

## REFLECT

Breast Cancer Awareness month is upon us. It is not how I'd choose to reflect on October, but saying good-bye to a wonderful person adds an additional color to someone's perception. Beautiful soul just succumbed to this illness, choosing acceptance and peace over the fight for survival. I'm sure you also have been through loss to this illness, and the 1:8 chance of getting breast cancer puts us all a bit closer to asking tough questions.

This awareness means different things to different people. Some choose to get sad and mourn losses, some join the fight in finding the cure, and some let the fear dictate their choices. What if instead we reflect on our feelings, our lives and our purpose?

Just like many of you, I have learned all the duties required of women since childhood. Culture, family, nature - all dictate certain roles we suppose to take on. Like it or not, our genes are in charge here. However, how genes are expressed is up for a question. Are you playing a role of a mother? If so, is it to your children alone, or also your family members? Are you taking time for yourself, or your dishes? Are you happy while giving, or are you feeling exhausted?

Carrying more than we easily can gets us stressed and unhappy. Our beautiful bodies know so much about healing! Through the genes as a program they will fight and rebuild for as long as we are breathing. Are you taking your body for granted and pushing its limits? Are you feeding yourself a nourishing diet (one where sweetness comes from fruits and veggies, not from corn syrup)?

Take a moment, reflect on your needs and your feelings. Just this month, say no to whatever is excessive. Spend more time with your feelings, your heart and your body. Eat well, sleep enough, exercise, meditate – even for just 5 minutes. And, if you feel you have time and need an extra booster, find someone who can help you with being at ease and in balance by erasing your fears.

With all my love,

*Lena*



## *October Events:*

Every Tue and Thu of the month  
7:00pm - 8:30pm

[Guided Meditation Class](#)

Every Sat 9:00am - 10:00am

[Wellness Spa: Cancer Patient and Caregiver Support Group](#)

Thu Oct 18th 6:00pm - 7:00pm

[Wellness Book Club](#) – "*Super Genes*" by Deepak Chopra, 2015

Sun Oct 28<sup>th</sup> 9:00am - 1:00pm

[Reiki Workshop](#)

## *October Promotions:*

*If you are healing a breast cancer, please join my meditation class or a wellness spa free in October.*

Book an appointment with me and receive another one for free!

Refer a friend or a loved one and receive \$20 toward your next visit!

Write a review of your appointment and take \$20 off your next visit!