

# Cancer Some!



MY \$100,000 HAIRCUT  
A MEMOIR BY  
GINNY WALDEN

Cancer  
Gone!

## MY \$100,000 HAIRCUT

*My memoir of risky treatments, my conflicts and choices  
and how I know my breast cancer is gone for good.*

BY GINNY WALDEN

*Names of people have been changed to preserve their privacy.*



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Graphic Design and editing by:



## DEDICATION

With my deep gratitude to  
Virginia Christianson,  
my Jungian dream analyst and mentor,  
my Fairy Godmother with the Flaming Sword,  
for helping me to see the truth  
and reclaim my life.



## ACKNOWLEDGEMENTS

I wish to thank Jennifer Hawthorne, co-author of the *Chicken Soup for the Soul* book, *Life Lessons for Loving the Way You Live*, for including my story in her book and for encouraging me to write my book *Cancer Gone!*

I thank Master Luke Chan for teaching me CHI-LEL Qigong which has completed my healing process and changed my life for the better.

And I thank Bonnie Lee Chappell for her kindness, patience and generosity as well as her gifts as an editor and graphic artist, for making my book a reality.



## INTRODUCTION

When I found out I had advanced breast cancer, immediately I asked myself:

### **What Is Healing? And Later, Another Question Even More Profound: What Is Illness?**

I think these are two basic questions in anyone's mind diagnosed with a life threatening illness. In this memoir I reveal how my confrontation with cancer changed me completely. I share my daily journals of my direct experience during cancer treatment as well as my present perspective of my healing experience over the past ten years. Through my daily journals I reveal my clinical experience in surgery, chemotherapy and radiation, what questions I asked, what my inner and outer conflicts were, what decisions I made and how I felt about them.

This is a book for those who have been newly diagnosed with cancer and are wondering what to do, for those dismayed and frightened with recurrence, and for those who are curious about alternative therapies or conventional treatment, or are wondering what the underlying message is for healing cancer. This book may comfort those who know they will die of cancer. My story unfolded like a blooming rose over ten years since my diagnosis.



I found that there are many layers to healing. Healing is an individual path, but I also see that there is definitely a common theme to healing cancer. I have seen many of my qigong students embrace this theme and heal cancer. I have seen several of my students laughing and in complete peace before they died which I also consider healing. I share my students' stories to exemplify stages of healing. Through my daily practice of qigong and meditation, I know when I am healthy and when I am weakening and how to regain my balance. I know beyond a doubt that cancer in my life is gone for good. I hope you enjoy reading this book as I share with you how my life-affirming decisions and how my experience of CHI-LEL Medical Qigong created my confidence in this truth today.

Please contemplate this question: can you think of any medical tradition that has cured illness? I can't think of any. Yet people do cure illness completely. So who is doing the curing? You are!

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*"I Will" (plaster body cast) featured in Ginny's healing art exhibit, Cancer Gone!—My Healing Journey.*



## PROLOGUE:

### **Who Am I? Two Selves: Physical Self (Yang) and Spirit Self (Yin)**

Each one of us is a different universe. I cannot see the world through your eyes because your unique mind and experiences create a different movie than mine. I believe we each are the director of a unique movie that we call our life and we can share our unique human experiences through our hearts. This sharing is what we call “love”.

The word “love” in our culture has become somewhat diluted and trite. In the U.S.A. we say “I love your dress. I love my job. I loved that movie and, I love you.” The love I am referring to is from the heart and means compassion or connection to a knowing that we are connected to each other, all life and the One. Through empathy and compassion we can find a bridge where two unique beings can meet. This love erases the illusion of separation. It seems this separation occurs through our thinking, logical mind. I call this part of us our Physical Self, the “making sense” logical mind, the Yang, or our physical survival mind.

