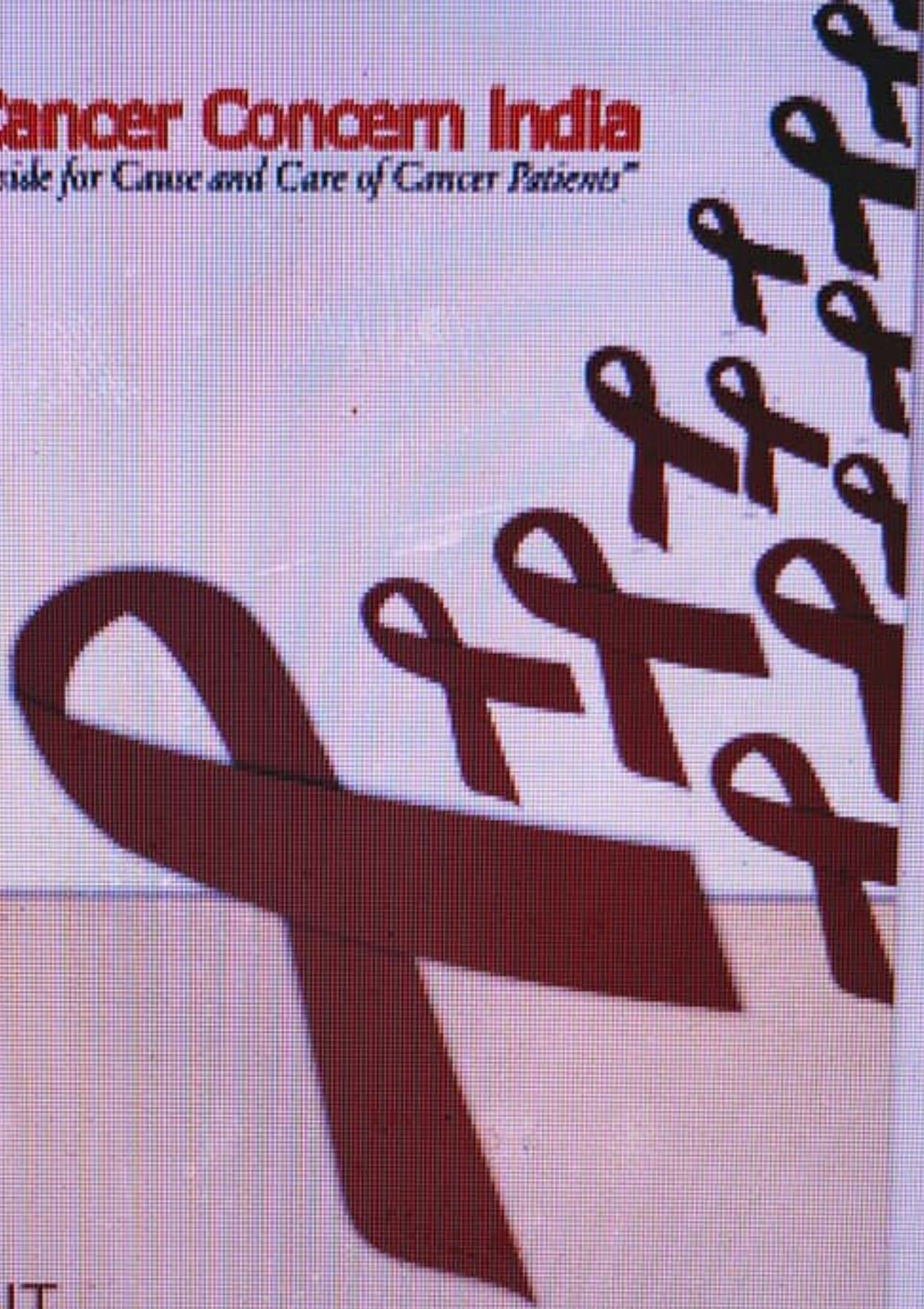




Global Cancer Concern India

"Striving Nationwide for Cause and Care of Cancer Patients"



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CANCER: A Friend in disguise

- Monica Gulati

In the year 2014 (at 32 yrs of age), while I was expecting my second baby, there was intermittent bleeding in my urine. A tiny amount of blood would appear in one urine, and after a couple of urines would clear off by itself. At first, I thought of it as a happening during pregnancy, or maybe urine infection. But, it was painless and there was no burning at all.

