



Live It UP

*How I Rebalanced My Body from a
Grim Stage 4 Cancer Diagnosis
in Less Than Three Months!*

**Cancer...Not a Scary Monster...
But a Life-Saving Muse**

By Cheri Avery Black

Live It UP: How I Reblanced My Body from a Grim Stage 4 Cancer Diagnosis in Less Than Three Months

Cancer...Not a Scary Monster...But a Life-Saving Muse

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Visit us at our Montego Bay Jamaican guest home: <https://www.TopazDreamPalace.com>.

Dedication

To cancer...my muse!

Introduction

In December 2012, the terrifying monster most of us know as *cancer* suddenly snuck up on me, scaring me nearly to death. In fact, the medical prognosis for grim my Stage 4 Endometrial/Lung/Liver Cancer diagnosis was far less than a 10% chance to live up at least five years. That was **IF** I capitulated and took at least six months of chemotherapy.

I already knew that chemo was at the top of what I considered the dangerous drug list and indiscriminately killed cells, weakening the body's defense systems. That made no sense to me. Instead, I decided to live and to do extensive research to find out how. I applied what I found out, and it worked for me in a way I consider a miracle. In less than three months, the cancer cells were undetectable.

Equally amazing to me was what I discovered about cancer. Now, I consider cancer not as a monster but as a life-changing, thought-provoking muse. In Greek mythology, the Muses were nine goddesses who embodied the arts and sciences as they inspired creation through song, mime, writing, music, and dance. As a noun, a muse means a source of artistic inspiration. When used as a verb, "to muse" is to consider something thoughtfully, to think deeply. Well, cancer definitely caused me to deeply and thoughtfully consider my life and how to keep living by creatively thinking outside of the box of generally accepted Western medical "mythology."

In the following pages, I guide you through my journey of "awakening" to healthy living, with cancer by my side, or rather in-side. Then I share with you my "15 Steps to Becoming a Miracle." It may seem provocative and unbelievable to many, to others it may instantly resonate as truth finally revealed.

Note that this narrative is excerpted from a memoir my husband and I wrote entitled "Loving To Be WE: Receiving Mountains as Stepping Stones to Cross the Cultural Divide Between Jamaica and the U.S./Babylon." We named his character Alex and mine is Laine.

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The Scariest Scare

It's December 2012; Alex is back from one of his month-long stays in Jamaica. Unfortunately, Laine has another concern besides jealousy that is weighing heavily on her mind.

After she makes sure he has some steamed fish with rice and peas, she asks for his total attention. While he was away, some slight symptoms had led her to go to several doctors for a series of tests.

The diagnosis was clear—she has advanced Stage 4 lung cancer, which was first discovered in her uterus as endometrial cancer. It had spread somewhat into her liver as well. The prognosis is dismal. General statistics and her doctor suggest that she has way less than a 10 percent chance of survival for five years, only if she takes at least six months of chemotherapy starting immediately!

She tells Alex and searches his face—he is calm as usual, with not a trace of dismay. He is always solid as a rock, and she really needs to lean on him now. She begins to feel his steady demeanor helping to calm her a bit too. (Little does she know how petrified he feels inside...at least for a minute.)

Alex believes deeply in Jah (God as the living force) and doubts Jah wants her taken from him so soon. (He thinks) *I can't imagine how I could live without Laine, but I know somehow I would manage. I feel overwhelmed...I have no idea about the expenses involved in our lives. Laine always take care of all that.*

Alex quickly brings himself back to the moment. He puts his arm gently around Laine's shoulders and tells her that whatever she wants, he will be there by her side.

—Trust Jah love...you're going to be all right, Laine.— Alex comforts her.

“You help me feel so centered and strong,” she says quietly. “Alex, I don’t know what I’d do without you. You are such a blessing to me. Every moment, I give thanks that Jah has brought you into my life.”

“I don’t want to miss flying with sisters to see my nephew and family in Lebanon. We’re scheduled to leave in a week, to be away for three weeks. I want to go, and then I can decide what to do when I get back.” She has read that most cancers are slow growing; she doesn’t need to rush into a decision.

Lainee’s oncologist is shocked that she wants to wait but prescribes progesterone tablets for her to take during her vacation. The sisters’ trip is fabulous, except Lainee is feeling more and more pain.

