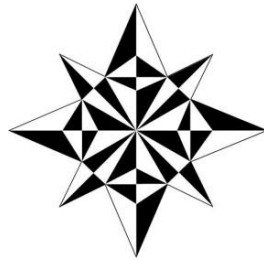


Loving Life...all of it

A Walk with Cancer,
Compassion and Consciousness

Amy Camie



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www.EnstallPhotography.com

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For More Information, Resource Videos and Music, visit:

www.amycamie.com

*The book is lovely, a personal and spiritual journey so sensitively articulated.
The photos, in the context of your thoughts and insights, are beautiful.
I am impressed at the power of transformational thinking!
And I loved the drawing by your son.*

Rachel Borson, MD

Amy's Medical Oncologist during treatment

With the "Magic Mirror" CD, Amy created a piece of music that helps breast cancer patients remain in balance through chemotherapy, and now she has created a piece of prose; her own journey, that helps patients put the whole experience into perspective. Conventional and complementary medicine can work together to make a cancer journey easier, but often the spiritual, deeper meaning of the experience is lost. This book helps patients find the freedom to create their inner journey, and offers them a path to follow to bring hope, love and peace as they go through treatment. It is essential reading for anyone going through a cancer journey.

Margaret D. Coplin, MD, MS

Medical Oncologist, Mercy Clinic - St. Louis Cancer and Breast Institute

*This is a touching anthology of your journey. It is well written and sensitive.
I believe that this story can help others face such a journey. It shows how such apparently tragic events in one's life can be turned into a positive experience...out of bad can come good.*

David G. Mutch, MD

Ira C. and Judith Gall Professor of Obstetrics and Gynecology

Division Chief, Gynecologic Oncology

Washington University School of Medicine in St. Louis

Rather than "suffering" through her cancer diagnosis and recovery, Amy chooses to use her personal experiences of challenge and transformation as a teaching moment for herself and others. She chooses to utilize each treatment and side effect as an opportunity to heal old wounds, to realize her inner completeness. One treatment, one decision at a time, Amy shows us how to stop being at war with our bodies and our past experiences and begin to live joyfully and completely, in spite of our circumstances. She invites us to practice self-awareness, acceptance and mindfulness when facing challenges, gently inviting us to embrace ourselves full on as an alternative path to negativity and blame. Thank you, Amy for this special gift.

Charli Prather, MSW LCSW OSW-C

Board Certified Oncology Social Worker / Therapist

www.charliprathercounseling.com

What does healing look like? Through the tool of Amy's music, I have seen the process of healing and wholeness manifest in the peace and calm repose of people stricken with devastating illness. As a Healing Touch Practitioner in a large medical center, I use Amy's music in the therapy that I practice. As the sessions begin and the music plays, I witness the release of stress, pain and anxiety that many hold in. As the session progresses, the depth of comfort can be seen and felt as a melting away of a weight that is shed. What a gift of healing and life incorporated in this beautifully created work. Only through the experience and opening up to the gift of breath could this book be conceived. Experience it with an open heart.

Merry Schlegel RN, HC-BN, CHTP, OCN

Coordinator of Inpatient Integrative Medicine

Having a tool like Amy's book "Loving Life...all of it," has to be the best thing for anyone who wishes to experience the world of healing in a more holistic fashion. Whether it be breast cancer (as she experienced and thus found the inspiration for this book), or whether it be a common cold, I hope EVERYONE will support their body in this manner when nurturing it to heal! As science is finally beginning to recognize how important it is to INCLUDE the quantum level of thoughts and emotions, Amy's openness can only encourage YOU TOO in your own ability to trust yourself and go deeper, deeper into your own journey of healing on every level so that you too can love life ... all of it!

Sandy Jost, PhD

Author and Educator

www.HealingImages.com

Amy Camie has been a pioneer in composing, performing and researching the role music plays in healing our bodies. For years she has played her harp for those in hospital outpatient departments soothing the nerves and bringing joy to staff and patients alike. What is more, her beautiful composition "The Magic Mirror" has been shown through scientific research to enhance the listener's immune system, inducing a state of relaxation and contentment that is the perfect antidote to the considerable stresses borne by people undergoing therapy for cancer. I play this piece to all patients with cancer and other chronic conditions in my medical office, and never tire of its simple beauty.

In 2011, Amy herself was diagnosed with breast cancer and this wonderful and totally honest book plots her hazardous journey through the traumas, and surprising insights, encountered in the ensuing months. Written as a personal journal, it is both easy-to-read yet profound. After each brief chapter, or 'Life Lesson', there is room for the reader to make his/her own notes and comments, as Amy describes the challenges that every person diagnosed with breast cancer will confront. Selecting just one of many vital insights, I found Amy's description of how she came to terms with her chemotherapy - a concept so foreign to one so focused on natural healing - the most revealing. In her own words: "I became even more grateful as I visualized my healthy cells 'sacrificing' themselves while actually helping me to become more sacred within....in a very sacred way, chemotherapy actually accelerated my spiritual growth!" These words will help so many faced with this dilemma.

The book is illustrated with photographs taken of Amy during the experience by Julie Enstall. Amy's strength and serenity shines through these images as strongly as through her words and her music.

"Loving Life... all of it" will find a prominent place in my waiting room; I warmly recommend it to all women, and men, as they face - and eventually recover from - such an overwhelming time in their lives.

Robin Kelly is a medical doctor, researcher, multi-award-winning author, TEDx presenter and musician from New Zealand. His latest book *The Human Hologram – Living Your Life in Harmony with the Unified Field*, was awarded 'Science Book of the Year' at the 2011 US National Best Books Awards. His previous book *The Human Antenna - Reading the Language of the Universe in the Songs of Our Cells*, was awarded 'Science Book of the Year' at the 2008 US National Best Books Awards.
www.drrobinkelly.com

A SAMPLING OF LOVING COMMENTS FROM FRIENDS WHO WALKED THIS JOURNEY WITH AMY

You are amazing! Even in your times of trial you continue to be a light and a shining example to all. You truly live your life gracefully.

I am inspired by the way you are moving to embrace the whole experience and allow your Divine Love to take you where it will in this lifetime...You are so eloquent and graceful, it is clear that your relating of your experience is meant to be a form of guidance for everyone. Thank you so much dear Goddess, dear Sister!

You are not only the most amazing harpist but a beautiful and insightful writer!

Amy, you are setting such an amazing example. The best and brightest energies are lit up in you, showing the rest of us a way to move along on a journey like this.

I am saddened by your news of breast cancer and yet I can feel your peace coming through your words. I am so optimistic about your outcome and also believe that this journey is one with great meaning for your life, your life's work, and for all of us who love you.

Gratitude and love to your whole family for showing us all how to walk through scary times with such grace, courage and faith!

I'm thrilled about your deep work. The healing you are doing for yourself, your ancestors, the whole lineage, for women and for all of us. We all are called or will be called to redress, each in our own way, our karma and to extend ourselves fully and completely to meet the Divine... all our 'pain' pulling us out of ourselves to know this Divine holding... so many blessings for you! I am honored, deeply honored to witness and share your inner journeys... thank you for your eloquence.

This is the most remarkable and beautiful communication that I have ever received. The openness, the detail, the clarity, the spiritual harmonics and love are all great gifts to the world.

I love that you allowed the acknowledgment of the fear and grief... Your tears of honesty inspire me to do likewise through the changes life brings whether they are small or large. Bravo for jumping into everything that's here in each moment. You are brave and beautiful and very special! I know you are moving with the current of your life, not fighting it, not trying to mold it, just allowing and being with and sharing with me and others! You move me...

Wow! I just finished reading it all. This is really big... and the fact that you are sharing so much of your life, love, fears, etc. with your friends. I'm sure this will help others who will someday walk the same walk.

I am in awe of your journey and the sacredness you are allowing yourself to find along the way.

I just finished reading all of your Journey to Love messages. And though I am so saddened that you have to take this journey because I know it is not an easy one, I am at the same time uplifted by your acceptance and trust. I am also very aware of how many people you will uplift and inspire throughout the rest of your life as a result of this experience.

God must have been present in full array to help you do all the processing you have been through in your mind and heart. I am sure just writing all you did has helped with your understanding, and should and will help others wrap their minds around their medical experiences. By the time everyone hears, you will have thousands of prayers from those who know you, or hear about you, and many will gain from your acceptance and shared understandings. That you could put the experience into words took courage beyond the expectations of many who have also been through it, or those who have concerns about their own health problems. When our God created you, God made one unique, beautiful, talented young woman who is willing to share her incredible feelings as she sorts through the experiences. Not only is your harp music heavenly, so is your understanding of what is happening.

Also by the Author

Solo Harp CDs of Covered Pieces

New Love – awaken to yourself

Love and Gratitude

Christmas Love – celebrating the child within

Original Solo Harp CDs

A Space Within

The Magic Mirror – Inspired Reflections

3 Gateways – Body Mind Spirit

DREAMS – the love within

In the Light of Love

Original Orchestration

DREAMS – the love within – Chamber Ensemble

Original Song - CD/Book Set

I Will Always Be with You (Illustrations by Alissa Shoults)

Collaborative CDs with vocalists

Angels We Have Heard On High – A Christmas Celebration with Sharen Camille

Simply Beautiful with Bridgette Kossor

Musical Inspirations from The Atlantean Legacy with Janiece Jaffe

REBIRTH – Awakening the Feminine Energy with Jessica Goodenough Heuser

Collaborative CD – Descriptive Verbal Imagery and Solo Harp

Gossamer Wings - Free to just... Be with Bonnie Snyder

Loving Acknowledgments

To my soul mate, mentor, best friend and husband, John, there are no words to describe our love. We are One...Forever One...You and Me.

To our children, Christopher and Justin, by loving you, my heart grew. By watching you grow, you taught me more than you will ever know. I love you.



Photo taken by Julie Enstall on 11/21/2012
after all chemotherapy and radiation treatments were completed

To my parents, Ken and Jean Conrady, you were my first teachers of unconditional love. Thank you for loving and supporting me...always.

To my "Prose Doulas"/Editors, Marti Soler and Cathy Andersen, thank you for your clarity of thought and intuitive insights in helping me birth my first book.

To all those who lovingly walked with me, through your eyes and hearts I saw my reflection. Thank you for seeing me

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Foreword

In all the years I have known Amy Camie, she has consistently “walked her talk.” By that I mean, she doesn’t just “talk” about her beliefs; she practices them in every precious moment. She reaches out to everyone in the same way; with genuine love and compassion and a strong need to give to those who are willing to receive. She especially had a "calling" to help those with cancer through her inspired music, even long before she was diagnosed with cancer.

When Amy speaks, everyone listens, including the divine beings that surround her and help her on her own journey. When she was diagnosed with cancer, she made a conscious choice to walk through it with the same kind of love and compassion that she had provided for so many others who had had cancer. She approached even the disease itself with love, understanding and deep wisdom. She never faltered in her beliefs that she had been given this experience in order to grow deeper spiritually and to love herself as unconditionally as she had always loved others.

The old cliché that "a picture is worth a thousand words" took on new life and meaning as I looked at the beautiful photographs of Amy! Julie Enstall has created a photographic masterpiece of the different moods and phases that someone with a life-threatening illness goes through. Amy's willingness to be so emotionally exposed and vulnerable shows up in every photo, just like she does in her everyday life. She radiates pure light as she “allows” her inner self to be captured in one photo after another. Each one speaks volumes about the realness of the person she is and continues to be.

Anyone with a diagnosis of cancer or who has a family member that has been diagnosed will benefit from reading *Loving Life...all of it*. For me personally, this was not a book about cancer; it spoke to me about how love and faith go hand-in-hand to speed up one's *healing* process instead of accepting one's *deathing* process. Amy's book is glaringly obvious that a cancer diagnosis is not a death prognosis! *Loving Life...all of it* gives others renewed hope and inspiration, no matter what the circumstances are in their own lives. Amy's courageous journey is a reminder to each of us that we have within us a goldmine of wisdom and self-love. Amy's story

will teach you how to tap into your own divine self and find the gold! May you walk always in your own inner beauty!

Namaste...

Marti Soler

Author of *Whispers of the Soul-Reflections on Love, Loss & Healing*

Grief Specialist

Preface

This book is...
a window into my conscious
walk through life, one step at a time;

a mirror of my shifting beliefs, expanding perceptions,
compassionate self-love, and discovery of purpose;

about living life fully and honestly from a place
of inner peace, joy, acceptance, and love;

a reminder that life is full of precious experiences
from which we may choose to remember who we are
and why we are here...to love.

When I was 7 years old my parents took me and my younger sister and brother to the theme park, Silver Dollar City. I have vague flashes of memories about that trip; the horseshoe ring, the wooden keepsake box, and the blacksmith fires. My most vivid memory of that trip is still vibrantly alive and present as I write these words. We had reached the end of the fun house and it was my turn to enter the last room. The door opened into nothingness; darkness filled the room. As my eyes adjusted, a galaxy of stars appeared; covering every possible crevice; the ceiling, the walls, the floor...wait...there was no floor...only an unending abyss of starlit darkness.

“How am I going to get across the room without a floor?” I asked myself as my heart pounded with anticipation and growing fear. I had never been so afraid in my life. “What if I step out and fall?” “Am I going to die?” “No, they wouldn’t let that happen in a *fun* house.” My mind was trying to figure out what my eyes were seeing.

I could feel the presence of people behind me anxiously awaiting their turn. I had two choices; turn back or step out. I took a deep breath, hesitantly lifted my foot and slowly lowered it to what

I desperately wanted to be a floor. To my surprise (and great relief!) my foot was greeted by some sort of squishy flooring that was invisible to my eyes. With each step I gained more confidence and was soon safely on the other side of the room. That first step, that single leap of faith into the starlit darkness, continues to inspire me today.

Once again, I stand at a precipice as I prepare to step off into the unknown. My mind is full of questions; my heart is pounding yet I am peaceful. I type another word and move toward the completion of this expression of love, this book you are reading right now; hoping that the words on these pages gently cascade as musical notes into your heart.

My intention is to share my walk with cancer, compassion and consciousness as openly and truthfully as possible, using words as my medium instead of music. Words can be tricky since we all have our own personal meanings, associations and experiences with them. I have done my best to carefully choose each word with heart-felt sincerity.

In the first section, *Reflections*, I reveal a mosaic of memories, beliefs, experiences and insights which prophetically created the pathway on which I walked my journey with cancer. Each section is a unique piece of my life's tapestry, woven by the Divine, which continues to imbue each moment of my life today, as I am a culmination of all my experiences.

It's time for me to take that first step, that leap of faith into the unknown.

If you would like to join me, let's take a walk...together.

Reflections

My guiding theme for life has always been, “Everything happens for a reason.” These words resonate deeply as I reflect upon:

- being adopted by parents who were both music teachers, who lovingly and unconditionally nurtured me from three months of age;
- growing up Roman Catholic, with a solid foundation from which to awaken my deep spiritual connection within myself;
- numerous artistic opportunities such as dance, theater, music, and pageants, giving me the confidence to speak and perform in front of people;
- graduating from Indiana University with a degree in Telecommunications rather than music;
- meeting, following my heart and marrying my soul-mate, John, despite our 25-year age difference;
- becoming a mother to our first born, Christopher;
- having a miscarriage two years later,
- and then giving birth to our second son, Justin, during a very stressful time in our marriage.

I mention this brief biographical information because each and every experience in my life influenced how I walked my journey with breast cancer. My cancer diagnosis was an opportunity to awaken and align my past experiences with a new paradigm, a fresh perspective and a renewed connection to my purpose. It didn’t happen overnight. Preparation for my journey with cancer began years before my diagnosis. Actually, it feels as if I’ve been preparing to walk this path my whole life.

* * * Searching for *Something* * * *

I have spent many years searching for that *something* that I thought would help me feel whole and complete. There always seemed to be a longing, a questioning of “is this it?”, and a feeling that the grass must be greener on the other side. What was I missing? Why didn’t I feel full and complete? I couldn’t describe it with words but I could feel it...whatever *it* was.

It was during this quest that I met my future husband, John, a gifted visionary and creative genius. He had contracted our musical group for a corporate event called, “A Night Under the Stars.” Our connection was immediate. Although my mind could not make sense of it, my heart knew that my life was changed forever.

When I met John, he was in the midst of a spiritual awakening that had started in 1985. His search for answers to the questions, “Why am I here?” “What’s the purpose of my life?” “How do I find my way out of this uncertainty and fear?” led him deep within himself. We both seemed to be searching for answers.

Up until this point in my life, I had never questioned the difference between religion and spirituality; for me, they were one and the same. After meeting John and engaging in numerous mind and heart-expanding conversations, I could see there was a great deal of difference between the two. I began to understand that religion is ‘an organized system of belief in and worship of God or gods’ while spirituality is ‘relating to the soul or spirit and the Divine influence working in the human heart.’ It was difficult at first to separate these concepts but eventually I came to realize that I was embarking on a deep personal spiritual quest to awaken my connection to the Divine within my heart. No longer was God something outside of me but rather an inside connection I desired to awaken. I was on a journey to awaken the Divine love within me, the I Am presence of God, Spirit, Universal Life Force, Creator, or whatever word you feel comfortable using to describe that indescribable essence of Love.

I was now consciously on a path that philosophers and religious leaders have written about for centuries:

Be still, and know that I am God. - Psalm 46:10, KJV

God is love. Whoever lives in love lives in God and God in him. - 1 John 4:16, NIV

Who looks outside, dreams. Who looks inside, awakens. - Carl Jung

The only journey is the one within. - Rainer Maria Rilke

Knowing yourself is the beginning of all wisdom. – Aristotle

* * * A Brief Introduction to The ORIGINS Process * * *

John's quest for answers came in the form of profound mystical explorations and journeys with compassionate Spirit Guides who showed him fascinating and wondrous places of experiential learning beyond our physical realm. Within these dream-like travels, John was never given answers, rather, he was given opportunities to experience profound lessons that awakened ancient knowledge held deep within his soul. John's gift to this world is to bring forth and share insights and knowledge from these travels. One of my blessings is to live with this gifted man and share in his explorations.

One day as I was helping John clean his apartment I found a journal full of scribbles and archetypal symbols in his desk drawer. "What's this?" I asked curiously. "Oh, it's from one of those crazy dreams," he replied.

I continued prodding him with questions. He eventually revealed the origin of the scribbles. They came from a book he copied after waking up from one of his dreams. In the dream he had witnessed a beautiful ceremony in a place called the Sanctuary of Universal Light, and one of his Spirit Guides specifically told him "Remember this...Re-member this!"

Finding this hand written journal was the first step in the development and manifestation of what we now call The ORIGINS Process; a system of self-discovery that is directly related to the ceremony John witnessed in his dream. The ORIGINS Process was and continues to be a spiritual compass for me and many others in our quest to awaken the Divine within. (For a more in depth exploration, see Appendix 1 - The ORIGINS Process.)

* * * *New Love - awaken to yourself* * * *

As a classically trained harpist, I never considered the *healing* aspects of music until 1992, when a close family friend was going through hospice care during her personal experience with cancer. I recorded my first cassette tape, *Reflections*, for Pat to use during her guided visualizations. Marjorie, another friend, noted she could see Pat's body physically relax as the music played. Something ignited within me when I learned of how the music had physically affected Pat and I knew my relationship with music was changing.

Then, in 1997, my father was diagnosed with prostate cancer. I remembered how *Reflections* had helped Pat relax and wanted to record something special for my dad. I recorded the CD *New Love-awaken to yourself* to help him relax and heal after surgery. For this CD, I recorded gentle New Age piano melodies rather than familiar contemporary or classical pieces with which my father may have prior memories or associations that would hinder his relaxation.

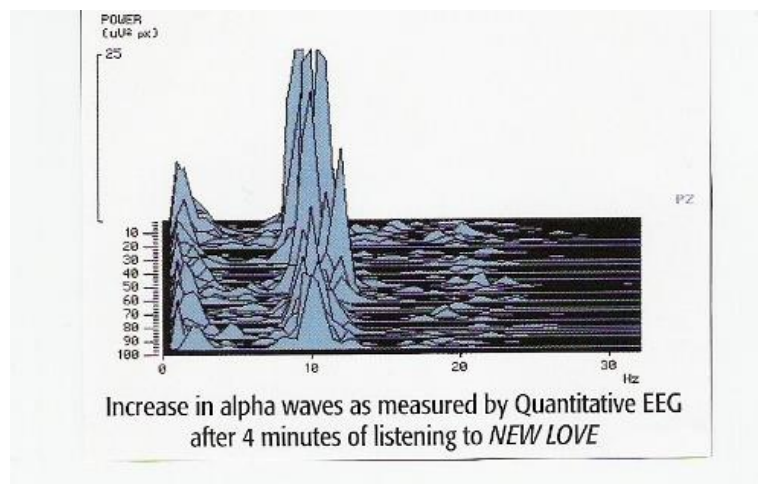
There was something very healing about this CD and when others listened to it, they shared their stories of increased sleep, decreased use of medication and even family pets staying calm during thunderstorms. I'm happy to report that my father enjoyed listening to this CD as it helped him relax and heal comfortably after surgery.

The New Age piano solos on the *New Love* CD awakened a slumbering giant within me. The music's rhythmic structure felt natural and freeing, the melodies soothed my soul, I felt a different connection to this music and my mind wanted to know why.

During this time my husband had serendipitously met a woman at a corporate meeting event and invited her and her husband over to our house. As we began talking, I realized that meeting this couple was not an accident...it was part my life's tapestry. Their names were Chris and William Collins, Ph.D.

Dr. Collins, a psychologist and neurotherapist, was intrigued when we shared stories with him about how the *New Love* CD was affecting others. He offered to conduct a pilot study to further explore the impact of this music on brainwave frequencies as people listened to the music.

The pilot study he conducted, using Quantitative EEG (QEEG) to measure brainwave frequencies of four individuals, indicated that the *New Love* CD induced a state of relaxation in only four minutes by decreasing the beta wave frequency and increasing the alpha wave frequency of the brain. In other words, the music was relaxing and calming the brain in four minutes.



Dr. Collins had never seen or used one piece of music that had this type of impact on such a varied population. The pilot study led us to hypothesize that if we could relax and calm the brain in four minutes, perhaps we could impact the immune system in a positive way.

Since I had initially recorded *New Love* for my father who was diagnosed with prostate cancer, cancer seemed to be the obvious place to start. We also decided that women would be more likely to listen to the music than men, so we arbitrarily chose 'women with breast cancer' as our

target population. We designed follow up studies that eventually led to the formation of the Scientific Arts Foundation¹.

* * * Playing with Intention * * *

The concept of “playing with intention” was becoming a topic of conversation within emerging sound healing groups and organizations around the country as more artists were creating and producing CDs to elicit specific results; reduce stress, open chakras, entrain brainwaves, induce sleep, and harmonize with the universe.

Intention, by definition, is having a predetermined purpose in mind. I knew my intention when recording the *New Love* CD was to help my father relax and heal after surgery, which it did successfully, but I didn’t understand why others were having such a profound experience with the music as well.

It felt as if I was digging into the essence of the music; questions without answers filled my mind, “What were the composers of these pieces thinking and feeling when they wrote the music?” “What inspired them?” I knew those answers were critical if I wanted to understand this idea of intention. I needed to get underneath the notes, into the initial feelings of passion that inspired their creation. I was facing my fear head on as I realized I would never have those answers unless I opened myself up to the experience of expressing my own music.

* * * Learning the Language of Music * * *

As a classically trained musician, most of my experiences of playing without music were either associated with *memorization* or *improvisation*; both of which produced stressful situations in which my performance was directly assessed by someone else; a teacher, contest judge,

¹ a Missouri 501(c)3 non-profit organization which my husband and I began in 2002, that supports the value of creative expression through research, education and community outreach programs.

conductor, other musicians or an audience. My limited experience with improvisation consisted of a couple years playing piano in a school jazz band. I loved the rhythmic syncopation of the music but never felt confident with the music theory part; knowing the chord structures, how the chords modulated into each another or which voicing to use. The fear of thinking I didn't know enough theory to improvise kept me dependent upon written music. Thanks to my wonderful classical training, I did have the strong foundation and technical ability to play almost anything I desired to play, as long as I could find and read the printed music.

In the early 1990's I performed frequently with a phenomenal group of women, who felt more like soul sisters than professional colleagues. We named our quartet *The Emerald Star Ensemble*; the harp, flute, violin and cello, our voices. The music we created was magical as we explored different types of genres; Baroque, Irish, Classical, Contemporary, Jazz, always playing with our own twist and unique interpretations.

Michelle, our violinist, was a natural at playing jazz and could go off into a riff regardless of what genre we were playing; Cathy, Natasha and I all desired to play with that type of freedom. One day was decided to get together and step into the world of improvisation...our way.

We imagined ourselves at a dinner party where we were having conversations; literally using our instruments as our voices. As the conversation turned toward me, I froze in fear and could barely play two notes. It was a life changing experience for me to feel that type of paralyzing fear even though I was with dear friends who were there supporting and encouraging me to let go and step, one note at a time, into this unfamiliar territory.

My mind simply could not let go of the word *improvisation*. I was spinning in the belief of, "How could I improvise when I don't know the theory?" which wasn't even true because I earned all A's in my music theory classes.

Questions, judgments and excuses filled my thoughts. "What if I play the *wrong* notes?" "What if it doesn't sound good?" "What will others think?" "I don't know what I'm doing."

My “Aha” moment came several months later during a conversation with an architect, who loved to sing in a community chorus. He reminded me that music is a language.

Music is a language. That simple, yet profound idea rocked my world as I reflected on how infants learn to speak. We all begin by playing with sounds, “au, ma, da, oo” then expand those sounds into words; gradually stringing words together, we communicate our feelings through simple sentences. After several years, we attend school where we learn the *theory* of our language, or the rules of proper grammar.

This idea was life changing as I compassionately perceived myself as an infant learning to communicate through a new language. It wasn’t important to know the theory or chord structure of the music; it was more important to feel the feelings that were expressing through the music. This was a very personal and profound shift in perspective; sharing music from the inside rather than performing music for the outside.

I began what I call *doodling* on the harp. As an artist *doodles* on a canvas, freely drawing and expressing without any thought, I started playing without printed music, allowing the energy of my feelings to express through the strings of the harp without worrying about any of the rules from music theory class.

The notes were simple; the melodies, child-like; yet I could feel a fullness within the sound that touched my heart. It didn’t matter what notes I played; what mattered were the feelings flowing through those notes.

It took a while to get out of my head and into my heart but as I became more comfortable *doodling*, the music felt as if it was coming to life. My initial fears of ‘not knowing enough theory to write my own music’ transformed into trusting the flow of music that was coming through my fingers. Playing music in this way, doodling without intention or attachment to an outcome, felt free, natural and pure of thought.

