



Safe2Heal Meditating Together Online Overview

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Disclaimer

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Welcome Just As You Are Now!

Thanks for taking the time to consider Safe2Heal and our Meditating Together Online program.

Questions like “who am I?”, “why am I here?” and “how do I heal myself?” are hard to digest and do something about in your everyday life. We believe that healing experiences wholeness. That you (and all of us) are more than a separate self at the mercy of vast uncontrollable forces. That you’re here on a journey to discover your true nature. An experience of wholeness that never left - shining always. Your true nature. Like a door you never knew existed – once opened you never forget.

Safe2Heal MTO helps open that door in the most simple and practical terms right in the middle of your daily life. It’s something only you experience and create for yourself. We all help each other by doing it together. There’s lots of words and concepts to consider but practicing matters most! Showing up doing the work! Please consider this invitation to do this simple program every day together and see what happens.

Safe2Heal MTO is a commitment you make to your self. You move from where you are today towards wholeness and improved health and well-being. The process of healing and growth is a journey. Practicing activates the “rest and digest” part of your nervous system, expands your awareness of the present moment and helps you respond rather react to what happens. Over time the conditions that underlie pain and suffering change – happiness shines through!

This Overview provides all the basic information you need to practice. Science tells us it takes time to build new habits to install lasting change. That’s why we recommend a commitment of 42 days over 6 weeks. However what matters most is practicing Every Day so make a commitment you want to keep.

We offer Safe2Heal Meditating Together Online daily sessions. Expanding our awareness together often works better than on our own. Seeing other people - and being seen in a safe supportive setting helps us learn how to benefit from mindfulness. Doing it together makes it easier for each one of us to overcome obstacles and progress along the way. Using web conferencing software members practice together every day from the comfort of your own home. Together we create a safe space to practice silent meditation and share our experience. Learning happy together!

About this Safe2Heal MTO Overview

How to do Safe2Heal MTO describes how to prepare for and complete MTO practice.

Safe2Heal MTO Session Guidelines covers how to prepare for and participate in the daily sessions silently meditating and mindfully sharing together.

More About Meditation goes into additional depth with the questions people often ask including benefits and obstacles.

The next two chapters, *Every Thing Changes Constantly* and *You Are More Than You Think*, outline a foundation for your practice discussing two concepts that impact every one of us every single moment of our lives. Your ideas about who you really are, what changes and what does not change are directly related to the conditions you find yourself in - and getting more control over what you change into.

The next chapter, *How Healing and Growth Happens*, uses a well-documented study of spontaneous remission of cancer to build a model of people experiencing wholeness facing fatal illness. What these 20 people said about their experience reveals a common pattern and best practices for transforming yourself into being free of pain and disease. A second study about the effectiveness of alternative medicine to address a wide range of chronic disease re-enforces healing patterns and practices.

Meditation Works! re-enforces the wonderful results people see when they commit to and complete mindfulness based programs.

We're all a garden and a TV channel!

You are both the soil and what grows above ground.

You are unconscious basement programming and what shows up on the TV in your conscious living room.

This is all about tilling soil, planting seeds and growing beautiful flowers. Releasing the old unconscious programming tapes in the basement and intentionally developing new episodes. Over and over and over again! With disciplined intention and commitment! There's a light shining and a program of love inside all of us. All things are constantly changing. Human beings have learned to embrace that change towards healing and growth. Each of us on our own and together at the same time. This practice is about watering and weeding the garden to nurture seeds that slowly change the episodes that come up from the basement. Transforming your experience of yourself towards wholeness and light. Healing experiences wholeness. Peaceful. Happy. Right here right now.

Let's practice together!

1 How to Do Safe2Heal MTO

There is a lot of great content about the nature of change, who we really are and how we heal and grow. Please refer to safe2heal.com for more information and an extensive set of links.

We focus here on the process, practices that work, and the support necessary so that you can make the changes you want to see in your everyday life. This is recommended as a six week program because it takes time to make changes and for them to take effect. We need to learn how to plant new seeds and nurture the conditions that foster healing and growth.

1.1 Give Yourself a Gift - Make the Commitment

The commitment is fundamentally to yourself. A gift you give yourself (and those you love and interact with!). Safe2Heal helps create a safe space to expand your awareness by providing information, structure, guidance and support for you to develop a regular practice inside the life you lead today. Making commitments and keeping them is very powerful. So is forgiveness – especially forgiving yourself!

There are two things to do before you start your healing journey. First set your intent and consider how to organize your daily practice. Then complete registration for the program.

1) Set your intent and consider how to organize your daily practice.