When she returns, she tells Alex, “I realize that although, years ago, I learned how to eat a healthy diet, I regret that I’ve been letting my bad habits creep in too much. Knowing and doing are sure two different things. One clue was that I never really liked to have my picture taken, even with you or the boys. I didn’t like to see how fat and frumpy I was. Still this wasn’t enough to get me to exercise regularly, to get enough sleep, and to stop eating what I knew was unhealthy. If I had just stuck to eating what you cooked, sweetie, I probably would have been fine.”

“Now, I’m afraid this cancer has progressed too far...I’m in so much pain! I don’t want to have chemotherapy because it’s so destructive to the body,” Lainee continues. “I do want to do what I can to help my body heal itself. I believe it’s possible.”

Lainee focuses even more on researching how to heal from cancer. The pain becomes unbearable, and her dosing with ibuprofen doesn’t help.

“Oh Alex, even though I don’t want to, I need to ask you to take me to the hospital, at least for pain management for a few days.”

Lainee calls her oncologist, who makes the arrangements for her to be admitted to the hospital right away. She is given a heavy dose of morphine for the pain, and she falls asleep.

Once awake, it seems that every one of the hospital staff is urging her to start the chemo treatments as soon as possible. She holds off for four days.

Alex comes in each day and sits with her briefly. He can't tolerate being in such a setting for long, it feels so *downpressive* (oppressive renamed, exchanging "down" for "op," sounding like *up*, an inaccurate description). He brings her homemade vegetable soup and fresh fruit.

—Hold onto your strength, Laine, and come home soon. Remember the power of I&I (the living force) is with you. We are one with Jah who made you the co-creator of your life. You are a writer, you overstan' (reworded positively from understand)? You cannot let anyone else write your life. You alone with Jah should decide your story.—

Triumph over Trauma

Six months later, a friend calls and asks Lainee to write a chapter for an anthology on overcoming traumatic experiences. She responds, “Yes, I’ll be glad to! I want to tell as many people as possible about what I have gone through. It might help when they read about what I did that worked.”

Lainee is so happy when the inspiring book is published in the following year, and she has another way to share her frightening, but incredulous, three-month healing journey. She never tires of repeating the story of this miracle.

(A version of the following narrative was originally published as a chapter in the Amazon Best Seller anthology *Pathways to Vibrant Health and Well-Being*. This version has been slightly modified, expanded, and changed from first person to third person to be consistent with the text in our memoir "Loving To Be WE." It begins on the day that Lainee returns home from the hospital.)

Seeing With New Eyes Saved Her Life

No matter what Lainee does, the shadowy figure won't go away. It intimidates her all day and through the night. *Why are you here?* she asks, struggling for strength to regain control of her mind.

A fog clouds her thinking. She knows about hallucinations. She had been Deputy Director of Mental Health for Philadelphia. Fear grips her as she can't control this *thing*. She remembers horror stories about patients seeing images threatening them. Her mind swirls—she has just received a diagnosis of Stage 4 cancer in her lungs, uterus, and liver. The general medical prognosis says her chance of surviving past five years is as low as two percent.

She calls her friend Mell. “Please help me!” she pleads. “Let love overcome,” he responds, reassuring her that she is a child of God, and that she can reclaim her health. He guides her through transforming the frightening image...into her guardian angel. She's grateful for his help with this realignment with her Source's (God's) energy.

He tells her the problem may be with the medicine. Oh, yes—OK! She calls her oncologist, who quickly halves the dosage of the narcotic pain medicine (Oxycontin) prescribed for Lainee's chemotherapy in the hospital yesterday. Still it takes until the next day for the image to finally disappear. She resents this overdose and is angry for giving in to chemo—which she knows, without a doubt, to be an indiscriminate killer of the body's cells—even though she had been out of her mind fighting pain, with drugs, when doctors persuaded her.

She resents the hospital staff who waited for *four days* to give her an enema. This instantly eliminated the pain she was having for so long!

What? The pain was from constipation caused by the medications, not the cancer! She wouldn't have submitted to chemo if she had known.

She wants to help her body heal itself. She learns that fiber-and-nutrient-packed chia seeds keep constipation away! A start—now what about finding out the possible causes of her cancer?

Growing up on a Kansas farm, Lainee inherited much from her mother: a cheerful personality, optimism, and strong work ethic. Her Mom had died at age 72, having lived two years beyond colon cancer treatment that included surgery and extensive radiation. She never fully recovered, returning to the hospital and eventually to a nursing home due to a series of strokes, a weakened heart, and increasing memory problems. Lainee sadly wonders how much of her dear mother's bodily functions were compromised from the debilitating cancer treatments.

