

Bernie Beaumont

iUniverse, Inc. New York Lincoln Shanghai

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FOREWORD

The Healing Ways Journal is for people of all faiths and for people with no faith. It is not meant to convert anyone to anything, but it IS meant to inspire readers to be lovers—lovers of life, themselves, others, and of a Higher Power—if that happens to be their persuasion. It is especially meant for people who hurt, whether physically, mentally or spiritually. And it is meant to encourage them to allow their feelings to surface by writing about them, whether in regard to daily experiences or on how they react to the insights on each page of the journal. It is an approach to healing that may speak to one's inner self. By so doing, it can serve as more than a tool to help heal cancer or some other disease, as more than a tool to help heal a wounded spirit. It is a tool that can help heal LIVES…regardless of what is hurting.

ABOUT THE TABLE OF CONTENTS

There is no table of contents for this journal by virtue of the fact that it is a journal and not a book in the usual sense of the word. But it is also unique in that most of the pages contain excerpts from the journals and writings of my own healing journey. Typically, healing journeys are erratic, spontaneous, and even chaotic in their intensity. Mine is no exception. I felt that artificially created categories would have distorted the natural flow and sequence of feelings, thoughts, and experiences that could best assist journalers in their own healing efforts.

I also felt it would be shortsighted of me to leave you struggling with an unstructured maze of information. As I looked at this problem, I was led to a solution which will be far more valuable than a table of contents about *my* healing journey. In fact it occurred to me that beyond inspiring and encouraging you to reach deeply into the healing powers of journaling, my job was to get out of your way. My suggestion, then, is that you create your own table of contents. Here's how:

- Begin with a quick read of the journal as if it were a book. In no time, this will give you an overall view of the contents.
- Journal in whatever way suits you best, i.e., close adherence to page sequence, random selections, etc.
- Special pages follow with headings of Page No., Title, and Date. When you complete a journal entry, record the page number, create a title that best reflects what you wrote, and enter it along with the date.

As you continue to journal, you will have easy access to those titles you have created that inspire you most. If you choose to read and re-read them, they will eventually become a part of an expanded you, with nothing less than life-changing possibilities.

Bernie Beaumont

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A famous physician, who took the time to notice, observed the followin		
Patients who wrote about their healing experiences rather than repress them, significantly improved the effectiveness of their immune systems.		
inicality improved the effectiveness of their initialite systems.		
Date		

In this entire planet there is only one you, and in the final analysis no one has the answers for you but you. Acknowledge this if you can. Respect it, honor it, and at least consider that in this alone, there is untold power to heal.
Date

Adversity is like receiving the gift of a precious diamond wrapped in tissue paper. Unless we decide to remove the unappealing wrapper, we deny ourselves the opportunity to discover the hidden diamond.
Date

Hello! My name is Cancer.	
I'm knocking on your door as a friend and I'm here to remind you that your	
spirit is in real need of repair. I don't have to stay unless that is what you want	
most. Just know I truly am your friend, but this time, hear mereally hear me!	
Date	
	

I went to the mountain to speak with God. I was mad. I was sad. And I cried a river. Suddenly, peace reigned. It felt as if my tears had been watering the beautiful wildflowers in the valley below.

...God had answered.

nte	

"What is ultimate success?" I was humbled by one major adversity after another until I was finally able to answer this question with total clarity. Ultimate success is a state of being wherein one reaches for joy in whatever the moment brings. Date____

Joy does not come from haphazardly falling into what happens on the outside. It comes from what we first allow to happen on the inside.	
Date	

painful experiences, low self-worth) overwork various hormone systems, which is turn weaken the immune system.
Date

Science has shown that negative emotions (such as denied anger, holding onto

the body. Like more obvious toxins (e.g., our food and air), it can be as much or even more of a cause of terminal illness. Date____

Resentment allowed to eat away at the spirit for long periods can also eat away at

and the day came when the desire to remain the same was more painful than the risk of changing.
Date

total of eight miles in the hospital corridors pushing an intravenous pole. One nurse thought I was ready for a pair of rollerblades. Date____

After surgery, my body was on a roll. During a ten-day hospital stay, I walked a

I believed I had won the battle but soon discovered how wrong I was! Cancer
immediately began to grow again despite successful surgery. Perhaps it had more
to teach?
to teach
Date

After extensive inquiry, I was referred to a doctor in British Columbia, Canada. He sent me a 4,000-question printed interview called "The Health Biography." This addressed all of my perceptions and attitudes toward life and living. To my amazement it became overwhelmingly clear that my outlook on life and unresolved issues was severely affecting the healing process.
Date

If feelings are not <i>ex</i> pressed, they are <i>re</i> pressed. This is true of anger, fear, grie doubt. We can release these without putting other people in harm's way.		
Date		
		_
		_
		_

If anger lasts more than five minutes, it no longer has to do with what made us angry. We have switched over to our <i>memory</i> cells.
Date

As I began to learn how to live in my feelings, I slowly emerged from an uncor scious numbness that had been inside me for many years.			ncon		
Date				 	

By making a new choice not to run from inner pain, buried stuff began to emerge and to be "in my face." I was releasing long-accumulated baggage from both the distant and more recent past.
Date

Something else was happening. I began noticing how my intuitive voice was leading me to make correct choices.
Date

By deliberately acknowledging the presence of intuition, by eventually recogniz-
ing it as my most reliable source of truth, I finally began to acquire more conscious control over my mind.
Date

I had always believed I had a reasonably good mind and I had relied on it almost exclusively for problem solving.
Date

of my managers kept using the term "I feel": "Fred, you keep saying 'I feel.' I'd like to suggest that you get used to saying 'I think.' Then when you seek support from people in other departments, you'll be coming from a position of intellectual strength." Thus did I so thoroughly deny the value of feeling! Date_____