Learn about Safe2Heal and MTO Practice by reading this document and visiting the website www.safe2heal.com. The recommended commitment is 6 weeks / 42 days in a row with at least 20 minutes of meditation each day and 5 minutes to record your progress. That's 1% of that total time in your life to build some muscle 2 heal that will serve you well (840 minutes to practice from the 60,480 minutes available over 6 weeks – 20 minutes from 1,440 minutes per day).

Please read the next section that outlines the basics of the program. Confirm where and when you plan to practice. Consider how to approach the daily commitment. Make sure you have a plan on how to meditate and access to any content like a guided meditation.

What's your intent? What would you like to see yourself change into? Please take the time to write down your intention for the program. There's a question on the registration form to enter your intent.

2) Complete registration.

1.2 Safe2Heal EveryDay - Ten Practices

Simple meditation is the heart of the daily practice. Just sitting quietly, watching your breath and letting your mind quiet down as you learn to truly rest in the expanding awareness between thoughts and every “thing” else that arises.

Please try to meditate in the morning and at the same time of day each day if possible. If your schedule permits, please join us every day for one of our Safe2Heal MTO sessions which include a silent 30 minute meditation and mindful sharing.

It’s best to sit in a space where you feel safe and will not be interrupted. Please consider what is already in the space and what if anything to add. Fresh flowers strongly recommended!

These ten practices work together. Meditating builds attention and awareness with a loving embrace. Which leads straight to forgiving yourself and those around you, early and often! Approaching and avoiding illuminates the power of your intention. 30for3, pausing to breathe deeply uses your increased attention and awareness to respond to - more than automatically reacting to - what happens. Water, air, exercise and enough sleep round out the basic ingredients. Journaling may be very helpful. Reporting what happens re-enforces your commitment. Doing these practices every day increases your health and well-being.

- ✓ SE1) Meditating for a minimum of 20 minutes.
- ✓ SE2) Forgiving yourself and other people.
- ✓ SE3) Approaching One Thing each day.
- ✓ SE4) Avoiding One Thing each day.
- ✓ SE5) Pausing for 30 seconds (30for3) to take in 3 deep slow breaths at least once a day.
- ✓ SE6) Drinking at least 80 ounces of water every day.
- ✓ SE7) Breathing fresh air or exercising for 15 minutes or more.
- ✓ SE8) Sleeping enough.
- ✓ SE9) Journaling if that calls to you.
- ✓ SE10) Recording your progress.

SE1) Meditating for a minimum of 20 minutes. That may seem like forever! The commitment is to sit and meditate for 20 minutes every day. Simple meditation is three parts.

- Focus your attention on your breath. In the belly, chest, nostrils - wherever it's easiest for you. There is an in breath and an out breath. Both arise, abide and dissolve, like waves in the ocean. Simply watch your breath and ride the waves, over and over and over again.
- When you become aware that your attention has wandered bring it back to your breath. An itch, a sound, a thought, a feeling, a voice, the wind, a siren – whatever it is. Just bring your attention back to your breath.
- Bring a loving embrace to focusing your attention on your breath and awareness of that attention wandering. Like you'd embrace a loved one or pet.

In MTO online sessions we meditate together for 30 minutes. Please do extend the time you spend meditating each day when you can. Please see More on Meditation for common obstacles and scientifically demonstrated benefits.

SE2) Forgiving yourself and other people. Forgiveness is a big part of this experience. It goes along with the loving embrace of attention and awareness. Please forgive yourself and other people early and often!

Forgiving yourself and other people is actively practicing compassion. Consider connecting it to our tendency to criticize and judge the form the moment takes. Simply note when you criticize or judge someone including yourself. As soon as you note the criticism or judgement send "forgiveness" or "light and love" to that person. Then forgive yourself! Rinse and repeat.

SE3&4) Approaching & Avoiding One Thing Each Day.

This practice works with intention and comes from Bright Light Rick Hanson. This is best done in the morning but like all these practices any time works. As you look out into your day consider one thing you'd like to approach and one thing you'll look to avoid during the day.

This daily approaching and avoiding exercise creates space between the form the moment takes and your reaction. Most of the time we react habitually (habit energy!) to what happens. Our thoughts, emotions and behaviors arise automatically in response to the form the moment takes. This often happens so quickly you're not aware that your response is habitual and automatic.

Things to approach lead to more love, compassion, insight and awareness. Things to avoid lead to more suffering, more grasping and more hindrances. "Things" have a very broad definition and include pieces of life stuff like attitudes, thoughts, emotions, relationships, habits, places and practices – you name it – so much to choose from! It's often easier to approach things from afar – to plan ahead. Things to avoid are more likely to pop up unexpectedly. That's a great time for a 30for3 pause to create a little space between things that happen and your reaction to them.

