RISING ABOVE

CANCER

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DISCLAIMER

THIS IS NOT A PROGRAM TO HEAL YOURSELF FROM CANCER

THIS PROGRAM DOES NOT INDICATE THAT YOU SHOUDL STOP SEEING A DOCTOR OR STOP YOUR MEDICAL TREATMENT

THIS PROGRAM IS TO ALLOW YOU TO SEE YOUR LIFE FROM A DIFFERENT PERSPECTIVE AND NOT AS A CANCER WARRIOR

I am going to take you back to
Where it all began
How far you have come
Where you need to be
How to get there

We will go through the following questions:
What did you have to take on to go through what you went through?

Which person did you have to become to go through what you went through?

What did you have to let go of?

Your brain will keep you from danger, but making progress means taking a leap of faith and getting out of your comfort zone.

That's why people don't go forward because their brain snaps them back into the comfort zone.
If you want to get further, you need to mould the brain into seeing your new vision as not dangerous.

We call this:
COGNITIVE DISSONANCE
It's a belief that is created in your brain and your behaviour adapts to this belief (eg. **BELIEF**; I could die from cancer; **BEHAVIOUR**; we all have to go some day).
The idea is to make the brain think that life is good and will be even better. That way your brain will accept the new behaviour.

Changing your belief will make you act differently and then there will be no resistance.

You need to start to feel it is exciting, beautiful, not dangerous.
Only then, will your brain stop resisting.