The Bell Lap
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
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
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