

JOURNEY

**OUT OF CANCER
INTO WHOLENESS**



Lauren Miller



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Note: This article assumes you have a working knowledge of EFT, the Emotional Freedom Techniques.

See: EmoFree.com
2loveandbeloved.blogspot.com
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Cover Art: Original Oil Painting, **Flying Free!**

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Published by
Out Front Productions, LLC
Kailua, Hawaii • 808-261-0941

This book designed and constructed just for you
by Angela Treat Lyon
AngelaTreatLyon.com

JOURNEY

OUT OF CANCER INTO WHOLENESS

At 38 years old, with three young children, and while going through a divorce, I was diagnosed with stage three, grade three, Invasive Ductile Carcinoma.

I was told that I had a 50% chance of survival.

I found myself rolling around on my floor crying out to God while I beat my fists on the floor in shock, refusing to believe that I had cancer. Even though I was a personal life coach and second degree black belt in Tae Kwon Do, I could not fight or coach my way out of this diagnoses.

In less than a two year period, I endured 16 chemotherapies (including the “Red Devil”), a double mastectomy, 6 weeks of daily radiation, one year of Herceptin infusions, monthly shots in my stomach (to stop my estrogen production) along with a daily estrogen inhibitor.

Even after ALL of this treatment I am told by the doctors that I am in the THIRD highest group for a recurrence ... out of four groups.

I started using EFT, the Emotional Freedom Techniques, just after my first two rounds of “AC” Chemo, otherwise known as the “Red Devil.” Why? Because it’s bright red and it hits you like the devil.

I suffered from PTSD (Post-Traumatic Stress Disorder) and whenever I saw red I got sick to my stomach, along with an abundance of anxiety.

I tried acupuncture, counseling and cognitive- behavioral therapy to no avail. I was then hooked up with an EFT therapist and after one phone session I was cleared of all symptoms.

I started my own EFT training that same week and my whole life turned around physically and emotionally. There are more concrete examples of this “turn around” listed later.

So the question hits me daily: Although those “white coats” tell me that I am in the third highest group for recurrence ... what do I say now?

**I say that I never “had” cancer ...
cancer never “had” me.**

The cancer simply woke me up and helped me remember who I am ... not how others have defined me but who I say I am.

By reclaiming my identity, using EFT as my portal, erasing my internal wall that contained numerous false statements given to

me by other people and circumstances in my life that I allowed to define me, I began to “tap” myself back to myself.

**Here’s the bottom line:
I had forgotten who I was
and therefore
I farmed out the power to define
“me” to the world around me.**

EFT is the tool that I used (and continue to use daily) to collapse all of the trapped negative energy around my distressing memories and experiences that I was storing in my body.

It was as if my body was saying, “Hey woman, if you don’t come back and reclaim, honor, love and accept DEEPLY all that you are and always have been underneath all of this unresolved dis-ease, we are OUT OF HERE.”

**So I thank my body daily for waking me out of my slumber ...
the slumber of self denial.**

Jesus said so eloquently, “love your neighbor ... as yourself.”
EFT hits on that truth every time I do the set up statement:
**“EVEN THOUGH I (state my challenge), I DEEPLY AND
COMPLETELY LOVE AND ACCEPT ALL OF ME.”**

So I have stumped my “white coats” again and again and again and again using EFT.

1. Even though:

I lost all of my hair, I deeply and profoundly love and accept all of me ... including my bald head!

Reminder phrases: bald, my baldness, NO HAIR, COMPLETELY BALD, not even a SHADOW, am I a man or woman? Casper the Ghost, Star Wars, Alien? It is crucial that I give myself permission to be right where I am at.

I always follow each round with a positive choice round:

I choose to:

- ❖ **come up with creative ways to celebrate my baldness!**
- ❖ **feel beautiful!**
- ❖ **experience an abundance of freedom in my baldness!**
- ❖ **attract beauty into my life today!**
- ❖ **see myself from my soul out with all of its beauty, courage, strength, fortitude and love!**

The Outcome: after losing all of my hair after the first two rounds of chemo (not doing any EFT), it started to grow back after the fourth round and after the 16th round I walked into my first radiation treatment and my Doctor asked if I was wearing a wig ... NO it was all mine!!!!

She said in all of her practice, she has never witnessed hair growth with the kind of chemo that I received! Give it up for EFT!!!!

2. Even though:

these “white coats” have told me that I can have up to 50 different side effects from this medication (or treatment),

I choose to love all of me and to accept all of the positive energy and benefits from this substance!

Reminder phrases: I specifically name the medication or treatment I was taking (example: Aromasin, Aromasin, Aromasin) **for a full round.**

Then I would do a round on my positive choice:

I choose to surprise myself with an over abundance of mental calm and focus.

I choose to embrace the positive benefits of Aromasin and give my body permission to let go of everything else.

I would get very specific with some of the side effects.

The outcome: I have gone through 10 surgeries, 16 chemos, 6 weeks of radiation, 1 year of herceptin, tomoxifin, aromasin.

Other than my initial hair loss, some scarring and darker skin tone (which looks excellent in light of how burned my skin was due to the radiation/herceptin combination).

