

Introduciton

If you or anyone you know has cancer the Seven Principles of Mindfulness in Healing can guide your way home through diagnosis, treatment and recovery.

Credit: <http://www.mindfulnessinhealing.org/>

For more information books is available at this website

Principles

BE YOUR OWN ADVOCATE: Take a stand and be in control of your healing experience. Donâ€™t just roll over and let the medical establishment run over you.

INVESTIGATE ALTERNATIVES: There is a magical world of alternative therapies that will further your healing and give you a sense of well being on the journey to wellness.

MAKE HEALTH-PROMOTING LIFESTYLE CHANGES: These will include opting for healthy dietary choices and energizing exercises

PRACTICE DAILY MEDITATION: Tune into yourself to discover your body sensations, thoughts, and feelings

REACH OUT TO OTHERS: Ask family and friends for support and join a support group to share healing challenges and experiences.

CREATE YOUR OWN MEDICAL TEAM: Look for experts who know both Eastern and Western methods to get the widest range of medical support.

GIVE BACK: When you are ready, you will find joy and meaning in helping other people and giving back to your community.

Principles of Mindfulness

