydrogen peroxide, Epsom salts and aluminum free baking soda. I sat there for thirty minutes, the water was so soothing, soft and bubbly. Connie, the lady I met at the health food store (I mentioned this encounter on Feb 12th entry) actually called me that night. She asked, "Did you feel the bubbles?" "Oh ya it was great," I said! . . . Day One was Done! . . . 

2019 New thought: My brain was so sizzled. It was beyond recognition. Reading these blog entries and creating new thoughts makes me grateful to see the light at the end of the tunnel. It takes courage to go through these stirred up emotions again. To get over the bumps so I can totally be living in the moment. Without tunnel vision.

❤️ Mind to Heart Awareness ❤️
Believing one’s emotions are the cause of one’s cancer is the first step towards the cure.
Sleepless in Calgary

Every pain I felt on my left side after my first radiation treatment left me wondering if it would kill me. At bedtime I couldn't fall asleep. My mind was a disaster. After a few hours, I left my bedroom and went to the spare room so I could just cry, cry baby cry.

I was filled with fear. Fear I had never experienced before. I just cried until I went to sleep. When I got up, I went to get my bible and asked God, “Is it OK to cancel my radiation appointments?”

I read a page in the Old and New Testament.

The Old Testament reading, these points stood out.

1. The Lord is with me.
2. I will not be afraid.
3. What can man do to me?
4. Better to take refuge in the Lord than to trust in man.
5. I will live, not die.
6. I will proclaim what the Lord has done.
7. This is the day the Lord has made, I will rejoice and be glad in it.
8. Give thanks to the Lord for he is good His love endures forever.
9. Blessed are those who seek Him with all their heart.
10. I have hidden your word in my heart.
The New Testament reading, these points stood out for me.

1. I will not boast about myself except about my weakness.
2. Three times I pleaded with the Lord to take it away from me. (thorn in the flesh—my cancer).
3. He said to me, My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.
4. That is why, for Christ's sake, I delight in weaknesses, for when I am weak, then I am strong.
5. For we can not do anything against the truth, but only for the truth.
6. Be of one mind—live in peace and the Lord of love and peace will be with you.
7. May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.
8. Evidently some people are throwing you into confusion.
9. I have been crucified with Christ and I no longer live, but Christ lives in me.
10. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

After reading these scriptures. Having had a very long cry.

I got my breakfast and calmed down.

I could have stayed home just waiting for my appointment which was late in the day and feel sorry for myself but I didn't think that would help in any way. It was my son's birthday so I asked him where he was working and picked up his favorite 'Donair On The Run' in Cochrane.
He was spraying lacquer so I didn't want to go in the house. We sat in the car and had our birthday visit. I left with my car smelling like lacquer. I picked up lunch for my husband as well. Brought it home to him then we left for my appointment.

When I went to my appointment, I just walked in changed my clothes. But this time I brought my own cover because the hospital clothes were depressing. I brought my iPhone with a headset to listen to music. When the technician called my name, I didn't hear her. But I heard my husband.

I looked over and took out my ear plugs. I went to the bathroom then to the room with her. As we walked to the room, she suggested I dress in the gowns provided. I assured her that my gown added color to my life. It was a full body apron I had made from some material I bought in Hawaii a few years ago. It was quite inspirational for me.

I plopped myself on the table. I told the two technicians,” I had to spend an hour with my God to calm myself down for my appointment today.” They both responded with . . . .

"No one is forcing you to do this Dorothy."

"Well then if it's my choice then I could just not show up," I said. They responded, "Well that said, you could stop after four treatments if you chose to." The male technician asked me on day one if they could do another pin prick tattoo higher up on my breast for direction of the machine or use a tape mark which would have to be measured each time.
I had said I’d think about it. I told them that I would decide after the long weekend. I was still thinking that I might not show up! When the technician came in to say they were done. I got up to get my Hawaiian cover and the male technician came in and said to me, “Dorothy I would like to suggest to you to enjoy your long weekend the best you can, and not think about us and what goes on here.

I hope you’ll come on Tuesday for your next appointment. I assure you that the Dr's here know what works and have a lot of success.” I smiled nervously and left the room. My husband, my personal driver was there waiting to take me home.

Day two complete. Special bath complete.

2019 New thought: One heart, one mind, one stand. Life is full of challenges, and choices too. I had to get off the fence. Decide what to do and move on. When we don’t know what to do. It’s just that a choice needs to be made. Then live with it. Every choice has a consequence. I can focus on doubts or I can focus on God’s promises to get me through the oozing emotions. I choose to be still and Know that God is God. Not me.

❤️ Mind to Heart Awareness ❤️

One is not a victim of one's circumstances. One's circumstances are the result of one's decisions.
Inside the heart, the Upside, the Downside, the Right side, the Left side, outside the Soul. The common denominator - SIDE. Which side are you going to be on? Are you on board? If you're not supporting me in my choice. If you're not for me, you're against me. If I choose Nutrition over Radiation will you still love me? Those were questions I was thinking to ask my family.

Inside the heart: In the bible it says we speak from the overflow of our heart. If my family is full of fear of me dying and insist that I follow what they think is right, they may think they speak from a heart full of love but really, they speak from their fears. These are great examples -

- I'm praying for you to make the right decision! (Every day in every possible moment that statement got louder and louder at home.)
- The right thing to do is have a biopsy so we know what we're dealing with. The right thing to do is listen to the surgeon and have surgery.
- What you're doing is great but one thing is missing, radiation. Radiation would be the right thing to do!
- With you all the way! Here to support you! Don't distance yourself from your family and friends!
- It's not good to feel sorry for yourself!

Preparing for radiation, I was definitely not myself. I was irrational. I was not joining in conversation. I was very distant. I was definitely not feeling sorry for myself. My thoughts about radiation were terrorizing me. Out of fear I agreed to have radiation so I wouldn't lose my breast.
The radiation Dr. suggested I go for a mastectomy if I chose not to have radiation. My spirit was crushed. My heart was vulnerable. My brain hammered beyond recognition because I was doing something I didn't want to do. Something I wasn't sure if God wanted me to do. These comments were pressuring me. **Best advice I can give is this . . .**

Be a listener. Let go of the need to control. Learn to handle your own emotions through your loved one's circumstances. Find someone to talk it through. Let God be God and uphold the cancer patient in prayer, period. When the patient asks for something. Do your best to find a way to do it. Don't give your opinion or argue about it.

I discovered I had a lot of questions swirling through my mind after the cancer diagnosis and I wanted answers. I looked at it from the perspective of a Canadian TV show about investigative journalism. It's called W5. For who, what, when, where and why?

Who was going to help me? What did I need to change? When was this going to end? Where could I go and hide? Why can't you just listen?

**When my friends asked what they could do to help, I suggested**

- Leave a message with powerful promises from the bible.
- Send a text message with humor links, jokes etc.
- Drop off a bag of organic vegetables.
- Take me for a silent drive (only works with one who is not afraid of silence).
- Leave a singing message with a verse from your favorite song.
- Invite me for a walk. Take me bowling.
- Ask me what specific prayers would help.
Beyond that I got books and plants dropped off. Phone calls that on a good day I'd respond to. On a bad day I wouldn't. In the last blog entry, the radiation technician suggested I enjoy the weekend and not think about radiation. That's all I could think of. I stayed up and prayed. I read the bible.