Surely, this is not Lainee's destiny to inherit! She knows how to live more healthily from reading *The China Study* years ago. Why had she submitted so often to eating fast food and candy bars? The weight charts say she's obese...ugh...but she exercised sometimes, often tried to lose weight through cutting back on food, and quit her short stint of cigarette smoking 25 years ago. She admits that she has been fooling herself.

She's not angry, she protests, but her anger explodes—at the cancer, the many invisible carcinogens in the environment, and her careless self!

The side effects of the one chemotherapy treatment are devastating. She drifts in and out of sleep, can't get herself to eat, and loses twenty-two pounds in three weeks. She's so weak she can't even carry a glass of water. She begins her second chemo, regretting that she had started, but she was told that it was inadvisable to stop with just one injection.

"Lainee, you're as red as your shirt!" one nurse shrieks during this chemo treatment. Lainee's blood pressure and face has blown up like a balloon! Nurses race to pull the plugs. Within a few minutes, Lainee returns to normal. A doctor explains she has had an allergic reaction to the chemo's formula base, and protocol requires them to wait an hour and then reintroduce the chemo mixture more slowly into her body. *No! Let me out of here*, her inner voice screams. Her outer voice submits.

Four hours later, after the second chemo treatment, she is home. She has no energy to receive visits or phone calls from her friends, and that's not normal! She feels she must devote what little energy she has for Internet research on how to survive, then actually applying what she learns! She must make serious changes in her lifestyle—including how she views things and how she responds to stress.

She finds that her awful bout with chemo is painfully common. Her emerging beliefs about cancer-as-a-friend, and the benefits of alternative treatments are still relatively uncommon and provocative to many.

Path Less Traveled

The changes that Lainee makes in her life revitalize her health so quickly that she is amazed. A miracle! She finds other cancer survivors and *thrivers* who have successfully taken this “path less traveled”—the one that is way out of sync with standard western medical advice.

“Wasn’t it hard to change?” people ask. “No, not really, not when faced with death,” she responds. Her journey is made easier with the unwavering support of her family and friends who help her every step of the way. She soaks up their love, advice, and financial assistance. She’s in awe of the network of coaches who appear and provide the vital pieces to help put her life puzzle back together.

Her older sister Lesly’s friend Corson recommends Susan, an incredible counselor and founder of The Center for the Advancement in Cancer Education (*BeatCancer.org*). Lainee’s dear friend i~Blaize had driven her to Susan’s office and helped her to ask questions of the counselor, and to take notes. Susan shows Lainee how to tolerate chemotherapy and how to regain health without it if she chooses. Since Lainee had already started the chemo protocol, she was advised to continue for two more treatments. (Just like with penicillin, abruptly stopping might cause more problems.)

Lainee goes through her life history with Susan to discover possible causes of the cancer. She suggests that being 60 pounds overweight, Lainee’s lack of exercise, and unhealthy eating habits are common risk factors impacting her. When Lainee mentions that for 20 years she took methotrexate, an immune-suppressing medication to treat rheumatoid arthritis (RA), she learns that this carcinogenic drug likely was the final straw in triggering the growth of the cancer cells. Lainee had gone every three months to the RA doctor who prescribed the medication. Each visit, he had happily confirmed he was glad to be helping her...that her liver was not being damaged...his only concern. (After the consult with Susan, Lainee stops taking the six little methotrexate pills every week.)

“What stresses have you had in the past several years?” Susan asks. “None that bother me,” Lainee replies. “I like to just ride the waves.” Susan asks Lainee to think about it, since stress is a huge cause of body imbalance, as it contributes to a harmful acidic environment in the body. When i~Blaize lists possible stressors, Lainee says, “Oh...right.”

Later, friend Arabella reminds Lainee of 25 major stresses that she has faced within the past few years. These were the most upsetting ones.

In late 2006, as Lainee was driving with Arabella, a car crashed into them at an intersection (Lainee had the right of way), totaling her car, and breaking her left arm. Arabella was in the passenger seat and suffered mild whiplash.

Just two months later, in February 2007, Lainee received a letter unexpectedly stating the termination of her funding as director of the Multicultural Institute. Her salary and benefits, including college tuition for her boys, and her family’s health insurance, were ripped away! She was 61 years old with little chance for securing a similar income.

