



Anything is possible

(Arielle's Story)

*What we can or cannot do,
What we consider possible or impossible,
Is rarely a function of our true capability.
It is more likely a function of our beliefs about who we are.*

Anthony Robbins

During my first career as an artist, it was sheer torture to begin a new piece of work. I would sit in front of a blank sheet of paper, paralysed by indecision. There were just too many choices! My talent was so flexible that I could emulate any style I wished. But that first mark would determine the direction. Would this piece of work resemble Matisse? or Picasso? or Dürer? or Van Gogh? or Klee? How could I draw in a style that was uniquely me?

This theme continued to haunt me whatever I did. Being naturally positive and optimistic, with lots of energy and talent, the world was my oyster. At times I felt invincible and full of determination and drive. Winning scholarships and receiving praise accelerated the expectations I began to place on achieving success. But what was my message? Who was Arielle? Had I gained enough wisdom from life to have anything valuable to say through my work?

My ambition to succeed seemed natural. I was extremely good at setting goals and 'going for it' with great determination. Less obviously lurked a dangerous belief that my self worth and happiness depended on achievement. With each passing year, the pressure to pick the right goals, the right direction and make the right choices increased. How to do that remained a mystery, so things didn't go according to plan.

Struggling with my art career, my frustration far outweighed any fulfilment. Time for a new goal! As I set off to retrain in complementary medicine, further complications arose with my new desire to have children. Time was running out. So plan B aimed to combine being an Osteopath/Naturopath with motherhood. Unfortunately, my marriage didn't withstand these changes and new pressures.

Divorced but undaunted, I completed 6 years of college, and began my new career. Things looked promising again! Being young, free and single in a big city should have been fun, but most of the time I felt pressured, anxious, lonely, depressed and frustrated. Meanwhile the time clock was ticking, and the marriage and motherhood goal now tormented me. Finding that new relationship proved elusive.

Attracting lots of potential partners presented me again with the same old problem: how to make the right choice! Falling in love happened too easily. Lacking clarity about who I was, my desire for the happy relationship goal blinded me from noticing I was pursuing a fantasy. As each attempt failed,



I became convinced there must be something wrong with me. My stress levels soared. Luckily, training in NLP began to provide some insights. The downside was falling into a 'fix it' mentality, as I focused on solving the 'problems' that were holding me back from achieving my goals.

For many years, I had suffered from 5 day debilitating headaches, which refused to respond to any treatment. Then, during a routine examination, my doctor noticed that my hormone levels were way out of balance. A subsequent brain scan diagnosed a 1cm tumour in the Pituitary. Not surprisingly, the diagnosis caused my stress levels to soar even higher, along with the level of hormones produced. At first, my doctors couldn't tell whether or not it was malignant. Although they reassured me there was nothing to worry about, a series of tests, scans and specialists resulted in prescriptions for medication and/or surgery. Instead, I chose to heal it naturally.

*There is no order of difficulty in miracles.
One is not harder or bigger than another.
They are all the same.
All expressions of love are maximal.*

A Course in Miracles

Despite a part of me moaning 'poor me', my intuition told me that my stress had led to the creation of this tumour. If my body had created this tumour due to the stress, maybe it knew how to un-create it, if I removed that stress and gave it the right nutrition and support. I also knew that if I let the tumour take over my life, the fear would not help the healing process. So I became determined not to let the tumour interfere with my life, although this proved difficult.

At the medical library, I researched everything I could find out about this tumour. I also interviewed 3 other patients who had the same condition, and followed their progress with great interest. They chose to take the drugs and then suffered unpleasant side effects. All three ended up having surgery. In addition, I talked to a specialist nurse who assisted with this kind of surgery. Several facts leapt out at me.

Ironically, this tumour caused infertility. Since I had just met 'the man of my dreams' who shared my desire for children, this felt like a cruel twist of fate. This type of tumour was known to be aggravated by stress. Because the drug prescribed could not be taken during pregnancy, and the surgery to remove the tumour had only 50/50 success rate, I therefore continued to choose alternative treatments, despite the risk of going blind.

Not surprisingly, my determination to heal became my new ambitious goal. What was almost funny, was that once again, I was faced with a vast range of choices of different kinds of alternative medicine. How could I possibly know which ones could be of any help? I was forced to trust my intuition.



