



Activate Your Healing Compass[®]

Five Essential Tools for Navigating the Cancer Journey

Day 1: Building a Mythic Framework for Healing



Healing Exploration: Mythic Path Patterns and Imbalances

Which patterns associated with your mythic path might be getting in the way of your healing process and influencing the choices you make in your cancer journey? **Review your Mythic Path Profile Overview to help you answer this question.**

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Healing Exploration: Tempering Support Structures

What would it look like to intentionally design your life and put the support structures in place to temper the inherent imbalances and challenges associated with your mythic path?

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PRINCIPLE OF HEALING

Identifying the dynamics, patterns, and behaviors from your mythic path that are impeding your healing process provides a powerful foundation for healing.

Healing Exploration: Conscious Challenges

Describe the conscious challenges you have been experiencing since your diagnosis. These could be inner patterns and behaviors, or external dynamics and experiences.

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The Lived Experience

The Lived Experience—is the raw, unfiltered reality of how you physically sense and emotionally feel your moment-to-moment existence, distinct from the narratives or meanings you later construct about it. It encompasses your immediate bodily sensations, emotional states, and direct perceptions as you move through life before cognitive interpretation or storytelling takes place.

Healing Exploration: Describing Your Lived Experience

Describe your lived experience of your cancer journey. What has been your predominant emotional and physical response since your diagnosis? This could be very different from the conscious challenges you detailed earlier.

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PRINCIPLE OF HEALING

Recognizing your lived experience of your cancer journey highlights the core life lesson you are being asked to learn as a part of your healing process.

Healing Exploration: Linking the Past with the Present

Tune into your cancer experience from two distinct perspectives. First, your lived experience of your cancer journey—the bodily sensations, emotions, and direct perceptions. Second, your conscious awareness of the challenges you have been facing since your diagnosis. As you hold both experiences, what situations from your past produce this same inner landscape or feel similar to your conscious challenges?

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“Though nobody can go back and make a new beginning, anyone can start over and make a new ending.”

—Chico Xavier

Healing Exploration: Life Lesson Identification

When you place those resonant past events alongside your current cancer journey, what deeper wisdom or life lesson wants to emerge? What is this recurring life theme teaching you about yourself, your path, and how to navigate your healing process?

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Healing Exploration: Applying Past Wisdom

As you revisit those past experiences that resonate with your current cancer journey, what choices and actions could have helped you navigate them with greater wisdom and ease? Which of these responses feel most relevant to support you now?

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Healing Exploration: An Expanded View of Your Cancer Journey

What changes and shifts in how you engage and navigate your cancer journey when you see it through the lens of your entire life experience? Think in terms of the recurring themes of your mythic path, the transformative lessons embedded into your healing process, and how you have resolved past challenges—instead of viewing your experience only from the point of diagnosis forward.

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“Sometimes what seems like a curse turns out to be a blessing, and what seems like the end of hope can be the beginning of a journey of liberation.”

—Pema Chödrön

The Tree of Life Breathing Practice

In addition to the basic Tree of Life practice you learned in the pre-retreat video, apply the adaptations that fine-tune the practice to support your unique cancer journey.

Practice Adaptations:

- 1. Mythic Path Transformation:**
From the light above the tree, imagine breathing in the qualities, colors, concepts, words, sounds, images, or energies that bring balance to the roles, behaviors, patterns, and dynamics that may be interfering with your healing process.
- 2. Easing Conscious Challenges:**
Either from the light above or from the healing energies below the tree, imagine breathing in the qualities, colors, concepts, words, sounds, images, or energies that shift the conscious challenges you are facing, as well as the unpreferred aspects of your lived experience of the cancer journey.
- 3. Healing Life Lessons:**
From the light above the tree, consciously breathe in the qualities, colors, concepts, words, sounds, images, or energies that bring healing and transformation to the life lesson or lessons that is/are being highlighted in your cancer experience.



PRINCIPLE OF HEALING

Establishing a daily practice that intentionally channels healing energy into your cancer journey's lessons and challenges helps strengthen your sense of active participation in your healing process.

Day 1: Checklist

- Identify the patterns and imbalances from your mythic path that may be interfering with your healing process.
- Recognize the life lesson(s) your cancer journey is bringing to the surface for healing and integration.
- Describe your lived experience of having cancer in rich detail, including its physical, emotional, and energetic dimensions.
- Choose specific qualities, colors, concepts, words, sounds, images, or energies to personalize your Tree of Life Breathing Practice.

Day 1: Healing Practice

Use the Tree of Life Breathing Practice to bring healing and balance to the patterns and imbalances associated with your mythic path, your current cancer experience, and the life lessons your cancer journey is activating. Strive to do the practice twice a day—in the morning upon waking and before bed.

Day 1: Navigational Tool

Biographical Awareness—Exploring the connection between your present cancer experience and past challenges to identify the recurring life lessons that are seeking integration through your healing process.

Day 1: Healing Skill

Mythic Imagination—the ability to perceive your cancer journey within the larger context of your life story, recognizing how past experiences inform your current healing responses, while remaining open to the profound transformation seeking to emerge through you.

Day 1: Homework

- Identify at least one pattern or imbalance associated with your mythic path that is potentially impeding your healing process and influencing the choices you make in your cancer journey.
- Fill out your Day 1 Tree of Life Breathing Practice Worksheet.