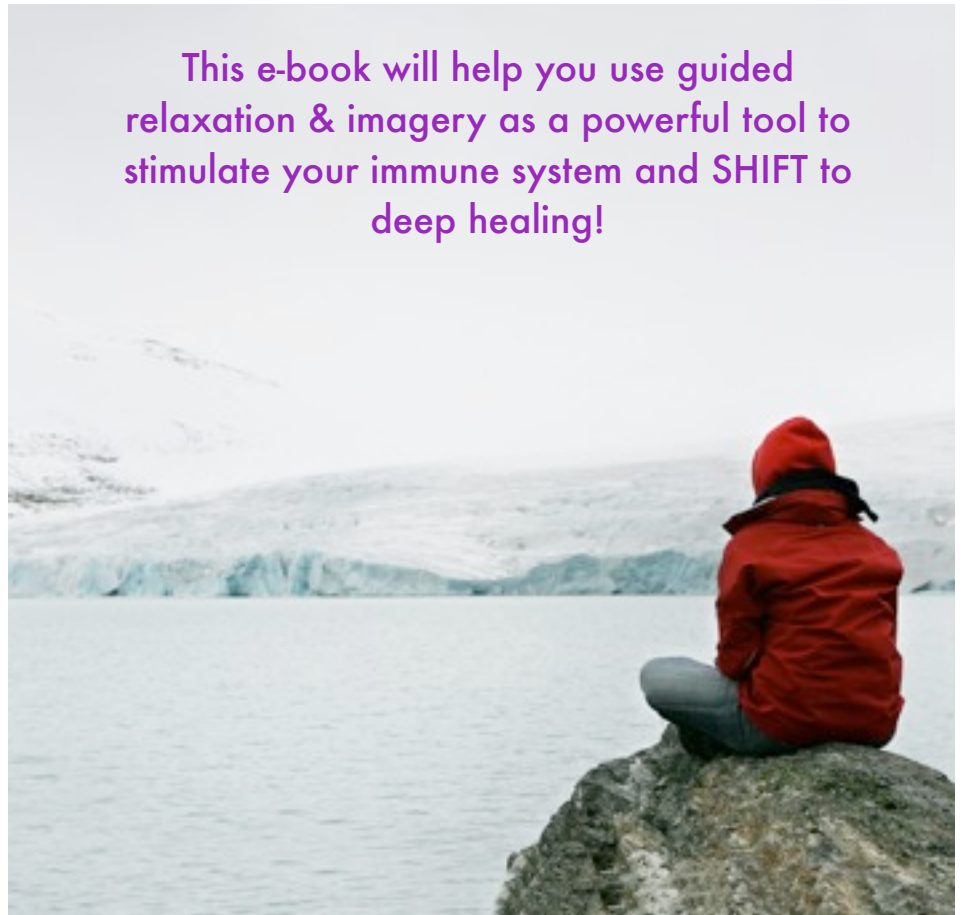


Relax

& SHIFT TO HEALING NOW!

This e-book will help you use guided relaxation & imagery as a powerful tool to stimulate your immune system and SHIFT to deep healing!



How to get the most out of your guided imagery

Confidence in the approach being used and belief in the power of your thoughts are critical to success

The visualization or imagery approach I use is inspired by the Simonton process, which has been used successfully over several decades to help facilitate healing. It was first developed and tested by Dr. Carl Simonton, a radiation oncologist, and his wife, Stephanie Matthews-

Simonton, a psychotherapist and counselor specializing in cancer patients. Dr. Carl Simonton was best known for his insights and research in the field of psychosocial oncology. Under their guidance, patients were asked to do a 15 minute imagery exercise three times a day. Results of their experiments to cure cancer were nothing short of miraculous and their book 'Getting Well Again' is full of powerful real-life examples.

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My daily affirmation and my deep belief is...

I have a strong and healthy immune system

A Powerful Approach

Dr. Carl Simonton, a pioneer in the integration of mind-body medicine for the treatment of cancer

In November, 1997, he was honored by the American Medical Association for his film, *Affirmations For Getting Well* by Touchstar Productions. The video, used in practically every hospital in the US is presently being distributed to oncologists by SmithKline Beecham, one of the world's leading pharmaceutical companies. It had been said that his pioneering approach has great potential to become the 4th tool in the treatment of cancer along with surgery, chemo and radiation therapy.

“Mind Exercises That Boost Your Immune System”

Exercises which encourage relaxation and mental activities such as creative visualization, positive thinking, and guided imagery produce subtle changes in the emotions which can trigger either a positive or a negative effect on the immune system. This explains why positive imaging techniques have resulted in dramatic healings in people with very serious illnesses, including cancer.

OMNI magazine (February, 1989)

Why radiation and chemotherapy are not enough...



The Cornerstone of Complete Healing: A strong, healthy immune system

Radiation and chemotherapy are not enough to heal completely from cancer. The body's own immune system must be strong so it can participate in the natural process of identifying and eliminating cancer cells, both during and after treatments, like it does everyday for millions of people. So the main objective of the Cancer SHIFT guided imagery is to **increase the strength of your immune system and build confidence in your ability to actively participant in your healing journey**. A secondary objective is to increase the effectiveness of your treatments.

