

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”.