



BERNIE BEAUMONT

Cancer Survivor

The Healing Ways  
**Journal**

# THE HEALING WAYS JOURNAL

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*Bernie Beaumont*

iUniverse, Inc.  
New York Lincoln Shanghai

# THE HEALING WAYS JOURNAL

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iUniverse, Inc.

For information address:  
iUniverse, Inc.  
2021 Pine Lake Road, Suite 100  
Lincoln, NE 68512  
[www.iuniverse.com](http://www.iuniverse.com)

Edited by Beth Mansbridge

Photo by One Voice Productions

ISBN: 0-595-77748-1

Printed in the United States of America

# *ACKNOWLEDGMENTS*

I was introduced to the caring world I have come to know through exceptional people as well as through Divine guidance. Many others not mentioned know who they are, and know where my heart is. I especially wish to single out the following:

Russ Beaumont, my son, who along with his loving family, taught me what it looks like to live a life of gratitude.

Kirk Barrows who through the years has fed me with untold wisdom, love, humor, and ongoing validation of my having chosen a road less traveled.

Chelle Thompson, whose surname was Hartman before a great love gave her cause to change it. It could well have been “Heartwoman” for all she taught me about living in the heart.

Benu, a very wise teacher who guided me through confusing times toward clarity and confidence.

Mary Khalow, whose 92-year-old heart had the youthful purity of an enlightened child. Her final prophetic words to me, spoken in a faint, feeble whisper, were: “We will always be together.”

Pat McKenna, who helped me to see what I couldn’t see, to hear what I didn’t always want to hear, and to feel—just feel!

Beth Mansbridge, who polished the manuscript with skill and nurturing that brought it to successful completion.

God, or whatever we choose to call a Higher Power, who gave breadth to everything, including all of the above.

# *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 problems at work or in relationships, 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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# THE HEALING WAYS JOURNAL

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

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If you stay in your head, you don't connect with the rest of you, which you may also find...is the best of you!

Date \_\_\_\_\_

[illegible]









“The heart has its reasons that reason does not know.”

—André Maurois, 19th century French author

Date\_

[illegible]



































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

Date \_\_\_\_\_

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.



















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 \_\_\_\_\_

[illegible]





We can actually do more harm than good by supporting loved ones in their victimhood. 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 \_\_\_\_\_

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If we have blocks in our spiritual body, the natural health perpetuating flow coming 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\_\_\_\_\_

[illegible]





































When we rely on conception alone, we are not dealing with reality. *Perception* tells us what is real. Mind can then use this raw data to produce viable solutions.

Date \_\_\_\_\_

[illegible]









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 \_\_\_\_\_

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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 \_\_\_\_\_

[illegible]



“Guru, speak to us of death.” And the guru answers: “An infant is feeding on his 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 \_\_\_\_\_

[illegible]







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

Date \_\_\_\_\_

[illegible]

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 \_\_\_\_\_

[illegible]







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 \_\_\_\_\_

[illegible]

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 \_\_\_\_\_

[illegible]

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

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

Date \_\_\_\_\_

[illegible]











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 \_\_\_\_\_

[illegible]

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 \_\_\_\_\_

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What became most significant in the processing of pain was the need to distinguish between *being* with the pain without indulging in victimhood. What really mattered was to focus on processing *out* of wounds.

Date \_\_\_\_\_

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However long it took...minutes, hours, days, weeks...didn't matter. What did matter was that once the lesson was learned, the pain no longer had a place to stay.

Date \_\_\_\_\_

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We can choose NOT to hang onto those blocks, those hurts, that stuff that festers 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 \_\_\_\_\_

[illegible]



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 \_\_\_\_\_

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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 \_\_\_\_\_

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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 \_\_\_\_\_

[illegible]

For many, there is something more involved. Rage, fear, hopelessness, or whatever 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 \_\_\_\_\_

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“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 \_\_\_\_\_

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

[illegible]

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

Date \_\_\_\_\_

[illegible]

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 abounding everywhere, I would never attain the inner power and courage to succeed.

