

2010-11-25

Happy Thanks....giving

Dear Friends and support team! It has been weeks since I have written to you by this BLOG> And I have been thinking about you and wanting to get on line! Today here in the U.S....we are celebrating Thanksgiving. This is a day when we come together with family and friends to give Thanks.....See what blessings we have every day of our lives.....and acknowledge them! So this is my chance to sayYou have been a blessing in my life....especially in the last 18 months...and you keep my on my path of healing, on all levels.

Right now, my physical level of healing is pretty high. The supplements I am taking are raising the internal balance of my body to a healthier level than before I began the cancer treatment. I am looking at deeper issues on the emotional and spiritual level to care for other issues....such as my weight and body awareness. This is going well.....though I want it to be faster...but I am learning to see what is...and accept it! This is a huge one for me.

I had a report from my nathropathic oncologist a few weeks ago...while still in Russia....and my estrogen level is good...below what they are looking for...which is Good! There are genetic markers that are favorable for continued health. And the level of vitamin D is good now....which is a critical one for many different reasons.

It took me about two weeks to recover from the trip from Moscow to Green Valley! It was a long one and I, again, realized how much I had put my body through all those years of traveling! What a time of insight and becoming clear that I will not push myself again to this point.

So the next long trip will be October 2011 to Almaty Kazackstan. It is a completion of some work I have started there. I am happy to do this trip but the scheduling is difficult. How to stay for enough time to be able to rest between events while not stringing out the days and compiling expenses there. The last trip to Russia was good financially only because very generous masters donated their apartments for me to stay in between the events, and many supported me by driving me around, giving me money for internet services and phone cards, and to pay for my meals. It is alot to receive and I feel I did it well. Such open hearts inspire open hearted receiving. Sometimes it was not easy.....but I managed!

Each year, I will prepare myself for a long trip...until I cannot do them any more. I hope to go to South American again and to Europe again. Then I will see how I feel.

Will I recover enough to resume my life before cancer. I hope not. Because it was not a healthy life for me. And I loved it! So many places to see and admire! So many wonderful beautiful people to meet and embrace into my life! So many sunrises and sunsets to know that the earth is my home....and is at once the same everywhere...and different everywhere.

I am now in New Jersey just across the river (?) from New York City with some of my family for Thanksgiving! This is a great blessing too. They have been so supportive and caring for me these last months.....and I am fully into my family now for the first time in my life.

This journey has been a gift....not one I made up because it seemed to be the "right" thing to do....but one that was just so.

Reiki brings us all wake-up calls. It is good to listen and to allow life to show you the way. This is one of the gifts that Reiki has brought to me.

In this time of giving Thanks.....I am filled with gratitude and peace.
Thank you for being a part of it!

Phyllis