I did my bible study about Believing God. I cried a thousand tears of anxiety. I prayed for direction. I sook God while He could still be found. In my quietness all alone with God I recalled an event on Day 1 and on Day 2 of radiation.

**Day 1. I saw a lady in a wheelchair.**

Her hair done just like mine. She was beautiful. Possibly the same age as me. She was waiting for her radiation, too weak to talk or walk. I wanted to touch her and say something encouraging but I held back. That was my first day there.

**Day 2. The computers were down!**

When I checked in, the receptionist said "The computers are down. I hope you remember what room you're in!" I was so nervous I forgot about the sign I had asked God for that week. I said "Dear Lord if the machine is broken that'll be a sign that I don't need to do radiation." With it not being the radiation machine could be why I didn't clue in.

I went to bed filled with terror each night. I thought about what to do and not do do. That Monday night after the long weekend I prayed. "Dear Lord, please give me a vision while I sleep so I know if it's OK to go away and be alone with you? I don't feel radiation is for me?" When I woke up. I woke up suddenly. Sweating. I sat up in bed startled. My heart was beating very fast. I was trembling . . .
I was STARTLED because...

- Number one, I heard a voice. That voice said I’m your F/U to cancer.
- Number two, the vision I had was of our neighbor in Victoria. I was walking into an auditorium where he was sitting up high on the bleachers watching a basketball game. He was smiling at me.
- Number three, he was dead. He had just passed away a few weeks ago.

On that Sunday I told my husband, "I think it would be good for us to take a break from each other. I need to be alone with God without any interruptions, just for a few days."

"You don't need to go away to be alone with God. I can feel your pain. I want to feel your pain." My response was in anger, "Are you kidding me, you can't get sick enough to make me well enough. That's why I need to get out of here. Did you consider asking me what I need? I certainly don't need to be around someone as sick as I am! I'm not going for anymore radiation. You need to be alone. I need to be alone. This cancer is killing us. You're going to have a heart attack if you keep this up. I'm going to die from all the stress!"

Day 3. I cancelled the appointment.

Tuesday morning, I felt at PEACE when I called the radiation Dr. to cancel my appointments. I would be going away with my husband's blessing. He would be joining me in a few days. We would then start planning our life again.
If I had 1 second, 1 minute, 1 hour, 1 day, 1 week, 1 month, 1 year or 1 decade to live . . .

It was time to get living it. No one died. No one wanted to die. We both wanted to live. So live we would. My family had mixed feelings about my choice. Killing cancer was killing me. I chose the road of healing. I was honoring myself to focus on health and healing. No more double mindedness or being tossed back and forth by the waves of doubt.

2019 New thoughts: My husband was speaking from love and I didn’t hear it. He said he felt my pain and wanted to feel my pain. He voiced his opinion and I voiced mine. There was no room to open up an honest conversation back then because we both closed down.

It was too painful. This discovery came out when I opened an honest conversation with my son while doing this writing. I asked him how he dealt with my cancer. He kept his distance because I wasn’t willing to talk about it. Then told me his memory about his Pa calling him and talking about this encounter.

He was sad that I rejected his words of love.

My family and true friends stuck with me even though I isolated myself from their concern and friendship. Those who loved me found a way to my heart. They didn’t make my emotions mean anything about them.
The lady I mentioned in the wheelchair. I saw her Jan 2019 at the grocery store! I walked past her. I told myself “I think that’s her!” I stopped turned myself around and walked towards her. She was sitting down, waiting for her daughter to pay for the groceries. She looked weak. I smiled at her.

I touched her on the shoulder and said “Hello, my name is Dorothy. I was at the Foothills Hospital a couple of years ago having radiation. Were you there too?” “Yes,” she replied. She introduced me to her daughter. We had a real conversation about her cancer journey. After all the treatments, cancer came back in another part of her body. I was too emotional then to encourage her. God gave me another opportunity!

Remember to: Keep still. Read slowly. Breathe deeply. Spend time with your feelings and thoughts. Have a pen and keep a journal with you as you read.

Mind to Heart Awareness
When one chooses serenity, one knows what one wants and goes for it.
I called, left a phone message to a few family members to let them know what I was up to. Just before leaving home, we had an opportunity for shedding tears of JOY giving thanks to God for our grandson was taken off of oxygen. He had been on it from four days old.

I reminded my daughter Melinda that God was the giver of our breath of life.

As I shared this truth we wept together on Facetime. Then she sent a photo of the little guy without the oxygen tube taped to his cheeks. He's created in his Daddy's image. He's so cute.

On our way to the airport, I read scriptures out loud to drown away any negative thoughts or comments. As we said our goodbyes, I said to my husband "We are blessed. We are blessed. Go home and rest! I'll see you in a few days." He went home and tore out the kitchen backsplash!

I headed West and created a silent retreat in Victoria BC. I thought about the courage it took to call the Dr. to say 'Enough is enough' I'm not doing any more radiation. And the bravery to ask for what I wanted when I asked my husband if he'd be OK with me going away for a few days to be alone with God.

I'm in this situation after praying, crying and flying away. I realized I must not be afraid to ask for what I want. I wanted guidance from my God, the Holy Spirit. I needed to be still and listen without any interruptions.
I would be still. I would be silent. I would be alone with my God and dig deeper into my state of mind so I wouldn’t lose my mind. I chose to decline taking any pills for 5 years as well. I didn’t have to be dictated to by cancer statistics.

2019 New thought: Oh my gosh. Standing Up, Showing Up, and Speaking Up. Again! It seems to be the new me. I stood on my pink circle of power carpet in my bedroom. I knew what I needed to do for me to begin my ‘Flight to Freedom’.

💖 Mind to Heart Awareness 💖

Cleaning one’s mind begins as one turns weeping into worship. Filled with Big G’s greatness, not one’s smallness.
Thank You Victoria I’m filled with Brave Faith

It was wonderful to be alone with my God with a capital G.

On my three-day self-induced silent/prayerful retreat I had a bath twice a day. I had a snooze each day. I went for a short drive. I did my Beth Moore Bible Study - Believing God. I went for an infrared sauna session. I listened to my cancer coaching sessions. I listened to comedians Michael Jr on YouTube and Calgarian Cristino Nannarone’s CD. I ate nutritious food. I prayed & cried. I breathed deeply, again!

The city I flew to, brought me peace, tranquility, serenity, calmness, and relaxation. My husband and I had been running away to Victoria BC for a decade. We had not experienced snow there until now! We thought we’d retire there. But being near our grandchildren had deterred us!

I drove around the city, I could tell my senses had changed. What was once wonderful, now I could care less. It all became empty and meaningless. What had happened to me was I surrendered. I knew I didn’t belong in Victoria or in Calgary. My home was in heaven. A place that I longed for.

To be with my Lord and Savior Jesus Christ. But when? How would it happen? How would I tell my family and friends that I was letting go of life here on earth? As I prepared something to eat & called my children, I thought about what I would do as I prepared to let go of my life here on earth.
I opened up a book that I had - The Power of Quotes - Inspiration for successful daily living by Calgary Author Les Hewitt. The page I opened: Living in a fantasy world is no substitute for exciting goals and a practical action plan. You can order a copy of his book by sending Les an email: les.h@thepoweroffocus.ca

That's exactly what was next on my list since calming my spirit down. I wanted to come up with an action plan as I prepared to live life to the fullest before I die. As I thought about that, it's hard to say if I've ever lived life to the fullest. There has always been something to stop me from living full out. So now I can come up with a plan. I envision the things that I'm willing and not willing to put up with. What I'm willing to do and not do. What I'm willing to listen to and not listen to.