As a corporate manager, I remember saying the following in a meeting after one

If you stay in your halso findis the bes	nead, you don't st of you!	connect with	the rest of you, w	hich you may
Date				

I dug deeper into the nature of intuition and learned that it never shouted. On the contrary, it was always subtle, quiet, and calm.
Date

always feels non-threatening, safe, comfortable, and clear. Will is usually riddled with uncertainty, discomfort, confusion, and inner noise.		
Date		

One way of knowing the difference between intuition and will is that intuition

Women tend to be more in touch with their intuition than most men. For instance, women will sometimes answer a question with a simple "Because." In my view, "Because" in such instances is a full sentence.
Date

intuitive women have a deep-felt knowing that not only defies stand-alone reasoning, but greatly exceeds it.
Date

What men all too often don't realize (including me for much of my life) is that

"The heart has its reasons that reason does not know." —André Maurois, 19th century French author
Date

As I listened to my intuition and followed its guidance, I became "the observer, asking myself: "What does this feel like," not just "think like."
Date

One night in a semi-sleep, that intuitive voice hit me with a clear message I'll not soon forget. It said: "Bernie, cancer won't get you because you still have work to do."
Date

Work? What wor	k? When? Whe	re? With wh	om? How? Th	ere were no a	nswers
Work? What work? When? Where? With whom? How? There were no answers To my surprise, it didn't seem to matter.					
Date					

It was obvious to me that at least initially, the most critical work was to heal mown spirit.
Date

A teacher once relat with male and femal	ed the following le energy.	g to me: Both	men and women	are endowed
Date				
				<u></u> .

female energy, I was one of the most balanced individuals he had ever known. It took months for me to accept this, let alone understand it. But then I knew.
Because I had repeatedly asked for guidance on how to live in my feelings, I had slowly created this balance.
Date

On two separate occasions, this same teacher told me that in terms of male/

When it comes to male/female energy, it is never a matter of having to choose one over the other in order to uphold one's own gender. It is simply a naturally occurring dominance of one energy over the other according to the situation at hand. Date_____

Understanding intuition and the workings of male/female energies helped me freely acknowledge and accept women at face value, without feeling the least bit compromised or threatened. This allowed me to be released from the effects of a domineering female influence in my upbringing. Date_

Unfortunately, our culture places great pressure on both men and women to sup press one or the other side of their male/female energy.					
Date					

Could it be that the stress created by lifelong repression is a major factor in caus ing many men to die younger than women?			
Date			

Men tend to hide their feelings and even deny them in order not to appear weak.

Women who have discovered that their primary source of power is in their feminine side, appear to be more successful, more beautiful, more natural, and happier. And all this without having to suppress their masculine energy when it is needed.
Date

Date

More and more, I felt I didn't wish to give up on life, but that I would simply

Some two years after surgery and again in the middle of the night this came to me: "You have reached a crossroad." I hadn't a clue about where, when, how. Surprisingly and once again, it didn't matter.
Date

I decided to honor the crossroad message to the fullest by dedicating all my time to finding a way to heal. Five weeks later, I felt guided to embrace yet another healing approach.
Date

their basic convictions: Of the three areas affecting illness—mind, body spirit—they believed "body" would someday be considered the <i>least</i> significant of the three.
Date

While at the treatment facility I discovered what, to my total delight, was one of

Three weeks after treatment, test results indicated THE CANCER HAD LEF MY BODY.
Date

the health section. I found only two that addressed unusual healing. It appeared that the science of healing was still trapped in the fear-driven boundaries of cold, hard statistics. All else was considered to be anecdotal and of little consequence. Date_____

Shortly after my healing, I went to a bookstore and scanned over 400 books in

Every living person receives a certain amount of energy at birth. In India it is called Prana, in China it is called Chi, and in the Western world it is called Life Force Energy.
Date

wounds? As difficult as it may be for us to admit, it is extremely seductive to liv in our past.
Date

Why do people choose to invest large portions of their Life Force Energy to past

memory all its own. If these cells are constantly embroiled in unresolved past wounds and unresolved present negative feelings, this is what our physical body takes on. Date____

Science has proven that each of our trillions of cells has an intelligence and a

patients with what is believed to be the truth: "You have six months to live." Because the mind is so powerful and the spirit so vulnerable at such times, patients frequently accept this as absolute truth and die on schedule. The doctor in effect has unintentionally presented the patient with a death sentence.
Date

Well-meaning doctors sometimes accommodate traumatized and insistent

What is the basis of these so-called death sentences? It is mostly a combination of the patients' medical records and medical statistics. But if we consider that the major contribution to the statistics may well be the doctors' death sentences, do we not have a case of the tail wagging the dog? Date_____

eventually die from one or more serious illnesses. How then, could we possibly feel empowered to cause something better to happen? Who are we to even consider something better could happen? Date_____

It is believed by many—if not most—that as we age, what we can expect is to

may be—are defying medical statistics. How? By going beyond conventional thinking and boundaries. There are as many ways to do this as there are individuals. Date_____

Thousands of people in the world—as small a percentage of the whole as they

Scientists have come to realize how lingering negative feelings weaken our immune system. We are in effect unknowingly telling our Life Force Energy to divide itself between our past and our present, and sometimes even the future.
Date

I am the un-proud possessor of a "Summa Cum Lousy" in Victimhood. It is nothing short of a miracle that I discovered in a very compelling way that allowing myself to be a victim amounts to being my own worst enemy.
Date

timhood. In so doing, we deny them the need to face themselves, to face the consequences of their own decisions and, above all, to experience life for themselves. Facing life on its own terms teaches us as nothing else can, how to live it well. Date___

