

# Breast Cancer's Emotional Tour



Flight to Freedom  
Through 5 Stages



# Introduction

**Breast Cancer's Emotional Tour** connects feelings and thoughts with God. I discovered God in my hometown, Calgary, Alberta Canada. Thanks to my Nana for encouraging me to watch a Billy Graham crusade on TV. We've been walking and talking since 1978. During those past decades though, my emotions and circumstances were way bigger than God, so I didn't know Him very well.

**Since a breast cancer diagnosis in August 2016** He has become Bigger than life. Bigger than death. Bigger than depression. Bigger than anxiety. Bigger than any fears I have. This is our story.

**Spending time with someone who** understands what you're going through plays a big role in awareness. An awareness of a 'Flight to Freedom'.

**Free to handle the 5 emotional stages of cancer**

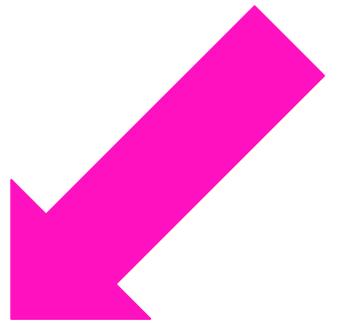
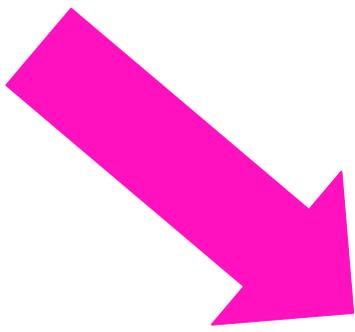
**Stir Up ~ Stage 5**

**Bottle Up ~ Stage 4**

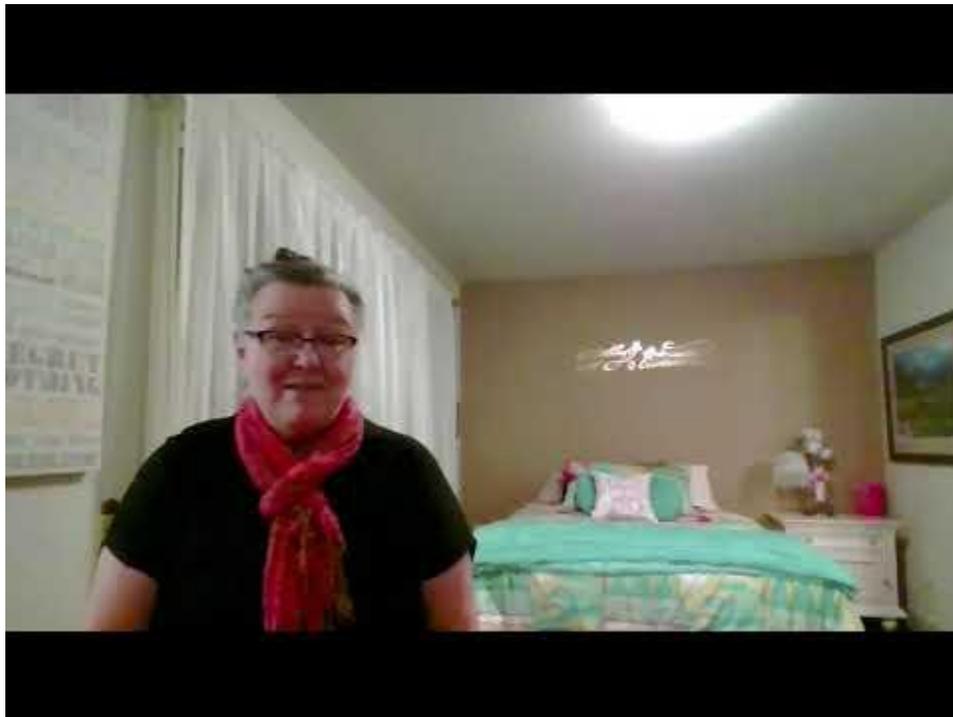
**Stand Up ~ Stage 3**

**Speak Up ~ Stage 2**

**Show Up ~ Stage 1**



5 Minute YouTube Video  
Encouragement through the  
5 Emotional Stages of Cancer  
from my Healing Room



**Pretending all was well** yet still being held hostage to the five emotional stages of cancer wasn't working for me. I was still on the roller coaster ride even after healing. Within me, I felt writing would help me deal with any hidden feelings and thoughts.