Approaching and Avoiding helps build resilience that accepts what happens in the moment and exposes your reactive patterns. Then what you do consciously is in closer alignment to your inner nature and intuition about what brings more peace to you and less suffering.

Successful completion is when the thing to approach happened during the day or the thing to avoid did not happen. This is very tricky mind business and a constant battle. Forgive yourself and others frequently and keep at it.

SE3) Approaching One Thing Each Day. Ask yourself if there's one thing in the day that will lead to more love, compassion, insight and awareness. If a thing comes to mind then consider how you will consciously move towards that one thing during your day.

SE4) Avoiding One Thing Each Day. Ask yourself if there is one thing in this day that you can consciously avoid because it leads to you suffering. See what comes to mind when you ask the question. Try to go through the day avoiding that one thing.

SE5) Pausing for 30 seconds (30for3) to take in 3 deep slow breathes at least once a day. This simple exercise helps build mindfulness and will become an automatic response over time – like watching your breath! Use a cue like a fearful or anxious thought, projecting a negative outcome into the future, someone saying something you don't like or needing to make a decision. Whatever is going on simply stop, take a long slow deep breath and then two more. Then go back to whatever was going on. Smiling and laughing to yourself allowed!

SE6) Drinking at least 80 ounces of water every day. That's about 5 standard size 16-ounce bottles. Drinking enough water is critical. Like meditating for 20 minutes every day this may be hard to do - particularly in the beginning. Your mind may start questioning whether 20 minutes or 80 ounces are the "right" amounts. That's a good sign! Just do them both every day and then you'll be in a better position to determine what works best for you.

SE7) Breathing fresh air or exercising for 15 minutes or more. At least once each day try to find some fresh air to enjoy for a few minutes. Some type of daily exercise – even something simple like walking slowly outside (walking meditation!) – is highly recommended.

SE8) Sleeping enough. The ideal amount of sleep is usually in the 7-9 hour range but like water, air and exercise varies based on your specific situation. If you're not getting enough uninterrupted sleep it's important to look into the cause and consider making change

SE9) Try keeping a journal if that calls to you. You may find that taking the time to write about your experience creates more space to change into. It's the same idea as meditating, pausing to take deep breaths before reacting and intentionally approaching and avoiding specific things. Each practice expands the space around your habitual self. Then as things continue to change your reactions are more balanced and over time what you change into is more peaceful and connected to your inner nature.

SE10) Recording your progress. Witnessing what you do is an important part of the commitment you make to yourself. It takes approximately 2 minutes each day to complete the form that records your Safe2Heal MTO activity. Members tell us that reporting structure is an important part of the support Safe2Heal provides. Safe2Heal never shares your information with anyone. Please read our Privacy Policy for more information.

Safe2Heal Community

Everyone participating in Safe2Heal MTO is invited to join a private Safe2Heal MTO Facebook group. Only Safe2Heal members participate. The community is actively moderated as the central place to share, ask questions and get problems resolved.

Safe2Heal Communications

In addition to the Community which includes posts and messaging and the video conferencing Safe2Heal uses emails to communicate. There is a daily email with a gentle reminder, a link to the daily session if you're signed up as well as a link to record daily progress.

2 Safe2Heal MTO Session Guidelines

2.1 Safe2Heal MTO Session Format

Every 60 minute session follows the same format, regardless of when it happens, or which Safe2Heal Guide leads the session.

Approximate Minutes	Activity	Description
Before start time	Get Yourself Ready	Get settled preferably in your safe space and take a few deep breaths
At start time	Join the Meeting	Please arrive on time!!
0 – 5	Session Starts	
1 - 2	Welcome	Welcome and brief overview of the session
1 - 2	Say Our Name	Go around the video gallery from top left to bottom right for everyone present to say their name
1 - 5	Topic of the Day	Brief comments on aspects of meditation & mindfulness
30	Meditation	Gently guided mostly silent meditation paying attention to breath
10 - 15	Mindful Sharing	Each person has an opportunity to speak from your heart about your practice and experience meditating. From the top left of the video gallery to the bottom right. One person at a time with a pause / deep breath in between sharing. If you don't choose to share, please just say so.
As needed	Q & A	Announcements
1	Closing	Together "May the fruits of our practice benefit all beings and the earth in peace"

2.2 Session Preparation

If possible, please sit / meditate in a space where you feel safe and will not be interrupted. Please consider what is already in the space and what if anything to add. Fresh flowers strongly recommended!