We can actually do more harm than good by supporting loved ones in their vic-

Somewhere along my healing journey, I envisioned inner power as similar to electricity: two wires, one coming from, and the other returning to the Source of Power. That Source is what many call God, or what some call a Higher Power.	
Date	
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I see this "electrical flow" as loving energy originating from Source and entering my spirit, then consciously being sent back to Source in the form of gratitude. Billions of people have a love of Jesus, or Allah, or Mohammed, or Jehovah, or others in a similar way. It is what makes us all one. Date_____

ing from our Life Force Energy is impeded and we become ill. Picture an electrical cord on a circular saw: You are totally focused and suddenly stretch the cord to its limit. As you move the saw even a little, the plug partially pulls out of the receptacle and the power fluctuates from strong to weak to even none at all. Result? A disempowered tool that can't get the job done. Date _____

If we have blocks in our spiritual body, the natural health perpetuating flow com-

understand how it can erode our immune system until it is finally crippled. Worse yet, whatever it fed into our subconscious never ever leaves. Is it even possible for someone with a major illness to overcome such an overwhelming obstacle to healing? A great many people have. Date_____

If we fully appreciate the incredible power of our subconscious mind, we readily

ing both matter and form (though in reality, it does not because it is pure spirit). Pour five cups of sugar and two cups of water in it. See it as a dense, murky substance that severely impedes the natural flow of Life Force Energy. Understand this condition to be permanent. Date_____

Picture a body full of subconscious anti-living blocks. Fantasize this body as hav-

sugar. What would happen? The dense murkiness would change to a clear watery flow, with the sugar so diluted it would become hardly noticeable, if at all. By doing this, there would be no attempt to remove the immovable, but only to disempower what was blocking the natural flow of healing Life Force Energy. Date____

But suppose a way was found to add a great deal more water and hardly any

We each have unique blocks in our spiritual selves. Just as it would be absurd to walk up to a mechanic with a screwdriver and say, "Here, please fix my car." So too we need to discover our own <i>unique</i> set of tools.
Date

More often than not, it is difficult to find the easy way. It usually exi ous searching is often required to discover it.	sts, but seri
Date	

In our growing-up years, we developed the habit of looking w-a-a-y up to those tall people for answers to just about everything.
Date

Years of seeking answers outside of ourselves have conditioned us to develop strong habits of allowing <i>others</i> to do our thinking and in so doing, lessen our own power.
Date

as I was led into the wisdom of listening to my inner voice, I never denied the ift of reason. I simply began to give precedence to inner knowing.
Date

I believe each of us holds all truth. We just don't know that we know; we don't know what we know; and most of all, we don't trust that we do know.
Date

always someone wiser, more talented, more skilled, better educated, more special ized, prettier, younger, older—with a better handle on truth than we have.		
Date		

From the onset of our lives we are conditioned to believe that "out there," there is

Surrendering to inner guidance simply means accepting inner choices that are most true for us. It means a dramatic change from consistently giving our power away to one of allowing others to assist only when asked, in the process of arriving at our own truth. Date___

As for intuition i lectual proof. We	tself, everyone have but to d	has it. We iscover it by	need not wa experiencia	aste time lool ng it.	king for intel
Date					

Difficult as it is to bring this to a level of habit, I found the following to be invaluable for living in my own truth:

I accept nothing, reject nothing, and absorb everything. In its own way and its own time, only what remains becomes a newly expanded me. This was my way of growing.

Date	

other hand, we waste an enormous amount of time and energy looking for whys that can't be answered, that don't really matter, and that wouldn't change things if they were answerable. We can choose to focus our energy only on whys whose answers are within realistic reach and can truly assist us on life's journey. Date____

I find that it is human to exercise our minds in search of logical reasons. On the

and how I processed that by going within, rather than listening to what my conceptual mind was telling me.
Date

In recent years I learned to place greatest value on what life itself was showing me

A highly respected business consultant was hired to come to the rescue of a failing company. He addressed top management for a few minutes, and then said, "Let's go to the factory floor and visit the workers." Later when everyone returned to the conference table, he said, "You have just illustrated where your thinking has taken you. Here was a perfect opportunity for you to learn valuable information, but instead of really listening for the answers to your questions, you listened for a minute and lectured about your own concepts for ten." The most valuable answers are often not those we conceptualize but those we discover from perceiving what is actually happening in reality.

Date			

When we rely on conception alone, we are not dealing with reality. <i>Peters of the control of the</i>	erception lutions.
Date	

often follows.	-	
Date	 	
	 	

When we give in to *expectations*, we automatically create limiting boundaries *and* buy into the results. We in effect set ourselves up for the disappointment that so

the family was going to visit Grandma for the first time. Silently, the little boy said to himself: "I have no idea what it will be like to visit Grandma. I just know it will be grand!" Date__

But if we simply anticipate, we are like the little four-year-old boy who was told

to making life-changing decisions with courage and vision. I believe it was the catalyst for calling my spirit back. Date_____

For me, accepting the difficult challenge of being in my own truth eventually led

All too often, medical doctors are perceived as small gods. Both doctors and patients are caught up in this long tradition which, unfortunately, feeds upon itself.
Date

body is broken. Please fix it." I know of no better way to give one's healing power away. My enlightened choice is to perceive my doctor as a healing partner—with myself at the helm.
Date

With total resignation, most patients are in this mindset: "Here, Doctor, my

With the advent of frequent malpractice suits, the concept of "gods" grows even more distorted: "You, Doctor-god, must pay dearly if you happen to have a bad day or when complications arise despite your best efforts." Do you know of any other profession held so impossibly accountable? Date____

point of being pompous, all-knowing, callous, and indifferent. Whereas this exists to some degree in all professions, it is far less acceptable from those whose calling is to heal others. Doctors of this ilk are by far the most disempowering. Ultimately, the choice is ours to look for a more humane and caring doctor whose *heart* is in healing. Date _____