**I'm delighted to say: I'm tickled pink to be able to . . .**

**Live, love and laugh again.** I discovered something that was hidden deep within my heart. Now I don't allow my emotions to overpower my intelligence. I don't allow others to control the direction of my life. I told cancer who's boss and I'm emotionally free. I've learned how to trust God through life's daily lessons. I will continue to do so.

**I began to blog about my** experience 10 weeks after my mammogram. I'm sharing these inspirational writings with you. You'll see the ups and downs of one hell of an emotional tour with cancer as I worked my way through fear, denial, dread, anxiety, double depression and isolation.

**I was terrified to go for a biopsy.**

**I had cancelled the first one.** My family insisted that I go. I just about lost my mind. I just about lost MY mind.

**I just about lost my MIND.**

**Did you catch that?** On tour with cancer I became aware of the state of my mind. Creating a mental health cleaning ministry which I'll mention at the end.

**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 storm.

**If you do or you don't** have a personal relationship with 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 refer to Jesus as:**

One with the One, Heavenly Father, Him, Lord & Savior Jesus Christ, Teacher, My Fortress, Healer, My Salvation, Author & Finisher of my Faith, Tour Guide, Baggage Handler, The Eternal One & My Big G.

**One Heart One Mind One Flight**

**Mrs. Encouragement**

**Dorothy Sessa**

p.s. The Emotion cards were created in Calgary and used by permission::

**[YouEQ](#)**

p.p.s. The crosses on entry date Aug 7th were created by:

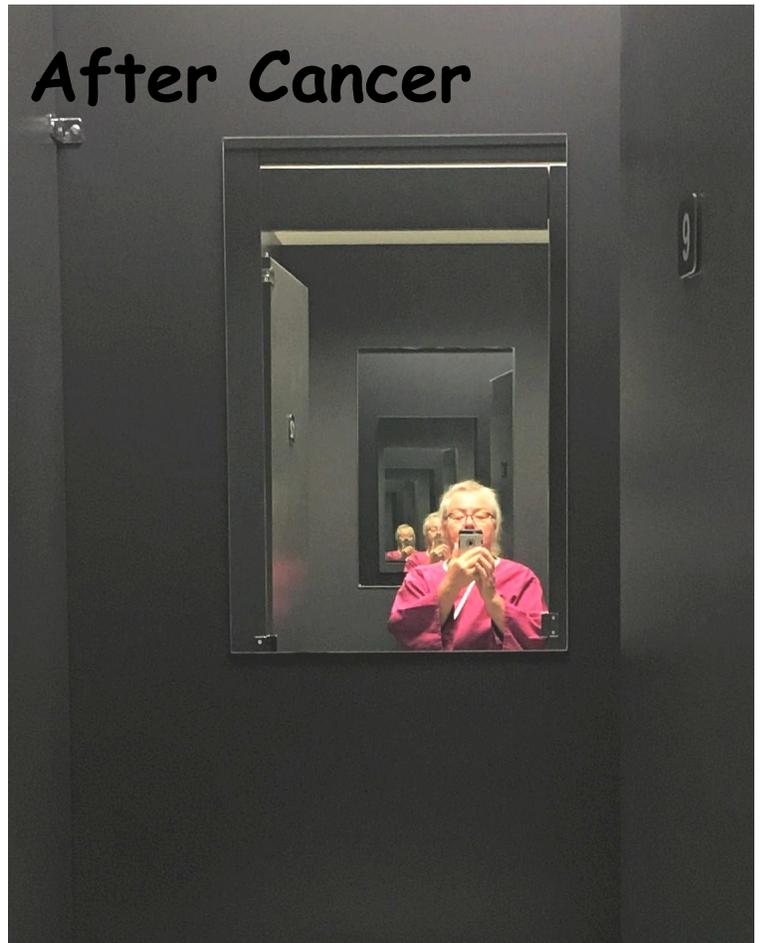
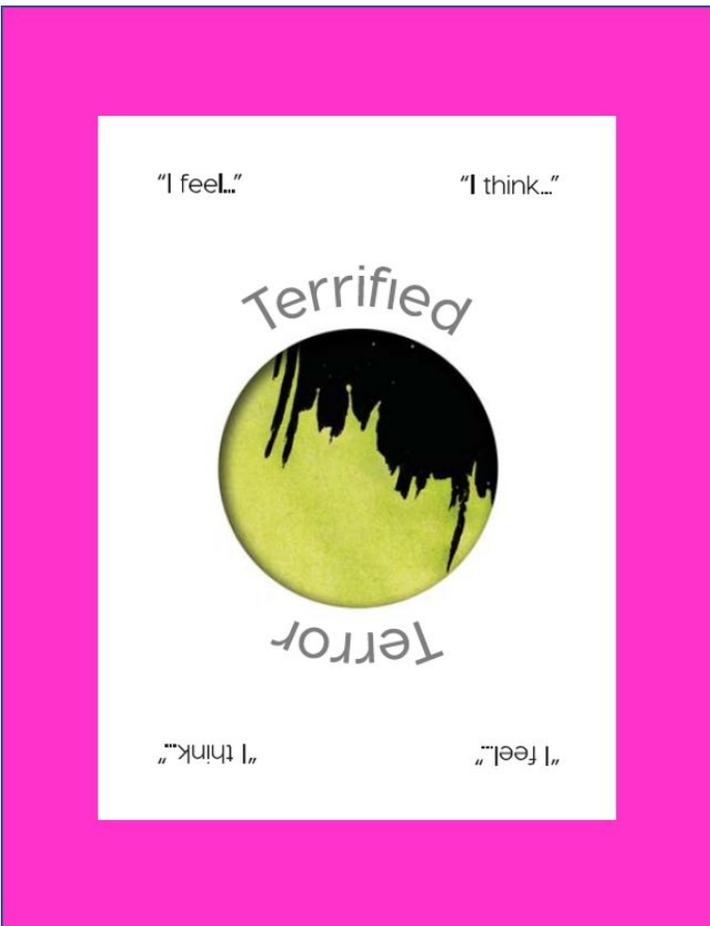
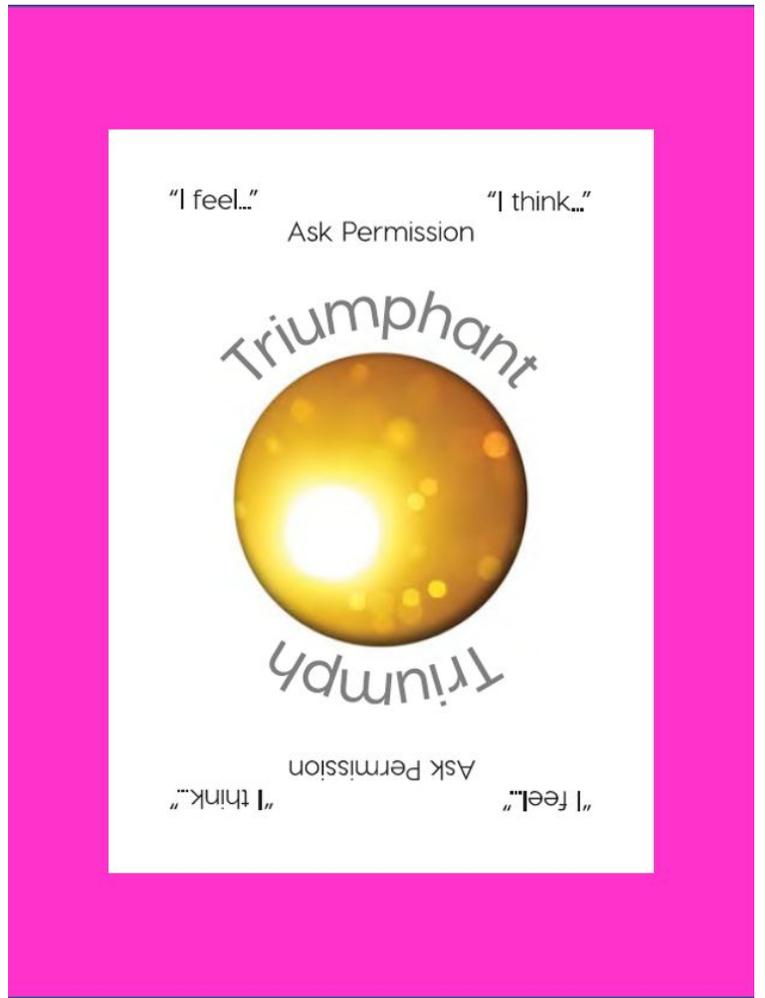
**[Dream Image Signs](#)**

p.p.p.s. The butterfly pages were created by:

**[Deborah Muller/Chubby Mermaid](#)**



Before Cancer



After Cancer

## Introducing Triumph

To celebrate my 62nd birthday. I signed up for a class called

### 'Focus on You'

**It was wonderful.** I feel triumphant when I think about the amazing things I learned and started applying to my life. In the areas of personal fun, health, relationships, prosperity and contribution.