Beautiful Victoria BC Canada

The city known for newlyweds and nearly deads!
2019 New Thoughts: My action plan when I came back to Calgary would include going to see a Naturopath (ND) that I remembered from my past. His office was close to home. I shared my concerns. My research. My story. He made a few simple suggestions.

Suggestions that my husband was willing to accept but struggle emotionally with paying for. I began intravenous vitamin treatments three times a week for a month. Then continued with a vitamin B12 shot once a month to calm anxiety and sleepless nights.

While writing, I remembered something! I had not gone for my vitamin shots. I went back to see Dr. Raj Rakhra while working on this project. Click here for the Link I walked into his office filled with verbal diarrhea. I was extremely anxious with all these feelings that got stirred up from writing this book. He gave me my B12 shot which I paid for.

Then he shared a few words of wisdom, “You can not be the patient and the Encourager at the same time. Wear a jacket to remind yourself of your role.” As I sat there daydreaming about putting my Canadian butterfly on a pink jacket I said, “Thank You SO much, Dr. Raj.”

Vitamin shots. Nutrition. BrainTap. Click here for the Link Brilliant Perspectives. Click here for the Link. These keep me grounded, growing, grateful and too blessed to be stressed. Enjoying my life to the fullest.

Mind to Heart Awareness

One can run & not be weary, walk and not faint as one waits upon Big G.
There is a connection to everything!

When I was first scrambling for direction. I mentioned on the July 20, 2017 blog entry that I had gone to a Naturopathic Oncologist. Four sessions of time and money but they wanted to wait for the Medical Oncologists course of action before they came up with a plan. One day I called to change my appointment and was told that the Dr. no longer worked there.

My husband was happy. That was a sign for him that I follow only the MD. I still wanted some support and intervention so I kept looking. I was not willing to listen only to the MD. I started learning about natural alternatives as a young stay at home mom. That's how I raised my three children. On my search just before I took my 2 radiation sessions,

I discovered Western Naturopathic in Calgary.

[Click here for the Link]  
I was introduced to Wilson’s coffee enemas.

[Click here for the Link]
Healing to me was about thoughts, beliefs, lifestyle and creating an action plan to stay on course. It was in my best interest to find a support network, build a team. Hang out with like minded people.

I began to 'Focus on Healing'. I encouraged others to do the same. I planned to live. Eat to live not live to eat. I began to enjoy my life, because going the other way was bringing depression & suppressed my immune system. Being focused on all the things I did brought JOY because of being grateful. I was grateful for finding like minded people. Following only the MD's suggestions, left me feeling hopeless & helpless.

I changed my eating habits to plant-based nutrition with no oils. My joints were moving freely. No more arthritis in my knees, neck or spine. I was feeling great physically and so inspired by my choice. This lifestyle began the end of November. After one radiation treatment the pain in my legs was terrible and my fingers where they were dry (during winter months) had deep cracks and hurt. I couldn't imagine having fourteen more treatments and coming home immensely discouraged, defeated and disillusioned.

I saw the huge connection between stress and my health. My hair was thinning from all that stress.

2019 New thoughts: Back in 2003 I attended a seminar in Vancouver. I wanted to get over the fear of public speaking. We were encouraged to send in our three-minute song and go on stage and perform. I flew to Vancouver for the weekend. The song I chose was 'Hair'.
When it came time to go on stage, I felt like I was going to vomit and faint. I was instructed to breathe into a brown bag with deep breaths. I indeed did go on stage and sing to my heart's content.

I'm so happy that I'm connecting the dots in my life. Creating a support team with like-minded people. Doing what it takes to ride the wave & not drown.

❤️ Mind to Heart Awareness ❤️
When the dots are connected, one feels like one can walk on water.
My God, lights up my darkness.

I don’t appreciate total darkness unless it’s somewhere looking up to the night sky at the galaxy. One needs darkness for that. Living in the light I can pick up on the little things. Read between the lines. See clearly and farther. I was able to do a reality check and see the darkness behind the mess in the message.

I had just spent 9 days in solitude.

It was lovely. My husband came to join me. I could feel the tension as soon as he arrived. He was upset and had been upset for 5 hours before he got to where I was. It wasn’t a good start. He tried to blame me for his being upset because I didn’t answer my phone when he called.

I immediately voiced that I would not take any blame for what was going on in his head. This added more darkness to his drama and the brightness that had washed away my darkness was beginning to diminish.

I could feel the anger start to build.

My heart started racing. My solution. A divorce. That’s all I could think about as I sat in silence. I cried out to the Eternal One and asked to be washed clean as white as snow over and over again until my heart slowed down.
Then I got out my BrainTap headset and listened to three sessions to release the stress so I could go to sleep. **Click here for the Link** When I got up in the morning, I listened to one again. By mid-morning I turned on the espresso machine and asked my husband, “Will you be coming out to see the light (sunshine)?”

**After two days he began to shed the light on what was really going on!**

He was having trouble accepting my choice to decline radiation for breast cancer. I was happy with my choice and he wasn’t. He felt frozen in time, he was getting worse and worse, feeling sick and sicker and I was getting better and better. My brain was thawed out after being on my own for 9 days.

**2019 New thought:** As I continue to invite God into my emotions. I can see clearly. I stay calm and speak words from a heart full of love and forgiveness. The situation stays calm. We can agree to disagree. We can say I love you. Walk away until the dust settles. If I pass judgement and focus on my feelings, any peace that was possible just becomes impossible.

❤️ **Mind to Heart Awareness ❤️**

When one is full of light, it’s a treasure from Heaven.
I came before the Lord, my God. The lover of my soul. He taught me that my journey was one of healing. Healing of my emotions. Healing of my body. Healing of relationships. Healing of my mind. Healing of my soul. My Lord encouraged me to bask in the sunshine of His love for me.

My Lord uplifted my spirit as I bowed down before Him. My Lord pushed me out of my comfort zone. My Lord provided a safe place of abiding with Him. My Lord taught me that my true identity is in His Son Jesus. My Lord blessed me with dreams.

Last night I had a dream. There was a note I picked up off a hospital bedside tray. The note reminded me to speak to my Aunt. My Aunt was 94. I had not yet told her about the issue with breast cancer. I didn't want to upset her, so I kept it a secret until the dream. I called her just before her dinner time.

I said, "OK Lord I will. Help me to keep it upbeat and no tears please," as I picked up the phone. Within a couple of minutes, I said, "Auntie I wanted to tell you something but wasn't able to until now!"

"What is it, she asked?" My response, "I have breast cancer." "Hey?" she exclaimed loudly. I could tell by her tone of voice, she heard but wanted me to repeat it to be sure she heard me correctly.
Yes, she heard me right and we talked about it. She was sure I could handle it as she knew my faith was strong. We both agreed that we got the best result when we turned to God. It was a great conversation. It was upbeat and positive, without crying. Just like I wanted it to be. Just so she wouldn't worry about me. She thanked me for telling her. (She passed away on April 18th.)