Dealing with the stress of all this - the diagnosis, the tests, the scans, seeing specialists, having treatments, worrying about the prognosis - felt like a black cloud hanging over my life. When nothing seemed to work, I felt a failure. Other people had overnight remissions, why couldn't I make this tumour go away? After 6 months, it felt so unbearable, I decided to visit the neurosurgeon about having the tumour removed. Letting go of my desire to heal it naturally required trusting that healing could come through any avenue. Paradoxically, the neurosurgeon then viewed my scans and told me surgery would not be possible! How delightful: there was no choice now but to heal myself!

Now even more determined to fix myself, I did my best not to let the tumour interfere with my life. I just had to avoid anything too stressful. So I kept searching for whatever might help. Through intense NLP exploration, I gradually uncovered some surprising underlying beliefs:

- I thought I wanted children - but a part of me did not!
- I believed my self worth depended on achievements
- I thought happiness would come from achieving goals
- I felt such a failure, so unlovable, I wanted to give up
- I wanted someone else to love me when I didn't love myself
- I thought letting go of my attachments meant giving up
- I believed that getting rid of my tumour equalled healing

One day I was shocked to hear a voice in my head shouting 'I just want to be rid of this tumour!' Such a self attack could never lead to healing. Then I realized all my attempts to 'heal' unwittingly gave the same message: Fight this tumour! Heal it! Change it! Make it go away!

If my stress had helped to create this tumour, then changing my thinking must be the only path to peace. What would that sound like? I realized I must accept my tumour and stop wanting to make it go away. Looking back over my healing journey, I appreciated how this tumour had guided many positive changes in my life: attending trainings, starting a new career, meeting wonderful people, gaining great insights and wisdom, developing humility, compassion, forgiveness and the ability to like myself as never before.

When I fully appreciated all the benefits, my tumour started looking like my best friend. It amused me to think that if it was still there, it probably still had something to teach me. So I gave it my full permission to stay forever. I forgot I had it! Six months later, my specialist delighted in telling me that my hormone levels were surprisingly normal, which could only mean the tumour had gone. The funny thing was, I no longer cared!

My experience led me to see my life very differently. Whether I have a tumour or not, I no longer believe there's anything wrong with me. My life does not need to be different in order to be happy. Each moment presents new choices. I value life as precious. Life is an opportunity to be a vehicle for Love. Because I'm surrounded by Love all the time, I don't need to seek it from



outside. Now it amuses me to realize that my journey was the perfect way to grow and remember who I really am.

Perhaps the most significant change is my attitude towards making choices. Now there's nowhere urgent to get to, no anxiety, no heroic path to achieving success. Instead of struggling to achieve results, I just do my best to focus towards positive desires that are aligned with who I am. Acceptance allows me to look forward more positively.

What works is paying attention to how it feels as I move forward. Negative feelings and events let me know there's still a conflict inside me. Positive feelings tell me I'm on track. So I do my best to change my own thinking and keep moving in the right direction. I forgive mistakes and do my best to accept what is. Life is work in progress, never a final result. Anything is possible.

*Miracles are natural.
When they do not occur,
something has gone wrong.*

A Course in Miracles

Easy 3 Step Process to Heal Any Problem [tongue in cheek]

1. Create a clear positive outcome of what you genuinely want, in full detail, focusing on all the good feelings and good consequences that will result.

Hint: this needs to be in alignment with who you are, what you've come to do and be, and also be totally congruent in all parts of your conscious and unconscious mind, i.e. conflict free.

2. Match all your thoughts and emotions to moving towards this happy outcome, choosing to ignore or overlook any negative energy. If you discover unhelpful thoughts or emotions, change them gently and thoroughly.

Warning: this requires acute awareness to discover and turn around deeply hidden choices and decisions. You may also have to inoculate yourself from the unhelpful beliefs of friends, colleagues, doctors, therapists, the media, research data and other well meaning sources.

3. Accept your present state, however you may wish to resist that idea. Appreciate instead the underlying purpose and be willing to heed that message, e.g. you need a rest. Whether or not you understand the reasons why, it is only in the state of allowing, and being totally present, that you regain the full power of choosing better.

Hot Tip: Understanding is the booby prize. Moving on and being happy = the result you want. So the most benefit is to be gained by managing your emotional state from moment to moment.

