

Your life is a sacred journey

Your approach to a new illness or diagnosis shapes the course and quality of your life from this day on.

You are not alone.

Seek support from friends, family and professionals. Most importantly, trust your heart and inner-knowing every step of the way.



**Why is this
happening
to me?**

Finding out

Hearing the words is always shocking. Finding out there is something happening in your body or to someone you dearly love is unsettling in every way.

Whether you or a loved one have been diagnosed with a chronic or life-shortening condition, you may feel all sorts of emotions and feel completely overwhelmed. You may also wonder:

why is this happening to me?



Learning about an unexpected diagnosis is always an opportunity to assess, tenderly and without judgement, the areas of your health that are seeking balance.

Your physical wellbeing

Our bodies are the vessel for our energy/spirit. The diagnosis may serve as a messenger--to give tender loving care and attention to your body. Tuning into its language and cues is a practice we can all learn.

Your emotional wellbeing

The way you feel is another source of data for understanding what matters to you. Take this time to strengthen your emotional intelligence and learn new ways to address anxiety and stress.

Your mental wellbeing

Choosing thoughts of hope, courage, and love help you visualize and orient your mind towards what's possible. Much like operating software, the thoughts we consistently think *run* our human experience-- be mindful of your thoughts.

Your spiritual wellbeing

You may also be questioning the meaning of life, beliefs, faith, and your connection to Source/God. Illness is often a pathway to our higher knowing and to gaining clarity about what matters most to us.