The note in my dream said, tell her a little now and a little later and a little even later. It reminded me of my dad. My dad was my Aunt's younger brother. He passed away in 2010. My dad would phone back a couple of times after our initial conversations to talk about what would come to his mind after each conversation ended.

I assured my Aunt that it was ONLY because of going to the Lord and trusting Him that I would be OK.

I believed in prayer. I knew how to ask for what I needed. On my healing journey I was asking for direction and a support team. Another answer to prayer along the way . . . .

. . . Women of Courage - Renewing our bodies . . .

I have a cousin who is preparing to climb to the first base camp of Mt. Everest in the fall. Her husband and four adult children will be going as well. They climbed Mt. Kilimanjaro a few years ago. Today my cousin asked me, "How are you doing following Chris Beat Cancer?"

I said, “100% is difficult but 90% is easy." Her response, "I am going to try to live your diet and lifestyle change in order to support you." I was moved to tears. What could I say but this, "I am speechless. Full of tears. Happy tears for the amazing changes on how you and I will feel to climb our mountain."
A friend in Vancouver also bought the program to support me. I was stunned! I was truly supported and blessed. These women were team players. Something that’s been missing in my life. It was incredible to feel the love and support.

God is a genius. No problem or situation is too big for Him. He takes GREAT pleasure when we call upon His name. We have direct access to God through His Son Jesus Christ.

As you climb your mountain. Come up with a plan.

Focus on your strengths. Know where to go to for help. Encourage yourself. Transform your mind through prayer. Live under the sunshine of His smile as you look to Jesus, the Author of your Salvation.
2019 New thought: Look in the mirror and smile. This is what God says about you. You are valuable. You have my spirit. You will be transformed. You are free from sin and death. You are alive in Christ. You have the mind of Christ. You are complete in Him. You are renewed in the knowledge of God. All your needs are supplied. You are a new creation in Christ. You are chosen by God. You are a child of God. Your citizenship is in heaven. You were knitted together in your mother’s womb. You are saved by grace through Christ. You are more than a conqueror. Christ set you free.

Remember to: Keep still. Read slowly. Breathe deeply. Spend time with your feelings and thoughts. Have a pen and keep a journal with you as you read.

Mind to Heart Awareness

1 + 1 = 2

One plus Big G is a team of two.
Team work makes one’s dream work.
Just Believe.
Out of the overflow of my heart.

My cancer brought out the worst fear possible. It was disgusting. It was the fear of all fears. Describing hell is describing cancer. I didn’t stay in hell. When I finally took a stand for my faith and what I would allow cancer to do or not do to me, I climbed out of the fiery pit to see the way, the truth and the light to freedom when Jesus said, “I’m your F/U to cancer.”

Jesus revealed who He was for me.

Through each lesson I learned more and more about the character of Christ. It took cancer for me to see who Christ really is. Christ wanted to heal me. I wanted to be healed.

Yes, I still have the freedom to choose what to put in my mouth. I had the freedom to choose what I’d do with my negative thoughts. I had the freedom to choose how I’d let go of anger and deal with my emotions asap! Or else? Or else it fed cancer! (asap: as soon as possible)

Thank You Jesus for the vision in the night when I was full of terror. Filled with fear, you said to me, “I am your F/U to cancer!” Thank You Jesus for my sound mind. Thank You Jesus for my honesty. Thank You Jesus for live and vibrant foods to nourish my body/mind and starve cancer. Thank You Jesus for being my teacher, my healer, my salvation, my rock, the author and finisher of my faith. Oh, Thank You Jesus, Thank You Jesus. Oh, Thank You Jesus.
No more doubting, cancer became my turning point. I was ready to love and approve of myself. I was ready to look at what was working and not working in my life and do something about it and take a stand? I had to ask myself “What won't happen if I don't take a stand?” I’d continue living in the land of the dead. Full of fear. I counted it all joy that finally those thoughts of being sick and tired of being sick and tired, thinking enough was enough was . . .

what created my 'Flight to Freedom'.

I stepped forward in fear inviting courage into my steps as I held hands with Jesus. I was courageous, confident and committed. I was being, beYOUtiful and cancer free. Each day I invited Jesus into my emotions. He was the rock on which I stood. He was my fortress. ‘Poor Me’ showed up and tried to discourage me. ‘True Me’ took a stand and told ‘Poor Me’ who was, is and forever will be in charge around here. My Big G, who is alive within me!
2019 New Thoughts: I believe God has a sense of humor. He wanted to get my attention. And fast because I was being tossed back and forth like the waves in the ocean. He wanted me to trust Him. F/U is considered a swear word. Whether it is fully voiced or used as an abbreviation. God sure got my attention when he spoke truth to me. It woke me up!

It woke me up to the fact that God was telling me He’s on my side. He’s got it covered. I was surprised then and happy now. Actually laughing! The other way of looking at it. He’s telling me I’m your Follow Up to cancer. That’s when I created this one-minute YouTube video. Click on the arrow to view the video.

Mind to Heart Awareness

When one gives Big G permission to be one's follow up. He is seen in everything, everywhere.
I just finished watching the Indescribable series by Louie Giglio. It truly is an eye opener to catch a glimpse of God’s majesty.

For 40 years before cancer I went to church.

I’ve joined bible studies, sang songs of worship, prayed, read inspirational books about faith, listened to speakers talk about Jesus. Listened to others share their faith journey. Through it all I learned about God’s love, forgiveness, grace and mercy. It had a deep impact on my faith.

After cancer I find church joyless.

I’m not ready to go back to church yet. I really enjoy the one on one with Jesus at home or in deep open, honest spirit lead conversations with others. I have my favorite preacher I listen to online. Lively Christian music lifts me up. Jesus picks me up, more than a piece of Italian cake called tiramisu. (Tiramisu translated: pick me up.)

I've cried many tears and felt sorry for myself over the emotional pain and suffering that I've created in my life because of blaming others. Praise God I came to realize He is an amazing God and can be trusted. I've listened for His voice as I've cried out to Him. I've asked for direction. I've prayed for protection. I've encouraged others to believe in Him too.
I had asked for a sign for not taking radiation. I had asked for confirmation that it was ok to go away for a while. I wondered, who am I that God would take any thought of me? Having thought about choosing Christ or cancer, I wondered who God wanted to be for me at this moment in time.

I had a dream that I was speaking to a group of people telling them who God was for me. My heart was beating fast and I was excited just like Louie Giglio when he talks about God. In my dream Christ for me was the reason I could say to hell with cancer, I choose Christ.

Now I ask myself a question: What does a life of choosing Christ over cancer look like?

My main food choices are vibrant and alive. Some form of exercise for my mind and body daily. My negative thoughts usually get dealt with quickly. I put a healthy boundary around me to protect me from others emotional outbursts. Aware that it was the ’Poor Me’ in someone else who criticized me for who I was. With a BIG smile I said, “I love who I am.”

All my energy was going into my healing journey.

2019 New thought: It takes courage to say to myself. “Choose this day whom you will serve. Christ or cancer? I choose Christ.” Christ is the one I focus on. Not cancer. Killing cancer was killing me. So, I chose to heal cancer and heal my body, mind and soul.

Mind to Heart Awareness

Life is full of choices. Evidence of who or what one listens to shows up in one’s personality.
SHOW UP ~ STAGE 1  Monday, March 27, 2017

Intimidation or Fascination

When I know without a doubt my true identity - my behavior and the behavior of those around me act accordingly. When I act according to my false identity. My negative self. I'm easily intimidated. When I know my true identity, I'm fascinated by the Majesty of God.

