

RETURNING TO ONESELF FROM THE INSIDE OUT



BY LINDA BERTAUT

INNER IMAGE FOR CANCER CLIENTS

I REMEMBER THE DAY I GOT THAT shocking call from my high school friend, Jodi. When I answered the phone, she was crying. “What’s wrong?” I asked. Between sobs she struggled to speak until she finally managed to say, “I have breast cancer.” I was stunned. How could this be? My friend, who by all appearances seemed to be healthy, and had such a good attitude about life—sick with *cancer*?

For me, it was an up close look at mortality ... hers and mine. I have watched many friends succumb to cancer over the years. I can usually predict which ones will survive, and those who will not. Those who have survived were active participants in their healing process. They chose to live and acted as if they would win the battle ... until they did.

Nine years after that call, Jodi is a cancer survivor; she is healthy and looks better than ever. Her priorities have changed. “In my lessons from cancer, I am able to slow down,” she recently shared with me. “I understand gratitude and I realize what it means to invite the present moment in. God’s gifts are plenty, and I ask for guidance every day. In a deep place where I merge with God, I know I am okay.”

Disease shows us that we are physical, mental, emotional and spiritual beings in need of loving support. If you think of health as purely physical, you are only touching the surface. The body is a shell to the creative life force within. The part that fuels our passion and juice for life is our essence ... the place that connects us to God, where creativity and healing can occur. Years of not feeding one’s essence takes the sweetness out of life. Feeding the essence promotes healing from within.

Returning to oneself and becoming whole

Cancer is a topic that makes many of us feel uncomfortable. We struggle with what to say or how to act when someone reveals that they have this potentially life-threatening disease. When you discover that your client has cancer, try the following:

- Be present and *listen*. Hear their story.
- Do not say, "It's going to be alright," as you do not know what the final outcome of their disease will be.
- You may be tempted to tell them your own story of crisis or that of another person you know who is suffering from cancer, but don't. Let this moment be all about your client.

Design a wellness menu

Create a safe haven; a place to retreat from life's daily chaos. Offer healing treatments such as reiki to quiet the mind and calm the emotions. Have cancer resource books, guided visualizations and meditations available. Schedule simple classes where clients learn to enhance their appearance with makeup, scarves and wigs during their rounds of chemotherapy.

CANCER RESOURCES

- Susan G. Komen Foundation: <http://ww5.komen.org/>
- Look Good... Feel Better® Program: <http://lookgoodfeelbetter.org/>
- American Cancer Society: <http://www.cancer.org/>

BOOK RESOURCES:

- *Promise Me: How a Sister's Love Launched the Global Movement to End Breast Cancer* by Nancy Brinker
- *Anticancer: A New Way of Life* by David Servan-Schreiber, Ph.D.
- *You Can Heal Your Life* by Louise Hay



HAVE CANCER RESOURCE BOOKS, GUIDED VISUALIZATIONS AND MEDITATIONS AVAILABLE.

Five steps to healing from within

1. Invoke the law of attraction

The issues we focus on tend to expand. That is why it is important to help clients change their focus from having cancer to healing and discovering themselves. Write affirmations that support healing and place them in a decorative bowl. Let clients choose a positive affirmation to use during their session. Below are some examples:

- I say yes to the gifts of healing body, mind and spirit.
- I am grounded, safe and secure in my body.
- I love myself unconditionally.

2. Intentions and prayer

Setting intentions and praying helps one to focus, and offers an opportunity for a divine communication. Say a prayer to give thanks, release the ego and allow for healing. Include positive and specific intentions in your prayer. Below is an example of a prayer to say before their treatment.

Prayer example: We give thanks for the gifts we receive each and every day. We say yes to healing for our body, mind and spirit. Please release our egos so we may receive more than we can imagine. Fill our bodies with light and love. Allow us to heal, and to be strong and healthy.

3. Meditation

Meditation quiets the mind, and allows your creator to speak to you. By quieting the mind, we tap into an uplifting source of information that moves us in a positive direction. The better we feel, the easier it is to peel away the layers that are not us, to attract and create what we desire in life.

Provide meditations on CD, or lead your own meditation through simple

breathing exercises. Have your client focus on their breath—breathe in and breathe out. As their thoughts move to something else, have them return to their breath. When the mind is quiet, insights come to the forefront, which may be recorded in a journal.

4. Journaling

Journaling is another way to help to empty the mind of negative thoughts and constant mental chatter. When the mind is full of programmed information, there is no room for intuitive insights to be realized. There are two kinds of journaling:

Type 1: Intended to release mental chatter and negative thoughts by writing everything one can think of to empty the mind.

Type 2: To record one's insights after meditation. Insights are uplifting and come from a higher source. Judgments are programmed thoughts that come from the mind.

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JOURNALING IS A WAY TO EMPTY THE MIND OF NEGATIVE THOUGHTS AND CONSTANT MENTAL CHATTER.



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5. Clear the energy

Clients leave their energy imprint behind after their session, so it is important to clear your space after each appointment.

1. Smudge your room with a mixture of sage essential oil and distilled water, combined in a spray bottle.
2. Use tuning forks or singing bowls throughout the room.
3. Use Reiki 2 if you are attuned to this level.

An important part of healing is getting in touch with the inner self ... discovering who you are, understanding your innate talents and life purpose. Without this, one goes through life's motions based on someone else's plan. Prayer, meditation and journaling are some of the best ways to heal from within, and bring inner beauty to the surface. ■

Esthetician, reiki master teacher, and award-winning inner and outer beauty expert, **Linda Bertaut** specializes in bringing inner beauty to the surface, and inspiring others to do the same. She founded Bertaut Beauty to help professionals add value to their services by training them in her signature wellness techniques and products. Contact her at Linda@BertautBeauty.com or 626.405.0424.



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