

1. Choices/Thoughts-My Challenge: Created mass.

My thoughts created this mass in my bowel. Now I have to uncreate it. Every second of every day we are making choices. What should I wear? What should I eat? On and on all day long we are choosing what we are going to do. How about choosing to be in the present and letting the body heal itself. One of the hardest tools I had to learn to use was changing my thoughts from anger and resentment to being present and letting go of the past emotions and thinking positively especially about my body's ability to heal itself.

2. Forgiveness-My Challenge: Anger and Resentment

Every day I take a minute or two to work on forgiveness. Either on myself, my situation or someone that ticked me off that day or in the past. My mind may have brought up a person or event that I am feeling a charge or reaction somewhere in my body. That's my body's signal that I have a negative emotion attached that I need to do some work on and be able to put that person or event out of my mind with no feelings or charge in my body. To move on with what I do want to manifest in my life.

3. Gratitude-My Challenge: Negativity

I thought I did a lot of gratitudes in my daily life. A thank you, God for the nudge that I forgot something cooking on the stove, or the urge to call someone who really needed to talk. But being in Gratitude for having Rectal Cancer was a whole new level of Gratitude I had to dig deep for. Learning to give gratitude for a big negative in my life took some work.

4. Humming-My Challenge: Pain relief

Humming was my favourite tool by far. It was something I intuitively started doing July 2018 that helped my body release a lot of the pain and inflammation in my bowel. I spent hours laying in bed humming, sitting and rocking backward and forward while humming or pacing the floor while humming. That was my one constant I could rely on to help me anytime, anywhere.

5. Meditation-My Challenge: lower stress and anxiety

Since I spent so much time in bed I spent several hours each day meditating. From guided meditations to sacred sounds that would let me feel more relaxed and accepting about what was happening to my body. In other words lowering my Stress levels.

6. SelfCare/Support-My Challenge: To Love Thyself and accept help from others

Self care was something I had been working on for awhile and came to realize how little time I spent loving and caring for myself. Learning to ask for support plus relying on others to feed me, help me to heal, pray for me and send me healing thoughts was another big learning curve for self sufficient me.

7. Visualization-My Challenge: deep abyss with no end in sight

Somewhere on this journey I had to see a light at the end of the tunnel. Visualizing what I wanted in my life, how my body would look from the inside out healthy, energetic and loving. Setting a visual goal I could look forward to once the journey had come full circle to being healthy and vital again. But especially to have HOPE. At one point I couldn't even spell HOPE!

## Body Heal Thyself: 7 Simple Secrets Tools I Used To Support My Body's Journey With Rectal Cancer