The Physical Self, Yang develops through our thoughts where we have made logical assessments from our life experiences for survival. It interests me that this rational part of us wants to “make sense” of something. This is the part of us that seeks facts or physical proof which we can understand through our basic five senses. This is necessary as it helps us to survive and understand the physical world. We get so used to this rational perspective that we begin to think this Physical Self is the only one in charge. This physical part of our being is not comfortable with our sixth sense or intuition, our bridge



to our Spirit Self, Yin, or the bigger self that knows we are one with all life and all possibilities. Perhaps this is why we want physical evidence of a cause when we are diagnosed with an illness, rather than believe a cause may be what we cannot “see” or explain with our basic five senses.

## **How Do We Face Illness?**

When confronted with illness it seems we let this logical part of ourselves override our inner wisdom. When the oncologist says there is not enough scientific evidence that alternative ways of healing work and so it is best to follow a medical procedure that offers more “proof” of effectiveness, we say, “Oh that makes sense!” Isn’t it interesting that the phrase “making sense” actually comes from our five senses? We are inclined to believe “proof” or what we can see, hear, touch, smell and taste. Yet, when we face a crisis or a life death situation we soon find out that we also need to rely on our inner sixth sense, our inner wisdom, Yin, or what we call our “gut feeling”. Through my healing journey I discovered that I could rely on my intuitive sense and dreams to give me the messages I could trust and this could give me the answers I needed to heal. I found, through my own healing and through my work with my students healing over the past ten years that those students who responded primarily to this “inner voice” seemed to live through incredible odds.

This is why I find it difficult to accept statistics. If there is just one exception, how can a statistic represent a true fact? What makes logical sense does not necessarily represent truth for everyone. Let’s say a statistic says that if you have breast cancer in the family the chances are that you will get breast cancer. If cancer is truly hereditary, then why doesn’t *everyone* in the family get breast cancer? If cancer is “caused” by the environment, then why is there one person in that

toxic environment who does *not* get cancer? The exception interests me. When a person with cancer takes the placebo pill made of sugar and her tumors disappear, why does *that* person heal? This is an intriguing question. How did that person heal? I ask this question because I am one of these exceptions.

After my experience with cancer, I find I now pay more attention to what does *not* make sense. The wisdom of ancient cultures say your wisdom, your truth is *within*. I now listen more often to this inner wisdom intuitively in my heart and in my gut and an answer comes from my inner knowing which is beyond all doubt. This knowing comes from a direct experience in my body. Have you ever felt “chicken skin” or “goose bumps”? This is the body registering that what you feel is truth. When I truly know my truth, I feel it inside my body through my heart, gut or skin. All doubt disappears. When I feel the answer tacitly, there is no decision to make because the conflict between the logical mind, Yang, and the all knowing Spirit Self, Yin, is gone. When “Big I” (Spirit Self) knows what to do in that moment, then “small I” (Physical Self) can act without hesitation because it has learned how to “listen” inwardly and respond to my Spirit Self within the body. Therefore, I find *feeling my truth* is when Physical Self and Spirit Self merge into one “Aha!”. I know now that this is how I made the correct choices that led to my healing of breast cancer.

As you read this book you can develop your own awareness by noticing which of your two selves is active and in which part of your body you feel either a reaction or a response.

### ***Your Physical Self: Yang—Logical Thinking, Doubt***

- Survival, based on past, possible future events: thoughts, emotions
- Head and Chest areas

### ***Your Spirit Self: Yin—The Observer, Knowing***

- Awareness in the now: feeling of comfort or discomfort
- Belly area, Heart

### ***Notice where and how you experience either of these in your body:***

- Logic—Head: deductive reasoning about past or future
- Emotion—Chest: impulsive reaction to past or future
- Feeling—Gut, heart, skin: inward response, now

This will give you clues as to which self is involved in your assessments and help increase your awareness of the now, which I find is the main key to healing cancer.