I soon envisioned music as a sound highway on which information travels, whether it is intention created from the mind or feelings from the heart. This visualization soon expanded into the musician being a hollow channel through which the music flows. As the *hollow bone*, as some refer to this visualization, my intention was to be open and willing to express the love flowing through my heart and soul, without any attachment or preconceived intention as to how other perceived or received the music.

* * * *The Magic Mirror-Inspired Reflections* * * *

My first CD of original music was *The Magic Mirror-Inspired Reflections*. This music was inspired by ancient crystal healing chants.

One afternoon, John and I were sitting in the harp room as I doodled. As often happens when we sit together in this space, his Guides came through and began showing him how certain healing chants were used in the Hall of Harmony, an ancient crystal healing chamber. John spoke a few of these chants aloud then shared with me how they were used. As he spoke, images appeared in my mind and my heart started pounding.

Something awakened within me and music flooded my body, mind and spirit.

Melodies sang within me to the point of absurdity. It was unlike anything I had ever experienced.

The music was coming from someplace deep within me; my heart, my soul, but definitely not my head as there was no rational thought involved. Whether I was driving, doing dishes or working at my computer, the melodies continued to bubble up from inside me as if they were trying to ‘get out.’

We scheduled a recording session with the sole purpose of physically releasing and expressing this music. There was no intention to create any specific outcomes with this music. My mind was quiet as my soul was given voice through these melodies of love.

The session was profound. I felt as if I was in a sacred temple, beyond time and space, at one with the music and its Source...as the music flowed.

For years, we held this music close, without duplicating or sharing it with others. When I listened to it I could feel my body relax to the point I could no longer feel it and there was something going on in my head that I couldn't explain.

* * * Research with *The Magic Mirror* CD * * *

An opportunity to research this music presented itself when the Board of the Scientific Arts Foundation, agreed to fund a pilot study exploring the impact of *The Magic Mirror* CD on brainwave function. This study was conducted by William Collins, Ph.D. and involved gathering quantitative EEG (brainwave) measurements from four women who were undergoing chemotherapy treatment for cancer, giving each woman *The Magic Mirror* CD to listen to once a day for ten days, then gathering a second set of quantitative EEG measurements at the end of the ten day period (see Appendix 3-Quantitative Brainwave Studies). The results indicated an *increase* in neurological functioning in all four women. These results were unexpected in that many patients receiving chemotherapy treatment for cancer often experience a common side effect known as “chemobrain” defined as impaired cognition, memory loss or lack of concentration. Our results indicated that listening to *The Magic Mirror* CD not only slowed this cognitive deficit but actually *increased* brainwave function.

My heart sang as I envisioned this CD gifted to newly diagnosed cancer patients all over the world to help reduce the impact of “chemobrain.”

Two additional pilot studies were conducted with this CD by measuring immune system biomarkers in saliva. Results indicated a positive impact on immune system biomarkers for up to 72 hours after listening to the CD once (see Appendix 4 - Saliva Sample Studies).

We now had compelling data and developed a full clinical trial entitled, *The Effects of Specific Music on Stress Factors in Adults Receiving Chemotherapy Treatment for Cancer*.

(For more information, visit: www.scientificartsfoundation.org.)

The research with *The Magic Mirror* CD continued to give me hope after I was diagnosed as I listened daily to support my mind, body and spirit. It is almost unbelievable how this music became such an integral part of every step of my cancer journey.

* * * *Vibrational Awareness* * * *

Our results with *The Magic Mirror* CD were so unexpected and my curiosity to understand the healing powers of music grew beyond my expectations. I read books, asked questions and learned more about how our brains respond to different types of music; familiar music tends to keep the beta waves (our focused attention) engaged while unfamiliar music tends to relax the beta waves, allowing the slower alpha waves to increase, resulting in a feeling of relaxation. It was fascinating information for my mind; however, that feeling of “there’s got to be *something* else” lurked just below the surface.

My personal spiritual quest was full throttle as John and I communicated daily about our dreams, insights and messages from The ORIGINS Process. Intuitive feelings and soft inner nudges awakened like friends from my past within me. I was beginning to differentiate how various types of energy frequencies felt; my mental thoughts, my emotions, memories from my past, and my desire to create and express music, all had unique physical sensations. The subtleties of this energy fascinated me.

My spiritual exploration with The ORIGINS Process paralleled our evolving research with the *New Love* and *The Magic Mirror* CDs which created opportunities for me to speak and share information about the healing power of music with medical professionals, community organizations and various types of cancer and hospice support groups.

“What is the definition of ‘healing music’?”

“What was the information riding through the music that made it healing?”

“How was the energy of my thoughts impacting my emotions?”

“How was the energy of my past beliefs impacting my actions?”

All of the above questions were simultaneously expressing themselves as I was developing a “Healing Power of Music” presentation. What was the underlying thread between the energy I felt awakening within me and the music that flowed through me? Vibrations!

The presentation *Vibrational Awareness* started taking shape as a fun, interactive and thought provoking way to offer insights into how music, sound and vibrations impact our thoughts, feelings, relationships and health. This presentation is a simple introduction into the world of vibrations and not a scientific in-depth exploration into the physics of each concept.

Here’s a brief outline of the concepts covered in this presentation:

- Everything in the universe is vibrating energy: people, plants, color, objects, wind, water, animals, thoughts, feelings, etc.
- The frequency at which we most naturally resonate is called our *resonant frequency* or *home frequency*...it’s the frequency at which we most naturally vibrate.
- Everything has a frequency and although we cannot hear it, most of us can feel it. Our moods are good indicators as to where we are vibrationally; when we’re in a good mood our vibrational frequency is higher than when we are depressed or feeling down.
- When two objects with the same frequency come into close proximity to one another, they begin to *sympathetically resonate* or ‘sing’ together...when you strike one tuning fork and place another tuning fork of the same frequency next to it, the 2nd tuning fork will begin to ‘sing’ or resonate with the first one. Since everything has a frequency, and as human beings we have the

ability to change and alter our frequencies (and we do, all the time), we are vibrationally impacted by everything and everyone around us through this concept of *sympathetic resonance*.

- *Forced resonance* occurs when a more powerful external vibration forces something/someone out of their *resonate frequency*. For example, when someone who's feeling down and emotionally heavy walks into a room, their energy is often felt by others in the room. Often, the most powerful energy in the room, the emotionally heavy person, forces others out of their resonant frequency into a lower vibration. "Misery loves company" is a common phrase I use to demonstrate this point. However, it's important to note that no one can truly 'force' someone out of their resonant frequency; this happens to most people unconsciously; once they become aware of *forced resonance*, they are empowered to make self-care choices that enable them to hold their vibrational frequency where they choose and not be affected by this concept.

- *Entrainment* is the rhythmic aspect of resonance; it is the ability of one rhythmic pattern to change and alter a less powerful rhythmic vibration to match its rhythmic pattern, so both rhythmic vibrations synchronize to the first. For example, when we listen to music with a strong bass or drum track, our brainwaves, breathing pattern and heartbeat *entrain* to that rhythm.

Understanding the concepts of *resonance*, *sympathetic resonance*, *forced resonance* and *entrainment* became the foundation for not only describing how the music was impacting others but also how my internal spiritual quest was evolving as I continued to look inward when feelings and emotions sympathetically resonated and awakened within me, sparked by outside events and interactions with other people.

The phrase, "If it triggers you, it's in you" became common language within our family and circle of friends during this time as we all began to more fully understand this concept of *sympathetic resonance*.

It took a great deal of courage on everyone's part to be responsible for their own experience of a situation. Walking this new path together was helpful in that we could emotionally support each other as old feelings and patterns began to emerge from our past.

* * * *The Rainbow Pyramid* * * *

In 2009, I began a daily journal, answering questions created during one of the yearly celebrations using The ORIGINS Process. As the questions helped guide me inwardly, I felt and explored some of my deepest fears, uncertainties, joys and dreams. As my fears became less fearful, old beliefs and judgments became less painful, and my life's motto, "everything happens for a reason," expanded to include, "loving life...all of it."

My desire to embrace *all* aspects of myself with compassion became the motivating factor for this expanded shift in perception. A wonderful way to illustrate this concept is to share a picture our youngest son, Justin, drew when he was 8 years old.

"Mommy, I *need* to draw you a picture," he said as I was preparing to leave for a *Vibrational Awareness* presentation I was giving on the East Coast.

Sitting on the floor with markers in hand, he diligently began drawing. With focused attention and unforeseen determination, his hand flowed flawlessly from one image to the next. This was not a simple "Good-bye, Mommy, I'll miss you" picture that many children draw for their parents who are leaving on a trip; this was a special message for me, coming through my precious son. This is what he drew:



Surprised and curious by what Justin had drawn, I asked him about the second image. With the innocence of a child, he replied very matter-of-factly, “Oh, that’s the *Rainbow Pyramid*.”

As if a light bulb had turned on in my head, I saw it; we *are* the *Rainbow Pyramid* and each color represents a different vibration, experience, thought, feeling, belief, etc. inside of us.

“Wow! This is my whole presentation,” I told him, as I embraced the profound gift of this image as it visualized to potential wholeness of who we are.

I knew this was a message from Spirit, so clearly and innocently expressed through Justin’s hands, “To find our balance, we must embrace all the colors in our *Rainbow Pyramid* with joy and gratitude in order to live fully from our hearts.”

I also like to read it from right to left, “When we live from our hearts, from a place of joy and gratitude (without fear) and embrace all the colors in our *Rainbow Pyramid*, we come into balance.”

This inspired visual image of the *Rainbow Pyramid* has become part of my *Vibrational Awareness* presentation and I have seen how it touches the hearts of audience members. Its simplicity is profound, its message is clear, and it has become a visual reminder of my life’s journey to love.

* * * Cellular Memory * * *

Imagine each color in the *Rainbow Pyramid* illustrating a different vibrational frequency, a different thought, belief, emotion, organ, bone, muscle, etc. within us. Some people have a tendency to label these various frequencies as *good* or *bad*. From a vibrational perspective *good* and *bad* do not exist. All frequencies together create the whole. Just as every string is valuable and important to a harp and all piano keys have the potential to create beautiful music, all the frequencies within us contribute to our life experience.

I believe when we encounter a vibrational experience that is too intense, strong, painful, joyful, or whatever the circumstance may be, and are unable to bring those vibrations into balance within ourselves in the moment, we store those vibrations somewhere in our bodies until a later time, until we are more able to bring them back into our awareness with compassion and integrate them within us.

It is my intention to bring as many of my colors back into my awareness as possible. The journey is not always easy, but the feelings of freedom are profound when old patterns reawaken and transform so that my choices come from a place of inner truth and love rather than unconscious fear.

Our memories are not only held within our minds, or subconscious, but also within the unconscious cellular memory of our bodies. Within this cellular memory are also the vibrational imprints of our ancestors. These ancestral memories lie dormant, below our conscious awareness, until that time when they are awakened by *sympathetic resonance*, a similar frequency, familiar experience, thought, belief, fear, etc. Just as the cavemen ran for their lives when being chased by animals, those same feelings of fear get triggered today, motivating our behavior and choices when we feel threatened. The scientific word for this is Epigenetics: the study of heritable changes that occur without change in the DNA sequence.

* * * My Universal Perspective * * *

My diagnosis of Stage 2 breast cancer came in late December, 2010. All of the life experiences mentioned above were part of my conscious decision to walk my journey with cancer from a place of love. I had learned much about myself through my daily journaling in 2009, and my continued use of The ORIGINS Process system further prepared me for this journey. I felt inspired and gifted with insights that expanded my perception beyond my personal experience and into a collective and universal perspective.

I was very aware that I was the one walking this journey and it was my responsibility to be fully present within it. I was also aware of the collective fears and uncertainty our society has grown to accept regarding a cancer diagnosis and chose not to “plug into” that paradigm of fear.

My universal perspective has evolved as a result of living with my soul mate and spiritual partner for over 20 years. As part of the development of The ORIGINS Process, John has received and continues to receive insights, guidance and information about the Cosmology of Consciousness or The Precession of the Equinoxes as it reflects the evolution of our current human consciousness. The Precession of the Equinoxes is defined as “a slow westward shift of the equinoxes along the plane of the ecliptic, resulting from precession of the earth's axis of rotation, and causing the equinoxes to occur earlier each sidereal year. The precession of the equinoxes occurs at a rate of 50.27 seconds of arc a year; a complete precession requires 25,800 years.” It's not necessary to understand the specifics of this concept in order to experience the changes that this shift brings. A more detailed explanation of John's insights into the Cosmology of Consciousness is outlined in Appendix 1-The ORIGINS Process.

Briefly stated, we are living in a time of transition between the Ages of Pisces and Aquarius; when our consciousness is awakening to a deeper connection to the Divine. Master teachers came before us speaking of the kingdom within, compassion, and love for one another. They planted the seeds of our potential. Now, we are the ones who have the responsibility and opportunity to choose; do we continue the patterns of fear and survival from our past or move into a higher state of consciousness through love?

For the first 13,000 years of our conscious evolution we were guided by the feminine energy that was intuitively connected to nature, the Moon cycles and feelings of nurturing, protecting the family and securing the home which ensured survival of our species; in other words, the feelings of the heart guided our choices.

When we learned to plant the seed, which enabled civilizations to develop, the Sun became our symbol of reference over the Moon and the masculine energy became dominant as we discovered

how to create and manifest our dreams in the outside world; the thoughts of the mind controlled our reality.

Now, as we re-enter the Age of Aquarius, where we began 26,000 years ago, it is time to *unify* the masculine and feminine energies; the mind and heart; our thoughts and our feelings. In order to do this, we need to first awaken to these energies and bring them into balance within ourselves.

Everyone experiences this awakening and unification within themselves differently. I knew that my breast cancer diagnosis was part of my sacred journey to this unification as I realized my transformation was happening on cellular, personal, collective, and universal levels of consciousness simultaneously.

This paradigm of deep exploration and inner connection grounded and guided my entire experience with breast cancer. On a soul level I deeply felt that I needed to experience this journey in order to awaken my connection to the Divine within my heart to fully live my dream, experience my joy and be the love that I AM.

* * * "I AM..." Photographs * * *

October 2010 was the first Breast Cancer Awareness Month I could honestly speak from a place of empathy. Having walked my own journey with breast cancer, I now had a personal perspective from which I could relate to other patients. Several area hospitals asked me to speak at their annual *Celebration of Life* events.

I chose to share some of the Life Lessons I learned through *My Journey to Love*. That is how this book came into being; through my desire to share with others those lessons of awareness and conscious connection that I now carry forward within my heart, one step at a time.

The inspired “I AM...” photographs throughout this book were taken by the brilliantly gifted photographer, Julie Enstall, after my second round of chemotherapy. It wasn’t until I was formatting this book that I realized there was an “I AM...” photograph for each Life Lesson. What follows is the story of how the photos came into being:

When I was diagnosed with breast cancer in December, 2010, somehow I immediately knew it was an opportunity to grow more fully into who I Am. From the beginning, my journey was never about fighting or battling cancer but rather about love, compassion and unification within myself. The night I shaved my hair, after my second round of chemotherapy, I had a vision of a series of photographs that captured the essence of who I AM, beyond my experiences, without any of the layers of protection I had come to depend upon as my identity. I called photographer, Julie Enstall. She immediately felt the power of this expression and writes in her blog:

“As an artist I was thrilled with the vision we discussed when planning these images. Although planning is a somewhat deceptive word to describe how we started this project. The “Plan” consisted of Amy saying, “Will you take some pictures of me after I’ve lost my hair? Here’s what I see...” “I see it.” I said. In as much as I could imagine it. Let’s play with this without any preconceived plan of the outcome,” I suggested. Play we did. Her uninhibited presence played with the light and the shutter, as images revealed themselves like little presents before my lens. The session was electric. The Divine was present that day; whether you call it God, the Holy Spirit, Jesus, Divine Energy or the great I AM. It blew in the most beautiful way. I hope you enjoy the images, and can see the remarkable, multifaceted woman Amy is. She has asked that I not retouch them so I have respected her wishes. You will notice a lump below her left collar bone, which is a port through which she receives her chemotherapy medicine. I wouldn’t have known if she hadn’t told me so I thought I’d share it with you. Amy has shared her harp music with cancer, hospice and grief communities for many years and has been heavily involved in the research of how her CDs relax the body, reduce anxiety and support brainwave and immune system function. Now she has had the opportunity to experience the healing effects of her music first hand.”

* * * Continuing Our Walk into the Life Lessons * * *

My intention with this book is not to offer answers or solutions but to share openly and honestly with you significant steps of my own journey that may awaken a new perspective or possibility within you. My suggestion would be to read it slowly, reflect on what feels relevant for you, and gloss over that which does not resonate within you at this time.

If you choose to participate in the *Quiet time for reflection* meditations and utilize the Journal pages at the end of each Life Lesson, memories and feelings may awaken within you unexpectedly. As these feelings and memories come to conscious awareness, tears often flow.

For me, these types of tears help move the energy, the feelings and emotions that are now coming to conscious awareness. I encourage you to be gentle with yourself. Contact a close friend, trusted family member or licensed professional if you need assistance during this time of awakening.

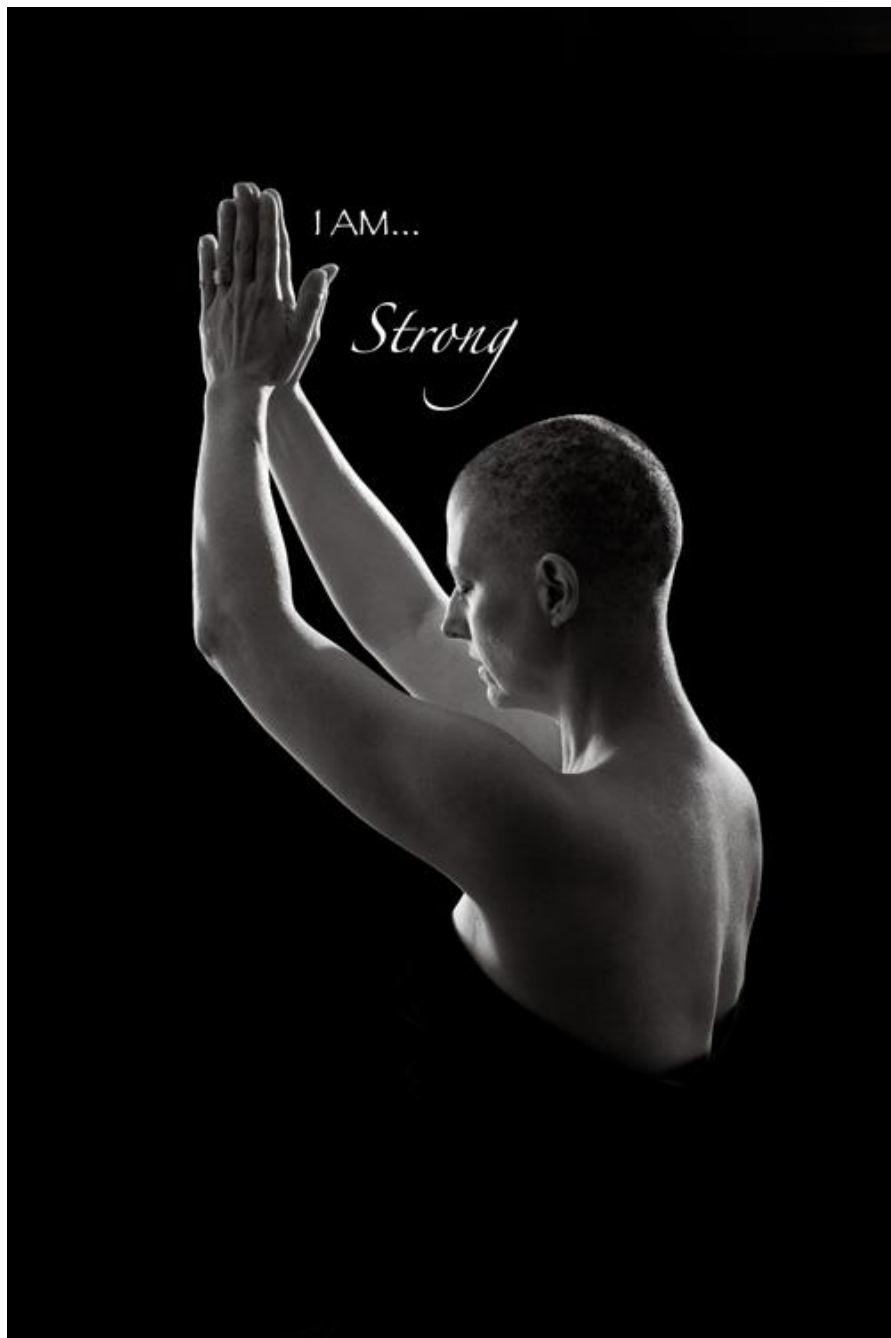
The Journal Entries in the following chapters were chosen based upon their content within the context of the Life Lesson. My first surgery was in January, 2011 and my port removal was in November, 2011 so Journal Entry dates fall within these eleven months. My entire Journal is available to read on my web site: www.amycamie.com.

My hope is that the following Journal Entries, Life Lessons, Inspired “I AM...” photographs, *Quiet time for reflection* and pages for your own thoughts and feelings awaken a sense of peace, joy, love and light within you.

We must each walk our own path in life and sometimes that path is filled with challenges, fears and uncertainties. What I've learned is that I AM not my experiences...I AM so much more...and so are you!

Life Lesson 1

It's OK to Have My Own Belief System



My Journey to Love Begins with this Journal Entry: January 2, 2011

Dear Friends and Family,

I'm sending you this email because you are all very special to us and we wanted to share what is happening in our lives right now. On Dec. 20th I had a mammogram and on Dec. 21st (Winter Solstice...how perfect) they called and said a small mass was found in my right breast. I went back for a sonogram on Dec. 23rd, a biopsy on Dec. 29th and on Dec. 30th the biopsy came back positive as "ductal infiltrating carcinoma"...breast cancer. Right now I just know that it's Stage 1, intermediate grade, fed by estrogen and progesterone, measuring 1.8cm X 1.9cm (small) and it's the most common type of breast cancer (70-75%)...so...if it had to happen, this is the type to have.

Ironically, even though the 'unknown' factor is a bit scary, there is a deep sense of peace surrounding all of this. I know that a large part of my purpose for being on the planet is to create and share my music with people going through the cancer journey and I also know in my heart that part of me needs to personally experience this journey in order to be able to say "been there, done that." There is so much beauty surrounding this process already and I'm very clear that one of my main lessons during all of this is to learn how to receive love for myself. So, from my perspective, this is a sacred journey back to myself so that I can more fully share my love with the world.

...So, the bottom line is that this sacred journey is flowing beautifully, with ease, as everything and everyone is dancing gracefully into place. Now all we need to do is take each step...one step at a time, while staying present and open to the love within each moment. John, Christopher and Justin are all doing well and we have all agreed to stay open and honest with our feelings and share every piece of information as we move forward, together. Thank you for being a part of this sacred journey.

For years I've shared my solo harp music in hospitals, cancer centers, hospice facilities and grief communities around the country, providing a sense of peace and comfort to patients and family members going through stressful life challenges. Whether it's in a hospital room or someone

coming to our home to pick up a CD, I've seen pain, angst and fear in many eyes; have felt sorrow, longing and regret in many hearts; and am always grateful when the music is lovingly received.

I've also shared my presentation, *Vibrational Awareness and The Healing Power of Music*, with many healthcare professionals, support groups and community organizations, which addresses how the energy of music, our thoughts, words, actions and environment impact us. I like to think of it as planting little seeds of awareness. I have often suggested that the most commonly used words in association with cancer may not be the most "healing" choices. Words such as "fight" and "battle" often create an immediate feeling of fear or the need to protect one's self against something.

When I was diagnosed, the words "fight" and "battle" felt in direct opposition to what my body was trying to express. I felt within myself the desire for connection, honest communication, and compassion; not protection, a battle or a fight. I knew I had been fighting within myself long enough. I had resisted my own love long enough. I had lived from a place of fear long enough. I made a conscious choice not to plug into the collective idea of what a cancer diagnosis means and chose, instead, to walk this journey from a place of love.

After my treatments were completed, I also made a conscious choice not to identify with the label "survivor" for several personal reasons. One, I asked myself, "What did I survive...death?" Well, no one truly survives death since death is an inevitable part of life. What I feel I survived is my *fear* of death which has given me the freedom to now live each day with acceptance and gratitude. Two, over the past several years, I've become more resistant to identifying with labels because they limit my experience within the moment. If my reference point within the moment is tied to a label, then my experience carries a vibrational shadow of that label. Three, from my cancer experience I learned so much about myself. My life is full of experiences; each one profound within itself. They all combine to create my *Rainbow Pyramid*, with each color shining brightly, and no color outshining another.

It was clear from the beginning of my journey with cancer that my personal perspective upon diagnosis was one of embracing this experience from a place of love rather than fear.

The email response below to a friend offers insight into my universal perspective and describes what was happening prior to my diagnosis:

Thank you so much for your message. Yes...this is definitely a deep sacred journey for me and I've been preparing for it all my life. I can't even begin to share with you the depth of cellular memory I'm accessing and clearing...both John and I are aware that this is a cellular consciousness that's realigning. The levels are mind-blowing from the quantum to the Universal. Miracle connections are happening every day and there is only love that surrounds this journey. To give you just a small glimpse of what's been happening...the whole month of December I've been in a profound journey inward...my body stopped 'releasing' for about 3 weeks and I ended up going to the emergency room...everything's OK. A couple days before going, I had accessed and awakened the masculine energy of my birth father within me...the energy I've been searching for outside myself for my whole life...the energy that laid dormant within me since conception and manifested as a deep/hidden melancholy I've carried all my life. As my gut was holding on, the memories of pain, shame, guilt and fear surfaced...not to be 'released'...but to be transformed by the divine compassion/feminine within me.

When the masculine became conscious, I had manifested my star child's parental energies within me. The day I actually went to the emergency room, I was having waves of energetic nausea, similar to labor pains, as my star child consciousness was coming into being...words just cannot express the experience but you get the idea. This diagnosis is simply a step in my experience of this physical realm as I'm unwinding the energetic fears, twists and beliefs of my past, and my ancestral light lines. Even my birth 1/2 sister, brother and mother are now connected with me in this journey. It's truly beautiful to witness all the levels of healing and balancing through love...

Words are completely inadequate to describe such a sacred and sublime experience. Were those 'energies' that were awakening within me truly masculine or feminine? No, they defy labels. They felt so deep, so old, so big, so universal. As the feelings emerged from within me, pictures

came to mind, associations were made based upon old and new paradigms and I chose words that most accurately defined the feelings that were awakening within me based upon my personal experiences with those words.

