

THE LESSONS LEARNT FROM CANCER



Lesson 1 - Learn to co-exist with your cancer

- ❧ Do not engage in a futile battle.
- ❧ Conserve your energy and emotions for more useful purposes.
- ❧ Cancer is a disease of the body.
- ❧ Develop your mind power.

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Lesson 2 - Cancer treatments take a huge toll on one's body, energy becomes a limited and most vital resource. **Use your energy skilfully.**

- ❧ If provoked, do not just explode. Learn to delay that impulse. Anger will do you no good.
- ❧ Practice and in time you will learn to roll with life's punches.
- ❧ Self pity and being self centred will do you no good.

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Lesson 3 - Ditch the emotional baggage of the past and learn to travel light.

- ❧ Accept that the past has gone and is now history.
- ❧ No matter how many times you go over and over past events, they will and cannot change.
- ❧ Let go of those past hurts, disappointments and bitterness. Get professional help if required.

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Lesson 4 - Learn not to allow fear of the future to spoil the present.

- ❧ No one can predict the future, so what is the point fretting about it?
- ❧ Fear comes in many guises and forms.
- ❧ Do not let fear destroy your happiness.

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Lesson 5 - Practice living in the here and now for the past has gone and the future is but a mystery.

- ❧ When you have cancer, you become very aware of how precious and limited time is.
- ❧ Every new day is a gift, a blessing to be lived and enjoyed.
- ❧ Contentment is reassuring and contagious.

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Lesson 6 - Impermanence - Nothing on this earth lives forever, including mankind.

- ❧ No one knows when, where or how, but all lives will end sooner or later.
- ❧ Do not let those bad vibes with some one fester. Tomorrow is not a guarantee.
- ❧ Live, love and enjoy life each and every day.

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Lesson 7 - Help others with loving compassion.

This may sound crazy to ask a person who is very ill to think of and help others.

- ❧ Think of the people who you know who are usually happy. Are they selfish, or generous and want to help others?
- ❧ The more one thinks of others and tries to help them, the easier one's own challenges become.

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Lesson 8 - Lighten up.

- ∞ A sense of humour is sense of perspective.
- ∞ Laughter is the best stress reliever.
- ∞ Learn to be philosophical.
- ∞ Whenever possible be a spectator, not a combatant in life's arena.

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In summary -

- ❧ Develop your mind power.
- ❧ Do not waste energy on negative emotions.
- ❧ Get rid of emotional baggage.
- ❧ Do not live in fear.
- ❧ Practice living in the here and now.
- ❧ Live, love and enjoy life each and every day.
- ❧ Help others with loving compassion.
- ❧ Lighten up and laugh often and loud.