The flip side is that some doctors have also bought in to the "god" image to the

Want to surprise your doctor? Ask him or her, "And how are <i>you</i> doing today?" Caring doctors deserve not to be taken for granted. I have come to view them not only as healers limited by the boundaries of their specialization, but also as very human non-gods deserving of our respect and concern.
Date

existed amongst people from different parts of the world who lived to be 120 years and older, and were in excellent health. He was shocked to discover this one and only common thread: the older these people became, the more they were held in esteem as the highest vessels of wisdom in their communities. So, who wants to die??? Date_____

A Harvard medical school professor's goal was to determine if a common thread

Constantly and consciously choosing to <i>embrace</i> life is a primary requirement for living it well.
Date

It is more important to know what kind of patient has a of disease a patient has."	disease than what kind
of disease a patient has.	—Hippocrates
2	
Date	

this helps us do what we do, based on who we are. Our life can then become something more than an aimless merry-go-round. Date____

First and foremost, we are human beings, not human doings. Not losing sight of

recreating ourselves into new beings. When we call on <i>the</i> Creator to cocreat with us, our new "being" is bound to be an improvement on the old.
Date

We're not only human beings but we're also human "becomings"...repeatedly

not lovingly valued and honored as a precious being, you would do well to change your "state" of being as soon as is humanly possible. Your life may depend on it. Date_____

If you're dealing with a serious illness and live in an environment where you are

turn receive both anti-living and pro-living commands and will linger in a limbo of being somewhat ill and somewhat well. Date____

If the mind wavers between wanting to live and preferring to die, the body will in

If I decided to give myself permission to <i>love</i> myself r would I want my life to be like?	more than I ever have, what
Date	

Self-sabotage: "I don't deserve it."—"It just isn't possible."—"I'm too sick, too old, too poor, too tired." Look <i>deeply</i> within. A more precious you lies beneath these shallow deceptions.
Date

backward. Eventually we can lead ourselves into creating a state of painful existence in our own lives.	
Date	

Each time we fail to extend kindness and compassion, our humanity takes a step

If we desire something deeply enough, there usually is a way. Self-deceit no longer has a place to stay if we decide in earnest to pursue our inner guidance.
Date

Passion keeps a dream alive. Expand your dream, shrink it, get angry at it, laugh with it, cry over it, but keep it alive and always in front of you. Above all, make it yours!
Date

Keeping a dream alive gives a clear message to our trillions of cells—a message that we are pro-living and that it is no longer appropriate for our cells to self-destruct.
Date

At some point, accepting death becomes the most realistic choice. The body usually lets us know. But even so, this choice need not be followed by doom, gloom, and despair. As a start, acknowledging reality can be a supremely loving act toward self. Date____

Cancer taught me how useless it is to fear death. More importantly, I have come to realize how much influence such fear can have on the quality of present life.		
Date		

mother's milk. After a time, the breast runs dry. The mother shifts the baby to the other breast, and it continues to feed, feeling comforted, secure, and nurtured. Death is like this." Date_____

"Guru, speak to us of death." And the guru answers: "An infant is feeding on his

Above all, loved ones are most loving when they give the dying permission to leave as only they know how.
Date

conscious, to embrace the now.		
Date		

Everything in our existence—be it truth, success, prosperity, joy, integrity, values, virtues, love—all derive a degree of <i>power</i> in direct proportion to how fully present we are.		
Date		

Mind chatter dilutes out presence as it sends us to the past, the future, and to untold dissipation. "You're not listening" is a phrase often stated or silently felt, because our absence is easily noted, causes unease, and sometimes even pain.		
Date		

Being fully present has been described as the ultimate act of unconditional love.		
Date		

In presence, as in all things, we must be willing to give what we are so desirous of receiving.
Date

Most people have never been taught to love themselves, much less encouraged.		
Date		

As children, many of us were conditioned to believe that love of self is conceited, egotistical, and self-indulging. In short, if we wished to be nice, we needed to be self-effacing.		
Date		

If we can believe that we were created by the Author of Love itself, we can best		
honor the Creator by loving ourselves to the fullest. If we choose self-effacement,		
do we not also deny the Creator the magnificence of His creation?		
Date		

betrayal, loneliness, neglect, or disillusionment, we store our perceptions of these experiences in our subconscious and, in some degree, close down our capacity to feel. Date____

If we have suffered inordinate doses of emotional abuse, rejection, abandonment,

degree of shutting down, we also limit our capacity to love ourselves.		
Date		

Whether we shut down 30, 50, or 90 percent of our capacity to feel as our way of avoiding new hurts, the heart does not discriminate. In direct proportion to our

Even love from a very open, joyful heart cannot penetrate a closed heart. Have you ever experienced someone pushing away what he or she most desires?		
Date		

To the extent that we deny loving ourselves, in some way we automatically den others.
Date

In my own healing journey, my most life-changing pursuit was learning how live in my heart, to find the courage to open up to my feelings.		
Date		

opening a can of worms. Years of repressed pain, fear, guilt, disappointment, disillusionment, confusion, and anger were there to inform me that they were still in my body. Date____

As I slowly succeeded in opening my heart, it also became obvious that I was

In time, it became unbelievably clear that a massive amount of Life Force energ was being gobbled up in order to maintain the useless <i>murk</i> dwelling inside me.			
Date			

I concluded that buried pain is never the enemy. We are the enemy for having buried it. But we can begin by forgiving the enemy because we knew not what we were doing.
Date

No matter how often we repress inner wounds, they seem duty bound to pop up again and again as corks in water. I see this as persistent attempts by a Higher Power to repeatedly give us the opportunity to face them, that we might then eliminate their toxic presence. Date_____

that much brighter.		
Date	 	

When the light comes, I thank it for lighting my path and for the joy it brings with it. When darkness comes, I thank it for making the light that always follows,

guish between <i>being</i> with the pain mattered was to focus on processing	without indulging in victimhood. What really ng <i>out</i> of wounds.
Date	

What became most significant in the processing of pain was the need to distin-

However long it tookminutes, hours, days, weeksdidn't matter. What did matter was that once the lesson was learned, the pain no longer had a place to stay.
Date