When words are used to describe the essence of energy, they limit, restrict confine and label that energy, thereby diminishing our potential experience of it. The Divine cannot be described or labeled, only experienced...and that is what was happening to me.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “STRONG” to come forth from within you...

How does this word *Feel* to you?

Now allow the phrase “It’s OK to have my own belief system” to come forth from within you.

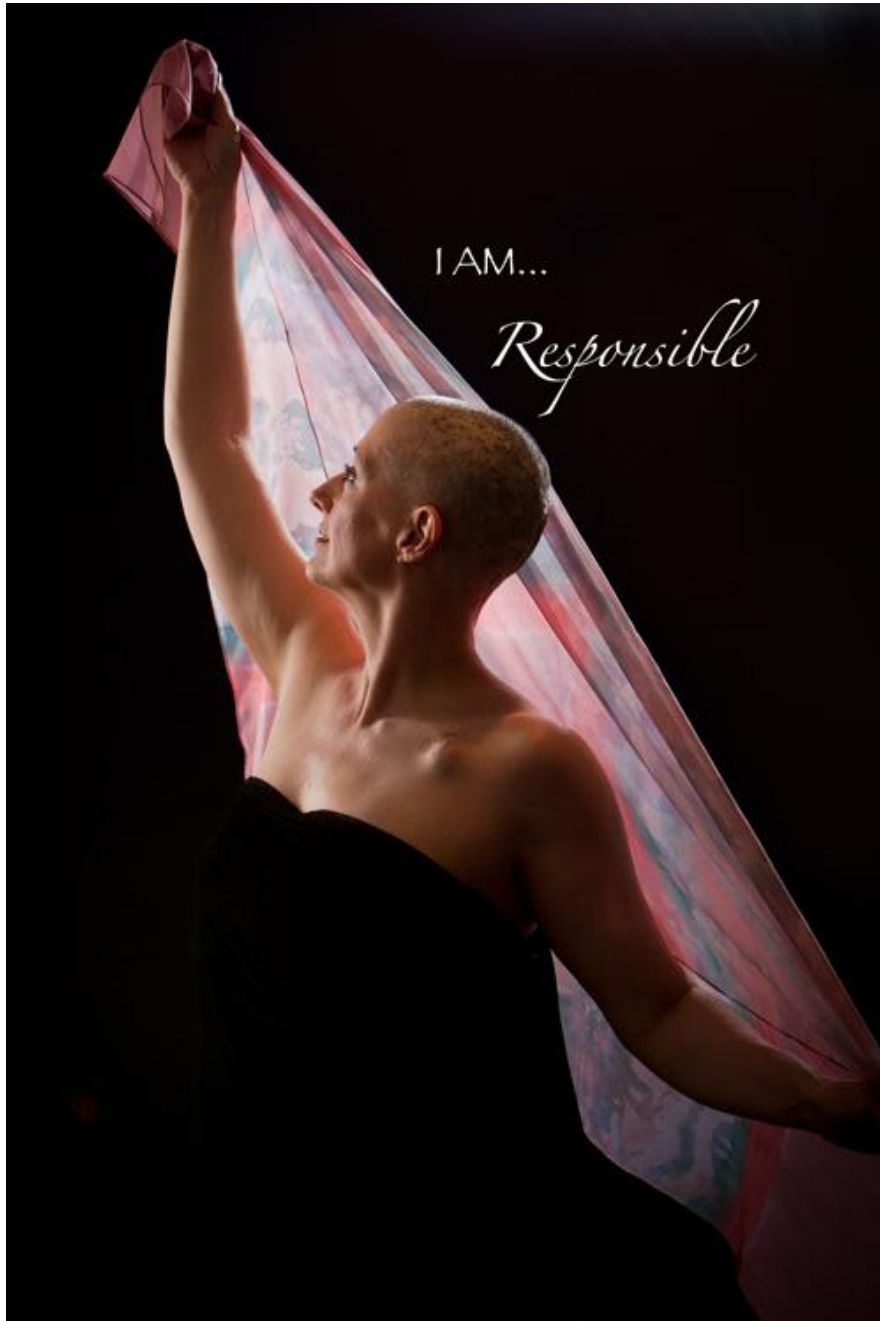
How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 2

I Have the Choice to Choose How to Live My Life



Journal Entry: January 4, 2011

...MRI went well today. It was an unexpected experience to be so completely in myself as the powerful vibrations surrounded me. I found myself in communion with each cell and I reassured them that "we're all in this together and we're all supporting each other so just relax and let the vibrations enter in order to get the best images possible...and then let the vibrations pass through...there's no need to hold them." With each day the vision of this sacred journey becomes clearer...today's HUGE insights were all about balance...on every level.

Personal Email Response to a Friend - January 9, 2011

Last night I selected a phenomenal pattern on the Diamond Star which illuminated even more deep fear, pain and protection I've carried most of my life. Immediately, the awareness shifted the energy and the images were amazing as I pictured my soul light shining through from below my heart, connecting to all the other lights of love that are around me from those who love me, creating a 'river of light' out into the Universe...it was as if I became a portal for love and light...all I had to do was open the gate and allow it in.

By walking this journey on my own terms, I knew it was my responsibility to be fully present within it. I could feel my body calling out for my attention. I could choose to be angry and upset that my body 'did this to me' or I could choose to listen deeply to what my body was trying to tell me.

The previous years of deep introspection, journaling and utilizing The ORIGINS Process had brought to my awareness traumas and experiences of my past and I intuitively knew that many of those old vibrational feelings, thoughts and beliefs were still in my body. I was also aware that my familiar way of *being* was to put other people first, to *think* that I was *feeling*, along with other patterns of behavior that kept me disconnected from feeling what was in my body. I now had the opportunity to develop a new language of communication with my body from a place of loving self-compassion. This deep inner listening required focused attention as my body was

changing constantly. With every test, surgery, drug, acupuncture treatment, massage, meal, meditation, my body was changing.

Every moment became an opportunity to choose:

“Am I listening?”

“Am I acting upon what I hear?”

“Am I choosing old patterns of behavior?”

“Am I choosing new actions that lovingly support me in this moment?”

“What feels comfortable?”

“Do I listen to what others tell me or feel what my body is saying?”

“Where’s the balance between the inside and outside?”

All of these questions became part of my moment to moment awareness.

The fear, pain, trauma and protection held within my body were not only part of my life experiences, but what I had inherited from my ancestral line; part of my genetic coding. I knew it was my opportunity, and responsibility, to bring as many unconscious patterns of behavior as possible to conscious awareness. Within this new awareness, I could choose differently, flip the switch and compassionately transform those old vibrational patterns of fear into loving and balanced colors of my *Rainbow Pyramid*, rather than allowing them to unconsciously and continually motivate my actions. It sometimes felt like a mammoth task, but when I took it one moment, one choice, one step at a time, the path became easier to walk.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “RESPONSIBLE” to come forth from within you...

How does this word *Feel* to you?

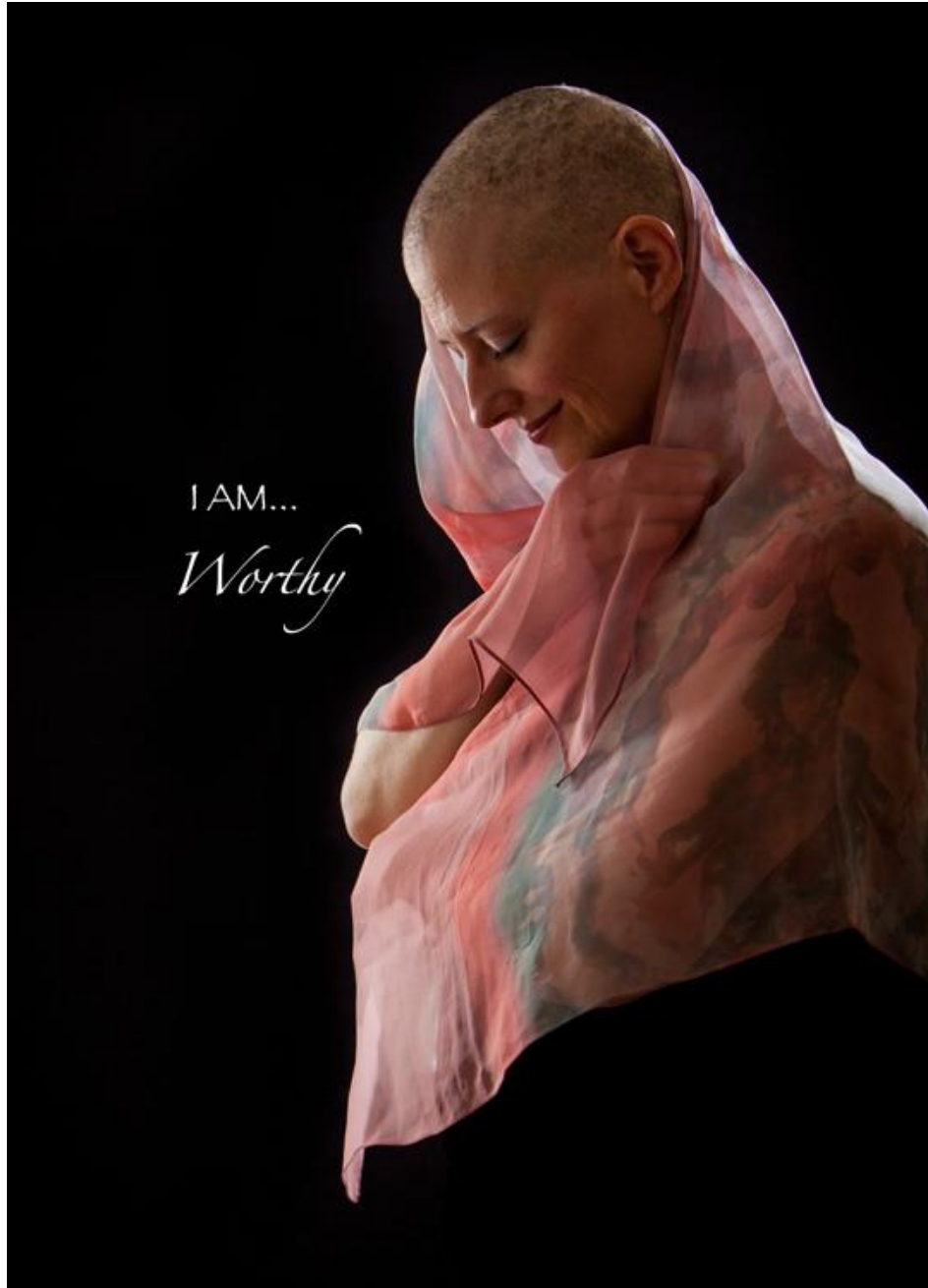
Now allow the phrase “I have the choice to choose how to live my life” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 3

It's Important to Take Time for Myself



Journal Entry: January 5, 2011

This morning more beautiful awareness came before and during listening to "The Magic Mirror"...Wow...one of the gifts of this journey is truly being able to experience the energy of the music on levels I've never been able to access before.

Prior to my diagnosis, I really didn't take time to listen to my body, or love myself in the way I loved others. As a mother, wife, daughter, friend, colleague, and all the other roles I played, I always put everyone else before me. In the beginning my diagnosis was an "excuse" to begin reversing that pattern of putting others first. The "excuse" quickly transformed into conscious loving choices of self-care as I remembered that one of my main lessons during this journey was to learn how to receive love for myself. It started by my willingness to simply slow down and listen inside.

As many of you may know or can imagine, the time after diagnosis is crazy, full of tests, appointments, waiting for results, decisions, more tests...it goes on and on. I was caught in this swirl of activity and found myself turning toward my music to help me slow down. The prior research we had conducted with cancer patients only affirmed the music's value in supporting my brainwaves and immune system function. That information helped my mind justify taking time for myself since focused, self-care was not a common practice for me up to this point in my life. I listened to *The Magic Mirror* CD at least once a day and it became my sacred "take time for myself" therapy throughout my treatment. I still continue this ritual today. What a magical experience to receive my own gift of music for myself!

I thought to ask myself, "Where did this pattern of putting other people first originate?" When I was 35 years old I decided to find my birth mother. I knew there was a possibility of her not wanting to meet me, so I prepared myself for this possible rejection by working with various healing techniques to bring old patterns to my awareness. It was an eye-opening experience to realize how much of my outwardly loving actions were actually motivated from a place of fear. I was nice to everyone because on some deep unconscious level, I "didn't want them to give me away." My journal writings from 2009 brought deeper levels of this behavior to my awareness;

my unconscious fear of being “rejected by my creator”; my feelings of unworthiness around my own birth; and my fears of abandonment. These unconscious cellular vibrational aspects within my body had been motivating my actions and choices for years. It was time to bring those ‘colors’ within my *Rainbow Pyramid* back into balance by recognizing the old patterns of behavior and choosing more loving choices for myself; knowing and believing that I am worthy and deserving.

The easiest way for me to visualize the concept of embracing old patterns of behavior is, once again, through the *Rainbow Pyramid* drawn by our son:



Imagine every color in the *Rainbow Pyramid* as a different life experience, feeling, thought, belief, action, anything and everything that's ever happened in your life. Some colors are bright and shining, while other colors are repressed, hidden and almost invisible.

For me, my day to day walk with life involves awakening and embracing every color in my *Rainbow Pyramid*, even those colors that I've forgotten or tried to forget. My desire is to learn and remember as much about myself as possible. This Lesson continued to expand and grow during my Journey to Love.

Journal Entry: July 22, 2011

Wow...living from the inside out...really...takes so much consciousness...those old patterns of focusing on the outside are sneaky little tricksters...time to bring it back in...which my body has been trying to tell me all week...it's so much easier when I slow down and listen.

As I look back at the week, I can see simple little 'alterations' in my schedule and routine and how they may have contributed to my slight drop in energy...which also could be my sensitivity to the Full Moon energy...but it's all connected. This week I missed 2 days of miso soup, 2 days of my Touch for Health exercises, my Monday evening Yoga class, and I haven't meditated (TM) for days. I have, however, listened to "The Magic Mirror" every day and when I give myself that time, I just collapse into the pillows and fall into the music...because I'm still out of balance.

On Tuesday I could hardly keep my eyes open because my inner-self was trying to pull me back inside. Then on Wednesday, I felt more energy and, of course, I fell into 'production mode' getting bills paid, packing up CDs, writing invoices, doing errands...my 'normal' routine. Wow...when will this new patterning finally become my Way of Being...from the inside out? Such diligence, compassion and self-love are necessary for this shift to occur and take hold. I get that this is not just my personal patterns that are unwinding...it's my whole light line, genetic heritage that I hold within my cellular memory, that's coming to conscious awareness and re-patterning. Thank goodness for The ORIGINS Process, which helps me see these energies reflected in their specific patterns. Staying conscious and aware of my choices, every choice, and how it resonates from within me is key. If I'm taking action outside, then where is that action cored from within me? Is it habitual or is it truly an action that supports me living my purpose? Today's another day and writing this Update was a beautiful way to start...

I'm grateful for the nine months of treatment that gifted me the time and opportunity to learn this lesson of taking time for myself. The hidden resistance underneath this lesson became obvious as I remembered and honored my deeper feelings of worthiness. *Worthy, valuable, and precious*, are synonyms that were intertwined with my cellular memories of being adopted. "How could I be any of those words?" was an old belief and self-judgment that existed on levels below my conscious awareness. Slowly, as I embraced each of those words within myself, I truly began believing that I was *worth it*.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “WORTHY” to come forth from within you...

How does this word *Feel* to you?

Now allow the phrase “It’s important to take time for myself” to come forth from within you.

How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 4

Judgments and Assumptions Restrict Possibilities



Journal Entry: January 6, 2011

It feels as if my body is guiding the momentum of our decisions and is helping us to slow down while still moving ahead. To be on this side of the journey is profound for me as I could never have understood my judgments, assumptions and perceptions without having experienced it personally. It is sooooo personal and I honor everyone who has walked it before me.

I wrote the above journal entry after our appointment with my surgeon who explained all the different possibilities and treatments, which, of course, were dependent upon test results that were not yet available: mastectomy, double mastectomy, lumpectomy, hysterectomy, were all choices on the table.

Wow, I never imagined that I could actually *choose* any of those, especially a double mastectomy! After all, my breasts are directly connected to my femininity, my ability to nurture, my beauty as a woman, or so I thought. Such a story I had created around my breasts, such judgments I carried, and in less than 15 minutes - *poof* - all the stories and judgments were gone, because they were simply that...stories and judgments.

"Take them off!" It was a decision that I was ready to make if my genetic tests came back positive. Fortunately, it was not a decision I had to make. My tests were fine and I ended up having a lumpectomy plus eleven lymph nodes removed; only one lymph node was involved and the rest were clear.

This experience shed light on many of my previous judgments and perceptions I had held about myself and others. My heart opened in ways I could never have imagined. My self-love began blossoming within this new experience of recognizing those thoughts and feelings I had, up to this time, refused to acknowledge.

An integral part of The ORIGINS Process is asking self-inquiring questions that explore the gem messages selected on the Flower mandalas. This self-exploration through questioning is one of my favorite and most effective techniques of self-discovery. I began asking myself questions such as:

“Where did these judgments come from?”

“Are they mine or part of an old inherited pattern?”

“Why were they repressed?”

“What was I afraid of?”

“Can I remember when they started?”

“What experience are they connected to?”

As I sat silently, listening for answers from my heart rather than my head, quiet words and phrases offering insight emerged from deep within me. The fear diminished as I realized I didn't have to accept or agree with those thoughts and judgments; however, it *was* my responsibility to acknowledge they were part of me. Once acknowledged, I could choose to keep them or transform them. Most of the judgments now felt old, limiting and tight. With every breath, the spirit of honesty, clarity and truth opened sacred space within me, illuminating even more colors within my *Rainbow Pyramid*.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “COMPASSIONATE” to come forth from within you...

How does this word *Feel* to you?

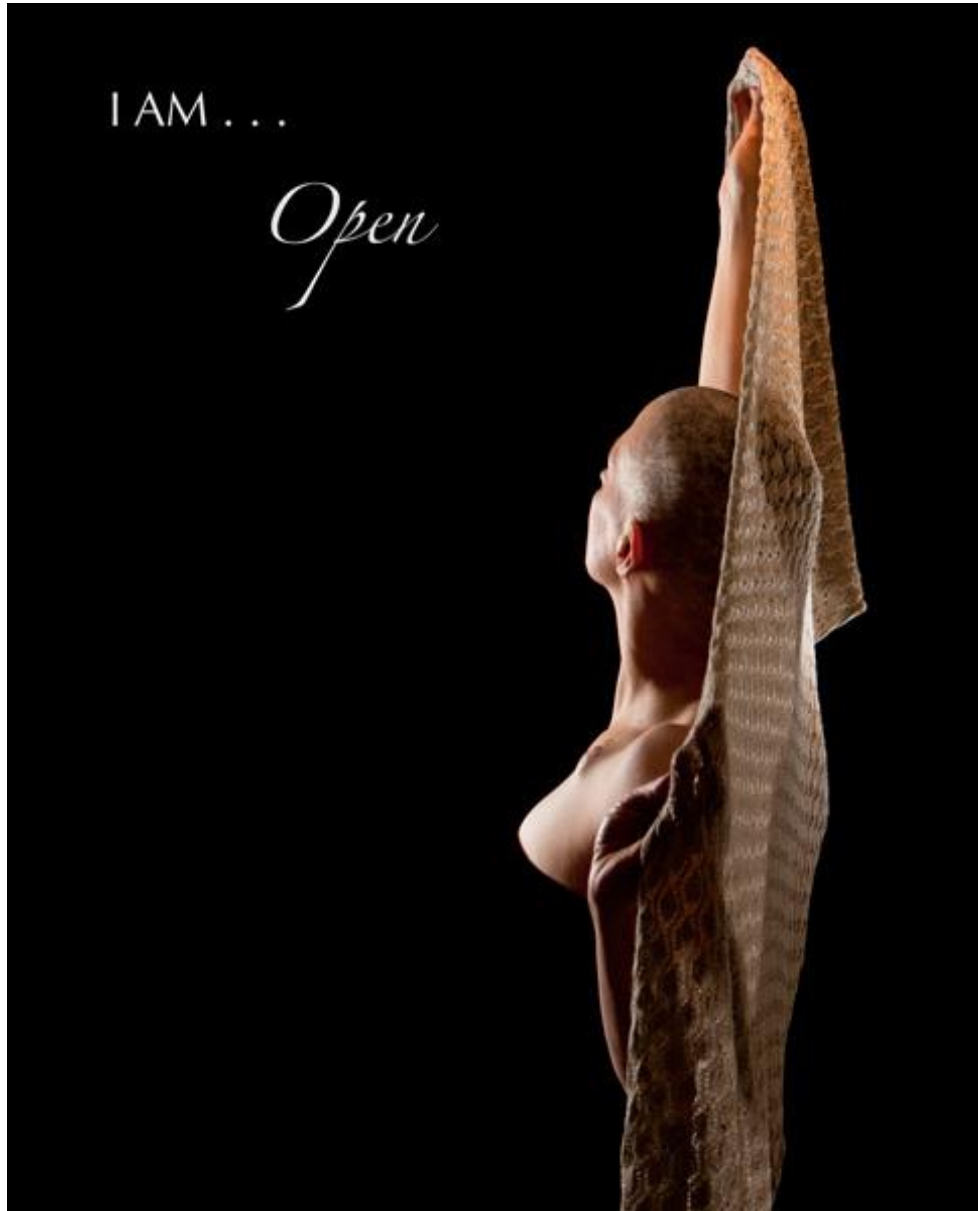
Now allow the phrase “Judgments and assumptions restrict possibilities” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 5

Be Open to Love and Allow it to Flow Freely



Journal Entry: January 10, 2011 - Update about being adopted...

*On this day before surgery, I'm doing great...more deep awarenesses surfaced this weekend...bottom line...I created such a story about "being given away" (which I **know** was not the case...it was just the story I created) that I didn't trust anyone, including myself...paradox...I wanted to please everyone so they'd like/love me but I wasn't able to receive that love because of the wall of protection I'd created. So...the 'learning to receive' love during this journey has been profound and the visuals of allowing the circle of light from everyone who loves me to actually merge with my light to create a unified river of light has been getting clearer and clearer. The fears and judgments my mind created about other people's love carrying attachments, etc. was such a huge story I carried. Then I saw that as my love for myself intensified and my light became brighter, the love from everyone around merges with me and any 'attachments, fears, etc.' from their end just 'poof' away and only love remains. Pretty cool...now my vision is to allow all that love into every cell of my body. So tonight...it's a love fest and you're all invited to send as much love, light and prayers as you can until you just burst with laughter because you're so full of joy yourself!!*

I had done a lot of inner work around my adoption so this was just another opportunity to go deeper and lovingly embrace yet another fear that was still in my body. It was an opportunity to awaken another color in my *Rainbow Pyramid*.

As I close my eyes, my awareness descends into the memories of my past. I travel beyond these memories into a field of feelings and images. There are no conscious thoughts, only associations that my mind assumes to be real. Imagined or real, these associations became part of my experience.

I sensed myself as an infant; I could see myself in a crib, in an orphanage with no mother to care for me. Feelings of vulnerability surfaced from within as I imagined a baby lying in a crib, crying, and alone. My mind was creating this association. Was that truly the situation?

I now know from stories my parents have shared with me that I was never placed in an orphanage but remained in St. Monica's Hall, where I was born. I stayed there in the care of nuns who thought I was adorable and showered me with loving affection and attention. Regardless of what really happened, my mind's story is what I carried within me until I became aware that it was a fabrication. As a result, my actions and choices throughout my life had been governed by these unconscious feelings of vulnerability.

Sharing love with others from the inside-out has always been easy for me. Receiving love from others, from the outside-in, has not been easy at all. This awareness was huge. It offered me the opportunity to be more open and less protective or fearful about receiving love from others.

Somewhere in my past, I must have intertwined the meanings of the words, "vulnerable" and "open." The Encarta Dictionary defines these words as:

Vulnerable

1. without adequate protection-open to physical or emotional harm.
2. extremely susceptible
3. physically or psychologically weak

Open

1. not closed or locked - allowing people or things to pass through freely.
2. allowing access to inside

As I explored the stories I had created to protect myself from feeling vulnerable, the less attached I felt to other people's perceptions or judgments about me. There was a confidence and inner strength growing within me. It was as if my inner-mother was awakening to take care of me. Now I could see, feel, know and trust that it was safe to be open and receive love. My protective shield of fear began transforming into joy and light. My journey continued as more deep feelings held within my body came to conscious awareness.

Journal Entry: February 15, 2011

Since this is a sacred journey to love, I'm asking questions about why my body is feeling the way it does and noticing where the feelings are. Obviously, the nausea has been extremely present and it seems to just sit in the upper part of my solar plexus (high intestines). Bridgette, a very dear and intuitive friend, hugged me a few days ago and could feel the energy in that area as being 'really old.' That night I listened to the 'DREAMS' CD to help awaken some of my subconscious thoughts...what I remembered the next morning were the words, "I hate it, I hate it!" OK...now we're getting somewhere. John helped by asking more questions and the awareness came that I've been holding on to the pain and anger of my first 'real' love relationship...or what I created in my mind to be my first 'real' love relationship. (again, that mind of mine!) I didn't understand how I could have loved someone so unconditionally and then they just dumped me for no apparent reason. Yes, it's a high school 'first love' trauma/drama, but for me, the recognition that this energy is still in my body is huge because now I see how many of my actions of giving, loving and sharing may have appeared to be 'unconditional' on the surface when, in truth, there was still a part of me holding on to the deep pain, anger and confusion from my past. And the journey continues....

Journal Entry: May 27, 2011

For the last couple weeks, it feels as if my body was really helping me move even deeper inside to bring to conscious awareness that which I still had to experience during this last phase of treatment. On May 12th, I was really 'in the flow' and allowing things to happen without interfering...just trusting my Guidance. I ended up at Touch for Health's free community clinic they have every Thursday in Maplewood to meet my friend, Yogini. Of course, several beautiful connections happened there with people I would have never met that day and the music seemed to be the common denominator...then it was my turn to have a session on the table. Again, totally unexpected, but perfect. For the last few days, my arm had been 'present'...talking to me...perhaps the nerves are healing...whatever the reason, I had a heightened awareness of my arm before getting on the table and the arm is used for the Kinesiology testing to determine what needs to be addressed. Anyway, the bottom line is my body started 'playing' with me as my arm would 'appear' to test strong but I could feel there was a slight movement and something to address...so I told Norma, the practitioner, "Let's go in." Amazing that the words holding down, emotions,

courage, confidence, apathy, worthiness, unmerciful (my old belief that freedom=death because of my cellular memory of conception) were coming up...it felt like I was dusting off my insides from little threads of old beliefs that have dislodged and untangled but were still just floating around...my blinders opened even more around my old paradigms of 'balance.'