Her stepmother and Alex’s mother had died in 2006, costing Lainee and Alex huge funeral expenses as well as emotional pain.

Her father died in 2008. Then her husband’s father passed, leaving them with additional sadness and another large funeral expense. Their savings were totally gone.

These recollections help her to realize that she still carries unresolved anger, fear, and resentment—sources of stress. She focuses on reframing the emotions with daily meditation and gratitude statements.

Live-it Not Diet!

Susan details the unhealthy Standard American Diet (S.A.D.), which generally includes meat and dairy products full of hormones, pesticides, herbicides, and antibiotics; sugars, and even worse, artificial sweeteners; glutinous grain products; GMOs and processed foods with additives. Typically, people are exposed daily to toxins from the environment, including cleaning and cosmetic products. All turn into acid and wreak havoc in human bodies. Our bodies' systems can eliminate normal amounts of acidic wastes. When these systems are overwhelmed by acid, diseases can occur, often diagnosed as cancer, diabetes, and heart problems.

“Live-it!” i~Blaize declares, with the Rastafari tradition of positively reworking words with negative connotations or sounds into positive words, or ones more honestly reflecting the words' meanings. “You’re done with that acidic *diet*—now you can *live-it*—you’re on a healthy alkaline path! Bounce for joy!” (Bouncing on a rebounder, or mini trampoline, helps pump lymph fluids through bodies to deliver nutrients and eliminate waste.)

Nearly every day, i~Blaize comes to Lainee’s home to make sure she also eats well, takes supplements, and listens to uplifting music. Lainee is eternally grateful for her faithful attentiveness. Encouraged by her friend’s suggestions about how to live healthier, Lainee begins applying even more lifestyle changes.

She decides to add *Up* to her motto, widening its scope to *Live-it Up*—not with wild and reckless behavior, but rather by making more radically healthy choices in many areas.

Dr. Ethyl Wilson, a wise and compassionate naturopathic doctor (2yourhealth.us) provides Lainee with colonic cleansings and delivers a juicer along with locally grown wheatgrass. She was referred to Lainee by their mutual friend Brother Abdul, who had already been going to this doctor at her Philadelphia-based holistic health services center.

Alex learns how to juice wheatgrass, alternating with organic kale, carrots, cucumber, celery, apples, and ginger, for Laineë to drink every morning. She feels grateful as she learns that her body readily absorbs these healing nutrients when juiced. They blend smoothies with greens, berries, seeds, nuts, plant protein powder, and coconut milk for a late afternoon meal. She complements this with lentil vegetable soup for lunch, and after three months, an increasing variety of alkaline foods, such as sweet potatoes and salads. Delicious! She loses her craving for sweets.

Another knowledgeable and loving friend, Yan, founder of The Art of Wellness, helps her *beyond* measure, bringing Isotonix nutritional supplements, a crockpot, and a BioMat to deliver healing far-infrared rays that create negative ions to improve Laineë's immune functions. Every week, Yan schedules Laineë for weekly therapeutic massages and acupuncture treatments. They really help the healing process.

Friend Ronda urges Laineë to listen to Deepak Chopra's online meditations, which are soothing, centering and empowering. Other friends call with creative ideas, exquisite poetry, scriptures, and prayer circles. Emma even handcrafts a unique doll for Laineë. Cousin Errol loans her expensive equipment to produce ionized water. Amazingly, soon after her *live-it* habits begin to take hold, there's no more need for pain medication, and the chemo's side effects disappear! Give thanks.

Laineë visits Dr. Andrew Lipton, an integrative doctor of osteopathy at the Narberth Family Medicine Center, for special blood tests, healing body manipulations, and intravenous vitamins.

Within just three months, Laineë's blood tests show her CA125 tumor markers, lymph functions, and even her nutrient levels measured by a Spectracell test, all register in the recommended ranges! The cancer cells are no longer detectable. Even Laineë's rheumatoid arthritis symptoms disappear as well. The life changes she makes help support her body's own healing ways. Still, she counts all this as a miracle!

She becomes aware that her negative viewing of cancer cells as “vicious intruders” is likely detrimental to recovery, but it’s a huge challenge to see cancer as positive. She starts the reframing of her attitude by calling her cancer cells a helpful, built-in support group, constantly reminding her to *live-it up*. Still, she plans to kill them as soon as possible—not a positive thought by any stretch of the imagination.