Technology makes this all possible! You need a device with a web camera, an internet connection, access to your email and a way to sit comfortably where the camera sees your face. Some people like to meditate sitting on the floor or using a cushion or bench. Many people

meditate sitting on a chair. Please experiment to find the place and combination that works best for you.

Safe2Heal uses video conferencing software. Depending on the device you may need to download software, usually just the first time. Each day you'll receive an email with the link to that day's session. The email will also contain contact information in case we can help you solve access problems.

2.3 Mindful Sharing

Mindful sharing gives us the opportunity to listen deeply to one another while also paying attention to what arises in you. This is a very powerful practice. Please keep these guidelines in mind.

- Only one person has the “talking stick” at one time. Everyone else is deeply listening. There are other places for more extensive interaction, including the Safe2Heal MTO private group on Facebook. Everyone participating in the web conference can be seen in the gallery view. Sharing starts with the person at the top left in the gallery and proceeds one by one until the last person on the far right has had a chance to share. At that point, if there's time, anyone else is welcome to share.
- There's never an obligation to share. If you choose not to share just say so.
- Speak about what's alive for you in this moment, from your heart and your own direct experience. Please refrain from intellectual/philosophical discussion or long storytelling.
- Appropriate themes include the joys, difficulties, and insights experienced in meditation practice and the multitude of ways to bring mindfulness alive in relationships, work and daily life.
- Please be lean of expression – it helps everyone who is listening and leaves time for others to be heard.
- Listen deeply to the speaker, noticing what arises within you as you listen – and what arises as you speak.
- Let there be a pause between shares. Slowing down the process promotes awareness of what is arising within.
- Refrain from offering unsolicited advice.
- Please honor confidentiality

3 More on Meditation

Meditation can be silent or guided. There are many Bright Lights who explain and teach meditation. We recommend Jon Kabat Zinn or Tara Brach including her [How to Meditate](#) pdf. If you already have a mature practice, want to sit on your own silently or with someone else's guidance that works too.

Here are answers to common questions about meditation from Jon Kabat Zinn, based on my own experience and videos from [Susan Piver](#) who teaches meditation and founded the Open Heart Project.

What is meditation?

Meditation is substituting another object of attention for the habitually haphazardly roaming mind. Simply focus on something like your breath instead of the continual cascade of thoughts, commentary and judgements that take up your attention. Instead attention is placed on a sound, object or your breath. When your attention wanders, you notice the distraction, let it go and bring your attention back to your object of attention such as a sound, an object or image, or your breath.

The three steps in meditation are 1) placing your attention on your breath (object of attention), 2) allowing thoughts to be as they are and 3) when you notice being absorbed in thought, let go and start again. Forgive yourself early and often! Laughing at yourself encouraged!

What are some misconceptions about meditation?

You have to stop thinking? Not at all! Quite the opposite. Your mind is welcome to the party just as it is. What's interesting is what happens when you learn to just observe your thoughts like the sky watching the clouds. Not reacting but relaxing instead. By just watching - your interior landscape (awareness!) expands, which leads to discoveries like you are more than you think.

Meditation is a form of self-help / self-improvement? No it's much more than that. First by accepting the form the moment takes - you accept things including yourself just as they are. Meditation is about acceptance of what is – not forcing any particular outcome. Meditation helps us discover who we are - not dictate how to be. Not a life hack, escape or shortcut but quite the opposite - a path to discovering your true nature.

What are the benefits of meditation?

- Activates the parasympathetic (rest & digest!) part of your nervous system that nurtures and balances your well-being
- Decreases the amount of stress related cortisol produced
- Reduces your respiration and heart rate
- Reduces your metabolic rate of expending energy
- Increases blood flow in your brain
- Increases activity in the left pre-frontal cortex of your brain (observed in happier people)
- Strengthens your immune system

How do I know if I'm doing it right? (From Falling Awake – Jon Kabat Zinn)

- If you are resting in awareness you are doing it right, no matter what you are experiencing, whether it is pleasant, unpleasant, or neutral
- If you are bored and aware of it, you are doing it right
- If you are frightened, confused or depressed and you are aware of it, you are doing it right
- If your thoughts never shut down and there is an awareness of that in the present moment, and you can, even for a moment be the knowing rather than being carried away in the agitation, then you are doing it right
- If you are indeed carried away by the agitation and the proliferations and fabrications and cascading of the thinking mind and there is an awareness of that, and you can be that knowing in that moment, then you are doing it right
- In fact, as long as you are being kind to yourself and not forcing anything, there is nothing that you could do or that could happen to you that cannot be a worthy part of the practice, if you are aware of it and can give yourself over to trusting and resting in awareness itself rather than be caught up perpetually in the turmoil, the agitation, the clinging, the wanting, and the rejecting of whatever is arising.