Norma shared many stories with me that day around the words that surfaced as part of my session. Then, as I was getting ready to leave she said, "I don't know why I have to tell you this story, but I do..." Here's my abbreviated version...

A well-known and wealthy woman dies and goes to heaven where she meets St. Peter at the Pearly Gates. As they begin to walk she notices a door to the right with her name on it. She asks St. Peter if she can open it. At first he says no but she pleads, "Why not, it has my name on it, it's for me." He goes to ask whether it's okay and comes back with permission. When she opens the door she discovers a massive room filled with beautifully unwrapped gifts, from floor to ceiling, stretching as far back as a football field. She asks if she can open them and St. Peter shakes his head, "No, these were all the gifts you were offered while you were still living but you chose not to receive them."

I got it. The lesson of receiving runs very deep for me...and it hooked up with the beginning of my session when the words 'holding down' and so many emotions came up for me. I've been resisting fully experiencing my emotions, my love, my dream...I knew something had shifted deep inside that day.

Beneath the idea of opening myself to receive was also the issue of Trust.

“Do I trust that I am worthy to receive?”

“Do I trust what others are offering to give me?”

“If I receive something from someone else, do I owe them something in return?”

“Can someone truly give without any expectations?”

As these questions floated around in my mind, I knew they were unconsciously driven by my feelings of ‘vulnerability’ rather than ‘openness.’ My feelings of being exposed and the idea of other people truly ‘seeing’ me was frightening since I didn’t know what they would find. There were so many things still hidden and repressed within me. How could I trust others when trusting myself was the issue?

As I began trusting myself and my choices more often, the doubts and questions about other people’s motivations melted away. What mattered was my connection to myself. The more loving and accepting I was to myself, the easier it was for me to receive love from others.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “OPEN” to come forth from within you...

How does this word *Feel* to you?

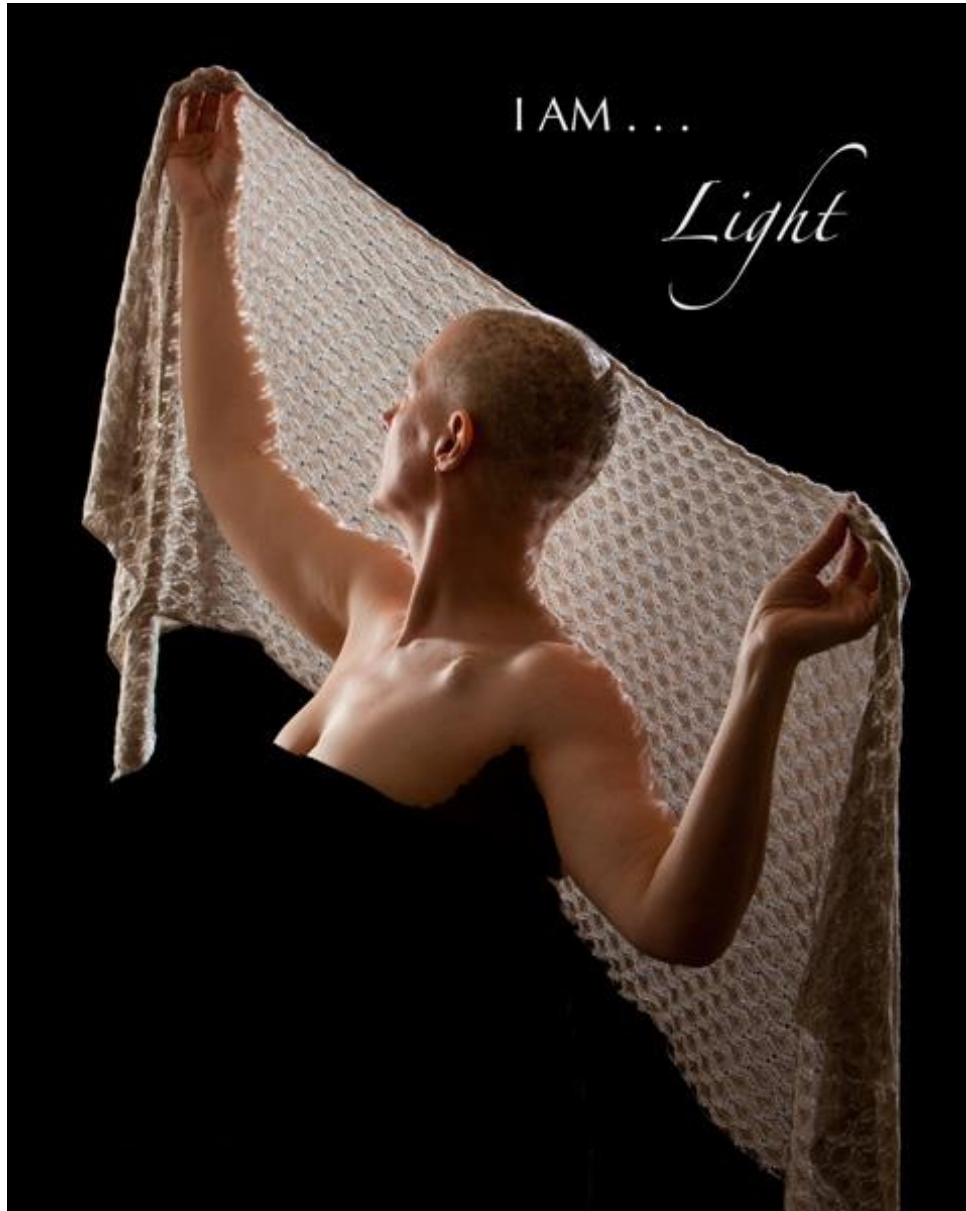
Now allow the phrase “Be open to love and allow it to flow freely” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 6

A Shift in Belief Expands Perceptions and Alters the Experience



Journal Entry: January 19, 2011

We met with Dr. Borson yesterday for over an hour...again, so grateful for such wonderful doctors. She was very willing and open to hear my 'perspective' about why I felt my body manifested these cells so I shared with her some of my deep inner processing of the masculine/feminine energy, fears, adoption issues, etc. I also told her how much I respected her medical expertise and that I was willing and open to her suggestions for treatment. My only desire was to find a balanced way to walk this next phase of my journey.

She spent a lot of time describing the different ways breast cancer is categorized and that each is treated with a different protocol. My particular type is, of course, right in the middle...Luminal B-fast growing/hormonal...so chemotherapy is strongly encouraged. Even though my CAT Scan was clear, there's a high probability that there are still cancer cells somewhere in my body and the reason for chemotherapy is to treat the whole body and destroy those 'rouge' cells. So, I have chosen to do chemotherapy and my first treatment will be Friday, Feb. 11th. I am very comfortable with this decision and am surprised that I actually made it....again, my past paradigms and perceptions are being turned upside down...I'm listening to "The Magic Mirror" twice a day so I know my immune system is already getting a boost, and I'm not worried about 'chemobrain' either. If you ask my family, my brain has been rewiring for the past few years anyway so we're not anticipating much change there... I hope you all can feel that I'm very comfortable and at peace with this decision. Today when I was listening to "The Magic Mirror" I felt and saw how I will actively participate with the chemotherapy drugs as they enter my body. Realizing that nothing in this world is all good or all bad, there's a beauty and peace when the balance is recognized. I recognized that in life, death and decay must happen for new life to emerge...so, I am actively thanking all my cells and when the chemo enters, I will consciously embrace each cell that is destroyed with love and release it with gratitude knowing that the healthy ones will return, renewed. This is a deep, cellular clearing that I have been preparing for all my life.

Wow, this decision came as a surprise even to me! Talk about shifting an old belief. I've played harp in chemotherapy infusion units for years and would actually think to myself, "How can they

just sit there, totally detached from their bodies and let that poison be injected into their system?" What I didn't understand then were all the benefits of chemotherapy. I'm so grateful my doctor took the time to educate me and give me the facts, as the scientific community currently understands them, so I could make an informed decision.

Patty, a dear friend of mine, also reminded me that our word *sacrifice* comes from the Latin word "sacer," which means "to make sacred, to consecrate, to make holy." I became even more grateful as I visualized my healthy cells *sacrificing* themselves while actually helping me to become more sacred within. As each new cell was reborn into my body, it would be more aligned with my transforming beliefs and awakening self-love. In a very sacred way, chemotherapy actually accelerated my spiritual growth!

I feel this is what happened as I stayed open and receptive to the chemotherapy drugs, allowing them to enter my body without resistance or fear. Staying open allowed these drugs to "do their thing" and then leave my body quickly. I feel there was definitely a correlation between my beliefs about the drugs, my acceptance of their gift and my perception of how my body was realigning with self-love. Each chemotherapy treatment was a unique experience that offered me the opportunity to step more fully into the lesson I was learning about myself at the time.

Journal Entry: April 15, 2011

Treatment was on Wed. April 13 with a new drug: Taxotere...and a new pre-med: Benadryl. My appointment with Dr. Borson was first...I just love her! When I told her I was still having periods, she said, paraphrased: "Amy, we really don't want that to happen because of the estrogen levels. You must have ovaries of steel." I smiled and said, "Yes we do because it's my body's way of saying I'm in balance." Then I acknowledged that the last period was a little different (longer) and I was feeling lots of heat, which I interpreted as my organs releasing toxins and she smiled and said, "No, dear, those are hot flashes." It's funny how an experience can have so many interpretations based upon our beliefs.

When I asked the nurses, “So what can I expect as some side effects of chemotherapy?” they responded, “Well, everyone is different but there does seem to be some association with how well you went through pregnancy.” Great, I *loved* being pregnant...no nausea, never threw up, never lost my appetite (welcome my additional 60 lbs.). I was good to go.

The anticipatory excitement and expectations dissolved as each treatment had a different effect on my body. I finally realized I couldn’t hold on to even one belief about chemotherapy because each belief was in a state of continual transformation. As I remained open and conscious within each moment, I fell into deeper communication with my body and really listened to what it needed. Tastes and cravings for different foods varied each day, energy levels were constantly changing, muscles sometimes needed stretching and sometimes needed rest, focused attention altered depending on the time of day, etc. My body was transforming; my beliefs were expanding; my perceptions were shifting from the outside to the inside; and my experiences became moment to moment choices of balance and self-love.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “LIGHT” to come forth from within you...

How does this word *Feel* to you?

Now allow the phrase “A shift in belief expands perceptions and alters the experience” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 7

Change is Constant So Dance Within the Moment



Journal Entry: January 24, 2011

With all the doctor's appointments slowing down a bit, it was time to acknowledge the fear and grief my body was holding onto. Tears of honesty flowed this weekend as the realization that life, as we've known it, will never be the same. Of course, life is never the same from moment to moment so I'm not sure why this 'realization' was so intense...probably because I was holding on to 'the familiar' way more than I thought I was. It was cleansing to feel the emotions and then let them pass through, knowing that these waves are simply part of the journey.

Feeling this fear and grief within my body helped me realize how much my mind was trying to hold on to what I thought I knew and to what I thought of as familiar.

I was afraid to let go of control. I was in unfamiliar territory; medical tests, biopsies, surgery, doctor appointments, genetic testing, agreeing to chemotherapy, and aches and pains in my body from all the invasive procedures. It was becoming overwhelming and I hadn't given myself the chance to express my fear or grief because I didn't want to let go of control and I wanted to be strong for my family so they wouldn't worry about me.

Just when I thought everything was settling down, a CAT scan for our youngest son Justin was scheduled for sinus problems. The results indicated a growth on his skull that required immediate attention. Now it became a dance of schedules between the two of us for appointments with the neurologist, neurosurgeon, breast surgeon, MRIs, and surgery dates. We became quick friends with the nurses at the MRI clinic as we joked and scheduled consecutive test times.

As if all this activity weren't enough, I had purchased a previously owned car days before my diagnosis. On December 23, one hour before the dealership closed, the brakes on the car went out and we had to make arrangements for a tow and rental before everyone left for the Christmas holiday. John and I were sitting in his car waiting for the tow truck when we burst out laughing. This was the moment when we realized that no matter what was happening on the outside; no matter how crazy things seemed to be; regardless of how much we wanted or felt we needed to

control; we couldn't. It was not about controlling the outside; it was about learning how to dance within each moment from the inside.

Journal Entry: February 10, 2011 – Update on Justin

Hi Everyone, Great news...Justin's surgery went off without a hitch. The nurses were fabulous, we had a private waiting area, he responded well to the anesthesia, the lesion had not gone all the way through the bone so the doctor was able to 'scoop' it out cleanly (it was the size of a walnut), the bottom part of his skull is still in place so the bone will grow back, he didn't need a plate, they didn't cut a lot of hair, his sense of humor cracked us up after surgery and we came home last night...so we all got a good night's sleep thanks to really great pain pills!

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “PLAYFUL” to come forth from within you...

How does this word *Feel* to you?

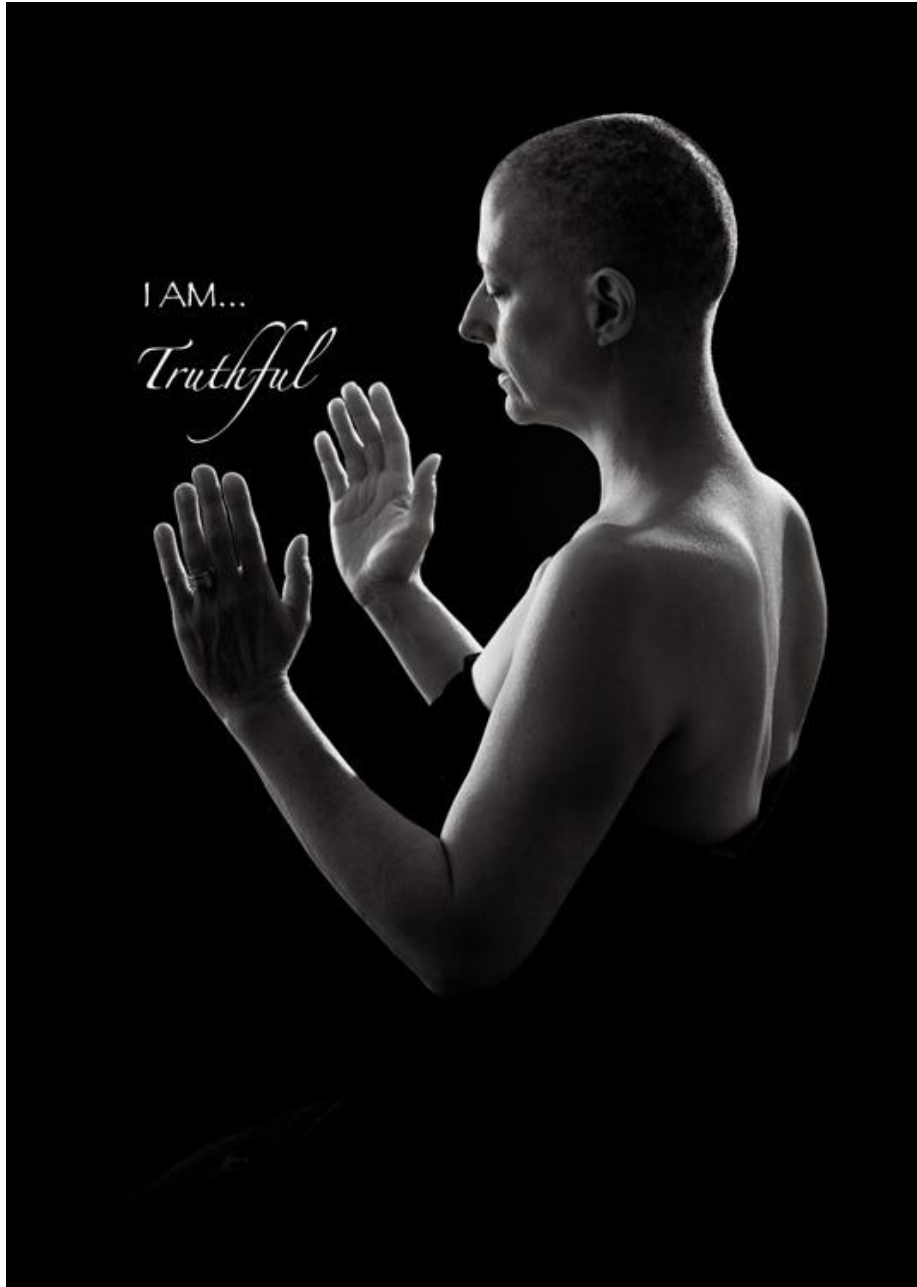
Now allow the phrase “Change is constant so dance within the moment” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 8

The Only Way to 'Know' a Feeling Is To 'Feel' It



Journal Entry February 6, 2011

Written after we found a squirrel's nest in our engine:

There's been a huge shift in the last 48 hours around that little squirrel. When we first found the nest, I reflected on the energy of the Squirrel message from The ORIGINS Process:

SQUIRREL / CONCEALMENT

You hide things from yourself and others

All weekend I could feel a resistance in me...like an energetic wall that wasn't allowing me to travel further into myself. Yesterday (Saturday) I could feel myself keeping busy and distracted with 'doing' so I wouldn't have to settle into Being. Finally, I stopped and listened to "The Magic Mirror." The love flowing through that music got inside and underneath my wall....then the tears of honesty started flowing again and the words, "I really don't want to go through chemotherapy" kept repeating over and over again. The hidden, concealed fear was coming up and out...so I let the tears flow as the music continued. John came in the room halfway through and just held my hand, without trying to 'fix' anything...he was just there with me. By the end of the CD, the energy had released and I felt lighter and more honest with myself. Sometimes my mind...OK...a lot of times my mind takes control and tries to protect me from myself...from feeling the feelings in my body. My mind just wants me to 'think' I'm feeling them...without the actual experience....tricky thing, this mind of mine....especially because I 'thought' that release of fear was all I was concealing. Ha...

This entry speaks for itself. It is a Life Lesson I reflect upon often as my journey inward continues with each new experience. To actually go inside and feel the feelings that I've hidden from myself takes a great deal of courage. Sometimes my mind creates so much fear around the 'thought' of feeling, that I actually believe it may kill me to feel it. It doesn't. It sets me free.

Journal Entry: June 5, 2011

Where I am, the visualization and flow of energy is kind of like music theory. Yes, there's a 'theory' behind music and how music is created...but who created the theory? I've been releasing that paradigm of 'needing to know' the theory of music for years and just trusting that the music will flow naturally from within me as it desires to be created and manifested through me. The same goes with energy for me right now. I'm really listening deeply inside and allowing the energy to flow naturally so I can become sensitized to its flow...then I have the joy of actually feeling it as it's naturally moving within and around me...without someone else's visualization of it. It's more of an innocent's way of experiencing, but that's what I'm desiring to remember...the original experience. Then, because I have all of this accumulated 'inner knowledge' within me, I can experience that original flow with love, compassion and wisdom rather than fear. I'm still in the process but thought I'd share. :-)

Awakening and trusting my feelings, without my mind getting in the way, are major steps in my journey. Discerning the difference between my thoughts and feelings is also a challenge. Allowing myself time to stop, listen and feel is such a gift; my truth is found within the silence beyond the mind.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “TRUTHFUL” to come forth from within you...

How does this word *Feel* to you?

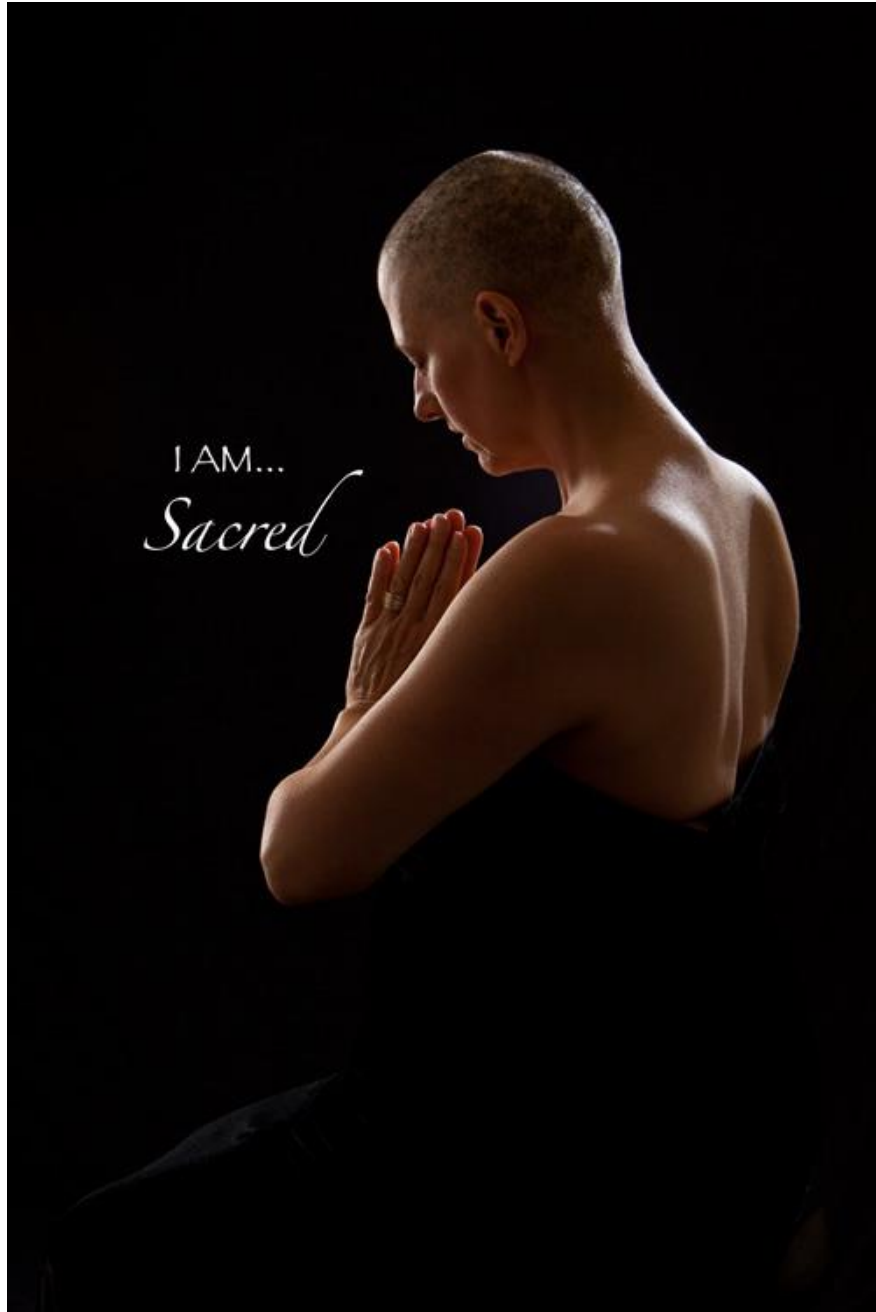
Now allow the phrase “The only way to ‘know’ a feeling is to ‘feel’ it” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 9

When I'm Caught in 'Doing'...I'm Resisting 'Being'



Journal Entry: February 6, 2011 – continued

Last night, John and I went to bed early and I felt this overwhelming desire to gently rub his back like I used to before all this started. The love that flowed through my hands reached into his heart and all that existed was that moment. Love's gentle touch awakened yet a deeper pocket of concealment as my protective mind surrendered to the body's natural state. As I allowed myself to feel, all the fear and trauma my body had been holding onto from each of the procedures, released...the 3 biopsies, the MRI, CAT Scan, ultrasound, dyes, IVs, mammograms, surgery...all the energy of those invasive procedures that my body didn't have the capacity at the time to balance, was released in tears of gratitude for my body and all that it's gone through. Then the guilt came about going through chemotherapy...how could I say I love my body and then put drugs in it? What a paradox....all the procedures were done by people who genuinely cared about me yet they still did what they did...and I interpreted the experience. During my morning meditation I saw how everything just IS...and I experience it based on my perception. In my mind, I've already reconciled the gift of chemotherapy and the cleansing purification and gift of life it offers...I'm just getting really honest about my body's feelings about it...based on really OLD beliefs. I'm so grateful this is coming up now so those unconscious beliefs can unwind and transform.

Every experience just IS and I am the one who perceives it and chooses how I experience it. Last night was profound for both me and John in that we are consciously choosing to experience the love and joy of this journey together on levels that we've never been able to access before. And the journey continues....

It's always been uncomfortable for me to 'do nothing' so I keep myself busy; John calls it my 'production mode.' In my mind, there's always something that needs to be done...or so I thought. Of course, there's that mind of mine again...thinking in order to resist feeling.

This new way of *being*, of slowing down to listen, was initially uncomfortable for me. Being still quieted my mind and allowed repressed thoughts and feelings I had been resisting to surface into my awareness. More colors were awakening and my *Rainbow Pyramid* was beginning to glow with a deeper sense of inner truth and self-love.

This sacred space of *being*, along with this quiet silence that gently blanketed my mind for moments at a time, offered me glimpses of profound inner peace. This was a peace unlike any my mind could conceive; a sacred union within experienced only through stillness and silence.

This lesson continued throughout my journey:

Journal Entry: June 26, 2011

It's been an emotional day. The past two weeks have been so busy and 'outside' that I haven't taken the time to really get inside and prepare for tomorrow...my first day of radiation. On Friday I went to my 'trial run' appointment where they did final measurements and preparations for Monday. I took "The Magic Mirror" and asked them to play it...which they did. As I was lying still on the table, arms above my head, machines aligning to predetermined marks above me, the technicians out of the room coordinating everything and the music playing, I sank into myself and felt a previously unconscious layer of fear rise up and manifest as gentle tears filling my eyes and slowly streaming down the sides of my cheeks. "Was I really doing this to my body?" The thought came up and melted away as I adjusted my perception to this new form of treatment. I wasn't 'doing' anything to my body...this was another conscious step in my journey...breathe, Amy...open and expand...don't contract in fear...breathe. The music ended and the pre-tests were completed.

As the technicians helped me sit up, another woman was standing there looking at me and holding the "New Love" CD. "I just had to come in and ask if this is you. Another patient gave us this CD and all of our patients love it. In fact, we have it playing in the other treatment room right now as we prepare for patients because it's our favorite CD." I smiled and said, "Yes," then took the opportunity to share with the others in the room how important it is to play relaxing music during the treatment session. I love how the music is everywhere I am...it's such a beautiful way for the Universe to say, "It's OK, Amy...this place is ready for you...it's safe and it's part of your sacred journey."

