

Cancer Some!



MY \$100,000 HAIRCUT
A MEMOIR BY
GINNY WALDEN

Cancer
Gone!

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*My memoir of risky treatments, my conflicts and choices
and how I know my breast cancer is gone for good.*

BY GINNY WALDEN

Names of people have been changed to preserve their privacy.

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DEDICATION

I dedicate this book to my Mother.

I thank her for giving me life,
for the example of her strong, persevering will
that helped me create my own,
and for her love.

ACKNOWLEDGEMENTS

I wish to thank Jennifer Hawthorne, co-author of the *Chicken Soup for the Soul* book, *Life Lessons for Loving the Way You Live*, for including my story in her book and for encouraging me to write my book *Cancer Gone!*

I thank my dearest artist friend, Karen Wight, for listening and for her insights along the way.

I thank Master Luke Chan for teaching me CHI-LEL Qigong which has completed my healing process and changed my life for the better.

And I thank Bonnie Lee Chappell for her kindness, patience and generosity as well as her gifts as an editor and graphic artist, for making my book a reality.

INTRODUCTION

When I found out I had advanced breast cancer, immediately I asked myself:

What Is Healing? And Later, Another Question Even More Profound: What Is Illness?

I think these are two basic questions in anyone's mind diagnosed with a life threatening illness. In this memoir I reveal how my confrontation with cancer changed me completely. I share my daily journals of my direct experience during cancer treatment as well as my present perspective of my healing experience over the past ten years. Through my daily journals I reveal my clinical experience in surgery, chemotherapy and radiation, what questions I asked, what my inner and outer conflicts were, what decisions I made and how I felt about them.

This is a book for those who have been newly diagnosed with cancer and are wondering what to do, for those dismayed and frightened with recurrence, and for those who are curious about alternative therapies or conventional treatment, or are wondering what the underlying message is for healing cancer. This book may comfort those who know they will die of cancer. My story unfolded like a blooming rose over ten years since my diagnosis.

I found that there are many layers to healing. Healing is an individual path, but I also see that there is definitely a common theme to healing cancer. I have seen many of my qigong students embrace this theme and heal cancer. I have seen several of my students laughing and in complete peace before they died which I also consider healing. I share my students' stories to exemplify stages of healing. Through my daily practice of qigong and meditation, I know when I am healthy and when I am weakening and how to regain my balance. I know beyond a doubt that cancer in my life is gone for good. I hope you enjoy reading this book as I share with you how my life-affirming decisions and how my experience of CHI-LEL Medical Qigong created my confidence in this truth today.

Please contemplate this question: can you think of any medical tradition that has cured illness? I can't think of any. Yet people do cure illness completely. So who is doing the curing? You are!

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"I Will" (plaster body cast) featured in Ginny's healing art exhibit, Cancer Gone!—My Healing Journey.



I have found that healing cancer is no different than reaching for a glass of water. The natural law is the same. Where the intention goes, the energy flows. Clear Intention, the one hundred percent Desire to heal, and acting daily on that Intention creates healing. – Ginny Walden

◆ *All cancers act the same. So if drugs could cure cancer, we would need only ONE drug. – Grandmaster Dr. Pang Ming, founder of Chi-Lel Medical Qigong, Beijing, China* ◆

◆ *We are very proud to promote Ginny as our Senior Instructor. Ginny has shown the true spirit of Chi-Lel – love and compassion to others and to herself. Through her journey to health and happiness, Ginny began to love herself as a chi-being and then turned that love to encompass all chi-beings. For Ginny, chi-beings include not only humans for whom she has touched thousands of lives but also dolphins in the sea and birds in the blue sky. She is a playful kid at the age of 52 and her enthusiasm is contagious. Her pure love to all chi-beings gives us a glimpse of her inner self that, indeed, she has been blessed with the realization that we are all one. Life and death are a transformation of energy and as long as we are on this earth, we have the opportunity to learn and practice to love all chi-beings. I feel fortunate to be a part of Ginny's journey and I am greatly honored to be able to have her as our Senior Instructor. – Master Luke Chan, Chi-Lel Qigong Online News, April 2001* ◆