## **The Value of Listening Inwardly for Healing**

From the perspective of my Spirit Self or Yin, I can ask new questions and expand my awareness. I now wonder if my breast cancer was an imbalance of my soul? Is this why cancer manifested in my body? If my soul created this imbalance through choices I made through my life experiences, then the good news would be that I could also reverse my soul's condition by making new choices and return my whole being, not just my body, back to balance and health. This prompts me to ask: What is illness? I explore the answers throughout the book.

I believe that when I got cancer, my Spirit Self was giving me a sign loud and clear through my physical body and my sixth sense that I was disconnected from my wholeness of being. I think my physical body sounded the alarm the only way it knew how. When a large tumor appeared in my right breast, my body was screaming

for me to pay attention, to listen inwardly, that it was time for me to return to balance or die,

I notice that my body always seeks health (balance). When I cut my skin, it heals. The ointment and bandage do not heal the cut. They protect me from infection. Why and how does the cut heal? The skin is the biggest organ in my body. Then why wouldn't my heart or my breast or any organ in my body heal? I felt my breast heal its internal scar tissue from surgery in three weeks! My oncologist said he had never heard of devitalized tissue returning to normal. But every seven days my body automatically creates new skin. Every seven years we create a new body! If this is so, why wouldn't my breast heal or even an amputated leg regenerate? I have seen a lizard's tail do just that and I have seen tumors disappear right before my eyes. This raises my second question: What creates healing?

Could my attachments to my traumas in the past or to what might happen to me in the future be just a big movie in my mind? I wonder if the elimination of mental and emotional anxieties in favor of balance on all levels: physically, emotionally, mentally, intuitively and spiritually are necessary for complete health. After watching the film, *What The Bleep Do We Know?*, after reading Dr. Masaru Emoto's book, *Messages From Water*, and after experiencing my own spontaneous healing, I wonder, *does my intention create healing, and if so, how?*

I look at Nature and I see an intrinsic balance and harmony. In Nature the elements as well as the plants, insects and animals all seem to obey a law of balance where all forms of life benefit each other. Is this why I feel so peaceful when I am walking through a forest or lying in the sun in the sand by the ocean? I am a part of nature

too. Are balance and peace my natural state as a human being? Are balance and peace what we call health?

I witness my body heal itself daily. My body is an everyday miracle. The miracle of healing is so obvious we cannot see it. The miracle isn't under our nose, it *is* our nose!

## **Can Intention Heal Illness?**

I wonder if my health and well being could be *totally* determined by my thoughts, emotions and feelings. After experiencing my spontaneous healing and more layers of healing over the past ten years, and after witnessing healing in others, I now see that everything from my cells to the stars seems to have a consciousness and that my being is one with this consciousness. The healing power of the mind and knowledge of a unified consciousness of all life forms is common knowledge in indigenous and ancient cultures. I wonder if the only thing that can separate me from this One and threatens my life is, ironically, my logical, survival mind. As a witness to my own spontaneous healing, I now see that my mind is the main source of healing any illness.

I know now that my addictive emotional states and belief systems are the root. Dr. Bernie Segal's book, *Love, Medicine, and Miracles*, inspired me during treatment. I began to wonder then about the power of my mind's intention:

*I want to emphasize that all emotions are justified at this stage and must be expressed. Much of the anger is well founded. Cancer's complex causes aren't all in the mind. Genes and carcinogens are important factors, and it is worthwhile to work towards genetic cures and environmental sanity. But some whose parents had cancer or*

*who have been heavily exposed to carcinogens still don't come down with the disease.*

This part interests me because the exception speaks loudly that mind is a large factor. He continues:

*Cigarette smokers who are emotionally well adjusted or who eat a healthy diet in Vitamin A have less lung cancer than those who are depressed and eat poorly. To balance our research into cancer's molecular seeds, we need to learn about the state of mind and body that prevents the seeds from growing.*

An interesting example of the above is my aunt, my mother's sister. My aunt smoked for nearly her whole life. She had the strong personality of a commanding general and when I was a child her gruff and dominant manner scared me. At the same time I found out I had cancer, she discovered she had lung cancer at 83 years old. We had no history of cancer in the family before us. Interestingly, according to Chinese traditional medicine, the lungs rule grief and holding onto the past. My aunt lost three children to tragic deaths. She persevered and held a stiff upper lip. She smoked heavily and then quit smoking late in life. A year after her husband died of leukemia, she contracted lung cancer.