Cancer in a Positive Light

Continuing her attitude transformation, she accepts cancer as a life lesson alerting her to and liberating her from a draining lifestyle. She envisions cancer as a “low-oil” warning light on a car dashboard. When that light flashes, people don't disable, remove, or destroy the signal—rather they add needed oil into the car's oil tank.

When cancer's warning light flashes, Lainee realizes her body doesn't need surgery, radiation burns, or chemical poisons. Instead, it needs a major fill-up of nutrition, rest, exercise, love, laughter, faith, and positive responses to stress via gratitudes.

She comes to understand cancer as a healing mechanism—her body's built-in final defense against the accumulation of overpowering waste, which has created an internal acidic, anaerobic environment. Once this happens, normal cells are overwhelmed, and some mutate into cancer cells that travel around munching up the acid, like electronic “Pac men.”

Articles at *ener-chi.com* describe how cancer cells are part of the body's survival system, not a disease. The cells multiply as needed to protect bodies from developing deadly acidosis from too much acid. She learns that cancer cells thrive on toxins, sugar, and acids. When the body's acid-alkaline balance is restored to just above 7 on the scale of 0 to 14, cancer cells are not needed, and they automatically decrease to asymptomatic levels.

This knowledge challenges Lainee to change her lifestyle as quickly as possible, as she can now express gratitude for her cancer. In less than three months, the cancer is undetectable.

“I feel alive!” she bubbles with delight. “Now I can carry a whole jug of water!” Her excess sixty pounds melt away. She no longer craves sweets! It's fun for her to be a sassy size six (down from size sixteen) and to dance for hours!

Her friend Jerome hosts a delicious gourmet *live-it* luncheon for a dozen of her close friends. They wrap her in love and surprise her with touching testimonials celebrating her life. Better here than at a funeral!

The friends come from all over—even Yolanda with brother Keith from Grenada and sister Bernadette, with her guy Mick, from NJ. Lainee overflows with happiness! She gazes fondly around the circle of friends sitting in the backyard; there's Franklyn, Marni, Tanya, Glory, Julia, Karen, Fran, Barb, EJ, Raney and Dave, along with Jerome, who had just lost his longtime beloved partner that past year.

Lainee tells her oncologist some details about her successful natural healing path. The doctor admits that she has no clue about what Lainee is doing, but encourages her to continue, as it seems to be helping. Lainee gives her credit for not discouraging her, at least.

Lainee pleads with the oncology office staff to stop providing candy in the waiting room and bringing sugary drinks, donuts, and white bread, ham and cheese sandwiches to the patients during treatments!

She realizes many otherwise caring doctors aren't educated about the relationship of nutrition, exercise, and stress to diseases, and to the role that cancer can play in healing. She wants them to understand how mental health, spiritual, and emotional health intertwine with physical.

The precious gifts emanating from Lainee's journey with cancer continue to reveal themselves. Uppermost are the healing power of faith and of love that is flowing through her from her Source (many call God). She no longer needs to remind herself to be grateful; she lives in continuous gratitude. Cancer pulled the rug out from under her workaholic self. It stopped her almost literally *dead* in her tracks! Cancer commanded her full attention and challenged her with life and death choices.

Ocean of Possibilities

Just as we water a plant's thirsty roots rather than its withered leaves, Laine learned to apply healthy *live-it* treatments to the root cause of her cancer's growth, rather than to the cancer cells themselves.

Laine's life, which had been caught up in a swift, fairly narrow river of focus during her adulthood, emerges from her cancer journey into an ocean of possibilities for reevaluating her purpose and her passions.

She graduates from an online course sponsored by *BeatCancer.org*, earning further credentials for providing holistic cancer education to others. She resolves to activate her guest home as a healthy retreat with a spa, life-renewing exercise, meditation, sunshine, yoga, tai chi, nutritious meals, and juices.

Empowered by the likelihood that her voice may be the only one some may hear, she speaks boldly with a healing message resonating from her Source. She proclaims, "*It's so good to be here!*" No longer is this a casual statement—it means she truly is glad to be alive—as she honors "how seeing with new eyes saved her life."