A wise teacher had this to say about pain: Notice how you feel when you share a past painful experience with an acquaintance. If it feels like you're simply sharing highlights of a movie rather than reliving the intensity of your wound, you will know that the pain has moved on. Date_____

ters like toxic poison and insists on showing up over and over. In so choosing, we truly learn what it means to love ourselves in harmony with what the Source of Love itself intended. Date

We can choose NOT to hang onto those blocks, those hurts, that stuff that fes-

In order to break the barrier of conditioned self-effacement, we can consistently and repeatedly grant ourselves permission to love self until it becomes habit.
Date

I discovered that the greatest act of self-love for me was to forgive those who had brought me the greatest harm. But I also came to see this as a self-serving act. Forgiveness was the key that unlocked the shackles preventing me from embracing life to the fullest.
Date

For me, the greatest deterrent to forgiveness was to equate it with having to admit
that what was done was okay. To even imply this felt like an outright lie! Is there
any lie less tolerable than lying to ourselves?
, , ,
Date

Religion teaches us to ask God to "forgive our trespasses as we forgive those who trespass against us." As much sense as it makes to forgive, it is sometimes virtually impossible to do so on an emotional level.
Date

ever else is seemingly all there is left to cling to. They serve as security blankets, as
protectors from further hurt. There even seems to be a kind of power coming from that highly-charged negative energy.
Date

For many, there is something more involved. Rage, fear, hopelessness, or what-

"Don't even think of telling me to let go of my hate or anger!" I know how that feels! I felt completely justified to feed the pain, to immerse myself in victimhood, to blame others for my unhappiness.
Date

I was so clever, I even went a giant step further: I created an environment for cancer to enter my body by massive amounts of <i>self</i> -hate for allowing myself to be disempowered.
Date

my forgiveness? There seemed to be merit in this. Yet why did I continue to experience highly-charged negative feelings whenever I was reminded of a hurtful past? Something was still missing. Date___

Could I forgive secretly, silently, so that offenders wouldn't smugly misinterpret

loving MYSELF that the answer appeared. But what was there to love? I knowitually nothing about how to rise above a collapsed state of being.	w
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It was when I began to change my focus from the offender to really focusing on

abounding ever ceed.	ywhere, I woul	d never attair	n the inner po	ower and coura	age to suc
Date					
					

In this journey toward forgiveness, it occurred to me that unless I rose above our cultural code of shoulds, should nots, rights and wrongs, can's and can'ts

had conquered the need to give in to the seduction of carrying toxic negative
charges toward others—to give in to self-destructiveness—to deny my body the
healing energy it needed.
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Date

And what of forgiveness? Why I could forgive was astonishingly simple: Self-love

exactly the way you are."	•
Date	

Many new teachings to which I was exposed helped. The greatest of these was the simplest of all. It came from a very wise teacher named Benu: "God loves you

way I was" meant that I could learn to love myself without conditions and with out having to rely on anyone else's belief systems or opinions to feel self-worth.
Date

To feel with a deep-felt inner knowing that indeed "God loved me exactly the

I began to experient	ence myself y, and yes, ar	as a spiri n ever-grov	t-being wit wing love o	h unlimited f self.	power to cro	eate
Date						
						
				 		
						—

then teach us how to walk into the light.
Date

in our hearts without also being increasingly drawn to the Author of Love itself. The latter would appear to be significantly more than a fair trade, regardless of possible risks. Date____

We cannot live in our hearts without increasing our vulnerability, nor can we live

o old friends who could only serve to perpetuate pain.					
Date					

So it is that I talked to those inner negative forces and let them know the lesson had been learned. And I sensed a huge weight melting away as I waved goodbye

I found that I could comfortably open up to life. I could trust in the beauty in others because not only would it be there, but my own loving energy would wel-
come it, and most oftendraw it out.
Date

one of seeking and discovering inner peace in spite of it.
Date

A person with a serious illness need not have instant answers. They need only have a burning desire to change their focus from one of fearing their disease to

Can one find inner peace when surrounded by fear, by pain, by debilitating weakness, by depression, and perhaps even by an ongoing negative environment that fosters hopelessness? Yes!
Date

Can one find in can't do it, I'm n	ot worthy, I w	ill fail," etc.,	etc.? Yes!	1	7 8
Date					

giving ourselves permission to look (perhaps for the first time) at our spirit, with the intention of discovering what is truly there.
Date

The answer begins and ends with learning to love ourselves as we never have. It is

Our spirit is that "something more" inside of us, <i>in action</i> . If we cannot see ourselves as the truly magnificent creation we are, it is probably because we have not taken the time to look deeply.
Date

Date			
Date			

where we need hardly acknowledge it to ourselves. Others do it for us, even when they're not aware of it.
Date

Once we see our magnificence, once we accept it to the fullest, we reach a point

When all is said and done, our life is exactly how we want it to look. It is not possible for anyone else to make it what it is.
Date

For some, the shedding of obsolete, damaging values and misconceptions, which limit our capacity to love ourselves, can contribute substantially to the healing process.
Date

For each of us, the most experience of joy as a wa		course is to c	reate whatever	leads us to th
Date				
	 		 	

Joy partly depends on releasing old wounds and minimizing the advent of new ones. From this also comes the freeing of enough blocked Life Force particles to heal the body. They can be released once we find a way to become the giant spirit we were created to be. Date_____

demeaning, prejudiced, hatefulin short, unloving. We can also choose not to be with people who are these things.
Date

Our greatest gift is our freedom to choose. We can choose not to be judgmental,

We are extremely fortunate to be living in the greatest time in history for having access to invaluable, powerful, and inspired information. What an incredible antidote to the complex messes we have also created in our time. It is a great testimony to the belief that what is loving and good always finds a way! Date____

was Jesus really saying when he chased the vendors out of the temple? He was teaching us that God needs a sacred place where only He can dwell—free of clatter and clutter. So too do we need to maintain a <i>sacred void</i> in our own inner temple so that there is always a place in which <i>we</i> can be with Divine Presence.
Date

