

The Bell Lap



CANCER'S BELL LAP



A Handbook for Seriously Engaging Cancer

• THE BELL HAS RUNG • RUN WELL • FINISH STRONG

DR. ROBERT F. LANE

THE BELL HAS RUNG MIGHT BE YOUR LAST LAP BETTER RUN AS IF IT WERE





CANCER = Dandelion with Puffball whose Seedlings Float Away in Blood



METASTATIC PROCESS

DAY 1



Weeks, Months or Years Later



Beware & Know

- Beware: Completing the Bell Lap well,
- with celebration &
- a good baton toss,
- personal healing &
- many blessings
- Is not the commission of modern medicine – it is Up To You!!!

Preparation

Prepare for every phase of the whole lap

Plan what to accomplish in the Backstretch

Imagine what you want the Homestretch should look like

Address the finish line. **It does not mean** surrendering a single hope or effort for cure

Two Adversaries

A biologic disease called Cancer that attacks our bodies &

An Illness which one patient called “The Dragon “ that attacks our lives – our spirit, heart and soul ----& relationships

Doctors go after the disease but you are on your own with the Dragon



Control

Focus on the things you can control

Be assertive

Go to appts with a list of questions

Request the prognosis REPEATEDLY

Keep asking until you understand the answer – it is your right to know

Take someone with you to take notes



Jana: Things I have learned...
Priorities

Everyone Senses the Fearful Whispers of the Dragon

- Discouragement and Deceit
- Dread and Despair
- Confusion and Anger
- Death and Destruction

You can smote the Dragon irrespective of what the doctors are doing with the cancer - and you must!

For more on this see **CANCER'S BELL LAP & THE DRAGON BEHIND THE DOOR** available on this website: www.CancerDocTalk.com

A background image of a sunset over water, with the sun low on the horizon, creating a bright orange and yellow glow that reflects on the rippling surface of the water. The sky is a mix of light and dark clouds, and the overall mood is serene and contemplative.

Fear and Management Techniques

- Focus on what is knowable and necessary for TODAY. Don't sacrifice the NOW to what is uncertain about the future.
- Avoid fearful people. Fear is contagious. Don't give them airtime - change the subject.
- Distract your mind: choose to think about other things in detail.
- Name your fears and keep them in the open. A dragon you can see, you can fight: apply your weapons, reason, humor, distraction and prayer.



UNCERTAINTY

LURKS

LIKE A *DRAGON*

TO DEFEAT DREAMS



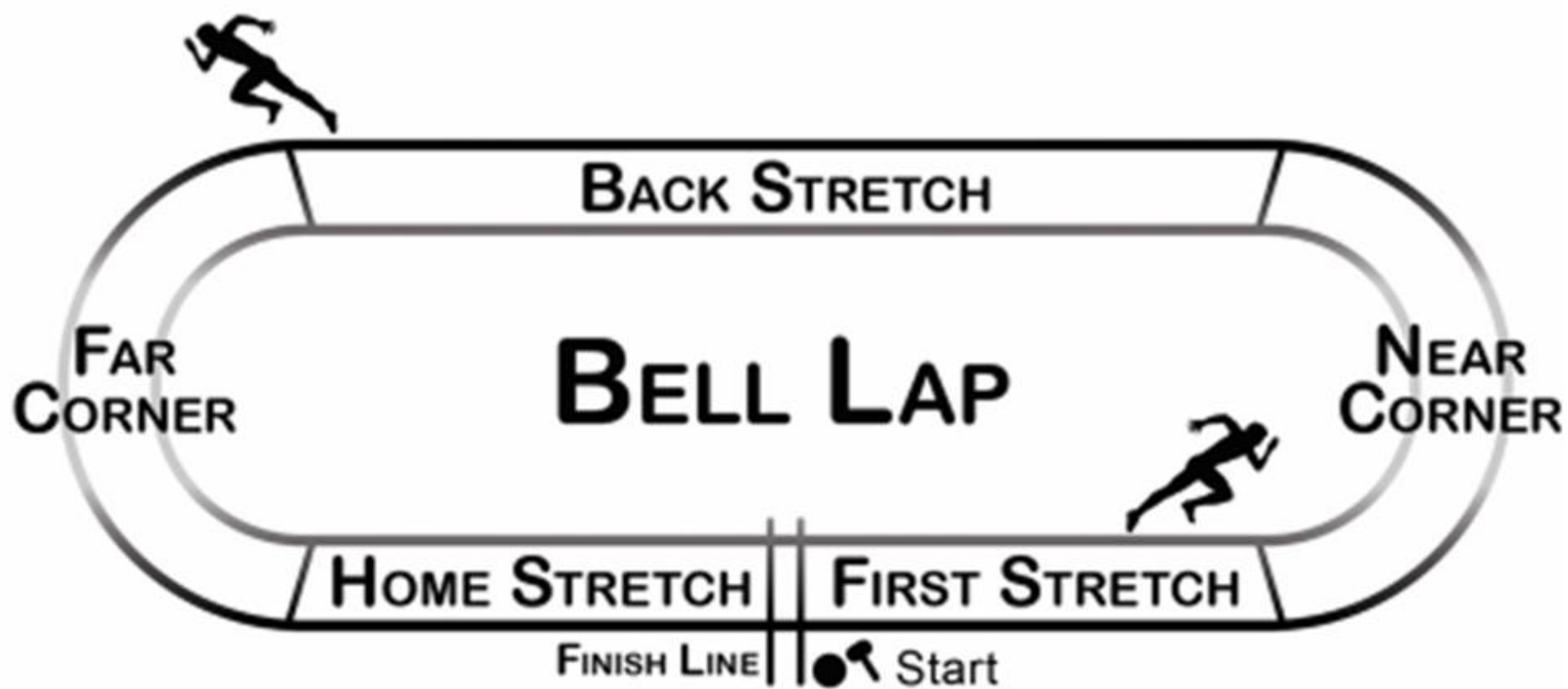
DENIAL has many FACES





OUTRUN THE DRAGON

CancerDocTalk.com



Or Fight Back & With What? & What Works?



Three Groups of Patients

- Those in denial, the walking dead, living in fear disguised with a "Smiley Face"
- Those who confront their cancer head on while redefining what is most important in their lives.
- Those who already know and focus on expanding their sense of beauty and wonder, cultivating their grateful hearts and celebrating their truest treasures: their relationships.

CANCER'S WINDRUNNERS



Facing Cancer with Courage, Inspiration and Hope

DR. ROBERT F. LANE

AUTHOR OF CANCER'S BELL LAP