15 Steps to Becoming a Miracle

By 'Chia' Cheri

I'm celebrating my 7th Anniversary of rebalancing my body to health. In December 2012, I was diagnosed with Stage 4 cancer in my lungs, liver and uterus. The prognosis was less than a 10% chance to live five years. I got M.A.D. and **Made A Decision** to live. With friends and family, I researched choices and made changes. In three months, I declared myself a *Miracle*: the cancer cells were no longer detectable, 60 excess lbs melted away, and my appreciation for *everything* grew much deeper. The Chinese philosopher, Laozi, said, "*A journey of 1000 miles begins with a single step.*" These steps helped me regain and maintain my health.

Step 1. Decide to live. Be courageous.

Step 2. Accept you are connected to the All-Powerful Source of Energy and Love known to many as God. Have faith that *all is well*. Ask for your desires, be open to receive. Live in the moment; don't regret your past or fear your future.

Step 3. Express gratitude, even for things that seem stressful and unbearable. Be at peace by becoming *At Oneness* with your inner *True Self*. Life is happening *FOR* you, not *TO* you.

Step 4. Choose to be positive and daily reinforce yourself with positive messages.

Step 5. Organize your Power Team: positive friends and family to provide encouragement, discipline and love. Good additions: cancer education counselor, herbal nutritionist, integrative doctor, acupuncture and massage therapists, and chiropractor.

Step 6. Know your body has the innate purpose and power to heal itself, given a chance. Consider that cancer is not the enemy, but the body's built-in defense system to save you from dying of acidosis (too much acid).

Step 7. Learn what contributes to an imbalance in your body, what causes inflammation and an internal acidic environment that breeds chronic dis-ease. The main culprits are pervasive in our **Standard American Diet (S.A.D)**: meat, dairy, refined sugar, sweeteners, soda, fast food, alcohol, processed foods, products with wheat and gluten, preservatives, pesticides, herbicides, hormones, antibiotics in animal food, GMOs, etc. Replace toxic household and body cleansers.

Step 8. Toss out that 'di-et'; begin your '*live-it*' with organic, alkaline vegetables, green juices and smoothies, fruits, beans, nuts, seeds, coconut or almond milk, and plant-based protein powder. If needed, supplement with antioxidants, enzymes, vitamins, minerals, phytonutrients, and probiotics. Add fresh lemon to help alkalize food and water. Get 20 minutes of daily sunshine for Vitamin D. I recommend getting a *Spectracell* blood test to check your body's nutrient levels...it's well worth it.

Step 9. Drink purified water. Daily guide: drink $\frac{1}{2}$ your weight in ounces. Ideally, filter (I suggest the *Clearly Filtered* brand as best to get out heavy metals, chlorine and fluoride), and restructure your water via ionizing or reverse osmosis

Step 10. Move your body daily. Stretch, take walks, bounce on a mini trampoline to pump your lymph system, swim or exercise in a pool, ride a bike, or take an aerobics class, and lift light weights. Engage in tai chi and/or yoga.

Step 11. Take time out: meditate at least 20 minutes daily; relax, pray, commune with nature. Take 10 deep breaths at least three times a day.

Step 12. Sleep seven to eight hours a night, ideally with deep sleep between 11 pm and 2 am. This allows time for the body to detox, heal and repair. (It's the time the janitors need to clean up whatever messes you made during the day and evening!)

Step 13. Cleanse your body daily with lemon); then do some deeper cleaning at least seasonally, with herbs (e.g. Colosun) and colonics to flush out toxins.

Step 14. Get acupuncture, deep therapeutic massage and muscle manipulation, at least monthly, weekly for chronic conditions. Generate good *negative ions* that attack destructive *free-radicals* through Bio-mat treatments, infrared saunas, ocean waves and waterfalls.

Step 15. Laugh, have fun, listen to music, do something creative, hang out with friends, and enjoy life.

I imagine you have steps you can share as well. It's a life-long journey of learning with gratitude to live in vibrant well-being!

Favorite Resources: beatcancer.org (life-saving, free phone consultation, they accept donations), Center for the Advancement of Cancer Education; ArtofWellness, Yan Huo, founder (Facebook); drandrewlipton.com; 2yourhealth.us; kriscarr.com; liveenergized.com; drweil.com; drfuhrman.com; foodandwaterwatch.org; forkoverknives.com; ewg.org; thetruthaboutcancer.com; drhyman.com; ener-chi.com; mercola.com; deepakchopra.com; livingbeyonddisease.com; foodnews.org.