I'm so inspired by the teachings of Graham Cooke at Brilliant Perspectives.

Click here for the Link

After being criticized yet again, I felt sadness quickly overtake me. I found something to distract me, then I turned to the book of Psalms in the bible. When that was completed, I prayed. I listened to Graham Cooke. I inquired of the Lord, "Will my life be long or short? I don't know how long I can deal with this?

I can deal with cancer, no problem, but this constant criticism, how long oh Lord, how long?"

The quicker 'Poor Me' died the quicker 'True Me' was open to know that God was using the present situation to change my mindset. To teach me to let go of any negativity, any behaviors that stopped me from being 'True Me'. Anything negative could be turned from glory to glory as I became my true self.

'Poor Me' seemed to take a long time to let go, but she was willing to change and learn new ways to deal with the fiery arrows of verbal attack. Through each painful lesson God taught me who I truly was through His Majesty.
If I wasn’t shown what I could do to change the situation I asked God to bless the other person. He quieted the person with the spirit of criticism and the discouraged person in ways beyond my ability. Beyond anything anyone could say or do He spoke to both, one on one.

Praise God from whom all blessings flow. For each negative situation I was blessed beyond understanding. Thank You Jesus, Thank You Jesus, Thank You Jesus for helping me ‘Focus on Healing’.

2019 New thought: Being fascinated by the Lord. Not intimidated by others. Knowing I am fully armored, there is no chance of being offended or wounded. That definitely includes being calm and secure on the ‘Flight to Freedom’

Mind to Heart Awareness

Healing takes place when one let’s go of blaming & complaining. Willing to learn a new vocabulary.
The Best is Yet to Come!  A moment of wonder!  
A wonderful moment!

A precious moment of encouragement came from my daughter Josephine. She sent me a photo that reminded her of how I felt before my journey with breast cancer began! It was bothering her that I was emotionally removed from life. So, she wrote her Mamma a poem then sang her a song.

Cancer has changed our family, our emotions, our ways of communicating, our ways of dealing with life! My daughter Josephine turned 40 this year. She sent me a photo of a card I had made for her a year ago. I recall exactly how I felt and I wondered when the numbness of cancer would leave.

I was doing very well on this healing journey with Jesus and coping well with the radical changes I made in my routine. Yet that reaction to that photo brought an awareness that there were emotions still stuffed inside. Emotions that were being stirred up.

I called my daughter and told her how I felt then and now.

On the next page you'll read the poem she wrote me.
Dear Mom,

Before cancer you were brave and courageous. You lived life with events that were outrageous. Times, you celebrated with love and laughter. Love and friends were all you were after. Before cancer you were encouraging and generous. You created your world and you were adventurous.

Your life tumbled round like the wind that blows the desert weeds.

Cancer came and brought fear and trembling, stopped you from planting seeds. Much of the time it feels like you are drowning in sorrow and hurt. But here on earth, God only gives you one concert. He is holding you when you are crying and weeping. Your story is one worth speaking.

After cancer you will be braver and more courageous. You will live life that’s contagious. You will step outside of your box and others will follow your lead. You will trust God even more and believe. After cancer your adventures will be more. After all, here you are to discover what God has in store.

End of letter

2019 New thought: Being brave and courageous. I remind myself again that I must take accountability and let God take control of any situation and surrender my emotions to Him. With opportunities to freak out each day, over something, over anything. It takes a lot of self-discipline to respond rather than react. Now that’s a miracle.

Mind to Heart Awareness

Precious moments are spontaneous.

One can send a card. Create a video. Sing a song.
April 2017

Dear Family & Friends,

The lives of the Sessa family have changed forever! The change began eight months ago, after the result of my mammogram. It sent us distinctly to the pit of fear. Each of us have searched for ways to cope and deal with this change. It took two months before I entertained the thought that cancer could be considered a gift. Another three months to realize that cancer wouldn’t kill me. My emotions would!

The fight for the lives of ‘Laverne and Shirley’, my breasts consumed me day and night. I knew myself well enough to know that I would totally regret having one or the other removed from my body. Praise God for that. Dead or Alive here or in heaven. I'm ready! The girls are to stay!

After having a partial mastectomy, I learned about the importance of food as medicine. I began to follow a new lifestyle thanks to a documentary ‘Eating You Alive’. Still trembling with fear, I showed up for two too many radiation treatments. I said 'enough is enough’. I stopped listening to all the voices around me.
I prayed, I cried, and I flew away for a 9-day silent retreat to listen to the voice of my healer, Jesus. He led me to a cancer coaching program and a Christ centered mentoring program for my emotions. I let go of my fears and said 'to hell' with cancer. I am tickled pink witnessing the Majesty of God. As I accept perfect health and abundance on this healing journey - all Praise, Honor and Glory go to Christ... End of Letter

2019 New thoughts: Conversation each Sunday at the dinner table was cancer. It was destroying my fun play day with the grandchildren. So, I told my family I did not want to talk about me or cancer on Sunday dinners. I played downstairs and they talked upstairs.

We would have conversations one on one during the week as we helped each other get through cancer, together. I was experiencing extreme anxiety being around people so I would update our situation by a letter. I had to cocoon myself, figure out what I was going to do for the rest of my life.

Events now are the before and after cancer, birthdays:

2016 ~ Triumphant.

2017 ~ Cancelled.

Wrote letters of encouragement to my family.

2018 ~ Big Celebration.

Went to Las Vegas to see comedian Sebastian Maniscalco.

2019 ~ Alive @ 65 ~ Celebrating all year!

Created photo poster boards for family... then...
being 'Tickled Pink' began May 2019
after 'My Breast Birthday Ever'

Tickled Pink:
An Expression of Being Delighted.

Feeling amazed . . . to . . . zealous
and everything A to Z is possible.
Feeling ‘Tickled Pink’ New York June 2019

Delighted that I asked for what I wanted.
A ‘Breast Birthday Ever’ cake embroidered on my shirt.

Feeling ‘Tickled Pink’ because I let go of having to have new shoes too.
I took the shoes back and didn’t blame my husband for my choice.
Feeling ‘Tickled Pink’ because I am in charge of my happiness.
My husband wasn’t ‘Tickled Pink’. He was ‘Tickled Blue’ with my BIG idea!
Feeling ‘Tickled Pink’ because I get to choose happy, sad or mad!
In New York I didn’t like being mad so I scribbled my F/U to mad letter.
Result? Both tickled pink & in love, like two teenagers.

p.s. You’ve got to see New York!!
Mind to Heart Awareness

. . . ‘Breast Birthday Ever’ . . .

When one creates a ‘Flight to Freedom’,

Feeling ‘Tickled Pink’ Shows Up!

How will you feel celebrating your
Breast Birthday Ever?
My relationship with God was growing. I also began to trust in my intuition. I became confident, courageous and committed to taking a stand. My spirit of wisdom and revelation grew. Jesus became my way, my truth and my life. I stood up under life's circumstances. I turned my back on cancer and faced Christ. I found I was letting go of control. Trusting in God more and believing more in 'ask and you shall receive' increased my level of happiness.

I got to choose how to live with the answer. Knowing the end before the beginning set the stage for the opening act. As I put on my brave girl wings, I trusted in God's direction and became open to receiving His inspiration. I saw life through the eyes of Christ and thought with the mind of Christ.