Learning to slow down, stop and listen deeply takes time, practice and commitment to one's self. In my daily routine of life, my To Do lists are long. I used to think that I was the only one who could complete my list the "right way." It was exhausting. I've learned to ask for help and am now able to sense the 'push', the adrenaline current, those times when I know I should stop but for some reason still push myself to keep going. These are my moments of choice...do I continue the old pattern of *doing* or give myself the time to simply *be*? More often, I am now consciously choosing to *Be*.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “SACRED” to come forth from within you...

How does this word *Feel* to you?

Now allow the phrase “When I’m caught in *doing*...I’m resisting *being*” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 10

*Listen, Trust and Choose That Which Is
Most Loving and Supportive To Me*



Journal Entry: February 11, 2011

...I consciously didn't wear makeup because I could feel tears so close to the surface. The infusion unit just opened in August so everything is new. We settled into our space, met our nurse, then I found the restroom...you guessed it...the tears spontaneously started flowing to cleanse any remaining fears that my mind had created. I took a deep breath, felt all the love surrounding us and the tears transformed into soul-inspired tiny little mirrors all over my face...mirrors of love from each of you...and I was ready to move forward...

When the chemo drug bag went up on the stand, it was time to get "The Magic Mirror" ready. As soon as she said, we're going, I pushed the button on the CD player and didn't come back out until the end of the first round. I listened twice through the CD...it was perfect...the vibration of love flowing through that music helped to create a highway of familiarity that my healthy cells loved! Visuals of healthy cells opening to receive the love all around was so powerful.... This afternoon I started feeling a little nauseous so I listened to "The Magic Mirror" again. I could feel the energetic 'confusion' inside and I became my "Momma" self..."It's OK...just listen to the music". Shortly afterwards, the energy smoothed out and my new mantra came: "Healthy Cells Feel the Love." Love is Love and it doesn't matter what's going on inside or outside...Love is Love and that's my focus. I know these are words we all say but I can't even begin to put into words the depth that I'm now able to experience those three little words: Love is Love.

Journal Entry: February 13, 2011

Daily routine is taking shape...I feel like I'm in some sort of initiation process that allows me the opportunity to truly choose what's most supportive for me at all times....it's a different place to stand and choose from for me.

Journal Entry: February 20, 2011

I did the exercises last night and today (Sunday) my spine is really sore...especially my lower back and in between my shoulders. At first my mind wanted to label the discomfort...booster shot bone pain, energy moving, bone marrow producing white blood cells, uncomfortable bed positions, etc...then I just laughed at myself, stopped, and listened. My body wanted to move. The discomfort was more intense when I was sitting still...move!...so I cleaned the bathroom and took a walk outside (between 9:30am-11) and even vacuumed with my right hand while holding my lower back with my left hand, flowing Reiki.

During my walk it became clear that EVERYTHING I'm doing are things I've known about for years and my mind wanted me to 'think' that just because I knew about them, that was enough. The opportunity to actually EXPERIENCE these wonderful expressions of self-care is priceless. I would NEVER have taken the time to give myself what I'm giving myself now...complete awareness of what most lovingly supports me in each moment...WITHOUT THE GUILT!! OK...maybe there's a twinge of guilt because I have become a bit obsessed, but it vanishes pretty quickly. I was talking with a friend today about how so many people view self-care as being selfish, so when someone starts taking care of themselves and someone else makes a comment, it's hard to continue...been there, done that. Now, the level of connection is sooooo much deeper. All of my choices are being made with an awareness that they are supporting my Soul's desire to express through my physical body. The clearing is cellular and all my new cells are coming into form in a body that is more aligned with my truth and love of who I am. Don't get me wrong...this is not easy...the clearing of old cellular/ancestral patterns takes patience, compassion and discipline...and sometimes it's really uncomfortable as the body releases the energy. John and I were talking this morning about Soul Work and the commitment it takes to one's SELF in order to awaken that connection. It humbles me to realize that for the past 25 years I "thought" I was doing Soul Work....deep inner exploration...when now it's clear that that was only preparation for now...layers needed to dissolve, beliefs needed to release, perceptions needed to shift, compassion needed to awaken in order for me to even begin touching the depth of my purpose. I am eternally grateful to be walking this life's journey with John, my Soul mate, best friend and teacher who has been given the gift of insight to manifest The ORIGINS Process, which offers me the most beautiful reflection of myself that I could ever imagine...I could not walk this journey, in this way, without it.

With each day, the journey deepens...

Journal Entry: February 24, 2011

Another lesson learned...Be gentle!! :-) All my movement a few days ago resulted in some tiny muscle tears on my right side. So my new mantra to remember as my strength comes back after each treatment is, "Just because I can...doesn't mean I should" and "take it slowly!!" The past few days have been a bit more emotional as I get stronger and teeter-totter between my old way of being (more 'production mode') and my new way being (flowing from the inside-out). There are really old 'survival' fears surfacing that get triggered around money...sound familiar? I know this is a profound period of transition for me and I can't hold on to the old ways of 'being or doing.' So, when I choose not to take thousands of dollars in harp jobs because I literally can't move the harps and I can only play for short periods of time, it's scary. All of my messages from ORIGINS help me remember to open to new possibilities and to remember my dream. My dream has always been to be financially supported by the sale of the CDs so that we can continue creating more music to share. This must be that time of transition...even though I don't know what it looks like or how it will happen...and that's OK. Deep breathing, TM, and actually using the music myself helps me 'know' it's happening.

Another huge energy shift that happened this week was that my harp teacher all through high school passed away. When I heard the news, something inside 'knew' that this was a profound step in my musical journey. A friend was with me at the time and noticed I nonchalantly said, "Oh, now she can help me from the other side." Then a few seconds later it broke through...her love poured over and through me as I sobbed. It was like a dam broke somewhere deep inside as another layer dissolved....and I realized that, yes, my dream is coming true. Her funeral is this morning and I will say good-bye to one of the most influential mentors in my life, Laura Hearne. Her loving guidance, professional integrity and gracious way of Being are forever with me as I continue her legacy through teaching and sharing my music.

After I received my first chemotherapy treatment on February 11, I felt a deeper connection with my body. It was teaching me to listen to what felt most loving and supportive to me. Having

been in the world of complementary and holistic therapies for years, I was blessed to have many resources from which to choose. Learning to listen to my body from the inside and discern what felt best for me was a huge step in self-care. I became intensely aware of this “intuitive knowing” and what felt most beneficial to my healing process. I was surprised at what I was drawn to use and what did not resonate for me.

The Magic Mirror was my constant 'go-to'; feeling the love flowing through this music into my body was extremely important to me. Finding my voice and the courage to ask for what I wanted was also a valuable step for me in this process. I became my own patient advocate as I shared new research with my doctor about melatonin, emailed her questions, and discussed with her other modalities such as acupuncture, Chinese herbs, and Alpha-Stim®. It was very important for me to find the balance between my medical and personal protocols. I am forever grateful to all of my doctors who are true *healers*; open to new ideas, willing to listen, and eager to learn from their patients. We all benefited and grew in our own ways from this journey together.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “BLESSED” to come forth from within you...

How does this word *Feel* to you?

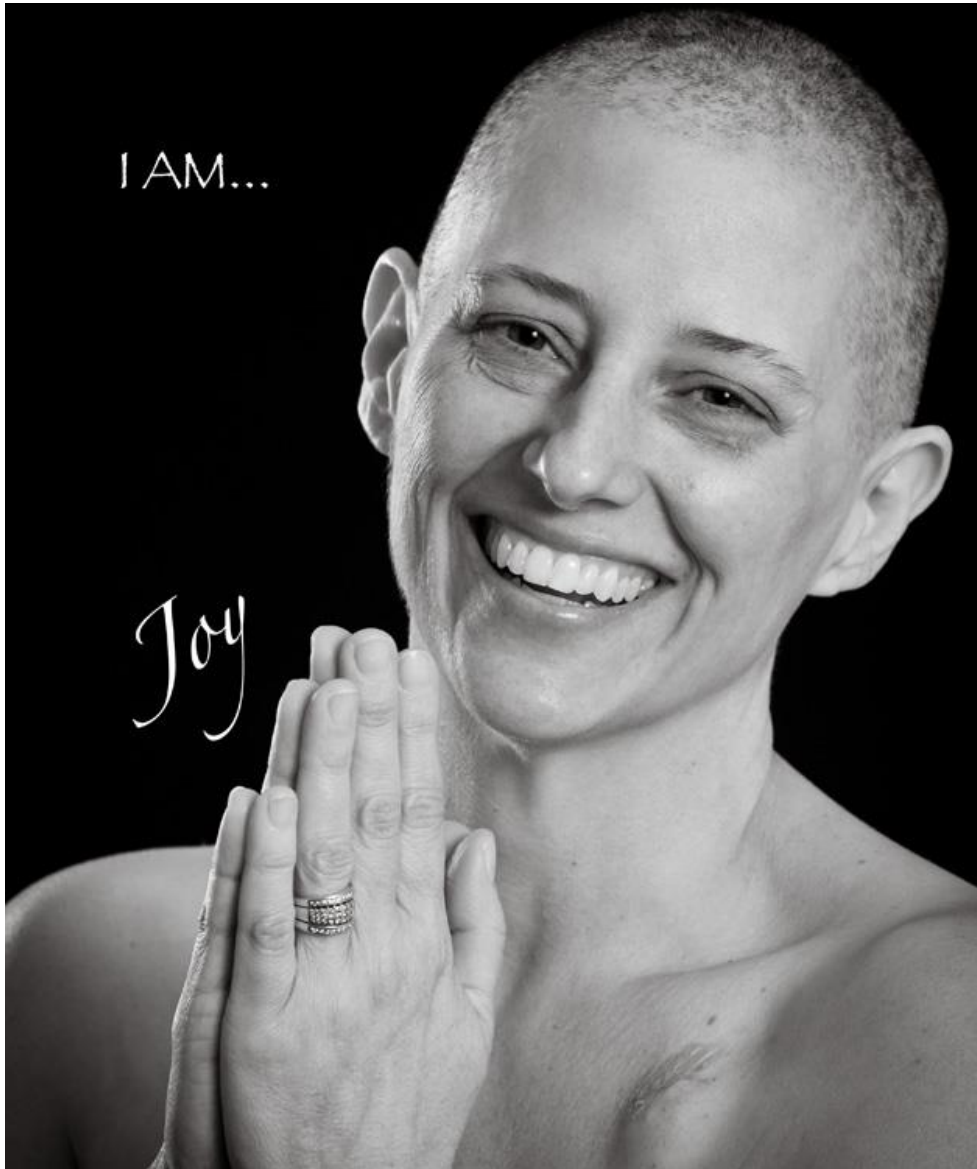
Now allow the phrase “Listen, trust and choose that which is most loving and supportive to me” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 11

Release Attachments and Live Fully Without Masks



Journal Entry: February 17, 2011

On Wednesday I felt MUCH better. Very aware of the 'letting go' theme. For those of you who've known me for a while, you know that the 'letting go' energy is something I've been present to for years...it's just going much deeper now if you can believe it. Everything from helping my body release all the toxins from the drugs to the possibility of losing my hair is moving today. A friend called this morning on her way to get a colonic...so I scheduled an appointment, too...it's a start...even if all that came out were a few 'rocks'....I know...a little too much information....but the reality is my body is a manifestation of my subconscious beliefs, fears, dreams, love, all of it and right now, part of me is really scared and confused on a cellular level and my responsibility and joy is to listen to each and every part of me with loving compassion so I can gently support myself coming back into balance...This morning when listening to "The Magic Mirror," more tears of relief came as the 3rd melody started. The love was almost overwhelming as it helped to release another layer of fear/resistance from deep within...one step at a time...one gentle, loving step at a time...

Journal Entry: February 27, 2011 – as my hair began to fall out

Oh, these beautiful lessons of flow, moment to moment change, letting go and the mind's expectations... As I began my nightly routine, I took out my hair clips and my head was really tender and sensitive. I gently rubbed where the clips were and was able to pull out many hairs. My heart sank as I the rebel in me realized that as much as I really wanted to be the exception and be able to say, "I told you so," this was happening. I put my hand in another place on my head and gently pulled...yup...more hair. Everyone said, "you'll know when it's happening" but I never knew 'how' I'd know. Well...the best way I can describe it is, it's like when you reach down and pull out a patch of dry grass and it just comes up because there's no resistance from the roots. When you pull on green, healthy grass, you have to really pull because there are roots holding it in the ground. It's like that with the hair...when you pull on healthy hair, it hurts a little and there's resistance from the roots vs. when you pull on hair that's coming out because of chemotherapy drugs, there's no resistance from the roots so it just simply pulls out. I went and sat down next to John on the couch and cried. As much as someone prepares for something or

someone to pass, it's never the same as when it actually happens. The tears surprised me because I felt so prepared...oh, yeah...that was in my mind. The mind can't truly experience the feelings until the feelings are experienced...which is what I was doing in that moment when the tears just came flowing up and out. Earlier in the week, I was ready for my hair to go....then each day passed and I thought that maybe I would be different....then I started believing that I would be different...then I WANTED to be different, which formed my attachment back to my hair. But this lesson wasn't over...as soon as I felt comfortable with keeping my hair, oops, it's time to let go. Thank goodness I can laugh at myself and see the pattern! What a difference a day makes...an hour makes....a moment makes...what a gift to live fully in each one!

Journal Entry: March 2, 2011

Just one more insight about hair...In the past, I've worn my hair in soooo many different styles, colors, lengths, etc. and have noticed when my hair is short I easily fall into 'production mode' as John calls it. It's an energy of intense focus on the outside, masculine-oriented and 'doing'...hence, 'production mode.' When I don't have to expend any energy on my hair, take extra time for me in the morning and am able to just jump into the day, that sets the tone, energy and focus on the outside. Just a side note...some of you are aware of the 'Precession of the Ages' that John has been exploring which tracks the origins of our consciousness back 26,000 years to the Age of Aquarius, which we are now re-entering. In the Age of Leo, 13,000 years ago, our conscious awareness shifted from the internal/feminine/moon-oriented/intuitive perspective to the external/masculine/sun-oriented/outside perspective. I am very aware that this sacred journey I'm on is my opportunity to balance the feminine/masculine energies within me from not only my personal experience but also from my ancestral light line...which is why I often refer to this process as a cellular clearing...literally. Anyway, my hair has been my outward visible sign as to the energy with which I'm unconsciously (until it becomes conscious) aligned. When I began growing my hair long, I was in a deep process of reconnecting to my divine feminine energy within. In December, I was deeply connecting with my unconscious masculine/father energy...both of which I feel are now awakening and finding balance within me...which is why I also refer to this as my re-birth...because it takes the unification of both the masculine and feminine energies for creation to manifest. If this is confusing...don't worry about it...I just had to

express it. Bottom line...now that I no longer need my hair as a reminder of those energies within me, it was easy to let it go.

I was surprised at how easy it was for me to eventually go out in public without hair. The first time I walked out the door without a scarf or wig was to pick up my husband after he had car trouble. It's funny to realize that, once again, I was focused on helping him and wasn't even thinking about myself, or my bald head. In this case, it was one of the most liberating acts of self-care I could have done. Oh, to feel the wind brush over the top of my head and the warmth of the sun kissing my skin! It was freedom on a level I had never experienced.

At first I was concerned about how other people would feel when they saw me bald, especially since I didn't look 'sick.' My skin color was good and my eyes were clear. When I turned my thoughts back inside I realized that the more comfortable I was within myself, the more beautiful I became on the outside. Being open and honest with myself helped others feel more open and honest around me. I felt soooooo free!!! I loved being bald!! As my hair began growing back in, I seriously considered whether or not I wanted it. Although I do enjoy having hair I am no longer "attached" to it.

Being bald and feeling such a sense of innocence and freedom created the perfect time to address other veils of protection and masks that I had worn. One by one, they came into my awareness and compassionately transformed into more colors of my *Rainbow Pyramid*.

Journal Entry: March 18, 2011 – a portion of an email to a friend:

...Yes, life is definitely morphing into truly living in each moment without attachment...after all, how can the true essence of my Being, that divine, pure consciousness, be 'attached' to anything except experiencing and feeling each moment? Pretty cool...and a lot less stressful.

The afternoon after that "I Am" connection (which I've thought about, talked about and briefly experienced before but not to the depth of connection this time), our basement flooded because we left our hoses hooked up all winter and water in the pipes froze and broke. Of course, my

office was hardest hit...we spent 8 hours using our Shop-Vak and got up over 70 gallons of water...then had to call in the professionals...the fans and dehumidifiers are still going...constantly since last Saturday! Anyway...what's really cool is there was no 'charge' from within me...in fact, John and I laughed all day about it. It's been such a blessing because it's definitely accelerated our "Spring Cleaning" and I love that it's the basement (subconscious)...more cellular clearing which only helps us 'lighten' up!! And, in the end, we'll have a completely clean house with clean carpets and vents! Of course, with all that deep clearing, more of my fear, guilt and judgment around receiving surfaced...especially related to my parents, who have given me everything...and I sooo didn't want to disappoint them with my 'apparent lack of financial responsibility.' Once that was all shared and out in the open, I gratefully accepted their financial support which helps ease some of our current stress around bills... So, this new way of living and experiencing continues to blossom as the energy of Spring supports my growth.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “JOY” to come forth from within you...

How does this word *Feel* to you?

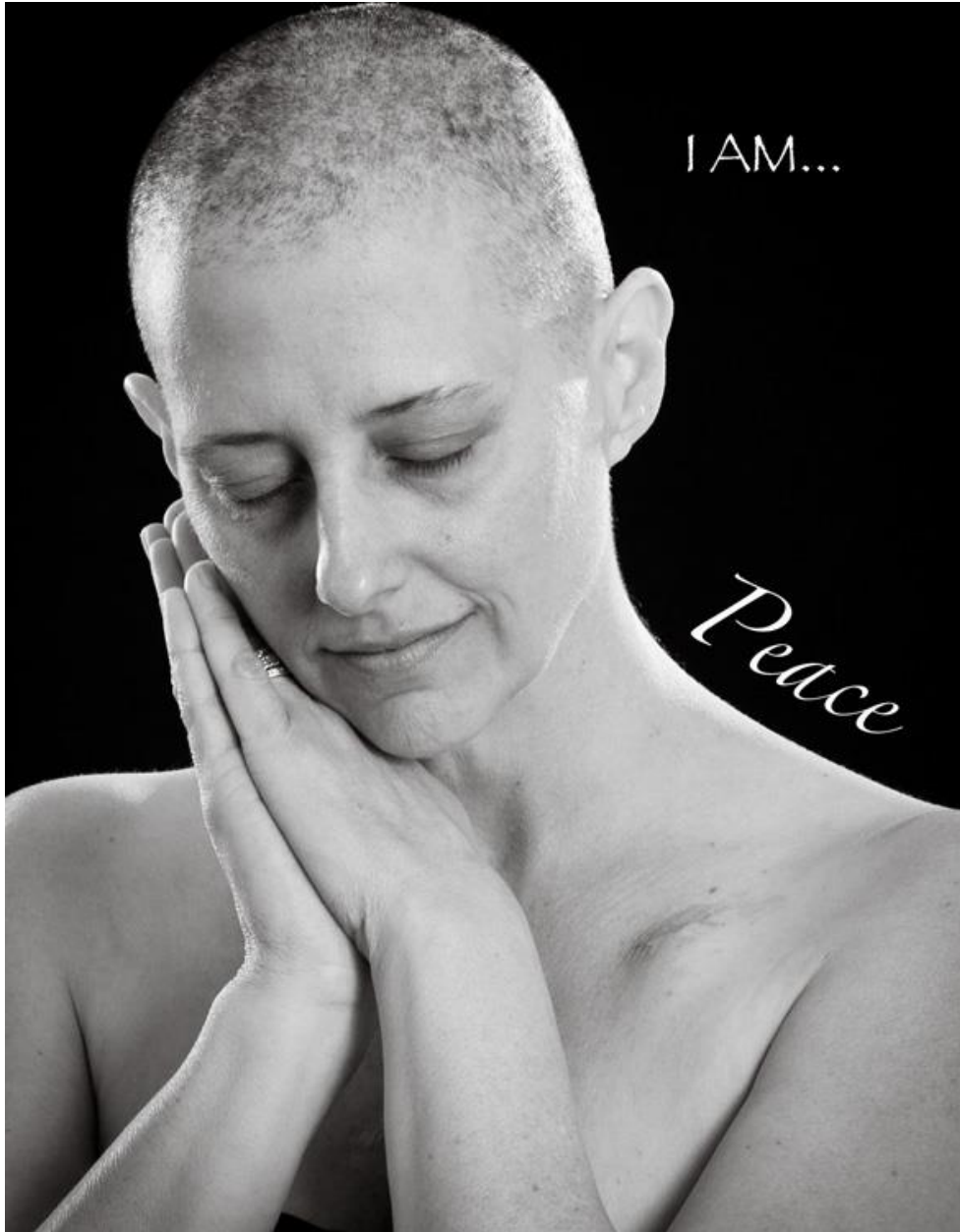
Now allow the phrase “Release attachments and live fully without masks” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 12

My Healing Comes From Within



Journal Entry: March 6, 2011

Well, the past few days have definitely been a lesson in not bringing expectations into the moment. My hope was that this second treatment would be easier but as it turns out, it's been really yucky! The chemo treatment was a little different this time in that after they gave me the pre-meds, they pushed the two chemo drugs through my port before they dripped the bag of chemo. I'm feeling that that may have been too much too fast for my system

I experienced a lot of nausea after my second treatment and it threw me into a spiral...

Journal Entry: March 9, 2011

Today (Wednesday) I'm still at about 65% energy-wise...slower pace but at least I can feel an inner momentum to get a few things done today. There's such a heightened internal barometer that gently adjusts with each day. My head is still a little foggy from the drugs...thank goodness for "The Magic Mirror"...2-3 times a day. I find myself closing my eyes a lot just to help release the tension. TM has been such a gift as well to help my body get into deep states of relaxation. Even though this weekend sucked (John was also dealing with intense pain from an abscessed tooth and couldn't sleep for 2 days....root canal yesterday saved the tooth!) ...sooo many gifts of awareness emerged...here are just a few:

- my mind may anticipate one experience but the actual experience may be quite different....being fully in each moment of the experience without the expectations is key

- I unconsciously created a 'hook-up' visual with the drugs being pushed into my port which actually caused me to gag every time I thought about it until a dear friend/nurse who did a Healing Touch session with me on Monday reminded me to change that mental connection...of course....I KNEW that...just another example of having the tools but forgetting to use them. Now, my mental picture of the push-drugs (which are red) is butterflies gently floating into my system, finding all the cells they need to find, kissing them to help them transform and then gently leaving my system.

-Even though I am completely surrounded by countless prayers, love and light on every level, I actually experienced how easily it is to slip into hopelessness and despair. My body was going through multiple levels of experiences, but the only one I was 'hooked' into was the physical discomfort of the nausea....for which I took medication, which made me tired, so I went to bed without drinking or eating much, which led to slight dehydration, which amplified my headache, which increased the nausea, and the cycle just continued for a while. It made me keenly aware of how easily this spiral energy can take over...which could lead many people into depression and even more extreme behaviors just to lessen the pain and suffering. Wow...what a sensitive balance. The Power of Love to Heal took on a whole new dimension for me this weekend and I am eternally grateful for each and every one of you who are so lovingly supporting me during this journey. My hope is that everyone who is walking a difficult path in their life will also be able to open their hearts to receive the love that is truly abundantly and gently surrounding them.

This was another turning point in my journey...from the outside-in. When I was feeling so sick and nauseous I completely forgot the power of love and healing within *myself*, until a close friend and spiritual mentor, Gilda, a Yogini, came over to help me remember Who I AM. Her gentle guidance helped me quiet my mind, and descend back into myself; to the deepest core essence of my Being, my I AM Divine Consciousness within. Unbridled freedom and joy ignited with this inner connection and filled every cell of my body with radiant and luminous light. We laughed with the blowing winds as we danced with the leaves. In that sublime moment, I knew that it was through this divine inner connection and awareness of my love and light that my body would truly heal.

Journal Entry; April 5, 2011

Sunday evening I was inspired to put one of my crystal necklaces on my head so it laid over my third eye (forehead area) Oh my gosh...I felt like such a Goddess! ...I went back to my jewelry drawer and found cotton headbands and broaches/pins that I've never worn and put them together...pinning the broach to the head band and wearing it so the broach sits just above my forehead at my hairline. Again...I felt such feminine power, Goddess, Queen energy emerge. This

is definitely part of my journey to share since I truly believe that, for me, the diagnosis of cancer was an opportunity to slow down, go even more deeply inside myself and awaken the divine feminine energy within me, so I could experience it and increase its vibrational frequency in order to unify it with the masculine energy within me. I know that may not make a lot of sense to people, but for me it's obvious.

We're living in a time of our conscious evolution (entering the Age of Aquarius) when the masculine and feminine energies are preparing to unify (within the next 1000 years). In order for that to happen, the last 26,000 years of unconscious cellular memories that we hold within our bodies must be cleared so we don't continue to bring the past into our present choices. It's deep, deep inner work to awaken those unconscious memories...and those memories and fears are presenting themselves everywhere if our perceptions are tuned in to seeing them. (that's one of the main reasons why The ORIGINS Process is here...to help us in this transition)

So, I'm keenly aware that my present journey is about clarifying and clearing out my personal fears, old beliefs and perceptions so I can more confidently and fully live my purpose from a place of joy, love and freedom. Wearing my new head jewelry is a powerful and beautiful outward statement of my newly found inner feminine sovereignty (defined as: self-governing, independent, of superlative strength) which embraces ALL of me with loving compassion, without judgment or fear. For it is only when we embrace ALL of who we are, are we truly able to accept and embrace others. It all starts from within.

Journal Entry: July 7, 2011

Today I connected to my deep inner soul light behind and below my heart and felt it (visualized it) beaming through my entire body and emanating out through every pore of my skin...then, as the radiation machine turned on, I sensed how the two lights merged into one...my soul light and the radiation beams...very cool

The best way for me to describe this deep connection within myself is for you to imagine a vast, dark and unending Universal space, where everything and nothing exist simultaneously. This is

the place where we are all connected beyond time; the field of unconscious possibility; awakened with the sparks of Divine Love; the Universe within. This is the space I fall into and surrender; the space where my mind releases its thoughts into a sea of calm; the space I experience as Home.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word "PEACE" to come forth from within you...

How does this word *Feel* to you?

