

There are many things you can be assured about your body. If you wish, you can become increasingly aware with each relaxing breath you take, of the release of tension and calm feelings, NOW, your body achieves with each breath that you take. And as you take that breath now, you can become increasingly aware of the warmth of your skin against the material of your clothes. And you can become increasingly aware of the temperature difference between the warmth of the skin next to the bed, chair, floor or rug, and the cooler feelings you experience on your forehead, on your hands, at your fingertips. And you can really appreciate, can you not, noting those differences and how well your body functions to let you know about differences.

Now you don't have to listen with your conscious mind, because your unconscious mind will listen and learn. You can go on an adventure, and you can be assured that your unconscious will listen and attend and remember what ever is necessary to assist you with this problem. And did you know that you really don't have to LISTEN TO MY VOICE CAREFULLY, and you are hearing are you not, about your treasure within. Your **unconscious** can, can it not, retain all that is useful for you to know. And awareness of information stored, memories, can be recalled, at the times that you need to be aware in a very pleasant way.

And I wonder if you have heard about the famous author who only uses his first name, Jessee. You see Jessee was born with a problem in his spine, and his parents learned when he was born that he would never walk.

For a while, they grieved and mourned for what would never be. Then, as they held their tiny baby, who looked perfectly normal, they made a vow to each other, that they would help Jessee develop all of his special talents, and he would learn to accept and appreciate himself, for what he Could do. And as Jessee began to grow, his parents recognized what a creative and bright mind he had and that he truly was a special child.

One day, Jessee noticed that he couldn't walk like other children, and he

asked his mother ... “Mother, what is wrong with my legs, why am I different than other children?”

Jessee’s mother (with tears in her eyes) explained to Jessee that he was born with an injured spinal cord and that he would never walk like other children, but that he could learn to walk with crutches.

And Jessee asked, “But what about my legs, will they look different from other children’s legs?”

Jessee’s mother explained ... “That is up to you, Jessee, because muscles need exercise and you will have to find creative solutions for exercising your legs. Only you will have to use another part of your body to help you accomplish this

Now little Jessee was bright and he was creative, and he figured out a way to exercise his legs using his arms. And he rigged up a pulley and he hooked it to a door, and he put weights on his legs, and using his arms, he pulled the pulley and he worked the muscles of his legs using his creative mind and his arms. And as the muscles in his legs began to fill out, his arm muscles became stronger and stronger, and Jessee creatively thought of more and more ways he could utilize the working parts of his body to exercise his legs. And as he creatively thought of new solutions, he creatively exercised his mind and he began to notice that he truly was a very special child.

And the years passed swiftly for Jessee, and when he was a teenager (and noticing the girls), he began to creatively think of ways to meet girls. He loved to write, so he joined the newspaper staff. Soon Jessee was writing stories for the newspaper, and his stories always contained a key to solving a problem. He wrote a story about a girl named Jane who had a great deal of trouble studying for tests, and in the story, he creatively mentioned a new way for Jane to learn, imagining her mind as a sponge, soaking up knowledge every time she sat down to study. What a surprise it was to the teachers, when after the story appeared in the newspaper, every single student’s grades improved.

And Jessee wrote a story about a girl who had a weight problem with a great deal of nausea. He wrote about how the girl never learned to notice the difference between feeling hungry and feeling full, and about blocking any feelings of nausea. In this creative story, Jessee had our hero begin slowly noticing differences and blocking unpleasant sensations as the body began to return to exactly the right and healthy size and weight. After that story came out in the newspaper, if you added up all the excess pounds that were lost in school that year, the total came to 1994. Not a single student was sick with nausea of any kind (including the flu) for the entire year. And the high school students appreciated Jessee and his creative mind, and each student eagerly awaited the next copy of the newspaper.

And I am sure that you heard the story of Sue, because like you, she had cancer. She was so beautiful with thick dark hair, but she was very scared about the treatment. Jessee wrote an incredible story in which he had Sue visualize the chemotherapy as bullets made of ice which sped through her system between the cells. She visualized the chemotherapy like ice cubes so cold that the ice bullets attacked and then sucked up any and all cancer cells. She visualized the cancer cells crashing into the bullets and becoming immediately freeze-dried and absorbed into the bullets as they sped through the system. Her body was cooled and comforted by this process. He also had her wake up the bone marrow factories seeing the assembly lines stamping out billions and billions of perfectly working cells being made into specific immune system cells. She saw Quality Control only letting perfectly crafted cells to come off the line. Her factory produced exactly what her body needed, and it raised or lowered production of certain cells such as platelets, red blood cells, and white blood cells as needed. He had her continue to visualize her hair protected from any damage. And finally, he had Sue go into the room inside her body that has to do with the immune system and circulation and turn the valves, and push the right switches so that any disease in her body was healed and the nourishment for any disease was turned

off. Can you believe that when the town read that story, there was not a single incident of any illness, as the immune systems of every one in town was empowered and strengthened.

