

Chapter Seven

The importance of taking a decision

In the preceding chapter, I explained the importance of forgiving yourself in order to begin the healing process – both physical and psychological. There is another factor that is just as important and that is the WILL TO LIVE. To be more precise, it is not enough only to “not want to die,” if you are among those who have cancer or are afraid of a relapse. The example of Richard in Chapter Five shows clearly the very positive effect his “will to live” had on him.

So many people, after they learn they have cancer, undertake a series of actions because they don’t want to die. They change their diet, alter their lifestyle, quit smoking, stop drinking, go to bed earlier, get more physical exercise, see healing practitioners and therapists... If all these actions are carried out for the purpose of NOT dying and NOT having cancer any more, the intention is not the right one.

Remember that the subconscious works only with the images that our thoughts or words evoke. All the sentences spoken or thought in the negative form, with the word NOT, contribute to increasing what you do not want. Your subconscious, rather than picturing you as healed, pictures you only in images associated with the words you use – even if they represent what you do not want – like “die” and “cancer”.

You may ask, *Why would you try and persuade me to want to live when I have just found out that I am suffering from a fatal illness?* The best path is to take the decision to live. The

words I AM DECIDING TO LIVE, I WANT TO LIVE must become louder than your fear of dying.

To be able to take this kind of decision, you must first of all have a good reason to live. What do you want for yourself in this life? The following question can definitely help you to come up with the answer.

If all circumstances were perfect, that is, if you had the time, the health and the money required, and your needs were accepted by those around you, what would you want?

I would strongly encourage you to sit down in a quiet place and take the time to note as many desires as possible. Then, add beside each one what these desires can help you to BE in your life. For example: *I want to stop working in order to devote myself to painting, I want to develop my artistic talents.* This desire may particularly help you to *be enthusiastic, excited, joyful, creative, etc.* If you have difficulty discovering the “to be” part, you can use the following interrogative sentence: *This desire helps me to feel how?* By adding what a desire will help you to “be,” you discover what your soul needs.

The next stage is to note the intensity of each of these needs on a scale of 1 to 10, 10 being a significant manifestation. It is interesting to discover or note that the fear of dying is sometimes necessary in order to remember all the desires and needs that we have set aside over time. Don’t forget, therefore, to thank this fear for helping you to become aware of them.

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The right to live for oneself

If you say, *I want to live to look after my four-year-old daughter; I want to help her grow up, marry and have children*, then when you realize that this child is more important than you at this time, welcome this desire. But I want to remind you that you exist and live on this Earth uniquely for yourself. This wish is however very legitimate and can furthermore give you the strength to live longer. But to ensure true transformation or a stronger immune system, I suggest taking this wish a step further. Observe and sense deeply inside yourself what feeling this wish makes you experience. How does this desire, when it manifests itself, help you to be and help you to know yourself?

First of all, rest assured, you have the right to live for yourself and that should be your greatest goal in life. It is not selfish to think that way, it's loving yourself. Let me give you the definition of the word *selfish*, something I am obliged to do in all my books, talks and workshops. Why? Because most people have trouble thinking of themselves before they think of others, because they think that's selfish. I have furthermore observed that that same belief resides in every country where I have taught so far. What a mistaken definition of a word, developed over several lifetimes!

**To be selfish is to want the other person
to look after your needs before their own.
To love yourself is to look after your own
needs before the needs of others.**

As you can see, wanting to live for yourself is the opposite of selfishness. In fact, it is a true expression of love for yourself. When I travel by plane, the flight attendants always advise

passengers to make sure they have put on their own oxygen mask securely before trying to help another person (a child, their spouse, etc.). They obviously understand that *true charity begins at home*.

It is very likely that if you are the type of person who believes they are responsible for the happiness of others, you will see this notion as being very egotistical. I assure you that it is not. Every soul is on this Earth for its own development and not for the development of others. Every soul needs to be surrounded by loved ones to become conscious of the work they need to do for their own development.

That is why you must not insist on wanting to live just for another person or other people. That kind of decision can only attract a good deal of emotion later on. For example, I can easily imagine what might happen to the mom who chose to want to live only for her daughter, should her daughter choose a life path in life that goes totally against the mother's expectation. The mother will surely say to herself, and perhaps even to her daughter or other people, *I fought to stay alive for her sake and this is how she repays me, this is all I mean to her. What an ungrateful daughter.*

The big decision to live will however give you the strength to make some favorable changes in your life, even if it's frightening. No matter how great your desire to live, there will probably be fears that come to plague you all the same. When they manifest, be sure to welcome them for they are human and completely normal. Tell the little voices inside you that it is normal that they should try to frighten you and think they are helping you that way.

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In fact, they are convinced it might be preferable for you to die instead of continuing to suffer because of the rejection that you feel and the lack of love you experience. Tell them quite simply that you have decided to live and that you are ready to assume the consequences of your decision.

You need to know that these fears also help you to develop the courage you need in order to take action. Become aware that the harmful mutating cells that are circulating in your body are present there in order to draw your attention to the fact that your soul wants to mutate, which according to the dictionary means to change by virtue of receiving a new assignment. Rest assured that your soul is ready for this change.