There's a part of me that doubts this is worthwhile?

Of course! Our habitual selves strongly resist the movement to slow down and become a witness to our constant stream of thoughts and emotions. There's another inner part of us that gets stronger and clearer when we learn to inhabit the space between our thoughts. Doubts are just thoughts. If you let them go like the clouds moving through the sky they'll move on and disappear. You could say the stronger the doubts the more progress you're making!

What are common obstacles to practicing meditation? (From Falling Awake – Jon Kabat Zinn)

- Not wanting to
- The body can be squeamish, fidgety, seemingly inconsolably uncomfortable...
- You might easily run into impatience agitation impatience agitation...
- Sensual desire or greed
- Ill will or aversion
- Sloth and torpor
- Restlessness, worry and remorse
- Doubt
- Sleepiness
- Idealizing your practice setting impossible standards making it into an act of will / aggression with little or no self-compassion and no sense of humor

How does a meditation practice impact my life?

A meditation practice helps you like yourself more, soften to who you are and develop true confidence by accepting, embracing and knowing yourself – the courage to be who you are.

The three continuous steps of meditating create precision, openness and magic!

Placing your attention on your breath cultivates precision, the ability to focus and pay attention. Precision is mindfulness - the ability to place attention on the object of your choosing and hold it there. Meditation helps you see, think, speak, and decide more clearly.

Allowing thoughts to be as they are creating space for true wisdom and insight to emerge. You soften, your heart opens, and you feel more. Openness is a gesture of great bravery! Opening to the realm of possibility which by definition is not full of thought. True wisdom, love, insight, creativity and innovation are not things that can be built – but things that arrive when you create space, cultivate attention and become more receptive to see new things.

When you notice being absorbed in thought and let go you become more attuned to the magic of what's happening now. Opinions, hopes and fears dissolve. You inhabit the vibrancy and magic of your own life unfolding now. Your creative expression and the life you experience comes out of the wisdom, insight and love you are.

4 Every Thing Changes Constantly

Every thing changes constantly. Yes Every Thing! Over in dictionary.com the definition of “thing” starts with “an inanimate object” and then “some entity, object, or creature”. We can also add “an object of thought”, “a fact” and “an action”. You can make your head hurt trying to figure out what’s not a “thing”. In modern physics when they look inside the smallest things like an atom apparently there’s a lot of space.

Change means moving from one state to another. Light to darkness. Raining to sunny. Off to on. Breathing in to breathing out. Very happy to pissed off. Healthy to in pain. And back again the other way. Most of the 37 trillion! cells in our bodies die and are replaced every six weeks or so.

One of our big challenges as human beings is accepting that everything, including us and everyone connected to us and everything around us, is changing constantly. The biggest single change people focus on is going from living to dying. So you could say that the highest achievement of accepting that everything changes constantly is the acceptance of your own death as an important part of your living a full life. Many people learn a lot from their close encounters with death. Our consideration of *How Healing and Growth Happens* draws extensively from documented cases of spontaneous remission from cancer.

5 You Are More Than You Think

Another mind bender! By definition something you need to discover for yourself. And who am I to say that I think I know who you think you are! This is one of those Big Ideas where there are many Bright Lights illuminating the way that we refer to on the website.

This question goes by many names. It’s central to our individual and collective view of the world we experience and share together. Discovering the answer is sometimes called the “Hero’s Journey” or the “Search for Meaning”.

The challenge of the assertion – that you may be more than what you think you are – is raised here because those who have come before us indicate that the answer – the meaning we make of this idea – contributes significantly to our transformation from pain to being free of pain.

One of my favorite Bright Lights is Jon Kabat Zinn who created Mindfulness Based Stress Reduction (MBSR) back in 1979. One of the most frequent observations people shared after completing the MBSR program was “I learned that I am not my thoughts, and by extension I learned that I am not my pain or my suffering”. What a marvelous discovery!

Human beings have been on the planet for approximately 10,000 years which by itself is barely a blink of an eye in the history of the earth as we understand it. The “civilized” world is a couple of thousand years old. This technology driven, always on, internet fueled world of smart phones, video games and social networks we live in today is barely 30 years old.

We are over stimulated and overwhelmed with our thoughts and feelings. So when I suggest that you are more than you think you are – one way to test that is to stop thinking – and see what’s there? That’s the path of personal discovery. Learning to experience yourself as the awareness between thoughts is a tall order but by all accounts a path worth pursuing. Perhaps you are not either your thoughts or the space between them – but both your thoughts and the awareness within which they arise!