**I looked at the roles in my life.** The masks I wore. Replacing limiting beliefs with new beliefs. By getting to the root of a belief I could turn my life around 180 degrees. I was SO excited. I was open to learn how to be complete and get things done without running away.

**I wrote down 50 successes in my life.** I had no idea I was so successful. Writing a list of unfinished business such as physical, mental, emotional and relationship clutter was an eye opener. I learned how to give myself a break. By not judging or criticizing myself. I learned how to be my own best friend.

## Triumph turned into Terror

# Introducing Terror

**I began to panic because** of my mammogram results 4 short months after my moment of triumph. After the first appointment of the day on August 15, 2016 the tears began when 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," 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.

**As you 'Focus on You'** be willing to go to a new level with your emotions while reading Breast Cancer's Emotional Tour. I know in the end, you'll be tickled pink too as you get to know what an incredibly amazing person you are.

# The Emotional Tour Begins

**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.** So, 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. As I shared my fears. She could tell I was overwhelmed.**

**A deep look of concern overcame her.** She calmly told me, "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. As 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. I tried to control everything in my power to protect myself from the opinions of others. Yet through it all, in the end you'll see that . . .

**Cancer opened up the 'Flight to Freedom'.**

**Freedom for me was to be** free from having my emotions rule my life. I was ready to invite God into my mess and accept cancer as a gift. I was ready to renew my mind and live life to the fullest.



**I Learned:**

- **how to be happy with myself.**
- **there is only one of me in all of humanity.**

**Cancer demonstrated that I am** incredibly amazing because of a force greater than my emotions. Cancer initiated a question for me. What is my purpose in being here? To love God, myself and others. To be kind to myself and others. To forgive myself and others. And now, to encourage women through breast cancer.

**Consider being kind to yourself.**

**Start loving who you are.**

**It's no secret how much you do.**

**It shows.**

**Soon you'll read to the end of 'Flight to Freedom'.** It might be the end of your life. Or a new beginning. We need to get down to the heart of the matter. Ask yourself a couple of questions.

**Why am I here?**

**Where will I be when I'm no longer here?**

**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 heal from the inside out.

**Cancer is not a death sentence.**

**It's a wake-up call from this side of death.  
Before we go to the other side of life.**

**Having reviewed my notes** and all my breast cancer files while writing 'Flight to Freedom'. I realized there was no way I could wrap it all up in a book. I envision travelling and speaking about Breast Cancer's Emotional Tour. Gathering ladies together to talk about the fight-or-flight response. Which will help us let go of the drama and expectations we have that we allow to control us.

**This will open up conversations about designing  
healing rooms within our homes.**

**Rooms where we take charge of our mental health cleaning.**

**Creating spaces where we self-medicate** with deep breathing. Relaxing our mind. Giving our body a stress-free component to heal. As we create time to pray, cry, and let go. Join me in answering this question,

**"Who's in charge around here anyway?"**

**My Big G, not me!"**



**Be filled with Courage as you step out  
of your mind and into your heart.**

**See the healed you through Breast Cancer's Emotional Tour.**

**Pre-boarding begins now** as the 'Flight to Freedom' waits for take-off. Waiting for you to make your way to the gate. Filled with the desire to be the best at supporting yourself or your loved one through cancer. Your first-class ticket declares your desire to just be yourself. An emotionally intelligent woman. When we land you'll be tickled pink. Having had the opportunity to design a healing room of your own.

**Don't miss the flight. Come just as you are.  
Your baggage is already checked in.**



**Well, that's the end of the introduction.**

- **Please view the 1-minute YouTube Video on the next page.**
  - **Share with 5 friends.**
  - **Contact Dorothy by phone 403.473.2940  
or email for updates about the book.**

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