An 11th-century monk once spoke to a group of merchants in this way: What

When we maintain a sacred place within us, we can with regularity be with our Creator and quietly listen. It is from this that we can repeatedly return to center, to inner balance, to our spirit-self.
Date

powerful healing tool. Anyone can do this, children included, simply by letting imagination soar.
Date

Many healers, including medical doctors, advocate the use of visualization as a

One lady who was cured of cancer applied visualization in this way: At least twice a day she pictured a globe filled with golden light above her head. She envisioned the globe opening up at its base. A stream of golden light poured through her crown directly into the area of her cancer and created a protective wall to prevent cancer cells from spreading further. She then envisioned yet more of this golden light pouring directly into her cancerous cells and transforming them into radiant, healthy cells.

Date	

At this juncture, there are over 150 scientific studies that have proven conclusivel
the effectiveness and power of prayer.
Date

asking above all for our highest good and that of all others. When we take a good look at the actual results, we discover that even when we don't get what we asked for, what was granted was most often better than what we did ask for. Date_

We need never be disappointed with the results of prayer if we end our request by

for anyone attempting to make sense of this. But why bother? Need a group? The Internet has more than 9,000 of them free for the asking. Just search for "Prayer"! Date____

Group prayer has shown itself to produce miracles! "Reason" alone is a poor tool

We can choose to make joy appear in our lives whenever we wish. It is a power
given to us as part of our creation. Not surprisingly, the more often we do choose,
the more obliging it becomes.
Date

what we want. Real abundance comes from filling our minds with what what what where.	e do
Date	

If we fill our minds with thoughts of what we don't have, we continue not having

Over time, I also began to understand how important it was to love my body.
Especially valuable was this question: "Did I treat my body as a subservient slave
or as a faithful servant?"
Date

For years, I had made use of my body as a subservient slave, pushing it to unreasonable extremes. Worse yet, I denied it the appropriate nourishment and rest it needed to properly recreate itself.
Date

I finally heard my body's cry: "You've abused me far too much. If you don't begin caring for my wellbeing, I'll be forced to give up on you."	
Date	
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and a memory. I am convinced that our cells respond to electromagnetic vibrations generated by our feelings.
Date

Scientists have determined that each of our trillions of cells has an intelligence

And so I choose to talk to my body cells. I thank my body for being such a faith ful friend—indeed, a model of unconditional love, if ever there was one.	
Date	

cer. Therefore, that made me very different than everyone who didn't have cancer. I couldn't think like them, I couldn't feel like them, and I couldn't act like
them. Above all, I needed to do <i>everything</i> possible for my body so that it would heal.
Date

And then, a wonderful insight came to me: My body was being attacked by can-

Our subconscious mind has two very significant characteristics: First, it is our source of unlimited goal-achieving power. Second, it automatically accepts everything (it can't select or judge). It can only match new perceptions coming in with what is already there from past perceptions. Date_____

When we bombard our subconscious with anti-living perceptions, we weaken body's ability to do its job. At our worse, we can actually <i>think</i> ourselves to de	our eath.
Date	

daily insults of our polluted environment.
Date

When our spirit is in harmony with our mental, emotional, and physical selves, our immune system is strong, healthy, and usually capable of handling even the

is like attempting to dry ourselves off while standing in the shower.
Date

Once the body is overwhelmed by too many anti-living perceptions, it becomes critical for us to do all in our power to *love it back to health*. Anything short of this

Date	Above all, trust your own power to heal. For you, there is none greater!
	Date

Treatments of choice recommended by most medical doctors are typically given without benefit of what is available in other healing modalities. It is of enormous value and truly self-loving to be as thorough as possible in researching options before deciding on a treatment. To do this is to go well beyond the worthwhile but still limited second opinions within the same healing modality.
Date

advertising, are two of the underlying reasons most Americans are embracing lifestyles that lead to unnecessary illnesses and unnatural, often painful, premature death.
Date

Affluence coupled with by far the world's largest unceasing bombardment of

Conclusions reached by medical doctors are sometimes based on well-meaning but nonetheless false premises, for example: "Well, for someone your age, that's to be expected." Again, such statements are geared to the general health levels of specific populations and make us prone to accepting mediocre health standards.
Date

A physical body is by nature temporary. But as long as we are on this earth, it remains the temple that houses our spirit. Is there any place more worthy of our loving care than this?
Date

Once we fully accept the reality that problems are an integral part of daily livin then life becomes far less difficult.	g
Date	_
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Every "now" lived well is the most valuable thing in life. And each "now," regard less of how it is lived, has a direct bearing on our future "nows."
Date

Surrender is like this: A man is gently rowing a boat. Suddenly he turns just a little to see what is ahead and notices a huge boulder in the middle of the stream. As he continues to row, he asks himself, "I wonder what God has in mind for me there?"
Date

nccording to Herbert Benson, M.D., massive research clearly indicates that read body are so interconnected that separating the two is totally unscientific. In this countext, the treatment of physical illness remains largely "unscientifical".	Yet
Date	

dener more than any of his neighbors. His attitude? "The failure of one thing is repaired by the success of another." Result? To this day, his wonderful gardens at Monticello are still being replicated. Date_____

History relates that for all his varied successes, Thomas Jefferson failed as a gar-

The world condition can be a cause of great unrest if we allow it to dwell within us. If the truth were known, the overwhelming majority of people are loving and caring.
Date

are represented." The day has yet to come where "balanced" news means at least "half good and half bad." Most often, media choices are about what is ugly, tragic, hateful, and violent. What a terribly distorted view of our fundamentally beautiful world! Date____

