



Tools to Meet Challenges by Joseph Gallenberger , Ph.D.

I have been fairly incognito for the past several months, as I have been focused on supporting my wife in her quest to heal breast cancer. I want to discuss today how energy and manifestation processes have helped us on this journey and can help others when faced with formidable challenges.

First of all, my wife Elena is doing very well. The healing energy and actions of myriad friends has held us in a tangible orb of love during this time and I know has made every step of the way grace-filled. Thank you amazing beings of light!

After a return of cancer, Elena underwent surgery and then explored what felt like hundreds of options, rapidly sorting through highly complex and often conflictual information. She decided to decline standard chemotherapy and radiation and after much research, developed a holistic approach with many body, mind, and spirit facets, culminating in us going to Austria right after New Years Day for five weeks of intensive treatment at a clinic recommended by two doctors we consider best in the field of integrative oncology.

While most of us tend to focus our manifestation skills to create new abundance in our lives, Elena and I found out quickly that these same skills are vital in meeting a significant frightening challenge with full wisdom and power. They include living from the heart, clearing fear, raising energy, opening to intuition, acting with courage, celebrating all the abundance that is already present, living in gratitude, having patience and trust, speaking your truth, and being open to receiving help from spirit as well as kind persons that cross our path. All of these practices are very hard to do when faced with the long process of diagnosis, testing, waiting for results, recovering from surgery, etc.

The first obstacle to applying these principles is to carve the space for self-care. Cancer can be incredibly time consuming - disrupting personal and business routines, and even sleeping and eating patterns. Yet nearly every time I created space to meditate, I was rewarded immensely. Tools such as *Abundance Tree* and *Release Recharge* from [SyncCreation™](#) alleviate fear and discouragement. It is tempting to get into full battle mode, but we both know that to make wise, possibly life and death decisions about treatment, we need our intuition to be at top notch and to do this we need to have our hearts open. To do this, I frequently used [Healing Heart](#) and [Ocean Heart](#) and found that almost every time I did, I would reach new levels of connection with highest of spirit and greater heart opening. Many of these meditations were among the most profound I have ever experienced. Elena and I also embraced the healing powers of the beauty of nature, loving children and grandchildren, laughing with friends, and the strength of our marriage as friends and soul mates. We have distanced ourselves from the daily drama of politics and petty concerns as much as possible.

Using our energy and manifestation tools, and with the practical compassion of countless people of good will, we have been able to maintain resilience during this marathon journey, stay out of victim energy, keep perspective, be consciously creating our future, yet trusting the mystery, knowing outcomes are guided by higher loving spirit. Thanks again for all your support over the years for our SyncCreation business and ourselves personally. Elena and I are looking forward to a vibrant year and continued exploration of the miracles of life!