

The background features a dark silhouette of a person's head and shoulders on the left side. The rest of the image is filled with vibrant, abstract brushstrokes in shades of red, yellow, cyan, and green, creating a dynamic and colorful composition.

# MY CANCER IS ME

*THE JOURNEY FROM  
ILLNESS TO WHOLENESS*

VIJAY BHAT  
NILIMA BHAT

# Healing Visualisation for Chemotherapy & Radiotherapy

Patients dread chemotherapy and radiotherapy because they are toxic.

Request the hospital staff to allow you to play some soothing music or healing mantras through your chemotherapy/ radiotherapy session, along with lighting an incense stick: creating a restful and prayerful atmosphere aids the process significantly. Before your treatment begins, you also need to do the following:

- Quieten yourself physically, mentally and emotionally.
- Fix your attention in your heart and concentrate on invoking the Divine, asking it to join you NOW; feel the Divine join you in response to your sincere call.
- Allow your breathing to settle into a comfortable rhythm and your mind to be absorbed in prayer.
- Surrender your mind, life and body to the Divine and ask it to guide and even take over the whole process.

When the treatment begins, recite an appropriate affirmation, for example: 'I am whole now' or 'I thank the Divine for my perfect healing' in a steady rhythm with your breath. Feel or visualize the healing light of the Divine flowing into your heart, and, from there, into your blood vessels; also visualize it flowing into the drugs/radiation you are receiving. Slowly, absorb the divinized peace and light. Imagine it permeating each cell of your body and all levels of your being, healing everything it touches.

See yourself being lit up within with a golden light, filling you with a sense of well-being and harmony. Like a child praying with complete faith to the Divine, surrender yourself completely to this liquid golden light. Ask the light to protect you and leave untouched all the healthy cells and systems of your body. Ask it to burn the impurities causing your illness, especially all the dangerous cancerous cells; see it happening on the screen of your mind. Ask the water in your body to flush out the burnt debris and see it happening. The water dissolves any leftover impurities including toxic emotions/ thoughts and drains them into the urinary bladder, ready for release from your system when you next empty your bladder. Say 'Divine peace, peace, peace' so it is established in every cell of your body; feel this peace seep into you.

Once the treatment is over, be sure to thank the Divine, your own divine self, your body, breath and mind, as well as your doctors and the medicine itself for giving you the safest, most effective healing, with no side effects. Then, return home with the quiet faith that you have done your best and are fully guided and protected. You will now have the equanimity to respond better to the consequences on your body, life and mind.