



INTRODUCTION

THIS BOOK is about healing. The meditation, writing and sharing of these twelve sessions are held in the context of *themes of healing*; not themes of illness. The sessions encourage: taking care of oneself; learning to be more mindful, present and joyful; releasing negativity; and discovering freedom. Participants often find a new and stronger self in the midst of, and after, cancer.

Writing in response to the prompt is creative. Creativity relaxes the body and mind. It allows the spirit to emerge. Native Americans claimed that if you began a sand painting when you were sick, by the time you finished it you would be well.¹

Natalie Rogers, in her book *The Creative Connection*,² writes that what is creative is often therapeutic. It awakens the life force in us. Dr. Rachel Remen, through her work with cancer patients and poetry at Commonweal Cancer Center, says, “my sense is that creativity and healing are very close to each other.”³

In the past ten years, instead of malignant cells, the writings have been more about blue bicycles and red dresses. There were streams and birches and soft winds and all the force of nature running throughout the writings.

I see great value in this process for my well-being as a creative person and a cancer survivor.

—Participant

1 DeSalvo, L. (1999). *Writing as a way of Healing*. San Francisco: Harper, p. 154.

2 Rogers, Natalie. (1993). *The Creative Connection: Expressive Arts as Healing*. Palo Alto: Science and Behavior Books, p. 1.

3 Remen, Rachel Naomi. “Wounded Healer” In Moyers, Bill (1993). *Healing and The Mind*. New York: Doubleday, p. 348.