Date \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

And what of forgiveness? Why I could forgive was astonishingly simple: Self-love 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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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 exactly the way you are.”

Date \_\_\_\_\_

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To *feel* with a deep-felt inner knowing that indeed “God loved me exactly the way I was” meant that I could learn to love myself without conditions and without having to rely on anyone else’s belief systems or opinions to feel self-worth.

Date \_\_\_\_\_

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

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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 welcome it, and most often...draw it out.

Date \_\_\_\_\_

[illegible]

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

Date \_\_\_\_\_

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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 \_\_\_\_\_

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Our spirit is that “something more” inside of us, *in action*. 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 \_\_\_\_\_

[illegible]



Once we see our magnificence, once we accept it to the fullest, we reach a point where we need hardly acknowledge it to ourselves. Others do it for us, even when they're not aware of it.

Date \_\_\_\_\_

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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 \_\_\_\_\_

[illegible]









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 \_\_\_\_\_

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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 \_\_\_\_\_

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Many healers, including medical doctors, advocate the use of visualization as a powerful healing tool. Anyone can do this, children included, simply by letting imagination soar.

Date \_\_\_\_\_

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

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.



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 \_\_\_\_\_

[illegible]

If we fill our minds with thoughts of what we don't have, we continue not having what we want. Real abundance comes from filling our minds with what we do have.

Date \_\_\_\_\_

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Scientists have determined that each of our trillions of cells has an intelligence and a memory. I am convinced that our cells respond to electromagnetic vibrations generated by our feelings.

Date \_\_\_\_\_

[illegible]



And then, a wonderful insight came to me: My body was being attacked by cancer. 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 *everything* possible for my body so that it would heal.

Date \_\_\_\_\_

[illegible]

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.

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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 \_\_\_\_\_

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Affluence coupled with by far the world's largest *unceasing* bombardment of advertising, are two of the underlying reasons most Americans are embracing lifestyles that lead to unnecessary illnesses and unnatural, often painful, premature death.

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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 \_\_\_\_\_

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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 \_\_\_\_\_

[illegible]







According to Herbert Benson, M.D., massive research clearly indicates that mind and body are so interconnected that separating the two is totally unscientific. Yet, in this context, the treatment of physical illness remains largely “unscientific.”

Date \_\_\_\_\_

[illegible]



History relates that for all his varied successes, Thomas Jefferson failed as a gardener 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 \_\_\_\_\_

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

[illegible]



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 \_\_\_\_\_

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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 \_\_\_\_\_

[illegible]



How can I know when I am connected to Spirit? By simply *intending* 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 \_\_\_\_\_

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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 on the other.

Date \_\_\_\_\_

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At age 60, the news that cancer was in my body with a high test count sent me reeling. A constant flow of horror stories about illness and death convinced me that my own early demise was inevitable.

Date \_\_\_\_\_

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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 connected to loved ones.

Date \_\_\_\_\_

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

Date \_\_\_\_\_

[illegible]









There are voices within us that would pull us down through too much seriousness, or apathy, or anxiety, or frustration, or anger, or sadness. These are not our still, small voice. It leads to joy, happiness, enthusiasm, and amusement.

Date \_\_\_\_\_

[illegible]

Even though the sign on the door says “Pull,” we push. Once we acquire a habit of being aware enough to prevent doing this, we can use that awareness to *sense* when we’re resisting life itself.

Date \_\_\_\_\_

[illegible]



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 \_\_\_\_\_

[illegible]

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

[illegible]





If I can *totally* let myself have something, then I can truly have it. Nothing stands in the way. This is the power of intention.

Date \_\_\_\_\_

[illegible]



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

[illegible]

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 \_\_\_\_\_

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

Date\_\_\_\_\_

[illegible]







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

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

Date \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.











People who just don't give up but who choose to believe in themselves, or in healers, or in mates, or in God, and act on those beliefs with inspired determination—these are the people who stand a much greater chance of healing.

Date \_\_\_\_\_

[illegible]









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 \_\_\_\_\_

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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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