My question is, why didn't she get lung cancer years before, since she smoked heavily most of her life? I think she held in so much grief that when my uncle died that was what pushed her over the edge and why the tumor appeared in her left lung. Even more interesting is this: my aunt lived in another state so we talked on the phone during treatment. At the time I had just had my spontaneous healing in the hospital and had just discovered CHI-LEL Medical Qigong. I

was enthusiastic about CHI-LEL because it focuses on the mind's intention for healing so I suggested she adopt the practice since it was speeding up healing for me. She said she'd give it a try.

She was angry at cancer, treatment, and doctors. I figured the qigong would at least empower her. At Thanksgiving I went to visit her. She was fresh out of chemotherapy and radiation and looked tiny now, weighing only 80 pounds. Her body was bruised all over from treatment and she was furious that after all that pain, half a tumor still lurked in her lung. She insisted that I do the CHI-LEL "La Chi thing" as she called it on her and "get rid of that tumor". Her eyes flashed revealing her strong will. She snapped her command "I want that tumor *out!*" and I knew she meant it with her whole being.

I knew this was the seed of her healing. She committed one hundred percent. So she lay down her small body in the large bed and seemed to disappear into the pillows, batting her blue eyes at me expectantly. She asked if it was okay if she fell asleep. I agreed with an emphatic yes, for then her ego would be out of the way and healing could do its work. I felt around her chest and felt an ice cold spot where the heart and left lung are. I waved my hands and chanted "Hao-La" with intermittent healing commands, delivering the qi there for a good forty-five minutes. She fell asleep. Later when she awoke, she said cheerfully that she felt good. We had our family Thanksgiving dinner and she was her old perky self. I flew back to New Mexico the next day. Later that week she called and said x-rays confirmed the tumor was completely gone. Not long after recovering from cancer, she sold her beloved home and moved to assisted living. She hated it. Shortly after moving, she died of heart complications, not cancer! Ironically, she healed lung cancer at 83. Why did her cancer disappear? Why did her heart give up instead?

Dr. Bernie Segal continues:

*Moreover patients often concentrate on the obvious external targets while more personal angers that are harder to acknowledge remain hidden and increase their susceptibility to illness. For those who already have cancer, the psychological aspects of the disease are the crucial ones. We can't change the past-our parents and our exposure to carcinogens-but we can change ourselves and thus our future. As one of my patients said, 'Cancer isn't a sentence, it's just a word.' (P.103)*

With this in mind, I also wonder about the subliminal suggestions that could create illness through the media.

### **The Media: Subliminal Suggestion and Cancer**

I also wonder if the media helps create illness through suggestion. Why do the news and media make such a big deal out of cancer? Are they truly warning us? Isn't this constant invasion of sensational journalism perpetuating mass fear and increasing cancer? Think about the subliminal influence of this statement: "This year one out of seven women will get breast cancer." If you hear this three times you will probably believe it is true and then you may get breast cancer.

A subliminal suggestion three times is the basis for commercial advertising such as "Ahh! Pizza! Pizza! Pizza!" The images are so appealing and delicious looking, you want a pizza! What is the difference between advertising tactics and constant public announcements of cancer risk statistics?



You can probably quote right now the latest statistics and predictions about breast cancer that you heard on the news or read in magazines or newspapers. Do you believe it because you heard it through the media? Does that statement make you afraid? Mental fears increases illness. Could this be why the risk of women getting breast cancer keeps increasing? Why do they say “women” when men get breast cancer also.

