

# Just Let Go

by Robin Leslie

"Just let go." People often say this when they see someone is in pain and suffering because they are holding onto something that has been painful. The statement is not necessarily helpful unless you can say "how" to let go.

I know a way. It is not popular. It is easy, but it does not take care of the deeper healing work that needs to be done when there have been deep emotional wounds created from abuse and neglect. Years of therapy, drinking, trying to do something fun whenever you think of the thing that brings you pain, to get away from pain, do not heal it. It's a two-parter: healing and surrender. Getting away from pain is what our American society has offered as a means of healing, and it doesn't work.

Suffering comes from a refusal to surrender, to let things be as they are, without your involvement in it. When I was first married, I worked three long years at a job that was not very satisfying in order to put my husband through graduate school. He left a quarter shy of graduating to take a job in California.

When he asked me what I thought of this decision, I said the only thing that bothered me was that he hadn't finished his degree. (I had a stake in that because I thought I had suffered for that degree and his not getting it

invalidated my suffering all the hard work "for us." That was my story that I believed to be true).

He lacked finishing the end of his thesis and presenting it, not a lot of work to do, but we moved to California. For the next eight years I bugged him about when he would finish his thesis. Each time I brought it up, I would tell him all the reasons why it was a good idea.

Finally, one day I'd had enough and I said, "I don't care, I've decided I do not care if you ever get your degree, it has nothing to do with me and I do not want to suffer over it anymore." And I didn't suffer over it anymore. In the next two months he finished his degree, flew to Missouri to present it, and got his diploma.

Sometimes all that is needed is to move out of someone's way. Especially if you have been putting yourself in their way or they have tried to pull you in to make you responsible for them. My husband eventually got a good job at Microsoft and is very happy with his work. I don't think he believes it had anything to do with me. It does not matter; we had a nice life together, though we are no longer married.

The point is, when you are vested in someone else's life and make it your primary focus or goal, you have abandoned your own. You do not allow others the freedom to make and suffer over their own mistakes. And when you complain to them about them, you tie yourself to them and cannot run freely on

your own anymore. This is how energy and relationships are intermingled, whether or not you are in a current relationship with someone

This morning I realized I was upset with a friend for abandoning our relationship. So, after attending to the deeper healing work that was coming up surrounding abandonment issues, I did it. I evoked the letting go prayer.

I said, "It is okay that \_\_\_\_\_ does not want to be my friend." "It is okay that they do not want to have a relationship with me."

I felt the deep anxiety of emotions that went along with making that statement, the energy in my body of resisting meeting this fully head-on. I sat in stillness and did not move into stories. I stayed with the feelings. I felt the energetic hold they had on me begin to lessen and finally dissipate with a long deep sigh.

I felt a deep sense of peacefulness and satisfaction return to my body. But I didn't stop there; I said this prayer to others with whom there has been little contact, long lost loves, and the leaders of my country with whom I have not agreed. The feeling of peacefulness increased the further out I went, until I was finally saying prayers for the world. It is okay, that things are how they are, it is okay.

This form of detachment is not very popular. The mind thinks, "If I give my permission for things to be as they are, things will not change." But it is the only kind of permission that allows for true healing of a situation

and change. It gives people permission to be where they are; it does not say they are right, or that you are.

It is a deep form of surrender that will lead to the end of your suffering. It does not absolve others of bad behavior, rather it energetically hands it back to them and says I will no longer carry this pain for you, this isn't mine. If you have done a complete job of letting it go, that is your healing.

Compassionate wisdom comes from healing what is yours to heal and letting others do the same. It sees that others are only acting out of confusion, and by ending your own suffering, compassionate wisdom allows the energy to shift between you. There is more mind space available for processing, less for doing battle, and perhaps others will see their own suffering and choose to end it.

Energy is not local; this works even if your loved one is halfway around the world, sitting right next to you, or dead. This is how we help to heal the world, our world, by doing our own work to alleviate our own suffering. It is compassionate and wise beyond words. And it leaves the door open for others to enter back into our lives again if they choose to.

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# The Way We Address Cancer is Cause for Concern

by Mauris L. Emeka

In the 15th and 16th centuries, it was common medical practice to treat certain illnesses by drilling the ears of patients. Other illnesses were dealt with by a procedure called bloodletting, whereby patients were bled, often to the point of unconsciousness. Those practices sometimes made patients irreversibly weak. Amazingly, ear drilling and bloodletting were considered advanced medical practices in their day. Yet we look back at them and shake our heads in disbelief, and think "how barbaric."

It does not take much to imagine that today's conventional cancer treatments will be judged by future scientists in the same way we now think of ear drilling and bloodletting. In future years people will look back to our present time at how tumor symptoms (called cancer) were treated by poisoning and torturing patients with drugs and radiation and mutilating them with surgery that in nearly all cases was extreme and useless.