6 How Healing and Growth Happens

In summary healing and growth happen because:

- People adopt new beliefs about themselves and the world they experience.
- People make changes and practice in new and different ways to embrace the free flow of loving energy in their integrated mind-body-spirit system.
- The conditions under which the disease thrives change until they are free of pain.

In simple terms we understand good health and well-being as a state of being peaceful and balanced - the absence of disease and illness. To be healed is often thought of as becoming whole or a movement towards wholeness. Both healing and growth are active changes in state, from one set of conditions to another set of conditions that we experience. One condition we all seem to share is being in pain or otherwise suffering.

One way to understand how healing and growth happens is to evaluate extreme situations. For example if there are documented cases where people were expected to die from serious diseases and instead they healed and fully recovered – can we find some consistent pattern to understand how healing and growth happens?

Another approach is to see how traditional medicine uses “interventions” that do not include medical procedures, medical devices or pharmaceutical drugs to help people heal and grow.

Following are summaries of two extremely well researched and documented studies that draw from a wide range of people, diseases and natural non-invasive healing modalities.

6.1 Spontaneous Remission of Cancer

One of the most extreme conditions is an advanced stage of some form of cancer. In some cases a person’s condition of having cancer transforms into being cancer free. This outcome is called “spontaneous remission” defined as “the disappearance, complete or incomplete, of a disease or cancer without medical treatment or treatment that is considered inadequate to produce the resulting disappearance of disease symptoms or tumor.” So the cancer disappeared without medical intervention. What happened?

There are many sources of information to answer this question which in many ways is a mystery beyond the boundaries of modern mainstream medical science. The following discussion is based on information from a 2010 PhD thesis by Kelly Ann Turner; *Spontaneous Remission of Cancer: Theories from Healers, Physicians and Cancer Survivors*. The Institute of Noetic

Sciences has pioneered this kind of work including their landmark [*Spontaneous Remission An Annotated Bibliography*](#).

Situation, Background and Outcome.

Ms. Turner documented 20 cases from a pool of 70 people researched and interviewed who had various forms of cancer where spontaneous remission occurred. The transformation from having cancer to being cancer free started on average at age 50 and happened over 2+ years. There were 10 men and 10 women, half had never had traditional or allopathic treatment and the other half failed to remediate the cancer with formal treatment.

Shared Beliefs

Here is what these twenty people all came to believe is true.

1) A body-mind-spirit integration exists and that energy permeates all three of these levels.

There's a lot to consider there. Everyone likely agrees we have a body and mind. Most people believe in some kind of spirit. Energy is understood in many different ways. In this context of spontaneous remission of cancer these people came to believe energy permeates and ties every other thing including mind, body and spirit together.

Energy certainly relates to the idea that everything is constantly changing if everything consists of energy. And both energy and spirit go to the question of who you are - in addition to the thoughts and feelings you experience in your mind and body.

2) Illness represents a blockage or slowness somewhere in the body-mind-spirit system whereas health occurs when there is a state of unhindered movement or flow

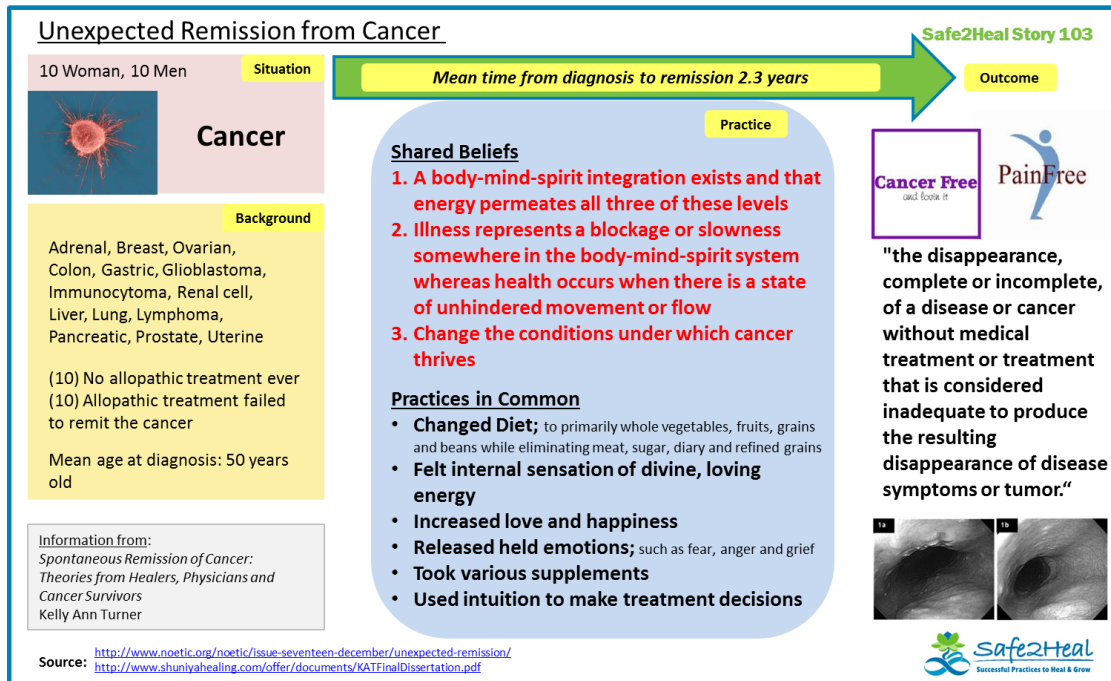
They report the main "problem" as a block in the flow of energy through their body-mind-spirit system. Their cancer-free state is experienced as an unhindered free movement and flow of energy. So there is an integrated body-mind-spirit system where energy becomes blocked or knotted leading to illness and disease.