I loved with the heart of Christ, forgave with the forgiveness of Christ. I endured with the overflowing provisions of Christ. I chose this day whom I would serve. I would serve Christ, not cancer.

2019 New thought: It is so amazing to know the God of the Universe. To believe in a power bigger than my emotions. Inviting Him into my emotions helps me to be kind to myself.

Mind to Heart Awareness

Inviting Big G into one's emotions releases hidden worries about what's next.
SHOW UP ~ STAGE 1   Sunday, May 21, 2017
Courage, Confidence, and Commitment has blossomed.

I had no idea when or how I was going to leave this place called Earth. It was inevitable. In the meantime, I knew I needed a vision for my life. A place to direct my passion. I chose to create the ABC’s of Courage, Cancer, Depression, Suicide, Humor, Retirement and Initiative on the world wide web. I chose to focus on cleaning my mind and take accountability for my mental health.

The ABC’s of cancer: Always Believe Christ.

The ABC’s of courage:
Acknowledge Christ Build Communication Skills Clean your mind

The ABC’s of depression:
Afraid Blame Camouflage

The ABC’s of suicide:
Ask yourself 2 questions Breathe deeply Capture your thoughts

The ABC’s of retirement: Adapt Bolster Cooperate

The ABC’s of humor: Amusement Badabing-Badaboom Comedy

ABC’s of Initiative: Ask Believe Create
Christ is Alive, Breathing, Comforting, Empowering, Forgiving, Gentle, Holy, I Am, Joy, Kind, Loving, Mighty, Nurturing, Obedient, Perfect, Qualified, Righteous, Supernatural, Teacher, Uplifting, and Victorious.

To begin your ‘Flight to Freedom’, please visit My Big G website. 

Click here for the Link
2019 New thought: I’m learning about being emotionally mature, agile, and responsible in the moment. The emotional cards you’ve seen in ’Flight to Freedom’, I find help with my mental health and performance.

If you’re interested in getting into the game;
call, text, or email
403.473.2940  dorothy@mybigg.com

Mind to Heart Awareness
Knowing how to use one’s emotions effectively helps one to let go of the fight-flight-freeze response.
I went to see my family Dr. two days ago. I asked for a requisition for blood work. The test I asked for was for a cancer marker. I wanted to see where I was at after 9 months. My appointment was at 9:15 then I had two other places to be as well, so it was a bit of a rush. I didn't have time to have a shower and especially, to wash my hair.

I walked into the waiting room just on time, sat down.
I was called in immediately.

I got up and quickly followed the receptionist. I said, "Good thing I'm taking good care of myself so I can keep up to you!" She was walking VERY fast down the long hallway. When I got into the room to wait, my inside thoughts were: I must look terrible today. Then I did something I've never done before. I turned on my phone and positioned the camera for a selfie. I looked at myself on the screen and said, "Heck no girl, you look great Dorothy."

I had no idea what that would do or why I did that.

I'm going to say it was from all the soaking I did while listening to Graham Cooke on YouTube. God is very KIND to me and I'm beginning to be KIND to myself too. A few minutes later the Dr. walked in. We had not seen each other since she gave me the requisition for the mammogram. She went on maternity leave a few months after I met her for the first time. It had been 10 months since we met. She was a new family Dr. for me.
I stood up shook her hand and congratulated her on being a Mom. She shared how wonderful it was to be a mom and enjoy her baby boy then said,

"It's been quite a difficult year for you though!"

I proceeded to tell her about my 'hell to heaven' journey with such passion and enthusiasm. Because, when the train stopped in hell I didn't get off, I kept going. I think we were both impressed with my story. I gave her my new business card after she asked for it. She wondered if I was going to be a counselor. I responded with, "Heck no, I'm no counselor, I'm a Speaker, I'm going to encourage women to be their best while going through their worst." She was surprised and said, "Not all cancer survivors can turn it around like that,"

Turns out the requisition blood work I asked for would only be done if cancer had gone to another part of the body then you needed to go for a CT Scan. So, I left without a requisition. It was a great encounter. She encouraged me to go see the surgeon for a follow up. Which I committed to doing in August. Which would be one year after my mammogram.

As I left her office and walked to my car. I was tickled pink that I had first taken a look at myself on my cell phone. Complimented myself. I showed up, stood up in Spirit, and spoke up like I had never done before. I was me. I spoke from the heart.

It was the best elevator speech one could have prepared.
God had taught me so many wonderful things.

He’s taught me who He is and who I am to Him these past 9 months. My Dr. gave birth to a baby and I gave birth to a Mental Health Cleaning Initiative. How God could use such a broken vessel like me is beyond me.

The next day I picked up my ‘Courage’ photos that I had ordered. I got ready for my next mail out to family and friends. I prayed about what the message would be on the back. I spent most of the day thinking and creating what I thought would capture the moment. Thanks to the cell phone moment in the Dr.’s office the result was a revelation. This is what was on the back of the card.

It Took Courage, to know my Identity
To let go of a life controlled by emotions.
I turned my back on cancer, fear and depression.
To follow the path of gratitude.

It Took Confidence, to be Courageous
When my emotions tried to fool me.
I turned my ears towards the whispers of Love.
To assure myself that the journey with cancer would create a Ministry.

It took Love to be Committed
To look in the mirror, smile at the woman I am. I love her.
I believe that when I accept God's love.
I am able to love myself and others.
It’s no secret how much I love myself. It shows.
2019 New thought: I’m really blessed by coming to believe that God is at the center of the Universe, not me. Freedom is mine when I’m able to see beyond the turmoil of my emotions. It’s a blessing to step outside of my life and focus on freedom. It’s a great way to turn depression into inspiration. This happiness is very contagious. I love how being kind and being happy feels.

Mind to Heart Awareness
Being kind to one’s self creates a heart filled with gratitude.
I thought about what life looked like being 'Poor Me' on Complaint Avenue compared to what life looked like being 'Rich Me' on Thanksgiving Blvd. I knew where a sick woman could get well. A good woman could be made better. A dead woman could be made alive. Now it was my turn to see who God was for me. I've let go of killing myself trying to live by drinking my way to pleasure, and smoking my way to settle my nerves.

Now doing my best at being aware of over eating to stuff my feelings.

Not once during my cancer journey did I even think about suicide. I was set free from that since my last & final attempt. I had asked God for help in my moment of panic back then. The help came in asking myself two questions that I had learned in a seminar at a Landmark Education class that I was attending at that time. **Click here for the Link**

What are you feeling?
When did you first feel like that?

The answers which were the truth about my emotional state of mind at that very moment saved my life. Had I followed through on my final panic. I would have missed out on the miracle of the birth of my first little g, grandson.
2019 New thoughts: How do I stop complaining, you ask? Choose to find something to be grateful for. I can’t complain and be grateful at the same time. It’s either or. Something toxic and negative happens within me when I complain. When I become grateful and change the way I look at things, I am able to smile, love and be at peace. My body, mind and soul are happy. The fight-flight-freeze response diminishes.

The need to fix or change leaves my agenda and soon I find the circumstances in my life changing automatically. The struggle and stress of the mess becomes my mental health cleaning. Knowing all is OK.

Mind to Heart Awareness

Mental clarity invites one’s peace of mind.

