Introduciton

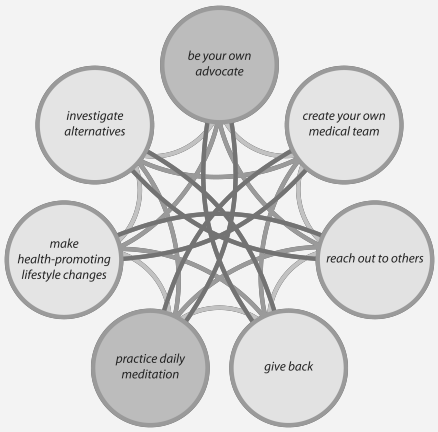
If you or anyone you know has cancer the Seven Principles of Mindfulness in Healing can guide your way home through diagnosis, treatment and recovery.

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



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