Then there was the story of Randy, the young man with hemophilia. Randy and Jessee met at the end of their junior year. They didn't start out as friends, that's just the way they ended up. You see, Randy was also on crutches the day he met Jessee. Their crutches got mixed up. At first they were mad, and then they were glad as day by day their friendship grew. Jessee was so curious about his friend Randy, and about hemophilia. Jessee always noticed everything, even the smallest details and the slightest differences. He recognized and appreciated Randy's bright and creative mind, because Randy had a wonderful imagination. And he could visualize in his mind, as though he were watching a movie, the most beautiful and creative pictures of the words that he listened to. And as they talked, Randy listened and he saw in his mind's eyes the details and the pictures that went with every story in bright, beautiful, and glorious detail, everything that was described. And on Randy's birthday, Jessee had a special gift for Randy, his own special story written by Jessee. I don't know all the details of the story, that is between Jessee and Randy, what I do know was that when Randy heard the story, he was able to begin to breathe deeply and as he did so he pictured calm relaxation spreading throughout his body. And slowly, but it may have happened quickly, he began to notice all the cues and signals that his body sent him concerning hemophilia and bleeding. And do you know that at the first sign of a bleed, he began to picture the platelets, as gentle smiling men holding hands, calling their friends, and as he saw these special men, more came, and those platelets worked together in a sweet and gentle clump to stop the bleeding wherever it was necessary. And as Randy exercised his creative mind, he learned how to creatively use different parts of the body to signal differences, to slow and finally stop the bleeding episodes. And soon, when he noticed himself becoming anxious, or excited, those gentle men that he pictured in his mind, went to work

with him to slow and stop and even to prevent bleeding.

And soon Randy, like Jesse, learned to utilize all the parts of his body to work with him in a very different and helpful way. The friendship grew and continued and on - wedding day (to a girl named Sue) Randy was the best man. And they are still talking about how beautiful Sue looked with her beautiful head of thick dark hair.

And did you know that you also know all the secrets and the creative resources that Jesse knows about. It might be tonight, or it might be tomorrow, I know it won't be later than today, that you picture those gentle helpful men (some call white blood cells) attacking any weak confused cancer cells. Picture those powerful white blood cells like eating machines, eating with ferocious appetites any cancer or disease producing cells. See your immune system growing in surveillance ability and power that enhances cellular immunity. And even though nausea is a signal of gastric distress, you will be able to block any feelings of nausea knowing that they are a signal that your chemotherapy is working, a signal that things are going well, so that the nausea can be ignored and serve as a message to relax and take a deep breath as you re focus on empowering the immune system and the fighting white blood cells.

Finally, you can sleep deeply with the assurance that your hard work will pay big dividends as you continue to develop and notice your creative and resourceful imagination that enables you to stop any bleeding episode in a new and creative way. And you might even be able to appreciate all the differences that you are noticing as at the first feelings of excitement or stress you take a breathe and these suggestions become more and more automatic. And can you appreciate the way the body works to provide new options for growth, health and healing ...

Think about the healing of laughter. Laughter produces beta endorphines that decrease the pain threshold and enhances lymphatic proliferation. Increasing laughter decreases pain and increases the functioning of the immune system. And it might bring a smile to your face as you frequently and spontaneously find yourself remembering those moments that cause you to laugh with delight.

And did you now that mental practice has the same effect as actual practice. World-class athletes use imagery because they know that if one images winning it is more likely to happen. See the number of white blood cells increasing. See the cancer cells as the weak and disorganized cells that they are. See your white cells growing in strength and number as they feed on the disorganized cancer cells as they kill and destroy any destructive cells. Feel yourself relaxing with the confidence that your body is fighting back.

And don't you know that if you take a balloon and blow too hard and too forcefully, you will pop the balloon. And, if you eat too slowly and carefully, your food will get cold; and, driving a car too quickly or too slowly will alert the police to watch. Also, when you try too hard to remember, you are unable to recall, but how many times has the answer come unexpectedly, later when you were least expecting it.

Reprogramming is like that. Reprogramming is like talking. If you can talk, you can learn, if you can learn, you can reprogram, they are all part of the same activity. And I don't know when the old subtle messages about cancer will be extinguished. I don't know if it will be immediately, or if the pleasant healing messages of a powerful immune system will take over slowly, this might even occur in new and creative ways that I don't know about.... However, I do know that you will find it exciting and relaxing as

you approach the future with the confidence that you are creating new messages about cancer recovery. And slowly, but it may happen quickly, you notice that each procedure is something to approach with curiosity and peace.

And now it is time to wake up at your own pace in your own way.