3) Change the conditions under which cancer thrives

These people believe they changed the conditions under which their cancer thrived until the cancer died.

One thing that stands out reading the statements from these 20 people is how focused they became on each individual cancerous cell in their bodies. That each cell itself is born and dies and is connected somehow to every other cell in this integrated body-mind-spirit system permeated with a constantly changing flow of energy. When something inside you is killing

you – you obviously try to figure out what are the conditions under which this disease has come to thrive and if there's anything you can do to change those conditions.



Practices in Common

One mystery of being human is how we're all the same - yet each one of us unique at the same time. Like ocean waves no two of which are alike - being born, playing out and dissolving the same way in one ocean. There are many ways or practices proven to change human conditions yet one combination likely works best for each individual one of us.

So these 20 people who all experienced spontaneous remission of cancer came to believe three things; 1) there's an energy that permeates an integrated body-mind-spirit system, 2) disease is a blockage of energy in that system while health is a free flow of energy and 3) they changed the conditions from ones where the disease thrived to conditions under which the disease died and they healed!

Amazing! What mystery! How did they do that?

Turns out they all changed their conditions with a common set of practices. In our search for how healing happens the practices that work to change the conditions that underline cancer we expect work with all kinds of imbalance, illness and disease.

1) Changed Diet; to primarily whole vegetables, fruits, grains and beans while eliminating meat, sugar, dairy and refined grains. Diet is a very fundamental and powerful “intervention” to change the conditions that underlie disease.

2) Felt internal sensation of divine, loving energy. Here’s a big idea! That the energy permeating the mind-body-spirit system can be sensed as divine and loving.

3) Increased love and happiness. Another big idea! Love and happiness can be “practiced”.

4) Released held emotions; such as fear, anger and grief. These strong negative emotions were part of the conditions under which the cancer thrived. Letting go of fear, anger and grief became an important part of their intentions and practice.

5) Took various supplements

6) Used intuition to make treatment decisions. They came to trust a sense of internal “knowing” for the most important decisions. Intuition is often associated with the heart and a connection with spirit.

Safe2Heal is built on the assumption that these same practices will help any and all of us heal and grow.

6.2 Chronic Pain, Fibromyalgia, Gastrointestinal Disorders, Anxiety, Depression & Sleep Disorders Successfully Treated

These common disorders are not immediately life threatening and fall into the “chronic disease” category. The Bravewell Collaborative published a study [Integrative Medicine In America](#) *How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*. Bravewell’s definition of integrative medicine:

“Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person’s health. Employing a personalized strategy that considers the patient’s unique conditions, needs and circumstances, it uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help people regain and maintain optimum health.”

This was a very formal and structured study where 29 Clinical Centers affiliated with a hospital, a healthcare system, and/or a medical or nursing school provided detailed information based on interactions with thousands of patients.



These centers are staffed with physicians, massage therapists, meditation instructors, and acupuncturists. From a traditional medical perspective these programs are called "preventative" with labels like "wellness" and "lifestyle".

The study documents outstanding results addressing a wide range of disease and illness with alternative modalities including yoga, meditation and traditional Chinese medicine. These "therapies" are divided into four categories; mind-body, dietary/, biological, movement/energy, and manual interventions. Then there are 34 practices - what formal medicine calls "interventions" - like nutrition, massage, yoga and meditation related to 20 "clinical conditions". The centers reported the top 5 clinical conditions that were most impacted by the available interventions.

The most common conditions successfully treated by number of clinical centers reporting were Chronic Pain (22), Gastrointestinal Disorders (17), Depression & Anxiety (16), Cancer Pain (15), Sleep Disorders (14) and Fibromyalgia (12).

