"There are no incurable diseases, only incurable people."

-Dr. Bernie Siegel

Having good health is very different from only being sick.

-Seneca

Cancer...

the word freezes most of us in our tracks. Yet, to understand cancer from a health perspective, is to understand that we all have “cancer” cells in our body. It is our immune system that prevents the cancer cells from “colonizing” or “communicating” and ultimately manifesting into a tumor or condition. When our immune system (our healthy cells) do not “communicate” with the imbalanced cells, our body will create challenges or lessons. This message that there is an imbalance may take the form of cancer or some other type of dis-ease.

Communication is what I would refer to as “a loaded term”. “Loaded” because it can be explained (or interpreted) on many levels. My background is in communication, graphic communication. Yet I find my life taking an interesting path, with the core of my talents being all about communication:
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- color
- symbol
- body/mind
- intuitive
- and what has been described of late: “healing communication”.

It is all one in the same and it is all connected.

Healing can be allowed to happen
when all the proper connections have been made
and the communication paths have been opened.

Hypnosis is communication, it is communication between the conscious and the subconscious mind. When I entitled this entry “Hypnosis and the Language of Cancer” I felt that many of my readers would assume this would address hypnosis and healing suggestions. This week I wanted to talk about the negative language and the powerful suggestions “survivors” use to undermine their healing communication. Hypnosis does not solely take place in the office of a certified hypnotist- THAT is the true misconception of hypnosis.

You are hypnotizing yourself and are being hypnotized constantly throughout your day. When a message or suggestion resonates or takes root in your subconscious and influences your behavior, in essence that is hypnosis. It is a good thing! It has just been associated with mind control because of media and the "stage hypnosis" acts. You can NEVER be hypnotized or controlled into doing something you don't want to do. That is why you cannot be hypnotized to quit smoking if you DON'T WANT TO QUIT! Think about that for a moment and understand why hypnosis works in some cases and does not work in others.
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- *Your self-talk is hypnosis.*
- *Repeated television ads (and print ads) are hypnosis.*
- *Suggestions from people you trust are hypnosis.*

None can work if you do not want it to work... I love the term: "making up your mind" because when you make up your mind that something will happen, it will.

THAT is hypnosis.

Pharmaceutical ads are perhaps the best at hypnosis as they suggest symptoms rather than dis-ease and support these suggestions with repeated symbol patterns AND color throughout the commercials. Pay attention to the repeated commercial ad, the repetition of colors, and the language—not to mention the syntax used within the commercial ad. It is rather amazing and yes, it is hypnosis. These ads should be taken off the air. I believe they are as damaging to our health as cigarette and alcohol ads, perhaps even more.

The current language of cancer does not involve love or healing, it involves fighting, battle, surviving, even the Komen foundation's “race for the cure” is not healing language. The subliminal message there is panic and defeat, “we have to hurry or we won't make it...” There are “support groups” which feed fear and often they “trade” hypnotic suggestions when talking about the experiences. Seeds are planted regarding the expectations of developing cancer or having a recurrence of cancer. Even the term “remission” leaves doubt, fear, and worry when celebration and joy should be the emphasis. Remission is retreat, not surrender or defeat, and definitely not about healing and well-being. Here are just a few examples of thousands of entries out there that provide “support”.

*My mother died in 2001 from Inflammatory Breast Cancer. Ever since then I've been on high alert,*

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knowing that it would be a matter of time until I would get cancer, not if I would get breast cancer.

My name is Gwen and I am a survivor.

Cancer is not prejudiced. It doesn't care how old or how young you are, how rich or poor, what color your skin is or whether you are male or female. It will strike anyone at anytime. I am the first in my family to have breast cancer, but now my daughter is at greater risk. She is my reason for fighting for a cure.

When you are diagnosed with cancer, it's war as far as I'm concerned. I pulled out all the stops, read everything I could get my hands on, got second opinions, talked with other women who'd 'been there' and made my decisions accordingly.

This is not about insensitivity to the dis-ease, it is about bringing an awareness to your body's response to your messages, your REPEATED messages. It is not about ignoring, it is about listening and understanding the power you have within you. It is about healing communication and not feeding the fear with language and negativity.

What language do you wrap around cancer? Granted, the medical community has to paint a dim picture and if I could shift the language of medicine it would be a grand achievement indeed! Malpractice and the requirement of offering the “worst-case” scenario dictates the language of medicine. It is a delicate balance to offer a positive reality.

I worked side-by-side with a family practice physician for over four years at the clinic we co-founded in Bristol, Tennessee. Our “heated” discussions often revolved around language, symbol, and semantics and usually involved me asking, “why do you keep telling them they are sick?” Which he often heard as denial on my part that patients were experiencing dis-ease or discomfort. It is not about denial, it is about restructuring the language, the symbols, and the expectations we wrap around disease and sickness, even what we wrap around death and dying (transition!).