And puts an end to panic.
Pretending was Exhausting

Once upon a time a long time ago when I was asked "How are you?" My response was, "Fine! How are you?" Inside I was Frustrated. Insecure. Neurotic. Exhausted. I was afraid to tell the truth. Pretending was exhausting. Pointing out the faults of others caused me to have neurotic tendencies. Out of proportion to my circumstances. I feel exhausted just thinking about it!

Now when someone asks me how I am. I tell them the truth.

If I'm tired or hungry I speak up. If I'm happy, I show it, usually. If I'm angry about something I stand up and say what's bothering me. I wish I could say always. But that's not true. Sometimes I gave others some of their own medicine.

My life has changed being on tour with cancer. I came up with a philosophy. This is my philosophy. I am what I eat, drink, think, read and believe. Believe? That was new. I knew for sure I was what I eat and drink, having Type 2 Diabetes for 25 years. I knew why my blood sugar was too high after I ate something that I should not have eaten. My body paid the price and so did my mind.

Dealing with cancer I learned that I am what I think. What I read fed my brain so I chose meaningful books to read. I took life pretty seriously. When I felt I was out of balance I'd take time off from my life and soak my troubles away. Soaking in the bathtub listening to Comedian Sebastian Maniscalco. His Italian humor made me laugh again, imagining new ways of handling my Italian husband.

I looked in the mirror. I was so surprised when I said,

"I believe I am healed."
That felt wonderful. I was smiling. I was happy. If someone asked me today how I was. I’d say I'm doing great, I'm healthy and happy to be me. I am thrilled to realize I'm also what I say I am. A self-fulfilling prophecy! Say it and believe it, what a difference a day makes. It's great to be aware of what's true and what's false.

2019 New thought: I think of it as mental health cleaning. My mind is getting clean. Like cleaning the office or house or car etc., etc. It needs to be done over and over again to welcome satisfaction.

Remember to: Keep still. Read slowly. Breathe deeply. Spend time with your feelings and thoughts. Have a pen and keep a journal with you as you read.

Mind to Heart Awareness

If one can't get any satisfaction it's time to change the way one looks at things.
When you change, the way you look at things. The things you look at change! Dr. Wayne Dyer.

Looking back on my life, my belief in myself was lacking. I wasn’t a strong communicator. In dealing with what I call a strong personality. I created the most difficult life for myself as I looked at myself through the eyes of blaming someone else for who I wasn’t or couldn’t be. Blaming someone else because I didn’t have the courage to speak up for what I wanted.

As a young stay at home mom I didn’t know what to do with my emotions. I had no sense of self worth. I just hid under the bed and cried when I was overwhelmed. I was an unhappy depressed young mother of three children. Hiding! Hiding under the bed where no one could find me! Unhappy people make life miserable for others.

As a young senior with a stay at home retired husband, again I didn’t know what to do with my emotions. Retirement became a perfect storm. I was exasperated living with an unhappy retiree. The perfect storm was two unhappy people in conflict. Our home was filled with many perfect storms. Eventually I learned how to get through it and my heart of stone turned into flesh. Opening up the possibility of being compassionate and empathetic thanks to . . .

cancer being my ‘wake me up’ call.

It helped me to become the director of my life. Helped me to look at my emotional storm. Remove myself from the eye of the storm. Looking at it from the outside in helped me to be kind to myself and my husband. My checked in baggage for my ‘Flight to Freedom’ was getting lighter.
2019 New thoughts: I went to see a Naturopathic Oncologist after my cancer diagnosis. She mentioned limiting carbs to 20 grams a day. A few days later I gathered my thoughts and presented my idea to my husband. Hoping for compassion and understanding I said . . .

“Vincenzo would you consider giving up bread so I won't crave it?”

He freaked out. Not at all what I was hoping for! “I’m Italian, how could you come up with such an idea,” he screamed. You would have thought I’d asked him for his kidney. Actually, I think he might have handled that better.

He was mad and I was sad when we went to bed that night. When he got up in the morning, he came down to the kitchen. He grabbed me by the shoulders and stared me in the eye and said, “For you, I’ll do it for a week. Just because I love you so much.” Wonderful I thought as my heart of flesh fell to the ground.

We both agreed to keep bread out of our house for a week!

He says he gave it up for two weeks because out of desperation he remembers going to Pulcinella. A Neapolitan Pizzeria in Calgary. By himself! He opened the door and immediately told the hostess, “I NEED a Pizza.” Quite surprised by his urgent request, she started laughing and said, “You don’t want a pizza! You need a pizza. Well, come on in. You came to the right place. We’ll get you a pizza.”

Mind to Heart Awareness

Changing the way one looks at things one is able to let go of criticizing & begin cheering one on.
I wish I was never born! Out of the mouth of a child!

My 5-year-old granddaughter said “I wish I was never born.” I was very surprised. Actually, I was shocked! I had just said to my daughter, “I’d like to go to heaven with Mary.” Her response, "I’m right behind you!" Shocked again! Mary is her mother-in-law. Being 63 it was OK for me to go. But not my daughter!

When I met her again, I mentioned being surprised by my granddaughters’ comment. "Where would she come up with that," I asked? "Too much TV, I guess," she said. We then recalled Psalty the Songbook, music and stories for kids that we listened to when she was a little girl. My favorite was: Heaven is a wonderful place.

Heaven is where I’ll be when I’m no longer here!

I’ve thought a lot about death and heaven over the years. Since my Nana passed away in 1985. Although I’m looking forward to heaven, I know it’s not my time yet.

2019 New thoughts: When I went to my first bible study I thought I heard that Jesus died on Calgary’s cross. That’s the city where I was born. I wondered where in Calgary. When I finally had the courage to ask where, I learned that He died on Calvary’s cross. Just outside Jerusalem.

Mind to Heart Awareness ❤

From the womb to the tomb

Big G Loves Everyone.
Calvary’s cross represents life and death. Christ’s death is the open door to life. When we walk through the door to life we accept His goodness. Our hearts can then be filled with joy and peace. When we close the door, we leave behind us all the stuff that stops us from being free. When love, peace, joy, and forgiveness fills us we are able to be like Jesus.

Calgary & Calvary’s Cross created by: [Dream Image Signs](#)

Calgary’s cross represents the conditions I’ve burdened myself with. Will you create a cross of your own? It will bring an awareness of past wounds that have caused much bitterness. Together we can let go. Start fresh each day and thank our Big G for helping us with our mental health cleaning. As we look forward to giving Him a high five and spending our eternity in heaven.
SHOW UP ~ STAGE 1  Saturday, September 16, 2017
How did they know?  I'm not dead. I am alive.

The world wide web knows more about me and more about you than we think! I was wondering how someone found me on the web so I went online and looked me up. I was shocked.

**Google thinks I'm dead.**

Why does Google think that? You're wondering, right? There are people who go around taking photos at cemeteries. If your name is on a tombstone guess what? They think you're dead too.

**It's called Billiongraves**

World's largest resource for searchable GPS cemetery data. I’d say most people get a tombstone after their loved one dies. After my father passed away in 2010, we chose to buy a plot and a tombstone so our children wouldn’t have to.

It was extremely overwhelming burying a loved one. We thought we'd simplify things a bit for our children. They’re not interested right now, but when the time comes, they will appreciate what we did.