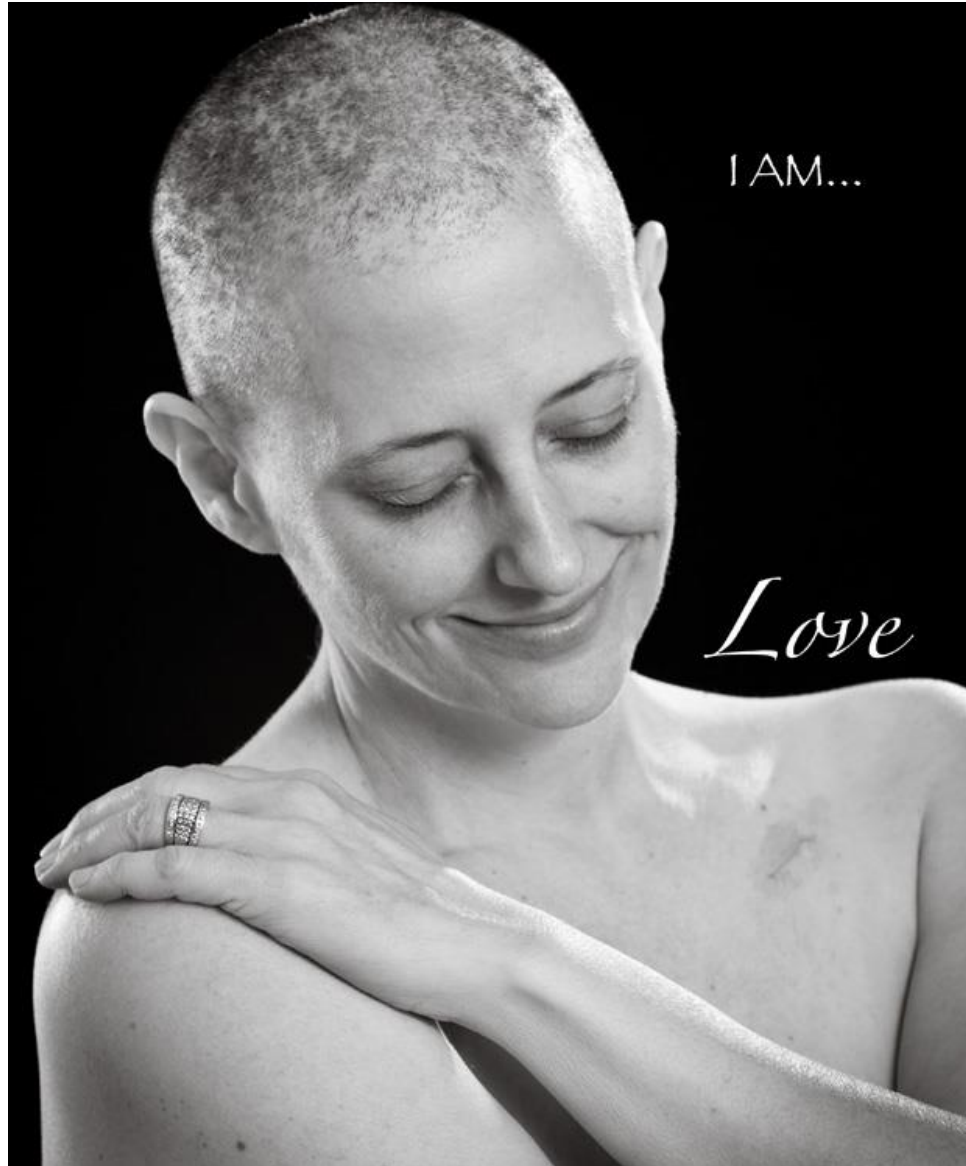
Now allow the phrase "My healing comes from within" to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

Life Lesson 13

I AM Not My Experiences...I AM Soooo Much More!



Journal Entry: March 15, 2011

On Friday, March 11 (3/11/11) the "Journey to Love" that my mind had created dissolved into simply living, loving and fully experiencing every moment as I remembered Who I AM.

During my bout with nausea, I became more aware of my growing dependence on email responses from my Journal Updates. I had started checking messages several times a day and felt an increasing need for the outward connection with others for strength and support. Although I loved the caring support of others what I was feeling was the *dependency* on that outside source rather than tapping into my inner connection to Source.

This dependency began to feel like strings of attachment growing like thickened vines. I knew action was necessary on my part to reawaken and ignite that sacred connected within. The vines of attachment needed to be pruned. It was scary at first as old feelings of being alone surfaced then quickly dissolved as the healing light of Divine Love reawakened with me. Connecting and relying on my highest Source of love and healing was a very personal, powerful and sacred path to self-understanding.

This deep inner connection was captured in the "I AM..." images photo shoot with my photographer friend, Julie Enstall. This time together became such a magical and profound experience as we simply showed up, trusted the divinity in the process and allowed the images to appear without any layers of protection or pretense. The "I AM..." series of photographs visually represent the most profound Life Lesson I've learned throughout *My Walk with Cancer, Compassion and Consciousness...I AM Love*.

Journal Entry: April 27, 2011

This weekend we did more inner work with the Emerald Star from The ORIGINS Process. This Star energy really reflects deep emotional/physical energies within. As always, I was blown away by what was brought to my conscious awareness...more strings of stories that I 'thought' I had unwound completely and released. These threads were still deep in my unconscious

beliefs...they came up pretty quickly because my energetic resistance was low...thank goodness. Then on Sunday, our family attended a class/session with Yogini, a dear friend who helped us remember that "Suffering is Optional"....yes, suffering happens because it's part of life and how we learn as human beings, but it's our choice as to how long we mentally continually to hold on to it and re-create it in our minds after the initial experience has occurred. Being in the moment, clearly connected to ALL of me and my I AM energy, helps me choose from a place of love...one step at a time.

The awareness of "I AM *not* my experiences" created such a feeling of freedom and joy within me. Being in the moment of an experience, feeling it, witnessing it, seeing old patterns emerge, welcoming a new way of being in the moment, and taking responsibility to choose how to respond, was, and continues to be, a powerful place for me to stand. It is in this awareness that I lovingly and compassionately embrace each color of my *Rainbow Pyramid*, until the time when those colors transform into the brilliant bright white light of Divine Love!

During the next several months *My Walk with Cancer, Compassion and Consciousness* continued through six rounds of chemotherapy, 33 radiation treatments, and the creation of a CD sponsorship program which enabled us to gift over 300 *The Magic Mirror* CDs to area cancer patients...a dream come true for me.

Journal Entry: November 16, 2011

Today, I'm feeling a little loopy because I just had my port removed!! Yeah...."officially finished" with treatment! Interesting awareness came this morning in the shower....exactly 16 years ago (almost to the day) is when I had my miscarriage...talk about a full circle...especially since today is 11/16/11...creation, death, conception, adoption, miscarriage...all twisted and then unwinding within me through this amazing journey...it goes so deep... beyond words...below the mind...into feelings...and my journey continues...

I feel I have gone through a deep spiritual process of remembering, recognizing, reconnecting, realigning, rebirthing and embracing my truest self; my *Soul-Self*; not the self I *thought* I was

based upon other people's perceptions and beliefs about who I was, or should be, or could be, or my fears of who I am not or even fears of who I am. This profound journey with breast cancer reawakened and ignited my soul's love for itself. With this discovery, I can now freely create, express, share, and receive that love as my true purpose in life.

Quiet time for reflection before Journaling

If you feel comfortable moving into this experience, close your eyes and take a deep breath in through your nose; hold for a few moments then exhale through your mouth slowly...repeat a few times. When you feel calm and relaxed...

Allow the word “LOVE” to come forth from within you...

How does this word *Feel* to you?

Now allow the phrase “I AM not my experiences...I AM Sooooo much more” to come forth from within you. How does this phrase *Feel* to you?

What is awakening within you right now?

Take some time to journal on a separate piece of paper.

LIGHT LINES OF LOVE

My Walk with Cancer, Compassion and Consciousness Continues...

During the week of the Summer Solstice 2012, I woke up and felt a strong desire to complete and release my E-Book, *Loving Life...all of it - Lessons Learned from My Journey to Love with Breast Cancer*, which was the initial title of this book. There was something compelling me to bring this project to completion so that I could continue moving forward on my path. After the final edits were completed and uploaded, I announced that it was now available online to friends, family and colleagues. Although the book was officially 'out there' in the virtual world, I didn't feel motivated to move forward in producing printed copies...yet. It is only now that I understand why and as you read the following, so will you.

It's December 27, 2012 and I'm writing this as I wait for a CAT scan and bone scan. There is a part of me in a state of disbelief that I'm going through this again, and yet another part of me that is, ironically, relieved. It's a paradox that some may find confusing, and one I never thought I would experience.

When I was going through treatment for breast cancer in 2011, several cancer patients shared with me their sense of relief when their cancer recurred. There was no way for me to fully understand their feelings at the time but today, as I wait for another test, I can feel an indescribable sigh of relief; an acknowledgement of a cloud of uncertainty that lingered, unconsciously, within me. "Will it come back?"

I had been so certain that there were no more cancer cells left in my body after my chemotherapy and radiation treatments. I am relieved that this time feels different; these cells feel very new. I feel like my body simply wanted to 'get my attention' for some other reason. One thing is certain; there is purpose for all of this and I know I am walking a sacred journey.

As I sit in this beautifully lit updated hospital clinic café, reflecting upon the magic within my life, I recall how I consciously chose to have my annual mammogram on or near my birthday.

This annual birthday gift has been a very conscious act of self-love for many years. My birthday is December 16, so my appointments are usually around the Winter Solstice, December 20, 21 or 23. For me this is significant because the Winter Solstice is the darkest time of year; the time when nature goes deep within to renew itself for the coming spring. It's my time of self-reflection; a quiet slowing of life that offers me the clarity and insight to evaluate what I've manifested during the previous year and prepare myself for what I desire to create in the coming year.

In 2010, my mammogram was on December 20, I was diagnosed with breast cancer on December 30, and My Journey to Love became a conscious moment-to-moment walk with life. This year, my mammogram was also on December 20 and my diagnosis came on December 26. I can feel something different about this journey. I know that *I am* different...I have grown in many ways since my first experience with breast cancer. This time I am deeply connected to the Divine I AM presence within me. I am having this experience but I AM not this experience...Life Lesson #13.

As I envision my life from a higher perspective, I feel literally pulled out of myself as I view what is happening from above. There is an aura of magic that continually surrounds me and I am in awe at what I see. The thoughts and feelings that come to mind offer comfort and peace to my soul; these gentle reflections of memories weave a tapestry of light as I witness how everything in my life is so profoundly connected. I'd like to share with you a few of the sweet miracles that have touched my life recently.

Around Thanksgiving I felt tingles in my left arm; as if my arm was trying to get my attention. It felt 'full' so I chose to wear my compression garment for a few days to help with lymph flow. This awareness of my arm and the self-care act of wearing my garment reminded me of how long it had been since I actually had a massage. On December 2 I felt inspired to contact Cindy, a dear friend who does lymphatic massage and all types of body work. She is a gifted energy worker and I always have a profound experience when she and I do work together. Her intuitive connection and clear inner listening creates a sacred space in which my body often moves into

another level of integration and balance. Our session began slowly as my body relaxed and my mind quieted any expectations or desired outcomes.

I was surprised as old images of my feminine/mother energy began floating into my awareness...almost as if I were watching a slide show of my life: the birth of our first son, Christopher; a sense of separation from myself; the deep emotional loss of a miscarriage; the birth of our second son, Justin; and an even deeper inner processing of my own conception and adoption. There were even flashes of my song, *I Will Always Be With You*, which was inspired after the events of September 11, 2001.

Images and stories, like individual energetic pieces of my past, surfaced like disconnected quilt pieces hovering above my abdomen. As Cindy continued working on me, those pieces began to gently transform. Near the end of the session she moved her hands slowly from my feet to my head. All I could sense within me was a smooth, clean darkness; no charge, no stories, no emotional connection to the past. In that moment I understood what John had been saying for years about “wiping the slate clean.” The “slate” was my body, and the vibrational/energetic stories from my past that were still inside, unconsciously motivating my current choices, had now been lovingly brought to my conscious awareness, compassionately transformed and gently wiped clean. A deep unconscious melancholy had been transformed through love.

On December 6, I took my harp students to play Christmas music at the David C. Pratt Cancer Center, also part of the MERCY Healthcare System. A couple of weeks prior to the event, I felt a lump in my right breast and decided to schedule an appointment with my radiation oncologist on the same day we were to play at the Center. Upon examination, the doctor expressed that he was not concerned since the lump was soft and pliable. We both assumed it was scar tissue from a previous biopsy and agreed to wait for the results of the mammogram which was already scheduled for December 20. My students and I went on to play heart felt songs of the seasons for grateful cancer patients, family members, staff and volunteers at the cancer center.

When Sisters of Mercy called me in July and asked if I would be interested in creating a December musical concert with a focus on healing the earth, I immediately responded “yes” to

this tremendous opportunity. Several of the Sisters were familiar with my harp music and used it often with clients and patients. John and I met with members of their Spiritual Team to discuss the vision we shared for this concert; ideas about healing, self-responsibility, ways to empower the audience, the need for unification within ourselves, and wholeness for our community and the world. We could all feel the Divine gently guiding our ideas and words.

John and I expressed our perspective of what's happening in our world today by referencing the Cosmology of Consciousness. We briefly explained the information that John had been receiving from his Spirit Guides about how our human species was governed by the internal/feminine/moon energy for the first 13,000 years of our conscious evolution and now we have returned to the beginning once again as we reenter the Age of Aquarius, where the feminine energy is reawakening within all of us to unify with the masculine energy.

I got swept away in the moment and let the flow of words come through me. Even though the words John and I used differed slightly from the Sisters' perspective, I knew in my heart that the feelings conveyed through our words were met with their understanding. Their Founder's vision of the Sisters of MERCY was described as "Womb Love"...for me those two words say it all. As we each listened inside and trusted our Highest Guidance, this healing concert evolved into a profound musical experience on December 9, 2012 entitled, *The Heart's Enduring Love...Music to Awaken and Heal the Heart*.

My dear soul-sister and exquisite vocalist, Jessica, agreed to co-create this event with me. Together, we traveled into deep and holy space; deeper than we ever could have imagined. We embraced this time as a sacred opportunity to open to the music that flows through us. This newly created music honored and recognized Divine Love, the Collective Love of Mother Earth, and the Personal Love we each experience in our lives. In order to heal the Earth, we must first awaken the Divine, Collective and Personal energies of love within ourselves and bring them into balance. Little did I know then how this concert would awaken yet another level of the healing potential within me!

The energy of *The Heart's Enduring Love* concert continued to move through me for days after the event as new arrangements for Christmas music awakened for notation. I felt the Compassionate Feminine Energy desiring expression through these familiar melodies in a unique way; new chords structures, new musical voicing, new instrumentation. The melodies played me from the inside, as if my soul was sweetly serenading me throughout the day.

On December 20, when I went for my mammogram, they marked the lump I had found and scheduled a sonogram immediately. I met with my oncologist and she too was not concerned about the lump based on its characteristics, but since I was already there, she ordered a biopsy.

I was on the table in preparation for the procedure when I jokingly remarked to the nurses, "Now all you need is some of my music playing." The doctor opened the door, both nurses smiled as one of them pushed Play and music from my CD, *The Magic Mirror*, filled the room. Instantly, my whole body let go and the exhale of relief was palpable as tears filled my eyes.

One of the nurses had attended an oncology nurse conference last year where I was the guest speaker on *Vibrational Awareness-The Healing Power of Music* and she had purchased *The Magic Mirror-Inspired Reflections* CD. She told me they play my music for every patient receiving a biopsy and shared how everyone loves it. Even the doctor said it helps him relax. This music had been part of every step of my previous cancer journey and now it was as if the Universe was saying, "It's OK, Amy, we're here. Everything is in Divine Order...you're safe."

I requested a computer disc with my mammogram and sonogram images to take to my surgeon's office at another hospital. She had been on maternity leave for several months and was returning to work the next week. I wanted her to have all my information upon her return since she specifically asked to be kept up to date on all my mammograms. I dropped off the discs, spoke with her nurses and waited to hear the results of the biopsy.

On December 21, 2012 John and I celebrated the Winter Solstice with eight beautiful women in a sacred ceremony using the full matrix from The ORIGINS Process. This special day marked the alignment of the Earth, Sun, and a constellation called Ophiuchus, which sits between

Scorpio and Sagittarius, and the center of our galaxy. December 21, 2012, was a much publicized date prophesized by many ancient cultures as the end of the world. For years, John's Guides have been sharing insights and messages about this date so we knew it was not about the end of the world (as so many had predicted), but rather, marked the beginning of a transition and transformation to a higher state of consciousness. This date heralded the entrance into the Age of Aquarius, when the Divine Feminine energy awakens to eventually unify with the Divine Masculine energy within.

Prior to our Winter Solstice ceremony, this concept was discussed and understood by everyone participating in this celebration. The single word we generated through a specific process at the beginning of this ceremony was "Stillness." The Center Gem was "Life—Trust your intuition to light your way." The rest of the gems placed on each of the Universal Stars and Flowers of Light magically illuminated the pathway for the next three months as we travel from the Winter Solstice to the Spring Equinox in March. These messages of insight felt like a soothing elixir to my soul in its deepest knowing.

As I carried the messages from our Winter Solstice celebration within my awareness for days following the ceremony, the single words and phrases echoed within my heart:

- LIFE — Trust your intuition to light your way
- REGENERATION -- Join your mind and body so that the process of your transformation is one of joy and happiness for you and others
- TRANSFORMATION -- The end of a journey is the beginning of another
- EFFORT -- Understand becoming One
- INTROSPECTION -- Look once more into yourself



The question of Soul vs. Spirit came up during this ceremony. My initial vision of “Soul” was as the Universal Oneness, Divine Consciousness, God, whatever word feels comfortable to describe the vast incomprehensible Oneness of Everything and No-thing, and “Spirit” as the personal expression of the Universal. After a conversation with John a couple days later, I felt and saw it in reverse.

I now see the Soul as an individual and unique expression of Spirit that carries the vibrational imprints of our experiences into the Universal Divine Consciousness. I see and feel how my Soul’s experiences join with the energetic Oneness of Spirit. The metaphor of being a drop in the Ocean is a common visual many people use; with the Ocean representing the Oneness of Everything, the Universal Spirit, and each drop within the ocean representing a unique Soul, a singular expression of Spirit; yet, within each drop of water, the entire Ocean exists. My drop is unique in its experiences and as it returns to the Ocean, each one of my experiences contributes to the vibrational frequency of the entire Ocean.

It is my belief that my Soul's purpose in this life is to live my love completely, openly and honestly, aligned with the highest vibrations of the Universal Spirit during this evolutionary time of transition so that when my Soul's Light joins with the Universal Spirit of Love, those vibrations of love that I experience here on earth increase the frequency of the Universal Oneness. As the frequency of the Universal Oneness increases, so does the evolvment of the consciousness of our human experiences.

I truly believe that the deeper I travel within myself, the clearer my light-line becomes for future generations. The phrase, "What you do affects seven generations" resonates deeply for me. I feel it referring to a literal light line of connection and I am committed to clearing as much of my line as possible for my children, grandchildren, great-grandchildren and beyond. *My Journey to Love* is a path to oneness and wholeness, for all of us.

These profound insights and Winter Solstice messages strengthened me and opened my heart as I received the call on December 26 and was told that my biopsy was positive. *My Walk with Cancer, Compassion and Consciousness* would continue with an even deeper awareness and connection to the Universal Transition that my body was experiencing on a cellular level. The old patterns, the inherited genetic ancestral light-lines of beliefs, perceptions, compassion and purpose were awakening and realigning to a new vibrational frequency.

I hung up the phone after receiving the news of my biopsy and realized I wasn't afraid. It's like when you fall off a bicycle for the first time and then get back on again. There's a feeling of 'now I know what to do' and you start pedaling with a new-found confidence that did not exist before the fall. I had been here before as a newly diagnosed patient, but this time I knew what to do.

For the majority of people, I know it may be difficult to understand but instead of feeling that old familiar fear, I actually felt excited. I jumped up from the kitchen table, ran down the hall and joyously announced to our boys that this was soooo cool, "OK, boys, I know this sounds crazy but I really don't feel any fear around this. I know my body is talking to me, trying to get my attention. I'm listening and know that it's all part of this bigger transformation that's happening.

The cancer is so small; it is more like a ‘residue’ asking to leave my body quickly through surgery. Everything is going to be okay. We just need to walk through this, one step at a time. I love you both sooo much!!” I am blessed with a family that is also committed to walking this journey with cancer with me, once again, from a place of loving compassion.

My doctors are in different healthcare systems so to keep information flowing smoothly, I took on the responsibility of making phone calls, asking questions, coordinating needed tests at different facilities, sharing the results with all my doctors and scheduling appointments as quickly as possible. My breast surgeon had been on maternity leave for several months and my first appointment with her was scheduled on her second day back in the office. I knew she would need specific test results in order to move forward with my surgery. All of the nurses from each doctor’s office worked with me to keep things moving in a coordinated fashion. The magic was flowing once again as procedure times opened up, tests were scheduled, results were reviewed and decisions were made quickly.

As the whirlwind of activity swirled around me, I remained inwardly calm. I had been here before, which somehow eased my fear and uncertainty. My expressive confidence, heightened intuition and maturing self-love were the driving forces this time. I could see how my previous experiences with cancer had prepared me to walk this current journey from a different, deeper place of connection. There is a knowing within my heart that there is purpose for every experience. I felt as if I was being given this opportunity to transform any remaining fear into love. It may sound crazy, but to me, it was a profound, indescribable gift of transformation.

As I mentioned earlier, I’ve grown and changed since my first experience with cancer; an experience that helped me reconnect to the divine I AM consciousness within me. Now I am grounded within myself, listening to my body, choosing from my inside feelings not my outside thoughts, and walking this journey from my loving connection to the Divine.

The good news is that both the CAT scan and bone scan were clear! I felt relieved knowing that the cancer was confined to the breast. Even though I live from a very strong spiritual foundation, fearful thoughts still creep into my mind periodically. I felt confident that we had found the

cancer early due to the size and characteristics of the lump, but part of me was holding my breath until the results came in. Now, as we move forward with the necessary tests and decisions I am in a place of peace.

Fortunately, I had scheduled all my yearly doctor appointments during the last week of December and first week of January: mammogram, oncologist, OB/gynecologist, and general practitioner. One doctor's appointment led to another and vital information was being gathered from a number of different sources. We eventually realized that the hormones progesterone and estrogen were out of balance within my system causing other manifestations that could lead to more problems down the road. I decided to have not only a right breast mastectomy but also a full hysterectomy including the removal of my ovaries through the daVinci® robotic system, which is the least invasive type of procedure.

It surprised me how comfortable and easy this decision was to make; to remove my breast and womb, which are traditionally associated with feminine nurturing energy and creation. My session with Cindy had unknowingly prepared me for this decision. My slate had been wiped clean of old memories, beliefs and perceptions associated with these parts of my body. My concert with Jessica had allowed for the creative expression of this divine feminine energy to flow through our music and the music that continued to serenade me from my soul afterwards. The Winter Solstice gem messages had reflected the transformation and regeneration of this time. All of these magical miracles prepared the way for me to make this decision; I felt clear, clean, and integrated within myself. I was connected to a deeper part of me, not simply my body parts. Of course, I lovingly thanked each part and, as before with chemotherapy, gratefully released them for my continued health. My heart and head were in alignment. I felt balanced and strong with no doubts or questions surrounding the decision.

We decided to do both surgeries at the same time for several reasons. The estrogen produced by my ovaries was feeding the cancer cells and causing a thickened uterine lining. Surgery was done on January 9, 2013 and everything went extremely well. I was up walking that evening and was out of the hospital within 24 hours. I continued healing well with minimal to no pain and had my drain removed the following Monday. Recovery is a slowing process of life, a moment-to-

moment deeper awareness of my body's needs, and continual opportunities to choose loving new patterns or remaining in old familiar ones.

Both of my experiences with cancer have been profound and sacred journeys of inner awakening. My first journey awakened me to my highest self, my I AM essence of the Divine within. My second journey awakened a deeper awareness of my body's light-line connections; my unconscious patterns of thought, belief and behavior inherited from my ancestors. I now stand within the center of my awareness, at union with my soul's love and purpose, experiencing the joy and freedom to create from the Divine within.

When someone asks me, "What can I do for you?" "Is there anything you need?" I immediately thank them for their compassion and caring and then encourage them to "Stay inside yourself and connect to that which *you* truly love, then express and share it! That is the level on which we can all help each other, by living and sharing our love with those around us. Whatever you love to do...do it! That helps me more than anything in the world."

As I continue to move forward in my life, one step at a time, I am listening deeply to the love within my heart, expressing the music that serenades me from my soul, and sharing my joy, love and passion with family, friends and strangers. I am eternally grateful for this profound experience we call life here on this wondrous Mother Earth.

Thank you for taking this *Walk with Cancer, Compassion and Consciousness* with me. I hope it was a mirror for you to see the beauty, joy, love and magic in your life as well.

Loving life...all of it,

Amy

Appendix 1

The ORIGINS Process

When we look around our world and see everything that's here, we seldom connect the object, thing, or creation to the person who first thought of the idea, or the person who was first inspired to connect the dots that no one else had connected. Inventors, researchers, scientists, therapists, theorists, all academic teachings, artists, musicians, visionaries...everything that's *here* on earth, came through someone for the first time and then they shared their idea.

My husband John is such a person, bringing forth the messages and insights shared with him, so we all can experience the gifts he was shown and specifically told to 'Remember...Re-member this!!'

The easiest way to explain how The ORIGINS Process came into being is to share a letter from John to those beginning their process of self-exploration:

Dear Traveler,

Sometimes things happen in our lives that are so phenomenal we are at a loss to find the words to describe it. I need to tell you that up until the summer of 1985, I lived a rather traditional life. It was at this time that I was transported, for lack of a better word, into another dimension that would forever alter the course of my life.

I had just recently arrived at Lake Geneva to speak at a conference on creativity. It was also a time when everything in my life was falling apart. I can still recall the cool breezes from the lake on that warm June evening. My first marriage, my family, and my self-esteem were all part of deeply painful decisions that were necessary to make for the future of my very existence. It is important to know that up to this point I was a businessman and a family man. If I couldn't taste it, smell it, see it, touch it, or hear it, then "it" didn't exist. I can tell you that when faced with the

emotional and psychological pain of loss and trauma, about the only thing I could do was reach out for help, but I didn't know who to reach for. I felt very much alone.

