

How Healing Touch Influenced My Decision Regarding Breast Cancer

by Nancy Battilega, LPC, HTCP, MB-E therapist



In April of '06, during a self-exam, I felt a huge lump that seemed to encompass the entire side of my right breast. I scheduled a mammogram immediately, followed by two biopsies - which came back positive.

I was referred to a female surgeon who explained that this Ductal Carcinoma in Situ, while slow growing, had now reached a critical stage, covering an area 6x4x2cm. She advised, in the strongest possible way, that I have a mastectomy immediately, check surrounding lymph nodes and follow up with radiation. I told her that I preferred to heal myself energetically. I had already altered my diet and raised my pH level, so I asked for three months to see if I could reverse the situation. She was most uncomfortable at this prospect. However, after I signed a waiver and promised to return for a check-up, she agreed to see me in six weeks. I had much to learn in a very short time.

I began by making lists of dietary changes, products, books and energy workers and used my pendulum to help me plot a course of action. Thus began the most remarkable six weeks of my life.

God protected me from all fear and sent angels to guide me every step of the way. Friends from church and my book clubs joined neighbors and relatives in offering love, support and countless prayer chains. I joined with contemplative prayer buddies in meditating twice daily and followed guidance to decide which essential oils and crystals to use to increase healing vibrations and release negative energy.

When three different friends in one day mentioned the power of Pele, the Hawaiian goddess of volcanoes, I sought out two volcanic remedies for boosting the immune system, began working with red and orange energies, and visited a Hawaiian healer who introduced me to shamanic journeying and sound healing. Both proved helpful and sound healing has been especially rejuvenating for me.

My primary care physician, a natural hormone specialist, recommended some excellent books on alternative methods of healing from breast cancer. I discovered that this is a disease of emotions, so I began to explore any stuck negative emotions and corresponding beliefs. Since I am a practicing psychotherapist, I had a solid foundation from which to work, but I still needed help. I reviewed my dream journals and notes from my own therapy. Several gifted energy workers were able to help me identify stuck energies and tell me which levels of my Chakras were compromised. Since breast cancer is primarily a 4th Chakra disease, I worked hard to bring love, forgiveness and compassion into all levels of my field - and my life.

I kept a daily log noting the wondrous, synchronistic events of those first six weeks during which neighbors I hardly knew or people I met for the first time shared a book, a product or a piece of information - uniting a random array of puzzle pieces into a coherent picture which made sense to me. All along, I drew angel cards, saw rainbows and heard words of hope that let me know God was with me every step of the way. A follow-up MRI indicated the cancer had decreased. Slightly encouraged, but still doubtful, my surgeon agreed to continue tracking my progress and authorizing mammograms.

During the following year I took very good care of myself. I ate well, exercised regularly and slept eight hours per night. I also drank Chinese herbs, took pancreatic enzymes, detoxed often and kept my lymph system clear. It took 13 months of discipline and hard work to seek and follow guidance, but I am happy to say that the cancer is gone and both breasts are a picture of health.

There are no words grand enough to express my gratitude to Healing Touch which taught me about the power of the body to heal itself energetically. Cyndi Dale's book, *Advanced Chakra Healing*, describes in detail the Divine Pathway which I followed to heal from breast cancer. This certainly is not the best choice

for everyone, but it was right for me, and it was made possible because of the knowledge, love and support of my Healing Touch community.

This was such a wonder-filled year for me that I have written a book about my healing journey with the hope of encouraging other women who share this diagnosis to remain free from fear and take the time to discover what their bodies need to heal. The book is entitled *A Story of Grace: Holistic Healing After a Diagnosis of Breast Cancer* and is available on Amazon.com.

What follows is a review of "A Story of Grace" written by Barbara Dahl, BSN, RN, HTCP/I

*I can be changed by what happens to me.
I refuse to be reduced by it.*

-Maya Angelou

Most of us know women who have been treated for breast cancer. Suppose your mother, sister, daughter, or close friend was diagnosed with breast cancer and decided not to follow the conventional allopathic course of treatment. Could you support that choice? That's the choice Nancy Battilega made in 2006 after receiving a diagnosis of breast cancer -- choosing to take the road less traveled. For the next sixteen months she followed an ever-evolving complementary course of healing before being told she was cancer free. She has written about her journey in *A Story of Grace: Holistic Healing After a Diagnosis of Breast Cancer*.

"Many stories of alternative healing tend to focus on one element such as diet or prayer. I believe that I was successful because I integrated healing on all levels into a well-rounded life. . .I know that each individual is unique and each illness is unique to the individual. There is no 'one size fits all' when it comes to cancer or any other illness. Nevertheless, I write in the hope that others, who find themselves in circumstances similar to mine, will be inspired to move through their journeys free from fear, taking all the time necessary to discover what their bodies need in order to heal."

Nancy's surgeon had recommended a mastectomy, radiation, and tomoxifen and only agreed - reluctantly - to follow her with diagnostic tests after she signed a release. "I often related to the character of Harry Potter as I confronted the 'Muggle world' of traditional western medicine with the 'magic' of Healing Touch."

Perhaps Nancy's healing journey actually began prior to her diagnosis during a trip to Peru when she became ill with a high fever and was treated by a native shaman. Her fever vanished when he placed his hands on her. Her healing journey, an illustration of the physical, emotional, mental, and spiritual continuum, consisted of healing old wounds and exploring the hidden world of dreams in psychotherapy, lessons learned from a dying pet, contemplative prayer and spiritual retreats, allowing other to care for her, and balancing it all with fun, e.g., movies, dancing, and trips. "My lust for power and control has morphed into a joyous lust for life."

Nancy, a licensed professional counselor and certified Healing Touch Practitioner, was profiled in the August 2008 issue of Energy Magazine. Her hero's journey serves as a primer for the healing process and belongs on the must read list for both holistic practitioners and Muggles. It is available through Amazon and the Healing Touch Bookstore for \$15.95 or contact Nancy at nancybattilega@hotmail.com.