Google. I’d just like you to know that I am more alive NOW than when I was one of the walking dead. Thanks be to the man who walked on water. You've heard of him, right? His name is Jesus. Otherwise known as My Big G.
2019 New Thought: Sooner or later our breath of life will run out. Who do you want to be in the moment? Who do you want to be yourself with?

Knowing one’s identity. Why one is here. Where one will be when one is not here. Opens up the possibility of a fun and joy filled personality.

❤️ Mind to Heart Awareness❤️

Live life to the fullest. Die without regrets.
I just didn’t know when death would come knocking at my door. Or how it would arrive. Suddenly or slowly. When my 94 yr. old Aunt passed away last year, I asked God when my date of expiry would be. In a dream two days later a neon sign flashed in front of me. The day and the month revealed. Incredible. Now what?

**Watching a loved one go through an illness is painful.**

Losing a loved one suddenly, even more painful. Being a caregiver to a loved one, very exhausting. It was important to overcome my fear of death or uncertainty. To let go of my fight-flight-freeze response to 'Focus on Living'. As I focused on living, my deepest desire was to turn discouragement into inspiration while being a caregiver to my husband.

**November 20th he tripped and fell into a brick wall during an indoor soccer practice.**

He hit his head hard. To brace himself he broke both wrists. November 20th was not his expiry date! One wrist had to be set again! I saw the fear, panic and uncertainty in him as he faced a new future. With all the attention going to his wrists, not one Dr. said anything about his head injury. Living with a head injury has brought a BIG change into his life.

To gain inspiration I created a sheet titled, 'what’s working’. To help myself cope with caring for my husband through his discouragement. He’s been needing my help since his accident.
What's working for me was: writing, designing a healing room, organizing, playing with my grandchildren, speaking & dancing. Each day I committed to dance to at least one song to inspire myself. I made one decision each day. I committed to connect with two girlfriends each month. That was very important. Why you ask? In retirement each day flowed into the next without giving it much thought. Days turned into weeks and I’d ask myself “Why so sad?” Now that I made it a top priority to do things that worked for me, my thoughts and feelings were in check.

Here’s a song that helps me through retirement. It’s called the Ho’oponopono Prayer by Hanayo Amen & Susan Osborn. Click here for the Link

2019 New thought:

May your life be full of inspiration. As you ‘Focus on Living’. Never regretting that you passed by on purchasing those shoes that were calling your name!

Just do it!

Mind to Heart Awareness

It’s the One and Only, Big G’s turn now.

Never early, Never late.
January 1, 2017, I mentioned buying a red Christmas tree.

Bright lights & concussions don't go well together!
Connecting the dots with Dorothy. Running the race before me. I told myself, “Big G & Mrs. Encouragement give you a green light to go. So go! You’re free to fly!”

2019 New thoughts: You might have just received a cancer diagnosis. You might be dealing with retirement, or a loved one’s suicide. You might be afraid to just be yourself. Whatever the circumstance you’ll find a lot of encouragement and resources on my website. Click here for the Link Look up to the one who is bigger than life, death, cancer, anxiety, depression, and any fears you may have. Big G is your source for peace of mind. Let’s do our mental health cleaning together.

Mind to Heart Awareness
When one once was blind but now can see, one is ready to break free and be free indeed.
'Flight to Freedom' Tour Ends

Well that’s it for my 'Flight to Freedom'. Keeping track of your feelings & thoughts, do you feel tickled pink seeing how far you have come? Believing in who you are you’ll be able to sing and dance as you create your 'Flight to Freedom'.

During my 2 year checkup, after my ultrasound/mammogram results being normal. I told my surgeon, “Cancer sure made me think about what I’m willing to put up with and not willing to put up with!” His response, “Yes cancer does that.” Then asked me, “Do you have any other concerns Dorothy?”

I said, “Not about my breasts. Could you help me with a retired husband?” “Oh, one of those. Well you could send him back to work,” he responded.

“No, I need a job. Not my husband,”
I exclaimed!
“Well, he said with a smile, If, you can put up with me. I’m graduating you from 4-6 month checkups! We’ll see you in 6 months Dorothy.”
I left his office wondering what’s next. I went for a snack at the hospital cafeteria. Sitting there I thought about our conversation. Somehow, I gathered up enough Courage to go back and leave my business decal with a note to put in a good word for me, somewhere. Anywhere!

A month later Courage showed up again and I called his secretary. Telling her about our encounter. Then asked her to see if the surgeon had any suggestions. She actually called me back and left a message. She had talked to my surgeon. He said that the Canadian Cancer Society could benefit from my volunteering. So that’s just what I’m being trained for. It’s time to give back..

I feel happy when I think about how Big G and I have turned by ‘Poor Me’ blues into a ‘Rich Me’ harmony.

I feel hopeful thinking about my future pulling me forward.
In Summary

While writing this story I became aware that I had slipped into old habits. I was worried about cancer returning to other parts of my body and thought I needed to get back on track with my eating habits. My Big G knew my worries and what I needed. A messenger. An energizer bunny with bright red hair.

I was standing behind 2 ladies in line at Costco. The first Costco I left because they were too busy. I went to the one South of Calgary, in Okotoks. These ladies were talking about breast cancer. One lady was a caregiver to her sister. The other lady, a psychic. They had just met in the lineup. I asked them both, “Could I join in the conversation as I’ve been dealing with breast cancer?” They both said, “Yes!”

The psychic said, “You are near empty and need to go home to Medicine Hat to recharge. She replied, “I am getting ready to go back for a few days.” “No, you need to stay at home for 2-3 weeks,” the psychic said. I didn’t see that the caregiver looked tired. She looked great to me. Her hair was well done and she had makeup on. Then the psychic turned to look at me and said . . .

“I see a very strong woman filled with courage.
Fully able to run and keep running.”

She gave me the longest strongest hug I’d ever had from a stranger. As she paid for her one item, I said, “Thanks be to God,” as I pointed up. I watched her energy filled body leap with joy and her bright red hair bounce as she smiled and said goodbye. I left Costco smiling too. I headed back to Calgary to stock up on my frankincense essential oil. And buy the coffee I needed to start my coffee enema’s again! I wondered how fun it would be having red hair, like the color of my Christmas tree.
High Five to all you butterflies.
Encouraging you to feel tickled pink
as you spread your wings and fly.

Be filled with gratitude. Embracing grace
after each day’s stirring of bottled up emotions.

p.s. Every day is filled with feelings and thoughts,
choose to be a mental health cleaner.

. . . What’s next you wonder? . . .
Flight to Freedom 2020 Happiness Tour
Conclusion

You’ve read the book. Now what?

Guard Your Heart & Mind. Live and Die Fearless.

Follow Mrs. Encouragement on Instagram

Click here for the Link

To create a ‘Flight to Freedom’ Happiness Party in your hometown, please call, text or email

403.473.2940
dorothy@mybigG.com
Great book for new believers interested in getting to know Jesus. Available on Amazon
Don’t know how you’re feeling? Give yourself permission to take a look within.

After receiving a breast cancer diagnosis, I knew my life was an inside job.

It was there that I would create a ‘Flight to Freedom’ through 5 emotional stages. Result?

**A mental health cleaning initiative.**

How would your life look, feeling amazed . . . to . . . zealous and everything A to Z?

Where would you like your emotions to take you?

Join me in creating a flight of your own. It’s your turn now!

Mrs. Encouragement