



Your weekly toolkit for planting seeds of success, abundance, love and joy



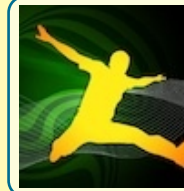
"MINDS, LIKE PARACHUTES, FUNCTION BETTER WHEN OPEN"

## Issue CLM003

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# Cultivate Life!

MAGAZINE

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## QUOTES OF THE WEEK



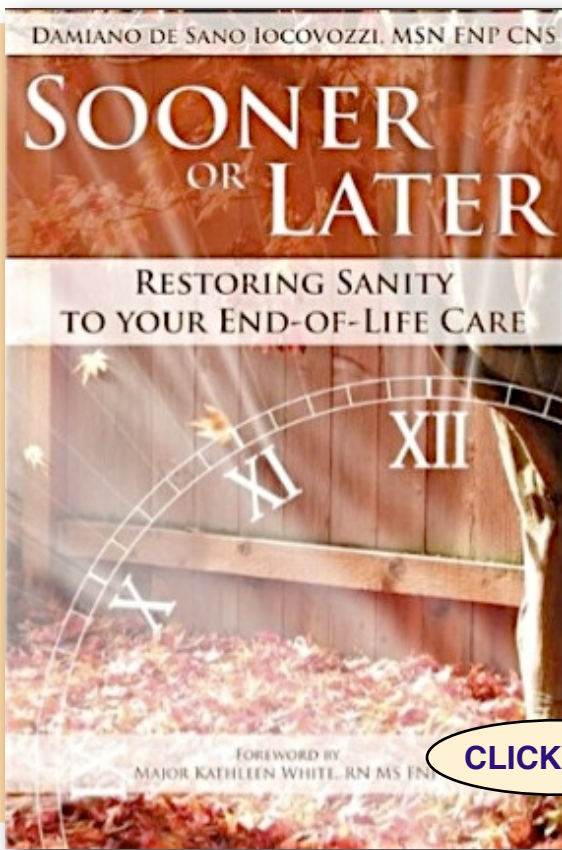
"Life is creation -- self and circumstances, the raw material."  
—Dorothy M. Richardson

"Life in itself is an empty canvas; it becomes whatsoever you paint on it. You can paint misery, you can paint bliss. This freedom is your glory."  
—Osho

"We need a renaissance of wonder. We need to renew, in our hearts and in our souls, the deathless dream, the eternal poetry, the perennial sense that life is miracle and magic."  
—E. Merrill Root

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# Damiano de Sano Iocovozzi

*Sooner or Later* offers patient, family and caregivers a safe place to help process the turbulent emotions during the diagnosis phase of a serious or terminal illness and remain sane, rational and in control.

It provides the pertinent questions to ask specialists written in a way the reader and provider understand to empower patients and their families to seek the appropriate level of care.

*Sooner or Later* provides the information and tools to take control and make good decisions to maintain the best quality of life.

[www.SoonerorLaterBook.com](http://www.SoonerorLaterBook.com)

## Today is the First Day of the Rest of Your Life



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*“To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.”*

—William Shakespeare, *Hamlet*

*Sooner or Later* is a manual for seekers, for people facing a life-threatening illness, as well as their family and friends. It's for people seeking calm and sanity in a topsy-turvy situation. Since relatively few talk about the path that leads out of this life, I will talk about it here. Consider me your tour guide, one who knows a thing or two about these particular passages.

In my twenty-three year career as a registered nurse, clinical nurse specialist, and family nurse practitioner, I have experienced things most people cannot imagine. I have been with people through their best and worst of times: people including patients, friends, family members, and my spouse. I have held people while they suffered through terrible pain and grief. I've laughed with them during a triumph, bathed and fed them,

medicated them ... and even caught a baby who entered the world in a parked car! I have also had the privilege of being present during the sacrament of a person's last breaths, holding their hand for the last time, and closing their eyes as tears formed in my own.

As a nurse living at the edge of life and everywhere in between, my gift to you is a rich distillation of bedside wisdom to help guide you through some rough, crazy patches from which no living being is immune and for which few are prepared. We learn a lot about how to earn a living, keep a job and raise children, but who teaches us how to manage our own health care? Who teaches us that we have power beyond measure? Who teaches us how to finish our lifespan with richness, grace, and control? Who teaches us how to live each moment, like Auntie Mame proclaims?

The precious time between diagnosis and your last day can and should be special. Your last months of life should be devoted to doing what's

most important to you: preparing your way, letting go of anger and sorrow, finishing your life's business, enjoying yourself, making amends and creating lasting memories for those you must leave behind. For all your large and small responsibilities, you will find time and energy to have fun, visit and laugh. Many tell me that during this time, they have never felt so alive and free. Artificial barriers and pretenses to real emotions may be lifted as our human communication becomes more honest, poignant and sane. For some, it is a gracious time, a time of generosity and passing on a legacy, an appropriate climax for a life well-lived. Couldn't we all live in such a space, even if we are not facing a life-threatening illness? *Sooner or Later* may take you on a journey of self-discovery, empower you to remain in control and have your wishes honored.

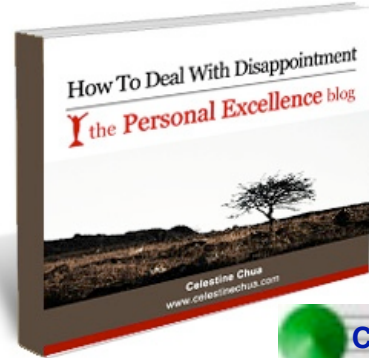
In her book *Return to Love: Reflections on the Principles of A Course in Miracles*, Marianne Williamson writes, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

That liberation begins with the liberation of good knowledge. Where can you find honest, scientific information about your condition that is personal to you? Your health care providers (physician, physician assistant, nurse practitioner) are your best sources. In addition, registered nurses or social workers are excellent resources. Interview a variety of them during a family conference. If the answers you receive from these trained, empathetic professionals are basically the same, you're there. The Internet and your public library can help you obtain research articles, pharmaceutical information and even information about ethics, hospice and palliative care. ###

Excerpt from *Sooner or Later*, courtesy Transformation Media Books

# free ebook to download

## How To Deal With Disappointment by Celestine Chua



Disappointment is an inevitable part of our lives. This series shares why disappointment is good, how to constructively deal with disappointment and my personal story of how I overcame disappointment.

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