This makes me wonder. Is there some conspiracy in the pharmaceutical industry to make millions of dollars from our fears of cancer? Do the pharmaceutical companies have a pact with our present government and its strategies that seem to be promoting fear through false terrorism today? This makes me wonder and ask another question: Was I a “lab rat” at the possible expense of my life so that another party could make more millions or was I used for biowarfare research?

I also wonder about the effectiveness of chemotherapy and radiation. After my treatment experience, which is exposed in this book in all my journal excerpts, I have strong doubts those two procedures made any difference at all in my healing of cancer. I call my risky treatment my *\$100,000 Haircut* and I would not have chosen chemotherapy or radiation if I knew what I know now.

## **How Did I Heal?**

Yet more questions arise: How did I survive treatment? When I was hospitalized during stem cell rescue and was told that my white blood cell counts might return to normal in two months, why did they return to normal overnight? What created this “miracle”? Why did my devitalized scar tissue from my large tumor lumpectomy return again to healthy tissue? What did I do to facilitate my natural healing

process? Why am I now ten years cancer free when I was told my cancer would return one year after treatment? How did cancer kick me into the “joy place” to stay? How did I get healthy, balanced and peaceful? What is healing? What is illness? These are my many questions. My answers unfolded as I wrote this book.

In ancient myths the “gods” were outside of us. The hero was someone else. Now the hero is me. I am my own hero. I am living my individual hero myth which belongs to all of us because within my story is the story of all of us. I feel like I am a cell inside a Great Being. I believe we are all reaching for balance in our lives through a greater awareness and I think we are collectively one consciousness like a school of fish or a flock of birds. Have you ever noticed how they move as one? I think we are each becoming more awake in our individual lives whether we know it or not because we are all one. If one of us becomes aware, then all of us are becoming aware. Studies show one person meditating affects others. In order to become healthy we need to become balanced and peaceful, which is our natural state. Because of the connectedness of all, my intention to heal and to find balance and peace in my life is affecting your life as well. This means that my intention to find health is also creating peace to the world. My story of my journey to peace and balance could inspire you to do the same. If so, I feel in my heart of hearts that it is important and my social responsibility as a cell in this Great Being to do my job and tell you my story.

Did you know that in many aboriginal and ancient cultures that the basic forms of healing are dancing, singing and story telling? Here is my story. I seek to inspire you to believe that yes, you can heal yourself and find balance in your life. If I healed, then so can you. We are all one. I am you and you are me. May my story answer some of your questions, give you courage, renew your trust in your

inner wisdom, and inspire and empower you to take charge of your precious life and heal yourself.

CHAPTER ONE:  
MY DIAGNOSIS AND MANY QUESTIONS

## Poem to Me

I wonder today who I really am.  
Without carving stone and singing,  
Who am I?  
I look into the mirror and see  
The tired eyes, skin loosening,  
Hair fighting off the gray,  
Muscles softening, the hard lines lax,  
But who is inside?  
The tired green eyes have watched over others  
too long.  
How can I turn them around to see  
Me?  
Behind the skin and bone a soul cries out  
For one long soft day  
A moment in a lifetime  
with its own hand  
In its own hand  
Sitting together  
In a contented sigh  
Letting old skin dry, fall away  
And die.

-1995

On July 31, 1997, two years after writing this, I was diagnosed with Advanced Stage 3 breast cancer, invasive ductal carcinoma. I was then 50 years old, living and working as an artist, guitarist and teacher in Santa Fe, New Mexico.

This poem actually revealed to me the emotional cause as well as the healing for breast cancer. "I have watched over others... too long" means I had been giving from an empty cup. "A soul cries out for... its own hand in its own hand," implies I needed to integrate love for me and value myself which is the key to healing cancer. After the unexpected surprise of my diagnosis, my first instinct was to write a prayer:

**August 2, 1997**

I am a child of God.  
I am God's creation.  
I am whole and complete  
And full of God's Love.

My Beloved is within me  
And I am within Her arms of Love.  
She holds me day and night  
And fills me with Light and Love.