This great desire to live will also help you to get a second wind, like an athlete who feels they can't go any further, who thinks they have no strength left, but whose determination to want to reach their goal is so great that they are filled with a second wind that may even help them exceed all their previous levels of performance. This type of phenomenon cannot be explained scientifically because that new strength comes from beyond our physical, emotional and mental capacities. It comes from our great inner power. This reminds me of the story about the mother who lifted a truck to free her child's leg which was pinned underneath it.

That decision to live explains furthermore why certain people, after many years of living in concentration camps or dismal prisons, succeed in rising above their experience, or why others finding themselves alone at sea, hanging on to a piece of wood after a shipwreck, manage to survive. These accounts are often considered to be real miracles.

It is indeed said, *Where there is hope, there is life*. We can compare hope to the light in the distance, at the end of the tunnel. The person who holds on to this hope never stops looking at that light. They look ahead of them. If they don't, if they look back, they risk staying stuck in the past, forgetting that light, forgetting the life awaiting them at the tunnel's exit.

Knowing that despair accelerates the proliferation of harmful cells threefold – according to statistics – gives us a good idea of the power hope can awaken. Whether we despair or are hopeful, it is our inner power that is at work, this power being influenced by whether or not we take the decision to want to live.

The question to ask yourself is: Do I want to use my power to live or to die?

The importance of acceptance

I want to come back again to the importance of acceptance as a way to ensure you feel greater certainty about your decision to live. What is it you need to accept? Accept that it is your fear of rejection that attracted this cancer. When I say illness is an expression of what is happening within you, it doesn't mean you are guilty of having created the illness.

I especially want you to know that if your thoughts have the power to block energy from circulating freely in your body, they equally have the power to get that energy flowing again, with the result that the illness process will be reversed so that the healing process can begin. By taking responsibility for your illness, you are also getting back in touch with your immense power to create.

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Please note that cancer is definitely not a punishment from GOD. It is, rather, the opposite. It is an indication that you have forgotten your inner GOD. You have forgotten:

- that being GOD means you are on this Earth to learn to love yourself completely and unconditionally;
- that your inner GOD wants to draw your attention to the fact that you are lacking in love for your self;
- that all your experiences are nothing more than a variety of experiences to help you become conscious of what you still need to do;
- that you are not a worthless person, that you have a right to exist;
- that even if you have suffered enough, to the point where you feel hate, it is simply an indication of your great need for love in your life.

GOD is the energy that pulses through everything that is alive. God is not an entity that enjoys choosing to punish or reward anyone whomsoever. We all represent this immense divine energy that wishes only to live, and is willing to learn through our experiences as a human being. Accordingly, we will all eventually end up living in a way that is more intelligent and more beneficial for us.

It is important therefore not to believe that you are the only person who experiences what you are going through. Everyone dealing with this illness finds it very difficult, but it is only the outer expression of what is going on inside them that is different.

Miracles

One of the ways this acceptance changes a person's life is that they begin to attract miracles of all kinds. I have witnessed so many miracles in my life that it is easy for me to state that it is our self-acceptance, our love for ourself and the decisions we take that are responsible for our healing. At *Listen to Your Body*, we have gathered thousands of testimonies to this effect for conditions ranging from simple ailments to more serious illnesses, of a physical as well as a psychological nature.

WHAT IS A MIRACLE? According to the dictionary, a miracle designates *a fact that is extraordinary, positive and scientifically inexplicable*. It is mostly seen as a supernatural phenomenon attributed to a divine power, carried out either directly by this divinity or indirectly through one of its intermediaries.

Miracles are always experienced after a person has taken a firm decision that has helped them connect with their divine power. A miracle never comes from outside of us, but quite definitely from inside. Only those who refuse to accept their own divine power will attribute the miracle to heavenly intervention.

Usually when people talk about miracles, it is in relation to the physical body, but miracles happen on all levels. For example, a young man arrives in a foreign country whose language he has never heard before and finds that in just two weeks, he is speaking the language fluently.

The way I understand it, a miracle designates an event that happens spontaneously, rather than through a process of months or years. This phenomenon can only take place when the person has strong certainty and unwavering faith. The story I quoted before about one of my aunts who was dying of

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a cancer that had spread throughout her body and was then healed is a good example. She had been confined to her bed ever since her discharge from hospital but decided one day, in her husband's absence, to get up, get dressed and take the bus to Ste-Anne-de-Beaupré, a well-known pilgrimage site in Quebec. She left her husband a note instructing him not to look for her and that she had left to make a novena.

After her return nine days later, my aunt improved steadily. Six months later and following the required examinations by her doctor, it was reported to her that there was no longer any trace of cancer in her body. Just the fact of going alone to Quebec on the bus, a trip that took several hours, was already a miracle in itself. In fact, my aunt had truly taken the decision to live. She died forty years later from a heart problem.

Like many others, you may think that it is not her doing that this miracle happened, but rather the intervention of a divine power. That's fine. But once we become aware that all of us are this divine energy, it is not hard to see that we all have enough power to heal ourselves. It all depends on whether we connect to this energy within ourselves or not.

Another kind of miracle I have often witnessed during workshops or private sessions is when in response to a question, the client touches on something very important after their heart has opened. In fact, all the *Listen to Your Body* methods are deliberately based on questions. That way, it is up to the client to find the answers themselves. That is a much more effective approach than if we ourselves were to tell them the cause of their problem. It is more of an experiential method than a didactic one.