Unfortunately, the media's idea of balanced news is "making sure opposing views

"Are there fears gnawing inside me?" These are detriments to my healing. I can choose to love myself enough to repeatedly replace fear with positive, loving feelings until it becomes effortless.
Date

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Date	 			

we create. If a problem shows up, it is usually not because of our vision; it is because of our plan. We can see the vision as coming from our spirit-self, from our truest inner knowing. If it becomes necessary, we can change the plan without changing the vision. Date_____

We sometimes sabotage our best intentions when we dilute or discard the vision

Love of self and the more genuine love of others it makes possible, can overcome
the stuck places in our lives.
Date

Ego hangs out as our very own dragon-slaying protector. But sometimes it mistakenly views fluffy little kittens as big bad dragons. And so at times, I invite my ego to leave, promising to tell it everything that happened when I call it back. Bizarre? Yes indeedy—but it works!				
Date				
Date				

Actually, who are we not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around us." -Nelson Mandela, 1994 Inaugural Date____

"...We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

"We were born to make manifest the glory of God within us. It is not just in some of us, it's in everyone. And as we let our light shine, we unconsciously give other people permission to do the same." -Nelson Mandela, 1994 Inaugural Date_

In the early stages of my healing journey, I described it as "the year of agony and ecstasy, much like a tumultuous whitewater rafting ride finally ending up in a most serene, peaceful, and gentle waterway."
Date

Γο be totally <i>open</i>	to one's inner pain creates a passageway for it	to leave.
Date		

How can I know when I am connected to Spirit? By simply <i>intending</i> to be connected, I connect! I know this because I feel its healing energy and I am aware of a feeling of abundance far surpassing material wealth. I feel connected to Source.				
Date				

Calling on that Higher Power is far more important than what we choose to call it.
Date

Yesterday's tears nurture today's seeds of desire, dreams, magic, and miracles!
Date

When we seek more things, power, and position with the intensity of "must haves," the present takes on a feeling of lack. But if we first look deeply for the abundance in our present lives, we cannot not find it. We can enjoy it to the fullest, right now, seeking whatever else as no more than "nice to haves." Date_____

Being grateful doesn't need a person on the other end. But it always needs a per-
son on our end. Gratitude is primarily an attitude. If we choose to make it a way
of life, regardless of our circumstances our lives become rich beyond measure.
Date

on the other.		
Date		

In my teen years, I was much confused and anguished over the contrasting concepts of a benevolent God on the one hand, and a hard taskmaster espousing fear

As an adult, I settled for accepting only that which could be proven as an irrefutable law of nature. Nothing else seemed worth considering.	
Date	

reeling. A constant flow of horror stories about illness and death convinced me that my own early demise was inevitable.	
Date	

At age 60, the news that cancer was in my body with a high test count sent me

Releasing negative forces from within can take minutes, days, weeks, months even years. What matters is that we <i>all</i> have the power to make it happen.
Date

subtly carries the seed of doubt: "I might fail," or even "I will fail." "Trying" is one of the most innocent ways we sabotage our efforts. The reason? We're giving ourselves and Divine Source the wrong message and in return often get exactly what we ask for. I <i>intend</i> sends a message of which miracles are made.
Date

To "try" implies willingness to put forth effort toward a specific goal. But it also

connected to loved ones.
Date

It is most helpful to regularly separate from the thinking of people *in general* in order to connect with the Divine *in particular*. We can do this and still remain

The only way we can see how and whether we've grown is to look at where we've
beenpreferably much further back than yesterday or last month, or even the last decade.
Date

No matter what we choose as a physical healing modality, it is our spirit that ulti mately leads us toward life or away from it.		
Date		

but are unwilling to tell us who we are.
Date

Be at peace with an uncertain future, for it is the open canvas on which we can paint our dreams.
Date

ness, or apathy, still, small voice.	or anxiety, or fr . It leads to joy,	rustration, or happiness, er	anger, or sadı ıthusiasm, an	ness. These are d amusement.	not our
Date					

There are voices within us that would pull us down through too much serious-

of being aware enough to prevent doing this, we can use that awareness to sense when we're resisting life itself.
Date

Even though the sign on the door says "Pull," we push. Once we acquire a habit

still, small voice.	<u>.</u>	·	
Date		 	

Because we have chosen to allow our lives to be so filled with "doing," we have an overabundance of chaotic energy in us that gets in the way of our hearing our

A gifted healer once told me I was probably well grounded for much of my life. I therefore attracted relationships that were inclined to steal my grounding energy in order to ground themselves.
Date

in the past, it becomes critical for us to consistently decrease what we give away Why critical? We need every bit of what remains to heal ourselves.			
Date			

Our Life Force Energy is extremely precious. If we have depleted too much of it

All too often and however innocently, our upbringing can destroy much of the Life Force Energy we received at birth.
Date

If I can totally let myself have something, then I can truly	y have it. Nothing stands
in the way. This is the power of intention.	
Date	
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When it comes to healing mind, body, or spirit, nothing much gets done by sit ting on one's hands—except that they stay nice and warm.
Date

always be weightless. From now on, 'dense' will change to 'dance.' Always remember that your joy is also mine, for we are one. Come, dance with me in the light."
Date

"Here, dear hearts, I bring you a gift of new light. I made it so that it would

If you can't feel "life is good," if you can't feel happy to be alive, something isn't right with your world. Find out what that is, permeate it, process it, and you'll be rid of it. Divine Providence wouldn't have it any other way.				
Date				

When we focus on love of life, ourselves, others—	disease gets a message.
Date	

"I will be" is telling ourselves "I am not." What we feel we <i>are</i> will always dominate over what we feel we would like to be.				
Date				

Control of the subconscious is only possible through controlling the ideas and feelings we feed it.
Date

Is it fun? Be with it.		
Is it not fun? Change it.		
Date	 	

Date	My parents were spiritual, but their spirituality was fear-based. Cancer taught me how to make my spirituality love-and fun-based.				
	Date				

SURRENDERis opening up with a joy in your heart and a deep desire to respond to God's unfolding plan.
Date

A novel way of defining God:

Imagine God as a huge ocean, and a person as one drop in that ocean. Without the ocean, that person wouldn't exist. God is in that person, just as that person is in God. And all of the infinite power of that ocean is available to each drop.