**I am completely symptom free
and *have* been throughout
all of my treatments.**

If I thought I felt a symptom, I was all over it with EFT.

I can honestly say I feel stronger and healthier than ever before in my life. My energy level continues to amaze me daily.

3. Even though:

I have lost all sensation on my chest because of the double-mastectomy, I DEEPLY and COMPLETELY accept all of me and my feelings around this ... AND I CHOOSE to restore and reconnect ALL of my nerves in my chest area. I give my body permission to do what it needs to do to RESTORE my sense of feeling throughout my entire chest area!

Reminder phrases: Nerve damage, nerve damage, disrupted nerves, confused chest wall nerves, traumatized chest nerves, nerve disconnect, stressed numb nerves, nerve damage.

I follow up with a choices round and often another round of alternating between my nerve damage and then my choice.

Even though:

my nerves were damaged in the surgery

I CHOOSE to unleash complete nerve restoration throughout my entire chest wall.

I can't feel my chest I give my body permission to reconnect and restore every nerve in my chest area,

I choose complete restoration of my Milan sheaths and all parts of my nerves in my chest area.

The Outcome: I have about 80% of all feeling in my chest area restored ... and I am still going for 100%!

4. Even though:

I am breast-less, I **DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF ANYWAY AND**

I **CHOOSE** to see myself as a Beautiful warrior that has emerged from battle and I have **WON!**

Even though:

I have these scars all over my chest,

I choose to see them as physical examples of my spiritual truth: I am a victorious beautiful, courageous, strong woman who shines brighter than ever!

Even though:

I stand before this mirror bald and breast-less,

I **accept every feeling and emotion around this experience with abundant love, respect and acceptance of all of me.**

I choose to look into my eyes and define myself by the radiant beauty that flows from my heart even more abundantly now than ever before in my life.

Reminder phrases: Bald and Breast-less, the mirror's definition of me, bald, breast-less, androgynous, stripped of my femininity, Bald, breast-less, Yoda, ET.

I follow with a round of my choices:

I choose to:

- ❖ feel beautiful,
- ❖ feel courageous
- ❖ forgive myself and anyone else that has contributed to my baldness and breastlessness
- ❖ celebrate and honor my soul's beauty
- ❖ have an abundance of creativity as I come up with different ways to see myself as beautiful
- ❖ respect and honor my body
- ❖ vibrate with the frequency of gratitude and love
- ❖ send this to my beautiful body ... every cell,

and I choose complete restoration and abundant health all the way down to my DNA!

The Outcome: I recognize, love, accept and honor my beauty ... the essence of my true inner beauty now more than EVER in my entire life.

I celebrate “me” and my courageous “earth suit” (that so beautifully contains my soul) every moment I am blessed with breath.

Yes! My hair has grown back, and I have some assemblance of “breasts” that have been reconstructed, yet my identity is not attached to them anymore.

I have a profound sense of well-being and self-esteem.

5. Even though:

those “white coats” have told me that I am in the third highest group for recurrence

I DEEPLY and COMPLETELY love and accept all that I am.

I choose right now to validate and honor my body’s ability to unleash and restore abundant health and restoration to every cell in my body.

Reminder phrases: Third highest group, third highest group, recurrence, recurrence, fear around recurrence, fear, fear, fear, recurrence fear.

I choose to:

- ❖ give my body permission to heal every cell in my body.
- ❖ feel an abundance of confidence and self-esteem.
- ❖ have complete health and restoration of my body,
- ❖ experience more strength and health within my being than ever before in my life!

- ❖ **accept and celebrate everything that promotes the health and restoration of my body!**

Outcome: Not a sign or hint of any recurrence.

I feel more focused, energized and stronger than ever in my life.

JOURNEY: Out of Cancer Into Wholeness

EFT has truly led me into the emotional experience of accepting and loving all of me...not to mention all of the physical healings...

For this I am eternally grateful. As long as I walk this earth, I am committed to being a channel of this gift to as many souls as possible.

With Love and Gratitude for Life,

*Lauren Miller, EFT-CC, EFT-ADV
EFT Practitioner*



EFT and LOVE

So where does EFT come in? EFT gives me the opportunity to collapse any negative charges I might have around my own experiences with love. By doing this I free up my body's energy system, enabling it to be open to new expressions of love. EFT unleashes creative ways to give and receive love.

Because I reduce the negativity from my own energy system I bring out my natural propensity to see the beauty in others. EFT collapses any judgments and conditional criteria I have gained and used throughout my lifetime that supports my interpretation of love.

Key Point: IT'S MY INTERPRETATION OF LOVE

Even though my partner does not give and receive love the way I do, I deeply and completely love and accept myself anyway. I choose to be open to experiencing new expressions of love. I choose to come up with creative ways to communicate my needs with love.

By collapsing the negative charges around distressing memories that prevent me from loving and accepting myself, I open my heart up to the experience of unconditional love. Love evokes love, acceptance evokes acceptance.

Because EFT unleashes abundant self-love and acceptance while collapsing the judgments I have gathered about love and acceptance, I enter into a whole new dimension: Emotional Freedom in love for the sake of love alone.

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