Make no mistake about it, all tumor masses that are commonly called "cancer" arise from four underlying characteristics: extreme acid and toxic body condition, a deficiency of protein digesting enzymes, a weak immune system, and deficiency of oxygen at the cellular level. These four conditions are actually made worse when tumors that are thought to be cancerous are treated with chemotherapy, radiation, and surgery.

Chemotherapy, radiation, and surgery make the immune system considerably weaker, and make the body chemistry more acidic and less able to circulate oxygen to the cells, hence the body is even more at risk of cancer activity. Unfortunately, conventional cancer treatment assumes that the tumor mass is the "enemy" rather than the underlying conditions that produced the tumor mass.

From time to time, we hear a lot about

the so called progress of conventional cancer treatment, and it refers mainly to cancerous tumors that are found in their earliest stages. But once tumor symptoms are advanced, there is little hope that conventional treatments can be beneficial. And yet due to widespread propaganda, we are led to believe that the conventional protocols are the only answers, and that if these approaches cannot help to manage the disease then it is often said that the condition is "incurable,"

But consider this: cancer is not a tumor. Instead, it is a process. So the real enemy is not the tumor symptom. The real enemy is the above-mentioned four-pronged condition that gives rise to the tumor, and no matter how much we insist on treating tumors with invasive and toxic measures, the fact is that this only helps to manage the disease, and not to cure it. Getting rid of the tumor gets rid of the symptom, but it does not remove the underlying condition that produced the symptom.

Think of a fire that produces smoke. The fire is the cause, and the smoke is the symptom. Similarly, cancer is the cause and the resulting tumor is the symptom. Therefore, when responding to cancer, the major focus needs to be on the cause; that is, on suppressing the underlying cancer process rather than on managing tumor symptoms. It's not enough to simply swat the smoke while risking even more fire being started. Instead, we must put out the fire that causes the smoke to appear.

In that respect, there is good news! The body has a natural defense against cancer, and with determination and commitment each of us can bolster that defense. This can be done by nourishing the body to give it a stronger immune system, make it less acidic, less toxic, and richer in protein digest-

ing enzymes and oxygen. Instead of treating tumor symptoms, it is to our benefit to take greater responsibility for our health by making basic lifestyle changes.

I believe that a back-to-the-basics way of nourishing the body involves insuring that more than 50% of our food intake is raw fruits and vegetables and nuts. This means drastically reducing the consumption of animal products, eliminating processed and refined foods, cutting out simple carbohydrates (i.e., white sugar, white flour, white rice, white potatoes, pasta, macaroni, spaghetti), and including more of the complex carbohydrates (i.e., lima beans, lentils, blackeye peas, black beans). Further, it means regular physical exercise, drinking adequate water, getting the benefit of sunshine, and reducing stress through prayer and meditation. (Incidentally, it is important to make the following point: the favorite foods that nourish the growth of cancer cells are simple carbohydrates, like refined sugar, white flour, etc.)

What is the main point here? It is that we must focus less on "treating cancer" and a lot more on simply treating the body right so

that the underlying process of cancer cannot thrive.

Changing the chemistry in the body may not be easy for most people, because it requires a different mindset and often a change of long established habits. But it can surely be accomplished by anyone who is seriously committed to maintaining and restoring their health. To be sure, medical intervention is often very important. But ultimately, the responsibility for overcoming the challenge of cancer is up to the individual, and not the doctor.

No matter how the statistics on cancer are presented, the most compelling fact is that cancer in all its forms is fast becoming the number one cause of death in America.

We are fighting the wrong war with the wrong weapons against the wrong enemies. It's time we validated the successes of growing numbers of those who rely heavily on nutrition, lifestyle changes, and natural supplements to change the chemistry in their bodies so that the process of cancer cannot thrive.

*Mauris Emeka is the author of two books, "Fear Cancer No More," and "Cancer's Best Medicine." See the website: [www.cancernomore.com](http://www.cancernomore.com)*

*"Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides in each patient a chance to go to work."  
— Dr. Albert Schweitzer*

# Journey on the Sound Table

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Music activates the flow of neural impulses and stored memories between the left and right hemispheres facilitating their integration. Studies have shown that when autistic children are sung to, they understand information much more easily than when they are spoken to.

Lyrics are especially powerful impressions in your unconscious when carried by music. Children and teenagers are especially susceptible

to the lyrics in songs. Just as you are discerning about the television shows, video games, and movies your children watch, so too does the music they listen to deserve the same scrutiny.

The two Fantasia films by Disney studios are excellent inspirational movies for children and adults. People who experience the sound table have reported that their session is like watching one of the Fantasia films, only their own unconscious supplies the images to match the music that they are hearing.

Also highly recommended is the documentary One Giant Leap. This is an amazing and inspiring combination of world music and contemporary themes.

*Arnold Lane has been a sound table practitioner for 16 years. He is also a transpersonal astrologer, author, teacher, and can facilitate your awakening through evolutionary dialogue sessions. Contact Arnold at (206) 542-8174.*