

Redefining Cancer:

# The Science Of Healing

# What Story Am I Telling Myself?

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Notice → Name → Normalize → New Narrative → Next Tiny Action

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# EMOTIONAL ALCHEMY

MINDFUL MEDITATION FOR HEALING

Observe. Understand. Rewire. Forgive. Grow.

Use this practice to calm the nervous system, surface subconscious stories, and reshape beliefs over time.

# Mindful Meditation — What It Is

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- **Present-moment attention** with kindness and curiosity
- **Non-judgmental observation** of breath, body, thoughts, and emotions
- **Why it helps:** Down-regulates stress (sympathetic) and engages rest-repair (parasympathetic)
- **Goal:** Notice → Name → Nurture (*not to stop thoughts*)

## Core Practice: Observation + Self-Regulation

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- 1) **Pause** and feel your seat/feet
- 2) **Posture:** tall spine, soft shoulders
- 3) **Breathe:** in through nose 4s, out 6–8s
- 4) **Observe** sensations, thoughts, emotions
- 5) **Name what's here** (labeling): “worry... tight chest...”
- 6) **Lengthen the exhale;** relax jaw/tongue
- 7) **Return** to the anchor (breath/body) whenever pulled away

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## Common Subconscious Stories

*"I'm not safe."*

*"I must do it alone."*

*"If I rest, I fail."*

*"My body can't be trusted."*

Notice the tone, images, and body sensations that come with the story.

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## Where Did This Story Begin?

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### Personal Reflection Worksheet

First memory of feeling this story:

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Who/what modeled it? (*home, culture, faith, school*)

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Was there a trauma or repeated unmet need?

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What did younger-me learn to do to cope?

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What did younger-me most need back then?

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# Building a New Mental Muscle

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- **Neuroplasticity:** fire → repeat → rewire
- **Tiny reps daily:** 2–5 minutes, 2–3×/day
- **Pair with routines:** wake, meal, bedtime
- **Track:** one win or reframe per day
- **Script:** “This is a practiced story, not the truth of today.”

# Embrace Unpleasant Emotions

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- **Allow:** "It's okay that this is here right now."
- **Locate:** Find the sensation in your body and rate its intensity 0–10
- **Pendulate:** Shift focus to a safe/pleasant area of the body, then return
- **Titrate:** Sip the feeling in small, manageable doses rather than all at once
- **Soothe:** Extend your exhale, place a hand on your heart, use kind self-talk
- **Note:** Afterward, briefly reflect on what helped settle your nervous system

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## Belief Audit — Then vs. Now

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### Old Story / Belief

I learned:

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It kept me safe by:

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Cost today:

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### Truer Belief Today

What's more accurate now:

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Evidence for it:

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New story I will practice:

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# Finding the Gift in the Pain

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### Emotional Alchemy Worksheet

Because I suffered:

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I developed this specific strength or skill:

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The qualities forged within me (*e.g., resilience, empathy, courage, wisdom*):

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How I can use this new gift for my healing or to help others:

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# Gratitude and Forgiveness

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### Gratitude Practice

3 things I'm grateful for in/after the hardship:

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One person to thank (*including self*):

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### Forgiveness & Release

I release the debt of \_\_\_\_\_ for \_\_\_\_\_

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Boundary I will keep for safety:

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# Integration Plan — Daily Practice

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### Personal Reflection Worksheet

Daily Mindful Rhythm:

- Morning: 3 minutes breath + intention
- Midday: 1 mindful pause before eating
- Evening: belief audit (old → new)

Triggers I expect and my SOS plan (*Anchor, Breathe, Choose*):

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Accountability partner / cadence:

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Notes / wins:

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