I am a Complete Being.  
I am healthy and whole  
Through my Spirit and Body,  
I radiate the Love of God.  
I am filled with Love.

Thank you for my Life.

And a week later, after facing my co-dependent relationship with my partner, I made a choice that was another major insight into my healing.

Journal: August 9, 1997

What I need to do is care for myself *aggressively!* Then all will follow. I need to say *what I need* and say *what I feel in the moment*. Can I say yes to me? Can I love me?

And Dr. Bernie Segal supports this choice to express my anger and feelings:

*Patients must be encouraged to express all their angers, resentments, hatreds and fears. These emotions are signs that we care to the utmost when our lives are threatened. Time after time, research has shown that people who give vent to their negative emotions survive adversity better than those who are emotionally constricted... Unexpressed feelings depress your immune system.*  
—(p.104, *Love, Medicine, and Miracles*)

Then I asked my biggest question: What is healing? I know my body tries daily to continually maintain balance of all my functions. I wanted to know how to facilitate my body's natural healing process.

My search for an answer began with my visit with Lama Dorje who was one of the Dalai Lama's Tibetan monks living in Santa Fe, NM. I asked him what he had to say about a life threatening illness like cancer. I listened intently as he spoke. He told me three things that changed my life:

One: "Ginny, first, do not be fearful because fear increases illness." This sounded acceptable to my logical mind (Yang) that was trying so hard to "make sense" out of why I had cancer. I thought, when we are fearful we breathe more shallowly in the chest and not

from the belly. I knew this inhibited oxygen and assimilation in the abdominal organs and so the immune system weakens over time with this continuous fight and flight fear reaction. This would make me vulnerable to disease. I could accept this logic.

The second thing he said intrigued me. “Choose whatever medicine or treatment you want. It does not matter. It makes no difference at all.”

How could he say this? This made no sense to me at all. Here I was agonizing over whether to choose chemotherapy or not, knowing what those heavy drugs would do to my body and immune system. How could my choice make no difference? What did he mean that my choice did not matter? What does matter?

Then Lama Dorje gave me the answer saying the third thing: “Be joyful! Be happy! If you are feeling down, take someone to lunch. Go for a walk in nature. Do what you love! Be joyful and you will be fine!”

I knew in the core of my being this was absolute truth (Yin). I felt happy. When I was told I had cancer I suddenly went into ecstasy and fell in love with everything. I let go and a heavy weight lifted. I felt truly happy to be alive. I knew that what Lama Dorje told me was the key to my healing and that this was all I needed to know. So, ironically, at the time of my diagnosis, I was truly happy. I even said to my oncologist after the diagnosis, “I feel happy. Just because you told me I have cancer does not mean I am going to stop being happy.”

My oncologist replied with a serious tone that this was good because my positive attitude was effective and that the AMA now



approves of a positive attitude. I laughed out loud at this and asked “How much does that cost?” My joyful attitude had dispelled my fear so my healing had already begun. What I did not know was that I was about to go through a major brush with death by choosing conventional cancer treatment.

## **Prehistory of The Lump and The Mammogram**

When did I notice the lump? When I was 47 I had a routine check up with my regular doctor. She gave me a breast exam and felt a tiny pea in my right breast. She said that an irregular sized lump would indicate the possibility of cancer, but that this seemed like a common cyst. She asked if I drank coffee. I did sometimes but not regularly. She saw that I was stressed and insisted that I eat a healthy diet and get periods of rest or get some counseling. She said we should keep an eye on that pea and watch for any changes. Then she taught me how to give myself a breast exam. I asked her about taking supplements, vitamins and minerals, and she replied that I would get all I needed from eating healthy food. (Years later, after engulfing pounds of expensive supplements, I would learn this was true.) My doctor suggested I get a mammogram to make sure, so I did so. Nothing showed up so I was advised to watch it and schedule the next exam in three years. (In those days not until you were fifty years were you considered more at risk for breast cancer.) The mammogram was very painful because I have small breasts. They had to repeat the procedure several times because my breasts were so dense and lumpy from not bearing and nursing children, so they could not see the “pea”. The exam was very painful and I did not want another exam anytime soon after that. I considered the whole procedure rather medieval. Surely there was a gentler and more efficient way to examine breasts.

stages years ahead of time. Finally something humane and effective has been invented. I send my empathy to all the women who have suffered as I have through the medieval mammogram.

