



Whatever thoughts you create and whatever emotions or feelings you have deep down inside are going to be the exact conditions you bring into your life. It is well to remember, "What you think is what you get!"

When you look or find something wonderful, beautiful, heart warming, beneficial and even joyful, you are receiving a higher energy. It is dispersed to those around you near and far and therefore more of the same will be attracted back into our own life.

The journey you are on presents an unlimited amount of experiences from heart aching to the other end of the spectrum –super joyous. The conditions that some call "problems" are actually opportunity lessons. It all depends on how you see it and handle it. When something like cancer interrupts the flow of ones life, did you ever stop to think that there is another way to look at it instead of an eruption or disaster and especially that it is fatal: There is another way – its called an opportunity – an opportunity given to us to find out who we really are; why we're here and what we are actually made of – an opportunity to use what God gave us- to understand that we can minimize what cancer can do just by believing in and having faith in our own abilities to reduce the cancer in our own bodies.

Yes, we do need conventional treatments and the MD's to administer and treat us, but if we can recognize what we can do within our own minds and bodies then we've achieved something very big. We've reduced and hopefully eliminated the fear of cancer, which also eliminates its power. Consequently the cancer is left with nothing to feed on.-Worry is no longer a part of the process. If one person can achieve this, then so can another and another until it begins to grow – one person helping another to see what is possible-then pretty soon there are more and more. Who knows how far reaching this could be. God gives us some pretty tall mountains to climb, but that is part of what makes life what it is. When rocks or pebbles are in our path through life, they present an opportunity to live life in the best possible way we can. We are constantly guided in every day of our lives-if we can just understand that, the good ideas, the lights that go on in our minds, they are all opportunities to use the abilities that God gave us. Whenever we think we've been "dealt a raw deal" all it is, is just another opportunity to grow and learn, to gain greater strength, to use that wonderful gift that blessing which is life.

-Bryne Marsh  
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