



The Cancer Recovery Pyramid: Spriritual Resource #3 Practice Unconditional Loving

Loving heals. Even though there may be times when we are lost in the abyss of our physical maladies or buried in the agony of our emotional turmoil, with each moment comes a new opportunity to choose loving. This is a decision that truly heals.

Loving without conditions is an intentional choice that determines what is coming through us rather than what is come to us.

The choice to love means we don't have to wait for the medical test results, the doctor's assurances, the elusive remission or the hoped-for cure. We can choose to love now, this moment. And the next moment. And the next. We always have this power of choice, regardless of the circumstances.

Why the word loving instead of love? It denotes the action necessary to bring the idea of love to life. Love is not loving until it is released, until it is intentionally given.

Consider this perspective. The crippling fears surrounding cancer are actually the absence of love. The fear is like darkness that is merely the absence of light. You don't solve a problem of darkness by yelling at it or trying to strike at it. If you want to get rid of the darkness, you turn on a light.

So it is with fear. You don't fight it. You replace fear with loving.

This is a profound and radical call, not some live-with-loving-feelings suggestion. Loving is more than a thin veneer. Loving is an act of heroism and courage of the highest order. You should not seek or even expect accolades. Unconditional loving is not a decision surrounded by pomp and circumstance. Most often it has to do with small choices.

- 🌸 "How do I choose to respond to this person?"
- 🌸 "How might I focus on the positive?"
- 🌸 "How would exercising nurture my total well-being?"
- 🌸 "How can I best help another person?"
- 🌸 "How can I best love myself?"

By most standards, the conditions and circumstances of cancer do not inspire loving. Taken by themselves, the conditions may elicit despair; the cancer journey has many such moments. But we can take the loving action anyway! Invariably, the result is a renewed sense of hope that results in a strong biochemical "live" signal to body, mind, and spirit.

Loving starts with self-loving. You can hope to know wellness only from a position of personal emotional and spiritual strength. Self-loving is the wellspring of this vital force. Affirm your great value; cancer does not detract from your self-worth. Self-loving is the root of recovery for thousands of patients.



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Practice Unconditional Loving continued

Does loving seem too difficult a task? Does your mind say that you can never be at peace until the cancer is gone? Do you feel that a total and complete physical cure is the only acceptable answer? Does it seem impossible to love with the sword of cancer balancing precariously over your head?

Love anyway. Love heals.

Loving is the first and last word in healing, the great balm that quiets distress, the only real “magic bullet” against cancer, and the strongest vaccine to combat malignancy.

Our greatest enemy is not disease but despair. Unconditional loving is the healer.

LOVING

unconditional

It is decision time.

Decide to practice unconditional loving for the next hour. And the next hour. And the next.
You will know healing – something far greater than a cure.