## **My Lifestyle, Major Past Events and Their Connection to Cancer**

I was told by my surgeon and oncologist that the cancer had been growing slowly inside my milk ducts for eight to ten years. I reflected on past events and my lifestyle during that time period. In 1988 my closest brother, Bob, died of HIV-AIDS. I felt so angry and sad that I had lost him, and that especially that he died so young at thirty-nine. He was my only ally and witness to my childhood traumas. The loss of my brother was huge. His death had a powerful impact on me and I felt anger and grief for two years. For the next eight years I was in a



*In the mile swim, I came in third out of 100 swimmers, not knowing I had full-blown cancer.*

stormy and dysfunctional relationship where I played the victim role. I know now that my unexpressed anger during both these events had a direct impact on my health.

During those years that the cancer was growing, I was in my forties and swam competitively. I won several national competitions in masters swimming and also won two triathlon team relays swimming the mile in open lake waters. I looked at a photo of me running up the steep incline at Cochiti Lake toward my biker. My body was fit and I had a big smile on my face. I had cancer then? This was so hard to believe.

I am an artist and a guitarist. During those ten years while cancer was growing, I performed seven concerts, carved several series of stone sculptures, and was in several art shows. I worked on the side teaching art and guitar lessons. I did all that while I had full-blown cancer? This was certainly a testimonial to my persevering will. Still, my logical mind was still looking for an answer that “made sense”.

I had always been an athlete and was careful about what I ate. I did not drink alcohol or smoke. I did not eat junk food. My father died of prostate cancer but there was no history of breast cancer in my family. Doctors say diet and family history of cancer increases the risk. How could I have cancer? I felt more perplexed than afraid. Actually, I could not relate to cancer at all, but I was not in denial since I saw and felt that large lump rising up like a hill on my right breast. It hurt. I knew the tumor was there but I could not connect to it. I felt that it did not belong there. The tumor was like an unwelcome guest in my home. I was not going to feed it or encourage it to stay. I put its suitcase by the door and would not give it a home. A Native American shaman told me that with this attitude, the cancer would leave for good.



*I have found that healing cancer is no different than reaching for a glass of water. The natural law is the same. Where the intention goes, the energy flows. Clear Intention, the one hundred percent Desire to heal, and acting daily on that Intention creates healing.* – Ginny Walden

◆ *All cancers act the same. So if drugs could cure cancer, we would need only ONE drug.* – Grandmaster Dr. Pang Ming, founder of Chi-Lel Medical Qigong, Beijing, China ◆

◆ *We are very proud to promote Ginny as our Senior Instructor. Ginny has shown the true spirit of Chi-Lel – love and compassion to others and to herself. Through her journey to health and happiness, Ginny began to love herself as a chi-being and then turned that love to encompass all chi-beings. For Ginny, chi-beings include not only humans for whom she has touched thousands of lives but also dolphins in the sea and birds in the blue sky. She is a playful kid at the age of 52 and her enthusiasm is contagious. Her pure love to all chi-beings gives us a glimpse of her inner self that, indeed, she has been blessed with the realization that we are all one. Life and death are a transformation of energy and as long as we are on this earth, we have the opportunity to learn and practice to love all chi-beings. I feel fortunate to be a part of Ginny's journey and I am greatly honored to be able to have her as our Senior Instructor.* – Master Luke Chan, Chi-Lel Qigong Online News, April 2001 ◆

ISBN 978-0-9851887-1-9



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