



# Fall 2010



BC TO AD - BEFORE CANCER TO AFTER DIAGNOSIS SURVIVING FORWARD™

## TURNING THE CORNER TO “I AM...”

*“And I ran and I ran on life until I turned that mysterious corner to look back and discover that nothing would ever be the same...Now is the time for soul reassessment.”*

**J. Waggoner, cancer survivor**

I've always been an enormously busy, project-filled, deadline-oriented individual. As soon as one thing was done, another task was started. During my college years and professional life, the multi-tasking was performed and mastered to an incredible and proficient degree. It was a natural progression, especially working at a daily newspaper, slogging through sometimes three deadlines a day. Then I worked management at a medium-sized corporation with 18 direct-report employees and later owned my own business with two locations and 25 employees. Inactivity was not an option and never even a consideration. I was on the run and figured this was life. Keep up with it and keep your nose above the water line.

I did a pretty good job of succeeding with my run for several decades. But as you know, my dear Reader, you are reading Living With Loss™ Magazine because you, too, have turned that mysterious corner in your life and are now in reassessment. Nothing stayed the same for us and now we must readjust to life events and solve the “soul reassessment” puzzle.

At this point of my life, after the death of several family members and my own cancer survivorship, I must figure out who I am...you must figure out who you are since you have now turned the mysterious corner. We are in “soul reassessment.” How can this be done? How can we ever hard-examine our lives with so many open wounds? I do not have all the answers but offer one bit of light.

I started taking yoga classes almost two years ago. I suffer from great anxieties and the practice is extremely

beneficial to brain relaxation. I had a lot of misconceived notions about what yoga entailed before I started – wasn't it about people humming and doing pretzel-like moves with their bodies? Contrary to my first impressions, yoga is not a religion but a practice. My only regret is that I didn't start the practice when I was younger. I had the privilege of taking a yoga class from one of our writers, Gusti Boiani, who lives ‘in my backyard’ in Colorado. She offered the following mantra which I have adjusted to fit my soul and I now invite you to take this mantra, change the ending word and make it your own...repeat it often, as many times as it takes, until YOU BELIEVE YOURSELF. Just be sure to breathe in on the first part of the phrase as you mentally say the words, pause with your breath still inside you and then exhale all the air from your lungs and mentally say the last word. See if it doesn't bring a bit of peace to your world – if only for a moment.

- I am...well.
- I am...strong.
- I am...cancer-free.
- I am...joy.
- I am...worthy.
- I am...grateful.
- I am...light.
- I am...peace.
- I am...most of all, love.

I wish for you...a pure light in the forest.

Respectfully,

J. Waggoner  
Publisher

*Make no judgment,  
honor all loss with respect,  
breathe in and out peace.*