My sessions involve the word “dis-ease” not disease, and it is important to say you have been DIAGNOSED with something rather than OWN it by saying, “I have

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cancer” or “I have diabetes” or whatever...I prefer (and you notice this language in my entries every week) the terms “learning” and/or “teaching” with a particular diagnosis (“lesson”).

I use these terms because your body does not have an agenda, it will respond to your thoughts and emotions (your personal language and symbols). You offer hypnotic suggestions every day throughout the day by way of your self talk. I often say that the two most powerful hypnotists in the world are your mother and your doctor, with your father and a clergy member coming in very close behind. Ask yourself if your thoughts or the scripting that embrace negativity are even your own? Thoughts can be replaced, and emotions that surround those thoughts cannot be far behind.

Within those years at the clinic, I developed a template for healing communication which I called a “meta-physical”. These extensive write-ups involved an intuitive session and then an analysis that explained the “why” of the dis-ease: the emotional basis and the body's physical and emotional response to your self-talk. I do not diagnose, because it is not about diagnosis of a dis-ease, it is about the emotional basis of the dis-ease.

The emotions and the language that surround an individual are key factors in the healing communication process. Cancer could be a book in and of itself, just as my weight release book deals with “where you carry your fear”-cancer is about “where you bury your anger”. Therefore it doesn't surprise me, just as in weight and fat issues the language of obesity involves fear on some level and holding one back; cancer language involves anger, resentment, battles, struggles, and survival. It is a fascinating correlation.

Cancer alone cannot be explained in a simple metaphysical manner as in “it is deep seated anger or resentment”. Rather it is more complicated than that, because it is WHERE the cancer presents itself first that can be very telling to me as a medical intuitive. Your body communicates you must open your minds and listen to the messages. Cancer is a message to be understood and answered not a war or a battle to be won. It is a shift in language and in energy (emotions) when understanding and the process of

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communication are embraced.

I did a numerology analysis on the word “cancer” and it is interesting that it has the vibration of an “8” which when put on its side 8 is the symbol for infinity—the lemniscate symbol is about rebirth and rejuvenation. 8 can be a challenging number because often those with an 8 life lesson number are challenged with having to reinvent themselves more than once in their lifetime. 8 is about executive leadership and finance, and when I think about the energy and the lessons that surround someone learning/teaching with cancer, it does embrace all these lessons.

In numerology, it is not just the numerical vibration of the entire word (or name) the name -or label- as in this case is divided into the vowels, the consonants, and then the entire name vibration. The vowels in a name represent the soul lessons involved and the consonants represent the expression or the characteristics of the name or label.

In the case of cancer, the soul lessons are all about nurturing and care giving, as they vibrate to a 6. So the soul lessons involve all aspects of learning to accept care and nurturing, learning to nurture and care for yourself, as well as teaching lessons of caring and nurturing. The 6 symbolically represents a pregnant woman rocking back and forth, so in this “rocking” is balance. In part some of the soul lessons of cancer are about balance and nurturing. And sometimes those lessons are not for the one teaching/learning from the cancer, these lessons may be for the ones that are touched by the life lessons of cancer.

The expression number in the word “cancer” is the energy or vibrations from the consonants and they vibrate to a “2”. This number is about relationships, cooperation, emotions, and also a number for creativity. It is interesting to note that all of these lessons are involved when there is a diagnosis of cancer.

Dr. Bernie Siegel is a pioneer in using creative visualization (hypnosis) with cancer patients. I have admired his work and the positive influence he has had on healing and hypnosis. I was first interested in his work from a color and symbol perspective long before I became certified in hypnosis. I still have the images of certain children

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teaching/learning with cancer drawing pictures of a battle or a war going on in their bodies. I wonder if those images came from their own body telling them what they needed or the language and scripting from parents and doctors? If the images came from their own body did they experience balance and recovery?

What are the percentages of recovery (healing) with positive images and imagining healthy outcomes verses the individuals that used negative imagery to fight or battle the dis-ease? I could not find any evidence of that type of research, but would welcome any information on the subject of language, cancer and healing communication.

Hypnosis is healing communication. It has been proven to reduce the side effects of chemotherapy. Hypnosis with relaxes the body and introduces positive imagery which can enhance the healing process. Color is a wonderful tool for supporting the healing process and blue is the color of communication and healing. Blue soothes and calms. As important, the process of healing is all about communication between the cells, so the color blue has a two-fold effect: inviting the cells to communicate with each other as well as calming and soothing the body.

Keeping thoughts positive and surrounding yourself with positive, happy people and experiences are a vital factor in the journey through cancer. Releasing fear and anger is challenging yet behavior follows language and language follows thought. Thinking positive and reflecting positive in your language and your environment is a wonderful path to follow. Blessings to all that have been involved with lessons of cancer in whatever degree or role those lessons have presented themselves.