This report is more about correlation than causality. In other words its great news that clinical centers operating inside of the modern medicine ecosystem report that "alternative" therapies successfully treat very widespread chronic disease. But there is nothing in the report that tries to understand what causes people to move from being in pain to being pain free. The word "energy" is only used with "movement" as one of four therapy categories. Yet if everything is constantly changing what is that change made up of? Energy of some sort? The view of the world from those who experienced spontaneous remission of cancer is that energy permeates and underlies everything.

Healing & Growth Is Your Creative Process

One of the beautiful things about this view of mind, body, spirit and energy is you can get the benefit - even if you don't believe in or care about why healing happens. One thing you can say for sure about the thousands of people who were successfully treated in the clinical centers is they made changes in their behavior and practiced in new and different ways. What matters is making the effort.

The spark in all these cases – the “big idea” - is that we all have the ability to heal ourselves. All of the modalities and interventions documented in these cases offer directions that you can take into your MTO life. A common theme emerges that suffering becomes the raw material for transformation. People recognize that they themselves – you – have the inherent ability and talent to uncover your creative genius by developing skills and adopting practices proven to generate successful outcomes. The field of creation is your MTO life! Your great creative work is your transformed self!

In summary healing and growth happen because:

- **People adopt new beliefs about themselves and the world they experience.**
- **People make changes and practice in new and different ways to embrace the free flow of loving energy in their integrated mind-body-spirit system.**
- **The conditions under which the disease thrives change until they are free of pain.**

7 Meditation Works!

This section consists of direct quotes from Jon Kabat-Zinn speaking about meditation. These quotes talk about the opportunity and benefits meditation offers to help heal ourselves. My favorite quote is the last one, 'I learned that I am not my thoughts, and by extension I learned that I am not my pain or my suffering.'

These quotes are taken from *Healing Emotions Conversations with the Dalai Lama on Mindfulness, Emotions and Health* edited by Daniel Goleman Chapter 6 Mindfulness as Medicine.

"Nowadays people know about meditation but they have a very incomplete view of it. We want to teach people that meditation is not making your mind blank, but instead is learning to see things as they are and to live with things as they are."

"That chance is an opportunity to explore on a deep level how they might help themselves. They have sought help from other people in all sorts of places, but we ask, 'Have you considered the inner resources, perhaps even the wisdom, that already exists in your body and mind? If you can uncover it and develop a way to use that energy, then perhaps, together with your doctors, you can move toward greater levels of health and healing.' This is not curing, but healing. A cure just magically makes it all better somehow, but healing transforms both body and mind on a deep level. One sees differently and comes to terms with one's illness."

"My understanding is that meditation in a larger sense is really a way of being, an ability to generalize the quality of mindfulness. Rather than performing some kind of manipulation of one's attention at certain times, you develop a continuity of awareness that allows all of your life to become an expression of your meditation practice."

"I'd like to go very briefly now through some general results of the stress reduction program."

"If we take all people who were referred over a period of time with various pain problems, and we look at the number of different medical symptoms they report, there is a reduction of 25 percent in the number of symptoms over the eight weeks of the course. If we look at psychological symptoms, such as anger, anxiety, depression, and somatization, or imagining the body to be much worse than it is, we see a reduction of 32 percent in the number of symptoms over eight weeks. These people have had their pain problem for about eight years on the average, and have not previously been very successful at controlling their problem."

"In follow-up studies of patients who took the meditation training, the number of symptoms remains low over the four years of the study, so there is some evidence that the improvement is maintained over time." "Ninety-three percent say that four years later, they are still doing something that they learned in the program. Forty-five percent are continuing to practice the formal meditation daily for at least fifteen minutes at a time, at least three times a week. Four years have passed with no reinforcement."

“Although we see big improvements, very often the most important thing people get out of the program was not what they came looking for. They find something deeper. When we ask what they found in the meditation training program, they mention two things. One I think is very funny: they say ‘the breathing.’ I ask, ‘What do you mean? You were breathing for many years before you began meditation.’ What they mean is they have a new-found awareness of the special quality of breath that relates to a greater sensitivity and awareness of their whole body. Along with the breath comes a sense of greater appreciation for the miracle of having a body, even if the body has a disability. Each breath, each moment, is a miracle, and when you begin to experience that directly, it vitalizes the quality of your life because you stop missing or running through so many of your moments. The other thing they say is, ‘I learned that I am not my thoughts, and by extension I learned that I am not my pain or my suffering.’”

Healing Experiences Wholeness

Learning Peaceful Together!