The Mind-body Connection

To help you believe in the power of your thoughts here are three simple examples of how we **can immediately influence the functioning of the body** – through our thoughts.

- 1) Think for a moment about **biting into a lemon**. What happens? Your salivary glands are automatically activated.
- 2) Consider the **placebo effect** where taking a sugar pill, thinking it is a tranquilizer, can almost immediately change one's physiology including heart rate, muscle relaxation etc.
- 3) Think about seeing a **scary movie**. You see something happening on the screen and you feel scared. You then start to feel tense, your palms start to sweat, your heart rate may increase. Your body doesn't know that there is no real danger - it is **reacting to your powerful thoughts**.

These examples illustrate a key underlying principle - the **body does not know the difference between a thought** (or intention or affirmation) **and reality**. It acts as if thoughts are always real. If you think and visualize your immune system at work, your body believes this to be true and acts on that message!

Tips to get you started & keep you going!

In order to get the most out of your imagery practice here are some helpful tips and things to keep in mind:



Focusing on the sensory or tangible feelings that come up during a guided imagery session is a great way to maximize results and stay present to what is going on inside the body.

Routine

1 Create and commit to a schedule:

Try to listen to the guided imagery recording at the same time each day - our body likes routine and if you have a defined schedule it makes it easier to stick to it.

2 Three times a day:

First thing in the morning is an ideal time to listen, your mind and the world are quieter and you are likely to have fewer interruptions and excuses. The next time could be just before lunch or late afternoon. The final time should be within an hour of going to sleep, giving your body a powerful message before you go into deep sleep - an optimal healing time for the body.

3 Strike a pose:

Try to adopt the same position (feet, hands etc.) each time you do the imagery exercise. This develops cues for the body so that eventually just by getting into position, your body will automatically start to move into a relaxed state.

Comfort

4 Create a comfortable, calm environment:

If possible, choose the same special place and comfortable chair to sit in each time you practice.

5 Not before meals:

Ideally, the imagery is best done before meals or at least not on a full stomach. As we relax deeply and stimulate the immune system, energy is taken away from digestion so you may experience a heavy feeling in the stomach if you have just eaten.

6 Minimize distractions:

Turn off the phone and try to minimize any chance of interruptions. Tell family members that you are taking 15 minutes of quiet time to relax and take care of your body.

Flow

7 Don't force it, go with the flow:

Relaxation happens naturally as a result of letting go of the need to control things. Let thoughts come and go, don't try to block them.

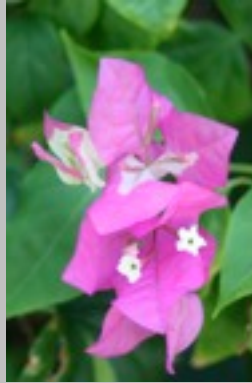
8 Don't judge:

It is important to not be critical of your performance. Even if you feel like your attention is on other things from time to time during the process, your subconscious mind is taking in the guided imagery and you still receive the benefits at the subtle, unconscious level.

9 Let go of expectations:

There is no 'right way' of doing a guided imagery session. It works best in a relaxed, unforced atmosphere where there is no pressure to perform or achieve.

Know that your thoughts & feelings can be a powerful source of healing for your body.



Stimulating your senses; sight, sound, touch, feel and smell help to activate the right hemisphere of the brain enhancing reverie and making the imagery more potent!

Imagery... part of a Holistic Approach to Healing

Mind, body, spirit healing:

In my **6-week Cancer SHIFT Deep Healing Tele-course** I help women take an active, holistic approach to getting well.



SHIFTS you can expect:

- From fear of your secret to **greater awareness & acceptance**
- From confusion to **more clarity about the role or deeper meaning of your cancer**
- From fighting to **deep healing**
- From a doubt about your body's ability to get well to **feeling empowered and strong**
- From thinking chemo and radiation will make you better to **understanding that deep and lasting healing requires harmony of mind, body and spirit and a strong immune system.**

Uncovering your Secret

Your secret suffering may be the very thing that could help you heal. Releasing the secret could

actually be the best thing for your immune system to recharge itself.

Fueling the immune system, not your cancer.

We review the key factors that will help you stop feeding cancer and ensure you are fueling your immune system. Elements include diet, exercise, proper breathing, exposure to toxics, laughter, positive energy and the role of emotions.

Getting what you need without feeling guilty

Women I work with learn to truly love and care for themselves emotionally, physically and spiritually - without feeling selfish

If what I have outlined resonates with you, please sign up for my course by visiting:

www.CancerShift.com

Or by contacting me at:

• 514-931-9670 or

jackie@cancershift.com

Building your energy:

Our energy goes where our thoughts go, so by keeping your attention on your body, and what you are feeling, you energize and mobilize your whole system.