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Making Meaning of Life

Bonus: Most humans strive to make meaning of life and seek the answers to: Why are we here? Is there a higher power or life-force and if so, how do I relate to it? How do I connect to other living entities? I have excerpted this Introduction from my memoir "Loving To Be WE." It's a way to conceptualize the answers as a context that works for me at the moment:

Once upon a time, Spirit transforms into souls and migrates into human forms to experience the continuum of mental, emotional, spiritual, and physical beingness on Earth.

Lailah, the angel overseeing conception, gathers the souls together. With her help, they leave the bliss of Source, referenced as God, Yahweh, YHWH, Elohim, Allah, Jah, Creator, Universal Consciousness, Supreme Being, Eternal Energy, and Vibrational Life Force. After Lailah explains the potential experiences of each life, they enter their chosen human wombs. While they are developing as embryos, she reminds them:

“You are stardust, made of the core elements of the universe. You have the ability with Source to be all-powerful co-creators of your human lives, within the illusion of past, present, and future. When your human journey is finished, you will be welcomed back into the spirit world.”

To help them understand their human adventures, Lailah explains that each of them has a unique *soul signature* that vibrates on a personal energy frequency. Each soul's vibration reflects its thoughts, feelings, beliefs, choice of words, and care of self, the Earth and other life. Lailah adds, “The higher your vibration and Consciousness, the more Light you will shine, and the stronger you will feel connected with Source.”

Lailah seems to glow even brighter as she continues, “When your soul is born into human form, you will also experience negative vibrations, which can dim your Light. Through love, enhanced by prayer, meditation, and communing with nature, you can raise your vibrations to a higher energy level—or *Flow*—thus increasing your access to Source-power. Resisting the Flow, out of fear, separation, or unknowing will cause distress. Even so, these stressful ‘lessons’ can provide you with spiritual gifts for upliftment.

“Know that your thoughts will become things. If and when you move into alignment with the Universal Flow, your lives will feel successful, abundant, peaceful, fulfilled, and *At One*. You can enhance this Flow by moving with the Law of Attraction (like-energy attracts like-energy).

“Remember, it is your role and purpose to do your part to expand and heighten the Cosmic Consciousness by realizing your True Self, clarifying your unique desires and gifts, then expressing your curiosity and creativity while remaining open to unimagined possibilities.”

She warns them that once they are born as humans, each will forget most, if not all, of what she is telling them. She projects that their journeys will be influenced by how much they can eventually remember and apply. She suggests that likely their deepest *human fear* will not be that they are inadequate, but that they are powerful beyond measure. (One soul Marianne Williamson writes about this as part of an affirming and often-quoted paragraph in her book *A Return to Love: Reflections on the Principles of a Course in Miracles*.)

Lailah then calls together a host of guardian angels and assigns each one to guide and protect a group of souls. “Do what you can to inspire community among the members of your respective groups. Remember that when two or more humans come together and blend their energies in harmony, each one’s *third eye* is opened even wider, and they become a potent mastermind. This *third eye* is there to help each person tap into what some call creative imagination, the collective Consciousness, or a sixth sense...a pathway through which ideas, plans, and thoughts flash into the human mind as intuition or Divine Order.”

Lailah encourages the souls to link up with masterminds and listen to their *Cabinets of Counselors*, available to help them through their life cycles.

She marvels that many of the souls choose human lives that are likely to experience confusion, pain, and fierce aggression. She ponders whether they select these ways because they don't know what they don't know, or that they are willing to do their part no matter what it entails ("to fulfill the book," in Bob Marley's words). She asks the guardian angels to check-in with her, at least every human decade, about their Earthly charges' progress toward remembering that they are Love—powerful co-creators of their lives—and how they are acting upon their awareness.

At the time of this writing, one of the angels vibrates in on Lailah's frequency. "Lailah, don't miss this," Hadranriel urges. "Alex and Laine, two of my assigned group of souls, will soon be evolved enough for me to awaken their memories to an awareness that enables them to rejoin their spiritual connection and live as *One Love* in human form."

"Yes, Hadranriel, you've guided them well through their life-lessons." Lailah is pleased. "Let's watch and see what happens next!"

Perhaps this context may be useful in helping consider that "Life happens FOR us not To us!" We become stronger when we respond with gratitude to stresses as life lessons. When we remember we are all-powerful LOVE, there is no need for judgement of self, others, or circumstances. There is no attachment to outcomes. We are at peace, knowing that all is in Divine Order.