We need but to ask.	
Date	

Who you are speaks louder than anything you can say.				
Date				

If we begin with the heart, we are resorting to our true source of wisdom. Then our brain takes over to bring that heart-wisdom into the world.					
Date					

those old teachings that do not serve us, and also in bringing in new information. I am convinced that something as traumatic as a serious loss, accident, or illness comes to us to be the teacher of that new information...if we let it. Date_____

What does it take to grow spiritually? Mostly, it has to do with deprogramming

A simple but most effective path to healing body and spirit: Ask <i>repeatedly</i> for what is needed. Don't give up! As you ask, give thanks with a deep-felt knowing that in your way or another wayit's already happening.			
Date			

One who becomes whole has little need for a physician.			
Date			

If I desire to become who I want to be, I begin by taking an in-depth look at who I am.
Date

We tend not to see things as they are; we see them as we are.			
Date			
	_		

Our body cells are constantly taking a peek at what is of believe every word we say.	n our minds and the
Date	

healers, or in mates, or in God, and act on those beliefs with inspired determina tion—these are the people who stand a much greater chance of healing.
Date

People who just don't give up but who choose to believe in themselves, or in

Sometimes, just the <i>momentum</i> involved in a determined pursuit is enough to make the difference. Why? I feel it sends a message to our trillions of cells—often enough and strongly enough to say "I choose to live."
Date

Like an innocent babe in the woods, it seems like I was pushed, despite myself, t embrace the gift of spiritual awakening above all else.
Date

By choosing to allow the pain of the past to surface and by choosing to befriend it, process it, and learn from it, I released Life Force Energy that was greatly needed to heal both body and spirit.			
Date			

By choosing to unconditionally trust that small voice within, I was repeated guided, one step at a time, to the Door of Miracles.
Date

A healer once is in residenc	e said to me: e. It is truly 1	"Bernie, wh the greatest	nat your can of gifts."	icer is all abo	out is that th	e Master
Date						
						
						
		 				

Indeed, for me, cancer has been the "can-answer" to life itself. It has been a loving taskmaster who simply left when the lesson was learned.
Date

I wish you an abundance of life in the full knowledge that life works.
Date

Be in God's love!	
In some way, I go with you	
As you also come with me.	
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SUGGESTED READING

Guilt Is the Teacher, Love Is the Lesson, by Joan Borysenko, Ph.D.

Quantum Healing, by Deepak Chopra, M.D.

Prayer Is Good Medicine, by Larry Dossey, M.D.

Peace Is Every Step, by Thich Nhat Hanh

Love, Medicine & Miracles, by Bernie S. Siegel, M.D.

A Return To Love, by Marianne Williamson

ABOUT THE AUTHOR

Bernie Beaumont considers his credentials quite ordinary but is quick to add that he feels eminently qualified to write this book. He is a man in his seventies who in his early years earned a bachelor's degree in Social Sciences. He went on to pursue a career in home office insurance companies, principally as a director of sales promotion and subsequently as a department manager. He left the corporate world at age fifty-five to establish his own business improving and managing income property.

Then, at age sixty, it happened! He was told he had prostate cancer, with the added news that it was accompanied by the threat of a high test score. He immediately set out to find the best solution, feeling confident his corporate experience would be a valuable asset. Indeed, his search led to the discovery of one of the most reputable prostate cancer surgeons in the U.S., if not the world.

Soon after the removal of the diseased prostate, in what was purported to be a totally successful operation, cancer showed up again and, though at a slower rate, never stopped growing for the next four years. A year and a half after the surgery, he decided to resume his search for a solution.

This led to the newer and lesser known field of Integrative Medicine wherein traditional medicine is combined with alternative medicine. A completely unanticipated discovery occurred. For a man whose world revolved on logic as the solution to everything, he was overwhelmed by his exposure to a holistic approach to life well beyond the field of medicine. "Holistic" treats body, mind, and spirit as being fundamentally interconnected. He gradually recognized just how much his spirit was in need of healing, and believed cancer had come to awaken him to that fact.

The Healing Ways Journal is essentially a raw exposure of the healing journey that followed. It reflects a life relived, beginning with childhood, of emptying old wounds and new, and replacing them with scores of powerful new insights learned from various sources, but most of all from deep within.

In 1998, he completed a manuscript he had entitled *Cancer Cured Me*. After many failed attempts to find a publisher who would accept a first-time author, he laid the manuscript aside, disappointed in not having a way to share the wonderful gifts he had received.

But even this did not deter him from embracing life as he had come to love it. He had learned from his newfound experiences that there were reasons why things happen as they do and are ultimately for our highest good.

The following year, he didn't need to look for the reason—it came looking for him. The ever-so-clear message was that he had yet to be tested. Just how genuine was this new joy and love for life? Could it stand up to severe adversity? Though it was in no way connected to his state of health, a catastrophic event took place, without warning, that was of a magnitude which causes people to end their lives, some permanently, others in mind and spirit.

To his utter amazement, within a short time, his gratitude for life's blessings grew stronger than ever. Then in 2003, he was literally led to a series of events that inspired him to create this novel approach to journaling.

Thirteen years after cancer was first discovered, Bernie Beaumont is in excellent health, particularly for a man of his years. He has no need for synthetic drugs of any kind, his use of over-the-counter medications is close to zero, he rides his bike five miles a day, and does strength-training most days. But above all, he lives with a sense of joy he never thought possible and fully intends to become a healthy centenarian.

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