*On this particular evening, it all came roaring out of its cryptic hiding places and caused what I now call an emotional **breakthrough**, although at the time it felt more like a **breakdown**. I remember looking up at that star-filled night sky and crying out, "If someone is up there, please help me! I must find my way out of this darkness." As I made my way back to the small cottage where I was staying, the stars seemed to blink their indifference in silence. I went to bed and fell into a restless sleep. That night began a spiritual adventure that continues to this day.*

Shortly after falling asleep, I was visited by the first of my four Spirit Guides. Dressed in a crimson robe, his eyes appeared as vast star fields under his hooded cloak. He held out his hand and I heard his voice in my head, "Are you ready to go?" "Go where?" I thought. "Home" was his reply. I reached for his hand and followed him into a world beyond our own; where beauty and harmony was a way of life; to a place where those living there were unified with a sense of purpose and connection to the earth on which they lived and the stars from which they came.

With each successive visit, my four Guides took me to places such as The Temple of Power, the Hall of Harmony, The Garden of Contradiction and The Library of Memories. My task was to experience these places and learn from their lessons so that I could rediscover deeper parts of myself. I was never given any answers during this initial process, only challenged with questions that I would have to resolve for myself.

One of the most significant experiences I had was "The Ceremony of Light." During this ceremony, held in "The Sanctuary of Universal Light," thousands of people held on their laps luminous holographic disks etched with specific flower and star patterns. These disks would light up with symbols and colors when the Initiators selected and toned certain gemstones. The symbols indicated specific messages for each gem. I witnessed this ceremony twice. After the second time, my Guide from the West turned directly toward me, pointed her finger and said, "Remember this...Re-member this!!"

I awakened from what I thought was a dream and got out of bed, sat down at my kitchen table, and 'saw' a book opened next to me. I took out a small blank journal from my desk drawer and began to copy the book as fast as I could. The images would just appear on a page and then disappear. When I had finished copying it, I put the book I was writing in away and forgot about it for several years.

My unusual dreams continued to occur and I became concerned. So, I went to see a Jungian psychologist for help and was told that "everyone has their myths to resolve." With validation of my sanity, I felt safe to allow the journeys and lessons with my four Guides to continue. That is how The ORIGINS Process began.

The Instruments of Light that are used with The ORIGINS Process are my best attempt at replicating the luminous disks I witnessed being used during "The Ceremony of Light." The Flowers of Light are the initial instruments and offer their users the unique opportunity to look deep within themselves for greater personal insight and spiritual awakening. This process is offered to you in the light of love, joy and truth, for by using these instruments, you are able to see the reflection of your love within yourself, so that you may share this love with others.

We are currently in a period of great change and transformation. It is in this time of stress and turbulence that we must assume full responsibility for our choices. It is then our decision to join our truth with others so that we all may come together to celebrate the happiness and peace that is created from this loving and divine unification.

*In the Light of Universal Love,
John Camie – Messenger*



The ORIGINS Process is vast, multidimensional and profound, yet offers a very personal step by step method of self-awareness and awakening to one's soul purpose. It is not a religious process but rather a spiritual journey that strengthens one's beliefs and convictions in that which they truly love. My deep spiritual connection with myself is a result of living within the conscious awareness of this energy for the past 25 years.

John and I have dedicated ourselves to manifesting and living the gift of this process personally. It has taken many years of diligent, conscious inner exploration to create all of the components of this process and then experience the gift of the *Flowers* and *Stars of Light* for ourselves. We are awed by its beauty as it continually reveals more and more layers of potential as we are able to perceive it.

The ORIGINS Process is a personal journey of inner exploration that begins by utilizing The *Flowers of Light* as instruments of reflection and insight.

There are four *Flowers of Light* in the ORIGINS matrix and each reflects a different area of self-exploration:

- The *Lotus Flower of Light* reflects our Beliefs and Convictions about ourselves;
- The *Sunflower of Light* reflects our Perception and how we see ourselves;
- The *Chrysanthemum Flower of Light* reflects our Compassion and Sense of Unity within ourselves;
- The *Pinecone Flower of Light* reflects our soul's Will and Purpose.

The *Flowers of Light* are not Oracles or tools of divination. They assist in bringing what is already inside of us to conscious awareness through the use of 90 colored gemstones with ancient symbols and corresponding written messages. The archetypal symbols, colors and messages help to awaken memories held deep within us that are ready to be brought to our conscious awareness. The gem messages reflect what we already know but may not have the words to express.

The gem colors reflect the elements – earth/green, water/blue, fire/red, air/yellow, and the personal power/essence gems in white. These colors sympathetically resonate with those elemental frequencies within us as they align with our physical/emotional energies, motivating memories from the past, mental thoughts and creative expression/actions affecting our current situation. As we prepare to select a gem, those elemental aspects that are ready to come to our conscious awareness present themselves as the gem we select. When people select their first gem, John and I often hear, “Interesting!” “How did that happen?” or “I can’t believe it...it’s right on.” It’s not magic, it’s an energetic connection. Every person selects the gem that resonates most accurately to their current situation within the moment.

We use a simplified *Training Lotus* disk in the beginning to help visualize the gem placement patterns. Each of the little silver circles within the pedals represents an individual portal position corresponding to a specific aspect within us.



There are 25 different portal placements on each *Flower of Light* instrument which offer insight into many areas of our lives. As a gem is selected and placed on each portal, it reflects its message in relation to that specific position. Using various gem patterns, we can travel deep within ourselves for insight that is often not readily accessible to our conscious awareness.

Each gemstone has a corresponding written message in the ORIGINS Guidebook that is read in relation to its position on the *Flower of Light*. The interpretation of each gem's message is personal and intuitive. Outside guidance comes only in the form of questions taken directly from the messages. The ORIGINS Process supports an individual's personal journey inward through their self-discovery of their truth and personal interpretation of the gem messages.

This beautiful process reflects our inner journey and brings to conscious awareness hidden beliefs and perceptions that hold us in repetitive patterns of behavior; keep us from reaching our full potential and limiting our sense of joy and freedom. As we clarify our internal beliefs and personal truths, our perception of the outer world shifts; and as we become compassionately aware of the connectedness of all things, we are more willing and able to feel free to create the unique expression of our gift and purpose in life.

The ORIGINS Process is not only a personal system of self-discovery; it also offers unique and joyous opportunities for collective experiences. *The Diamond Ceremony* is a yearly celebration held on January 21 where a single gem is selected for every day of the coming year. These daily gem messages were the reference points for my self-reflecting journal in 2009.

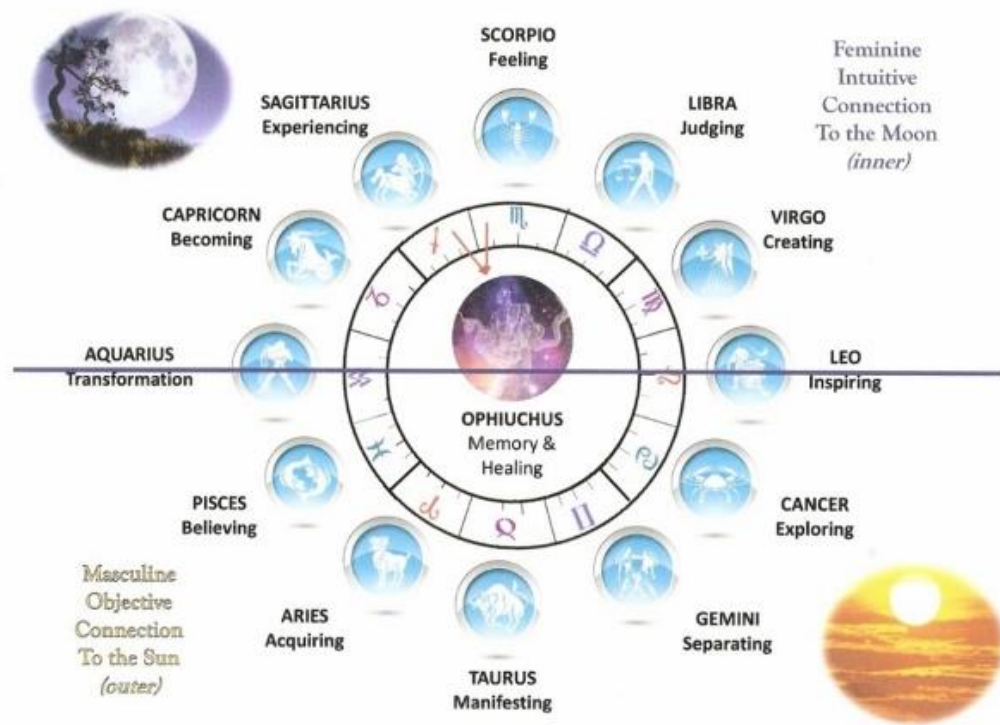
In the following photo from *The Diamond Star Ceremony* you can see each portal covered by a single gem. Imagine each of those individual portals representing a unique energetic aspect within us. This process helps us to awaken and remember all that we carry within our cellular memory. “Remember this...Re-member this!!” was John’s directive. Little did we know then how much there was to remember.



In 2009, John began receiving insights and messages about The Cosmology of Consciousness. Many people refer to The Precession of the Equinoxes (defined in the Introduction) and our current position within this Grand Cycle as we re-enter the Age of Aquarius. The ORIGINS Matrix also represents a calendar of Time which helps visualize when and how the energy of the heavens influenced our conscious and unconscious evolution throughout this Grand Cycle of Time.

To briefly summarize John's insights: our current consciousness became aware of itself approximately 26,000 years ago in the Age of Aquarius, when *Homo sapiens* became the dominant species. Our species developed and learned important lessons of survival from collective experiences, which we still carry vibrationally within our cellular memory. The following image depicts this progression of development and a single word summarizing the awakening conscious lesson within our species to ensure our survival:

From the Presentation "ORIGINS and The Cosmology of Consciousness" by John Camie



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For approximately the first 13,000 years of our conscious evolution (the Ages of Aquarius, Capricorn, Sagittarius, Ophiuchus, Scorpio, Libra) we were guided by the feminine energy that was intuitively connected to nature, the Moon cycles and feelings of nurturing, protecting the family and securing the home which ensured survival of our species.

During the transition between the Ages of Libra and Virgo, we learned to plant the seed, which enabled civilizations to develop. The Sun became our symbolic reference over the Moon and as

we moved into the Age of Leo (approximately 13,000 years ago), the masculine energy became dominant as we discovered how to create and manifest our dreams in the outside world.

As we continued to evolve through the Ages of Cancer, Gemini, Taurus, Aries and Pisces, collectively experiencing the evolution of our species through the exploration of new worlds, development of languages, instituting numerical accounting, building great civilizations, conquering and acquiring property, our thoughts and behaviors became more focused on power and control of the outside world.

Now, as we re-enter the Age of Aquarius, where we began 26,000 years ago, it is time to awaken the past paradigms of our ancestors, which we still carry within our cellular memory. These patterns from the past ensured our survival as a species as choices were made to kill or be killed. The fear of death and elimination motivated each and every choice on a conscious or unconscious level. We continue to manifest this pattern of fear-based choice as long as the pattern remains unconscious.

We are living in a time of great transition where the love within the heart is awakening to comfort the fear of the mind. It is time to *unify* the masculine and feminine energies; the mind and heart; our thoughts and our feelings. No longer does the mind 'create' the dream, but rather, the passion for the creation is manifested within the Divine Feminine energy and the mental energies of the mind *recognize* that passion to create. In order for this unification to occur, we need to first awaken to these energies and bring them into balance within ourselves. That is the gift The ORIGINS Process; it is a system of self-discovery that helps awaken these patterns of the past that lie dormant and unconscious within us, bringing them to conscious awareness to be unified within each moment of choice.

For me, this is what this transition of consciousness is all about...the unification of the feminine and masculine energies within the manifestation of creation. Now it is time for the mind to find its balance with the intuitive feminine energy and allow the feeling to drive the creation; only then can the mind recognize the passion and love that desires to be manifested. In this

recognition, the mind is the spark of awareness, and in that recognition, creation is manifested. In my perspective, this is truly the harmony and balance of body, mind and spirit.

As each Great Age lasts approximately 2,000 years, this transition and transformation will happen over generations of time...this is just the beginning.

As in all of the Great Ages that preceded our current level of consciousness, the energy of the stars influenced human experiences. Like droplets of starlight falling from the heavens, the consciousness of mankind awakened to new thoughts, ideas, experiences, dreams, beliefs and new ways of living. Together, we learned how to survive as a species. We are now in a time of becoming aware of all that we have learned from the past; how all of those lessons of survival continually and unconsciously motivate our current choices and actions. We must discern as individuals and collectively how we will move forward as a species living together on this earth. The higher our vibrational frequency, the more love we awaken within our hearts to share with ourselves and others. The lower our vibrational frequency, the more fear we create from the mind as we continue to repeat old patterns from the past.

We are a culmination of both fearful and loving experiences and it is our choice as to how we choose to perceive them. The more we acknowledge our fears, the less fearful they become and the easier it is to open our hearts to the unification and love within ourselves. This unification and self-love is the gift The ORIGINS Process has awakened within me.

To learn more about The ORIGINS Process, visit: www.theoriginsprocess.com.

A Short Meditation

*This meditation awakens that which is
below your conscious awareness*

*Close your eyes and take 3 deep breaths to clear your thoughts (in through your nose for 4
counts...hold for 7...out through your mouth for 8 counts)*

...then...from the silence and darkness within yourself...

Allow a COLOR to emerge...

feel it, see it, sense it, see the word of a color...any way that you experience it

From this COLOR, allow a SHAPE to form...

From this SHAPE allow a SINGLE WORD to emerge...

see it, hear it, sense it...again, in your own way

From this SINGLE WORD, allow a SHORT PHRASE to emerge...

see it, hear it, sense it...again in your own way

Open your eyes and journal.

Thoughts to consider while you journal about your COLOR, SHAPE, WORD & PHRASE that
may help you awaken something deeper within yourself:

If your color was close to Green...ask yourself questions about your *Physical/Emotional
energies*...how are you feeling about your current situation

If your color was close to Blue...ask yourself questions about your *Past, Memories, Beliefs* you
hold about yourself in respect to your current situation

If your color was close to Red...ask yourself questions about your *Mental Thoughts*...how are you
thinking about your current situation

If your color was close to Yellow...ask yourself questions about what you are *Doing, Expressing,
Creating* in respect to your current situation

Appendix 2

Stress Relief and Self-Care Ideas

Watch your breath...simply become aware of it
Focus on the 'out' breath instead of the 'inhale'
Visualize breathing air in and out through your heart
STOP...be still and become aware of the present moment
Close your eyes...it helps to 'bring your energy back inside'
Listen to the sounds around you...simply become aware
Eat a meal with your eyes closed and really taste the food
Make the sound "Mmmm"...it's like giving yourself an internal massage
Relax your tongue...it helps quiet your thoughts
Focus on your feet as you walk...really feel the ground
Laugh out loud...in the morning, in the car, with friends...just laugh!
Dance –Move your body...it's fun, energizing and helps release pent up energy
Exercise...change your routine regularly to make it more interesting
Eat foods from nature that are full of life and energy
Turn off the TV for a while...take a 'news-break'
Listen to music...put music on in the background to shift the 'feel' of a room
SLEEP...make sure you honor your body and go to bed when you're tired
Take a "Me" break...stretch or walk around a little
Finish something that's been 'hanging out there'
Ask for help when you need it...Receive help when it's offered
It's Okay to say "No"...think of it as a conscious 'self-care' choice
Write an "I'm glad you're in my life" letter or note to someone
Give yourself a gift...something special just for you
Give yourself a gentle hand massage and say 'Thank You' to your hands
Look in the mirror and say 3 nice things about yourself...Repeat...Repeat
As you take time to refresh, reenergize and nurture yourself, the closer you get to the Love within. Enjoy the Journey to Love...it's what living is all about.

Appendix 3

Quantitative EEG Brainwave Studies

Throughout my journey with breast cancer, my solo harp CD, *The Magic Mirror-Inspired Reflections*, has been my constant and daily gift to myself. Several years prior to my diagnosis, the Scientific Arts Foundation, a Missouri 501(C)3 nonprofit organization, and William Collins, Ph.D. of Reintegrative Health Institute in St. Louis, Missouri, conducted a pilot study measuring the impact of listening to this CD on brainwave frequencies of four women undergoing chemotherapy treatment for cancer.

Pre QEEG measurements were taken and then each woman was given a copy of the CD, *The Magic Mirror* to listen to once a day for ten days. The women returned after the tenth day to have Post QEEG measurements taken.

Results indicated listening to *The Magic Mirror* CD actually INCREASED neurological functioning in just ten days. Two of the women showed up on the TBI (Traumatic Brain Injury) Index indicating their brainwave patterns were indicative of someone who had a traumatic brain injury. Although they were still on the TBI index after ten days, their individual brainwave frequencies tended to normalize. (*as compared to the Robert Thatcher normative database for QEEG*). Below are excerpts from our research protocol written by Dr. William Collins:

The QEEG data was analyzed by Dr. Robert Thatcher's normative database (NeuroGuide). Each subject's data was looked at in terms of the degree to which it deviated from the norm. The spreadsheet below is a summary of the findings. It is color coded so you can see at a glance that each subject showed pre study indications of EEG abnormalities and significant changes in the post QEEG. The categories (Delta through High Beta) are EEG frequencies (see definitions below) and Asymmetry through TBI Index are ways of looking at the cortex's efficiency at processing information (see definitions below).

Red = significant deviation from the norm

Green = a statistically positive change or normalization.

Subject	Delta	Theta	Beta	High Beta	Asymmetry	Coherence	TBI Index
1- Pre	elevated			elevated	Alpha-abnormal		
1- Post	normalized			reduced	Alpha-normal		
2- Pre		elevated	elevated	elevated	Alpha-abnormal		Yes
2- Post		reduced	reduced	reduced	Alpha-normal		Yes
3 - Pre	low	low				Delta-abnormal	
3 - Post	normalized	normalized				Delta-normal	
4 - Pre		elevated	elevated	elevated	Alpha-abnormal		Yes
4 - Post		reduced	reduced	reduced	Alpha-reduced		Yes

Frequency

Frequency refers to the rate at which a brainwave repeats its cycle within one second. The number of cycles per second is called "hertz" (Hz). The more times a brainwave repeats its cycle per second, the FASTER it is said to be. Some practitioners divide the frequency of brainwaves into categories:

Delta (0.1-3 Hz):

Distribution: generally broad or diffused, may be bilateral, widespread

Subjective feeling states: non-REM sleep, when awake – an internal focus

Theta (3-8 Hz):

Distribution: usually regional, may involve many lobes, can be lateralized or diffuse;

Subjective feeling states: intuitive, creative, switching thoughts, drowsy;

Alpha (8-12 Hz):

Distribution: regional, usually involves entire lobe; strong occipital w/eyes closed

Subjective feeling states: relaxed, not agitated, but not drowsy; tranquil, conscious

Low Beta (12-15 Hz), formerly "SMR":

Distribution: localized by side and by lobe (frontal, occipital, etc.)

Subjective feeling states: relaxed yet focused, integrated

Midrange Beta (15-18 Hz):

Distribution: localized, over various areas. May be focused on one electrode.

Subjective feeling states: thinking, aware of self & surroundings

High Beta (above 18 Hz):

Distribution: localized, may be very focused.

Subjective feeling states: hyper alertness, agitation

Cortical Processing:

Sensory integration is an innate neurobiological process and refers to the integration and interpretation of sensory stimulation from the environment by the brain. For us to adequately understand the world around us we need to effectively interpret and process all the information our senses take in. Asymmetry refers to similar signal strength across areas of the cortex that are doing the processing. Different signal strengths decrease information processing efficiency. Coherence is another aspect of cortical processing which impacts efficiency. Inclusion in the TBI Index indicates QEEG similarities with a traumatic brain injured population.

The indications that can be drawn from this pilot study are:

1. "The Magic Mirror" relaxation solo harp CD has a significant effect on EEG frequencies.
2. "The Magic Mirror" relaxation solo harp CD has a significant effect on cortical processing of information.
3. The frequencies most affected are the High Beta and Theta.
4. Asymmetry is most often problematic and positively affected cortical processing measure.
5. A general comment that can be made is that "The Magic Mirror" relaxation solo harp CD calms and quiets the brain resulting in greater ability to focus and process information.

Comments on Study by Dr. Collins:

There are a number of important facts that need to be considered when reviewing the data. The subject EEG data was processed through one of the most reputable database available. Dr. Thatcher has been published in the most prestigious peer review journals in neurology. Subject EEG is being compared to normative data and only deviation from the norm is considered. Neurological functioning as measured by EEG is approaching normal. The intervening variable (treatment) is The Magic Mirror relaxation solo harp music. By using a normative database the results are indicating a significant change in critical EEG functions. Subjective reports from the subject's daily log indicated a daily positive effect of the music. This is subjective whereas the EEG data is not.

Dr. Collins further states in a video summarizing this research: *...what this pilot study is showing is the exact opposite of what you'd expect to see after a regiment of chemotherapy. I want to emphasize this point because it's critical - normal treatment of chemotherapy would result in a decrease in cognitive functions. We are seeing no decrease, **we're in fact seeing an increase in cognitive processing**. So again, when you're looking at Quantitative EEG, they're actually improving.*

My Quantitative EEG Sessions

Towards the end of my treatment protocol, I asked Dr. Collins to measure my brainwave frequencies.

I had recently completed six rounds of chemotherapy treatment and six radiation treatments so that is when we took the first set of measurements.

The second session occurred one week after my 33rd radiation treatment.

I'm ecstatic to report that Dr. Collins labeled me *abnormally normal*, because my measurements were -1 to +1 standard deviations from the norm, something he had not seen in all the years of his practice. *Abnormally normal*, I like it!

These *abnormally normal* measurements are indicated in the images below by the white circles. From the small key in the center of each image, you can see that the color White is in the middle, indicating the statistical norm. What follows are the details summarized by Dr. Collins:

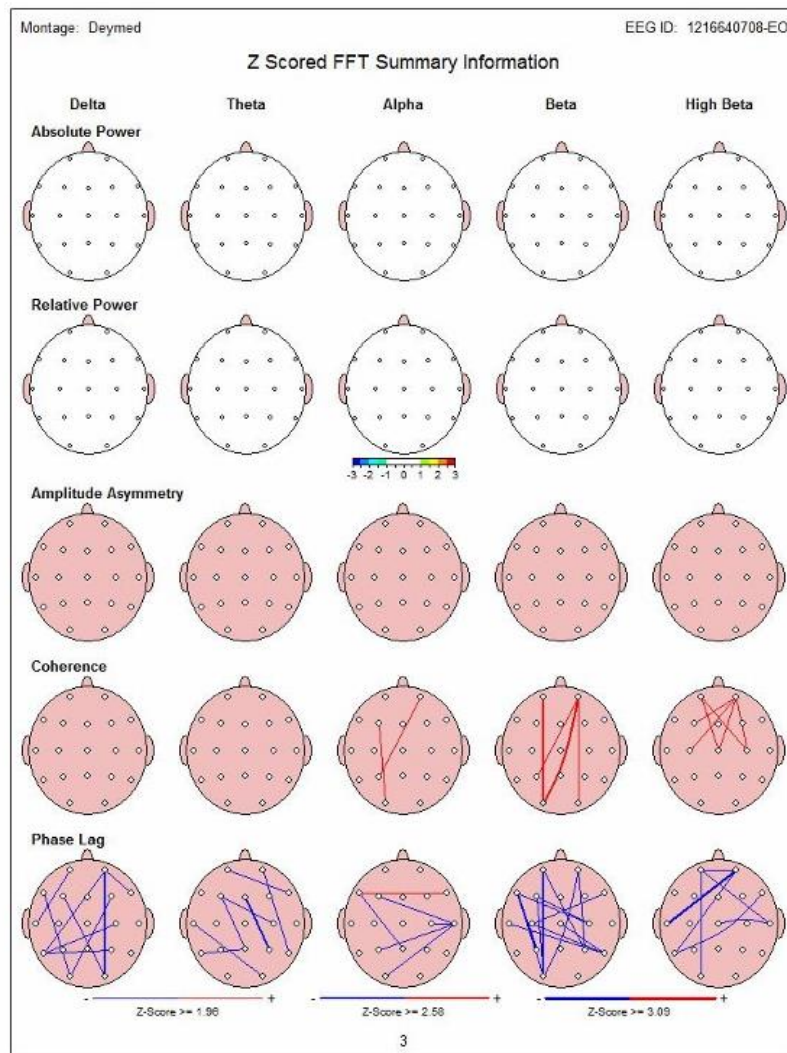
Quantitative EEG Comparisons
of Amy Camie: 7-8-2011 and 8-19-2011
by William Collins, Ph.D.
Reintegrative Health Institute, St. Louis, Missouri

The following is an analysis of quantitative EEG (QEEG) on two separate occasions of an individual receiving chemotherapy and radiation therapy for breast cancer. The comparison is made in order to have an objective measure of the effects of “The Magic Mirror” (solo harp music) on the physiological and neurological negative impact of these treatments.

The first quantitative EEG done on 7-8-2011 followed 6 rounds of chemotherapy and 6 radiation treatments. The second quantitative EEG was done one week after the 33rd radiation treatment. During the entire course of treatment the patient was listening to “The Magic Mirror” on a daily basis. Over the course of treatment patients would normally experience varying levels of fatigue, nausea, headaches as well as cognitive deficits commonly referred to as “chemo brain”.

Below are images from the first session, including the Summary, which shows a comparison of the patient's EEG to a normative database (NeuroGuide developed by Dr. Robert Thatcher). The measurement is in Z scores (degree of deviation from the norm). White is -1 to +1 standard deviations. Blue-green to blue is -1 to -3 standard deviations and light green to red is +1 to +3 standard deviations. The color bar in the middle of the page represents the normal bell shaped curve. The following images are from the patient's first QEEG Session after 6 rounds of chemotherapy and 6 radiation treatments.