After a few months of delivery of my second child in August end, 2014, the frequency increased. Earlier it would happen once in a month, and now it was happening almost every week. I could not ignore it anymore.

I got an ultrasound done. The Sonologist wasn't happy on seeing some outgrowths in my urinary bladder. I immediately consulted a Urologist, and he suspected Bladder Cancer.

Our world got shaken up. I was young and with such little babies, I did not want to die or be ill. I wanted to be with them just a bit more.

Flashback: In the year 2009, At 27 yrs of age, I finished my PhD in Neuroimmunology, from University

of Zurich. My heart was looking for some answers. I felt that diseases cannot be studied only objectively to really find a true cure for them. The person who was having the disease, what about the emotional part of him? The emotional, the day to day life of that person, did not come under the regular scans or blood tests, or other diagnostic measures. I decided to leave further scientific research and enter into more Holistic/ Integral ways of living, of looking at life and wellness holistically.

Present: Some dots were connecting. I had been given a practical example to see for myself, how emotions were related to manifestation of a disease.

I was realising that there was a mixture of emotions amalgamating inside me, particularly after my marriage in 2010, and they might have given rise to what was in front of me, as Cancer.

After my marriage I had suffocated myself in a few roles, while before my marriage I was living a rather free life, not fixed to a few roles and exploring life. That was a vibrant life I was living. While after marriage I just caged myself and suppressed my emotions, my self-

expression. I just went on internalising what I thought others expected of me and in order to gain their approval (which never happens), I went on suppressing my own being. It was a stressful life, a suppressed life that I had started living.

So, Cancer, though appeared as an enemy just superficially, was there to free me of my self created cages. No one had asked me to cage myself, it was just some mental formations I had caged myself into.

From the first day of the diagnosis itself, there was this intense urge to go within myself to dig out the raw materials for the concoction I had created. Once the intense urge to go deeper was there, I was divinely guided to the right mentors to guide me on this path.

Cancer made possible a leap of faith for me. Now, there is complete Faith in the workings of the Universe along with a strength to go on for good. This faith, I realised had gone away while years of growing up. The doer-ship had taken over especially in the past few years. Cancer gave my cells an innate faith in the working of the Divine, which went missing earlier.

With this faith inside of me, I went ahead and had two back to back surgeries within a span of 3 months, in the year 2015. After that I underwent the standard BCG protocol for urinary bladder cancer treatment. This was a difficult phase as it would burn a lot after the instillations and sometimes even fever appeared along

with chills and nausea. All through this time, though I was in pain after the instillations and after some time the time for another one came up. But just because of the new found faith in the Divine presence inside and outside I was able to go through the pain without suffering.

The support of the family members was very crucial. Parents of my husband and my own parents helped in taking care of the kids during this challenging phase. Also, as my mother in law had been through Breast cancer herself in 2010, and the following difficult phase of treatment, she could empathise very well with my condition and offered complete support.

Since 2015 after the surgeries and the therapy, I have lived a cancer free life, full of gratitude every day, every moment.

Saint Kabir entered my life, only when I was in depths of myself owing to the dis-ease. I started singing Kabir during the time of my diagnosis and since then, have been associated with his couplets and bhajans.

Cancer was nothing more than a broken door. Which was necessary for the light to enter and for the night to end. I had suffocated myself in a few limited roles and Cancer came to wake me up and showed me my potential, my inner light that was hiding within waiting to be shone brightly. I had to realise that I was something beyond the roles that I played.