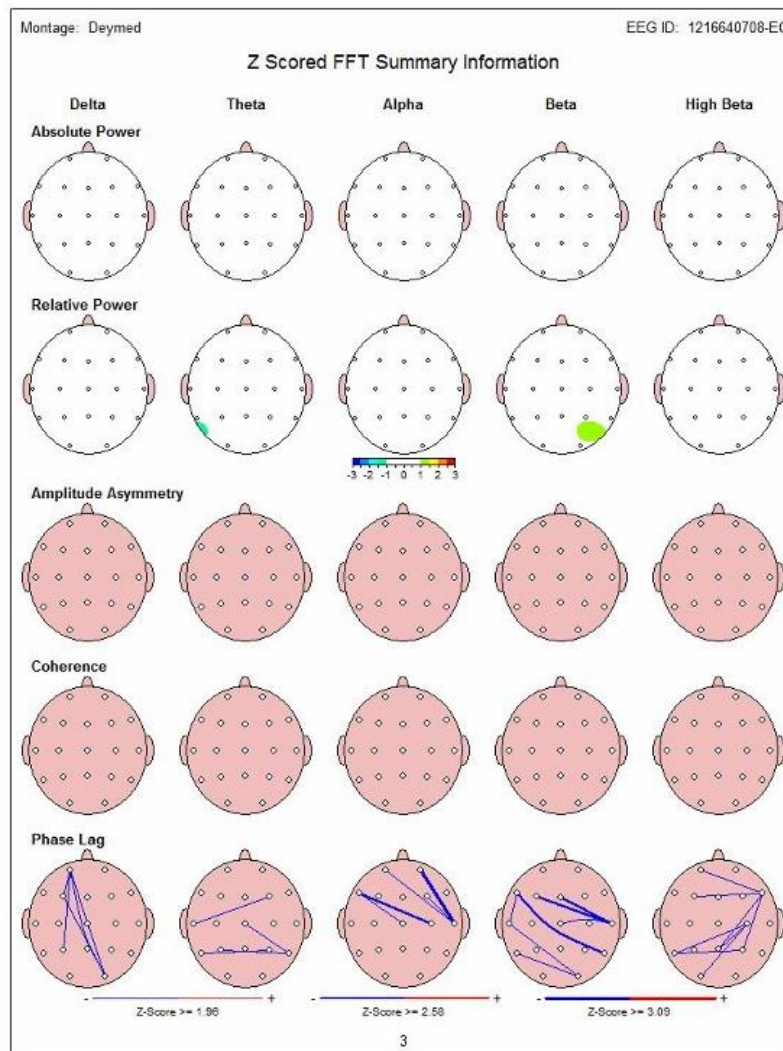
First Session – Eyes Open



(above image)

*There are coherence problems in the
alpha, beta and high beta frequencies.*

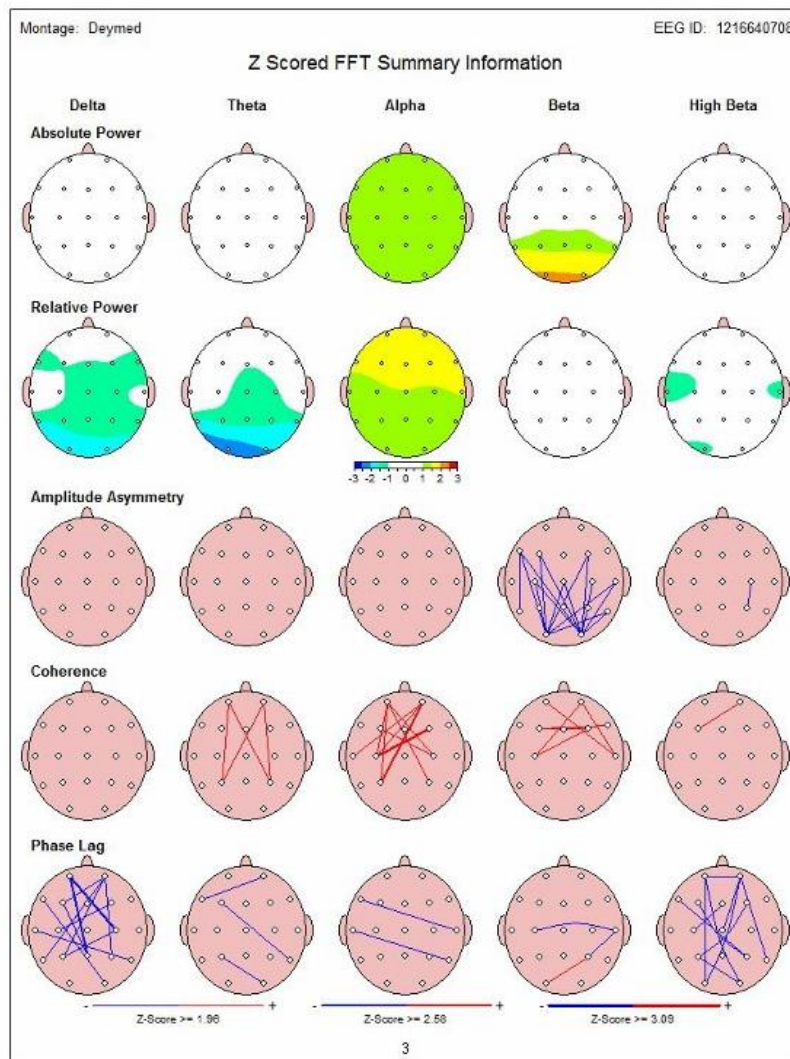
First Session: Eyes Closed



(above image)

There is an increase in beta in the right posterior area of the brain.

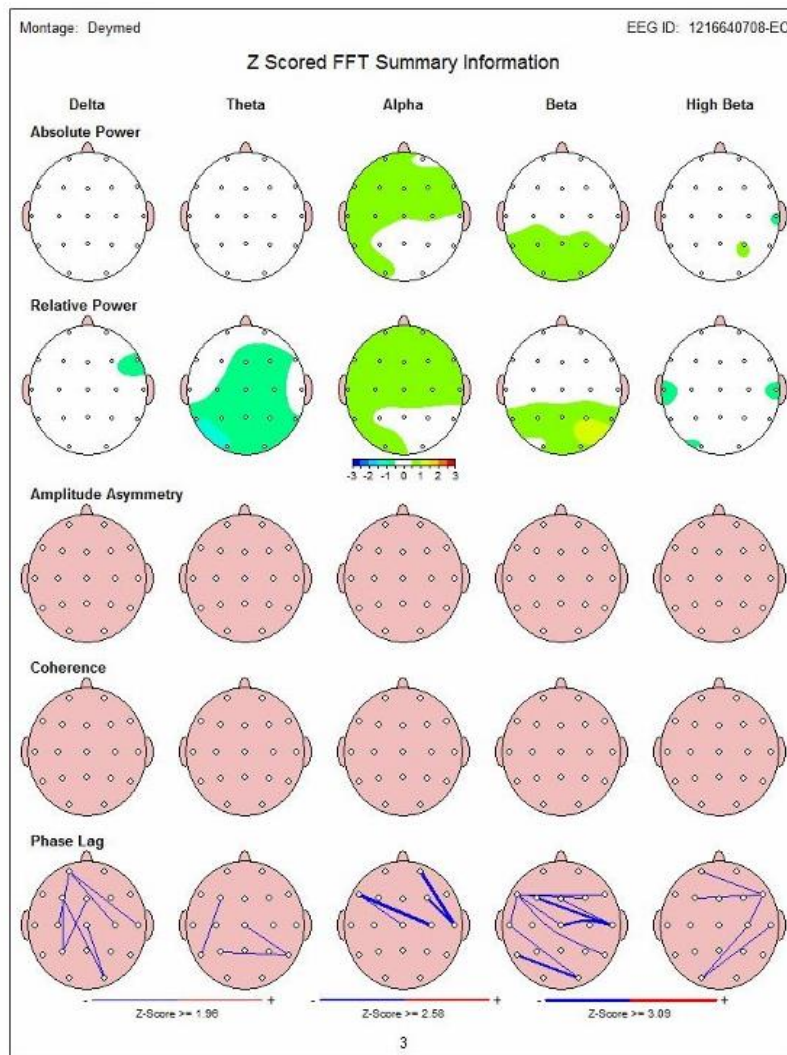
First Session: While listening to “The Magic Mirror”



(above image)

*The alpha frequency increased dramatically across the cortex
indicating an increase in focused relaxation.*

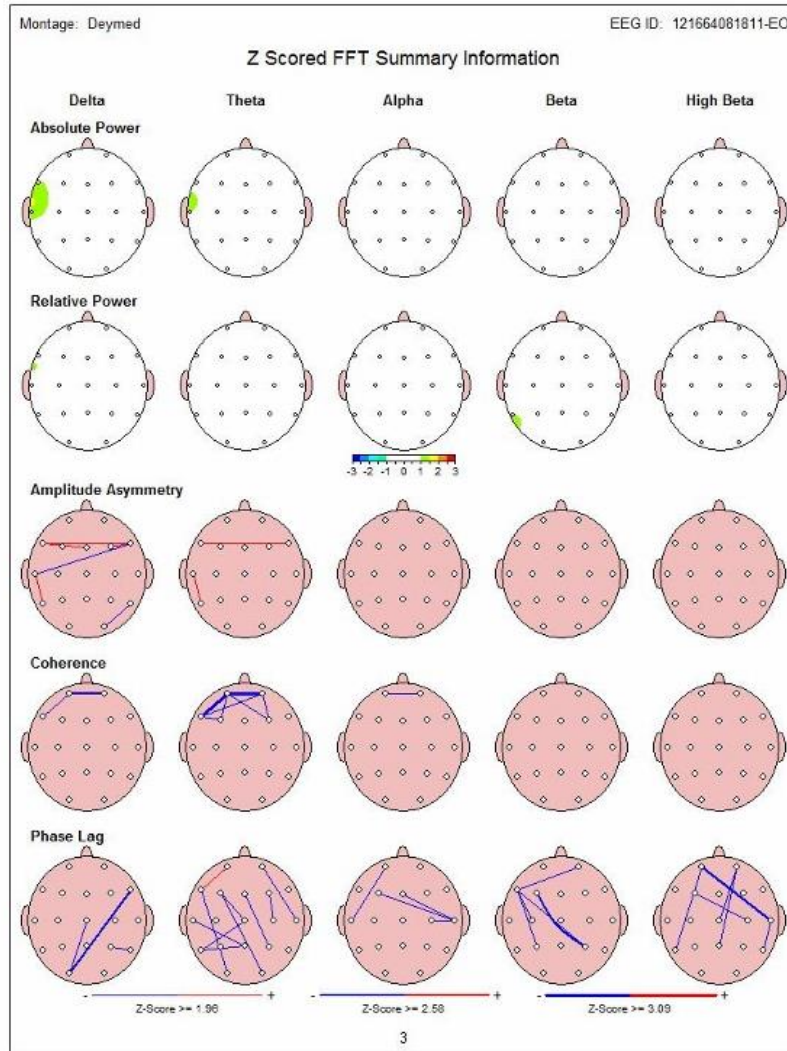
Summary of First Session:



The dominant features of this summary are normalization of the EEG in the lower and upper frequencies within increase in EEG in the Alpha range. The Alpha frequency is the midrange EEG frequency and associated with degrees of focused relaxation.

***The Second quantitative EEG recording session
one week after 33rd radiation treatment:***

Second Session: Eyes Open

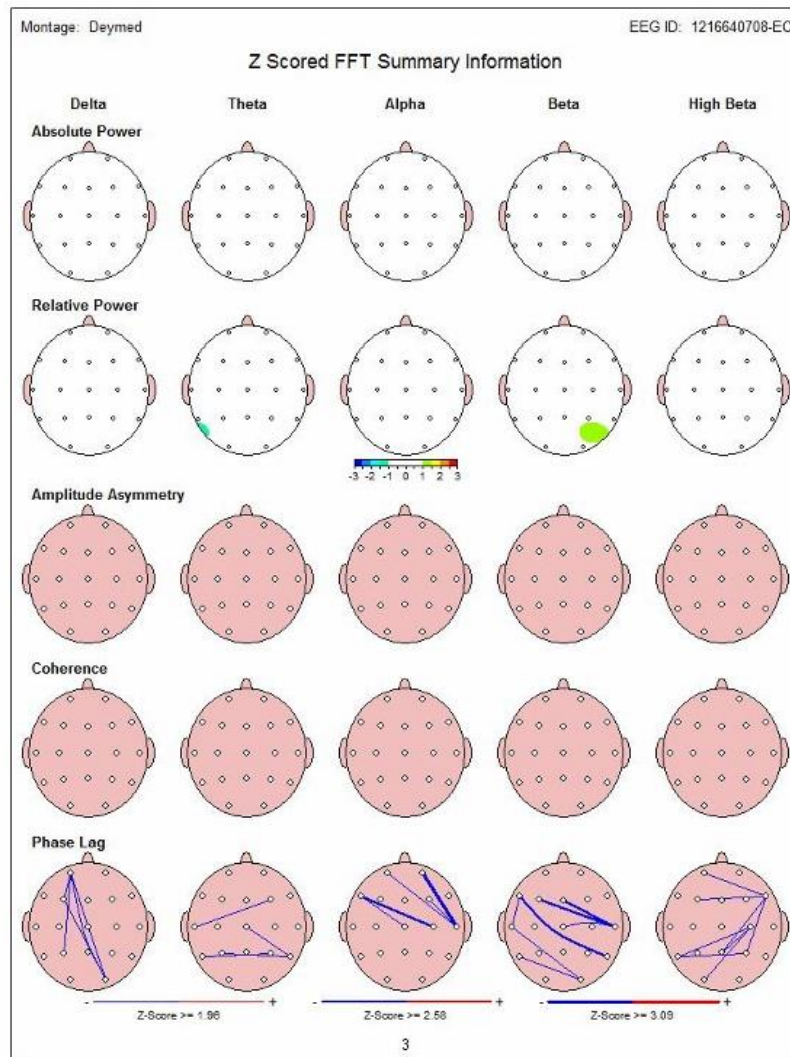


(above image)

The hyper coherence in alpha, beta and high beta has normalized.

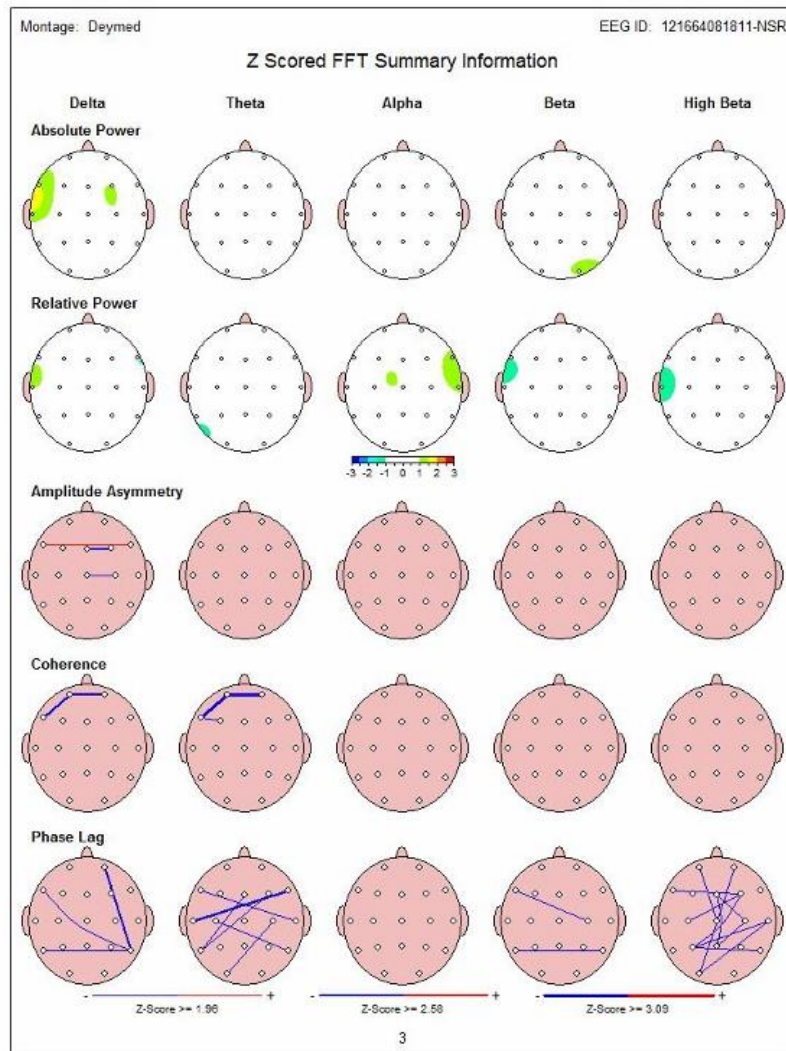
Brain processing usually improves.

Second Session: Eyes Closed



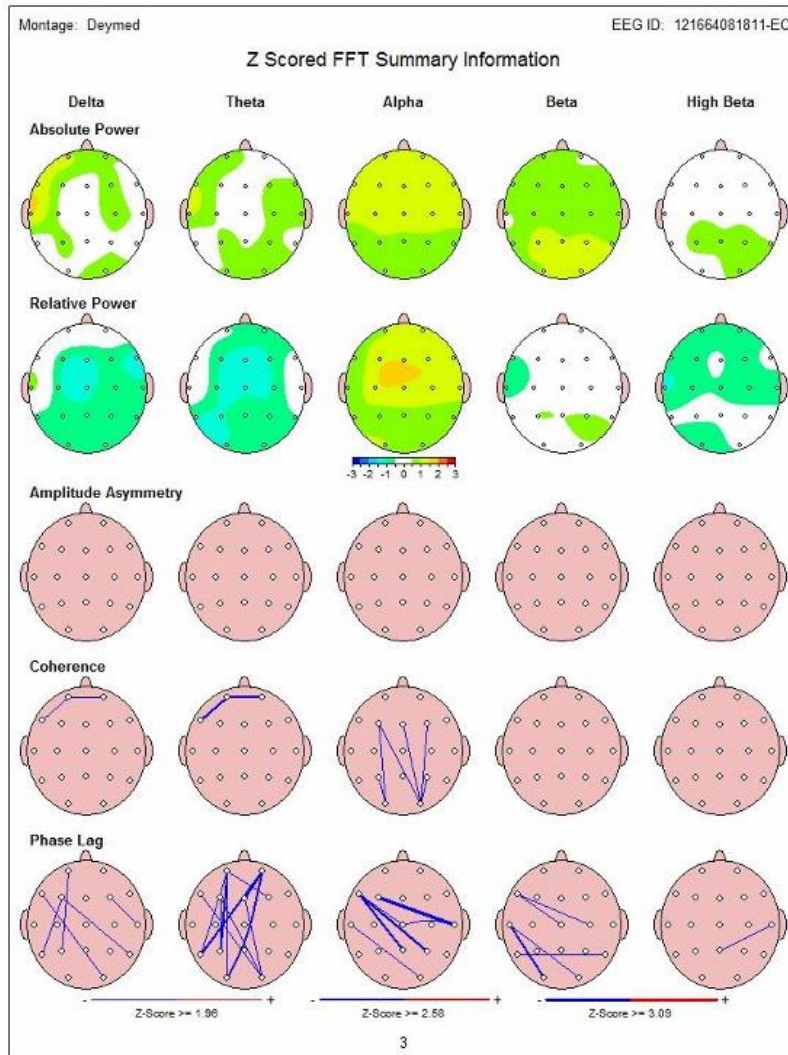
See Summary of Second Session

Second Session: While Listening to “The Magic Mirror”



See Summary of Second Session

Summary of Second Session

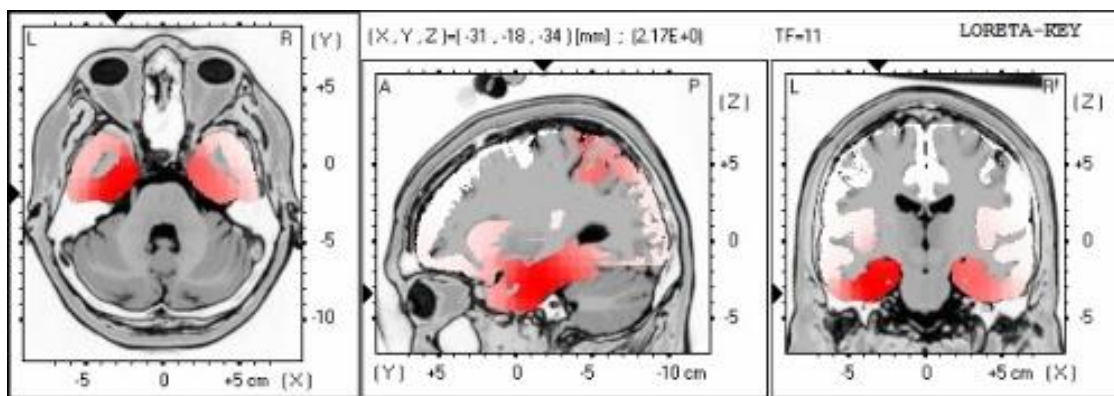


The second quantitative EEG recording shows a significant elevation in the Alpha frequency (from the first recording) and an increase in beta frequency which is related to active focus attention. The beta frequency is the frequency that is involved in most cognitive processing. This recording again was done one week after the 33rd radiation treatment.

In the second QEEG, we see an improvement in cognitive function despite the fact that we would expect to see more cognitive deficits than the previous QEEG.

In the second QEEG the increase of alpha frequency was being generated by the parahippocampus (Brodmann 28 area) which is a deep center of the brain and part of the emotional memory system. This is a clear indication of the music affecting deep centers of the brain.

The image below shows the source location for the generation of the Alpha frequency in the second QEEG recording. This system of analysis is done by a program called LORETA (Low Resolution Electromagnetic Tomography). It is a complex analysis of EEG placed over an MRI template in order to locate the source of any cortical EEG. The specific regions of the brain involved in this source location of parahippocampus (Brodmann 28) which is part of the limbic system. Brodmann 28 is a part of the emotional memory system.



In summary this is an EEG analysis of a patient receiving treatment for cancer while listening to “The Magic Mirror” on a daily basis. Even though this is a single case study its findings are important and can be applied to a larger study that could further analyze the impact of this music on the negative effects of chemo and radiation therapy. The subjective response of this patient was that she experienced minimal symptoms such as fatigue, anxiousness, nausea, headaches or any cognitive deficits. That is extremely noteworthy. The other result of this study was the elevation in the Alpha frequency which increased from the first to the second recording. One would normally expect the exact opposite which would be indicative of increased stress. To replicate this single case study on a larger scale is important and could shed some light on how to bring some relief to millions of people who are receiving treatment for cancer daily. In a pilot study done about eight years ago using the same music the results were similar. The effects of

“The Magic Mirror” are consistent in both the pilot study and in this single case study. There is currently little available to cancer patients that can diminish the adverse effects of chemo and radiation therapy. “The Magic Mirror” holds hope to future cancer patients and therefore warrants a full study.

William G. Collins, Ph.D., BCN (Board Certified NeuroTherapist)

I am eternally grateful to Dr. Collins and his wife, Chris, for the time, effort and energy they have put into researching the effects of my music on brainwave frequencies. To learn more about their work, please visit www.rhistl.com.

The way I personally summarize the findings of this research is *The Magic Mirror* gently reaches deep inside my brain to awaken repressed emotional traumas, fears, thoughts, and beliefs within the parahippocampus, helping to bring them to conscious awareness so I can integrate them into my *Rainbow Pyramid*. The ORIGINS Process expands my perception and belief system to embrace all these aspects within myself with compassion, resulting in a balanced perspective and measurably balanced brainwave frequencies. It’s all connected.

More information about *The Magic Mirror-Inspired Reflections* CD is available on my web site: www.amycamie.com.

Appendix 4

Saliva Sample Pilot Study

In addition to the QEEG brainwave studies, two saliva sample pilot studies were conducted to explore the impact of *The Magic Mirror* CD on the immune system. Results indicated a positive sustained impact on immune system biomarkers for up to 72 hours after listening to *The Magic Mirror* CD once. Below is the summary of these studies written by Abdul Waheed, Ph.D., who concludes by stating: *These results suggested that the effect of “The Magic Mirror” listening is very effective and could be used in combination with other therapy for cancer or physiologically stressed patients to minimize the effect of their disease.*

Effect of Music on Psychoneuroimmunological Responses

Conducted by Abdul Waheed, Ph.D.

Department of Biochemistry & Molecular Biology

St. Louis University School of Medicine

and David C. Kossor, RPh, Ph.D., DABT

Music induces emotional and psychoneuroimmunological responses in humans (1, 2).

Relaxation techniques have been reported to induce enhanced immunocompetence in elderly people (3) and interestingly, in cancer patients (4) by improving their immune system. To study the immune parameters in psychoneuroimmunological responses of music, we chose to measure secretory IgA (5) and IgG (6) levels in saliva. We also measured salivary α -amylase which has been used as a biomarker for physiological and psychological stress (7). Carbonic anhydrase VI (CAVI) a secretory Zn^{++} containing glycoprotein has been reported to show a correlation between dental conditions and CAVI levels in saliva (8); we therefore measured CAVI levels before and after music.

In the first pilot study with eight normal individuals, before and after music, “The Magic Mirror”, we found that secretory IgA, IgG, and CAVI were increased in saliva of people. The increased level of these biomarkers remained high til 24 hours after music, suggesting that “The Magic Mirror” has relaxation effect on individuals by improving their immune parameters and function of salivary gland. Effect of music on α -amylase secretion was not robust, but there was

reproducible decrease in α -amylase after music (Fig). These results are in accordance with literature where psychological stress has been found to increase α -amylase secretion (9). Therefore, relaxation effect of “The Magic Mirror” might have decreased the α -amylase synthesis and secretion in saliva. It should be noted that few individuals responded better than others with “The Magic Mirror.” This result could be due to variation among individuals to respond to a specific music.

In the second pilot study, involving seven healthy individuals and two guest patients, we studied the duration of “The Magic Mirror” music effect on biomarkers. Similar to the first pilot study, levels of secretory IgA, IgG, α -amylase, and CAVI in saliva samples were increased post music and stayed high for 2-3 days (Fig). Our two guest patients were also responsive to the music. Their response of IgA and IgG towards music was relatively unstable than the other individuals. There were few normal individuals with poor response; however, response of music was sustained.

These results suggested that the effect of “The Magic Mirror” listening is very effective and could be used in combination with other therapy for cancer or physiologically stressed patients to minimize the effect of their disease.

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Photo by Bentley Studio, Ltd.
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Amy Camie is a professional harpist, recording artist, song writer, author, public speaker on *Vibrational Awareness and The Healing Power of Music* and Founder of the Scientific Arts Foundation, a 501(c)3 nonprofit organization that supports the value of creative expression through research, education and community outreach programs. Her solo harp CDs have been used in several research studies indicating how they increase neurological functioning, support the immune system and reduce pain, distress and anxiety levels. Amy's commitment to her spiritual journey has awakened her intuitive connection to the higher vibrations of healing, balance and universal love that enables her to align her heart and soul to the music that expresses itself through this sacred connection. As one woman said, *"You touch others in such a deep place with your music...because it comes from such a deep place inside of you."* Amy's CDs are used throughout the world in hospitals, cancer centers and hospices as well as for general relaxation and stress reduction. The gentle vibrations from her music relax the body, calm the mind, and gently touch the soul. Amy lives in St. Louis, Missouri with her loving family. For more information, visit: www.amycamie.com.