

A Childs Journey of Hope and Courage

By Karoline Grant

Imagine being diagnosed with cancer, spending endless hours in hospital with needles and scans, being examined by different doctors and as part of the treatment maybe even having to shift to another city for treatments, leaving home and a part of the family behind. As well as enduring chemotherapy with all the side effects of feeling sick, vomiting, pains, dizzy spells, hair loss, fatigue... and the constant fear, "Will I Survive?"

Now imagine being 6 or 8 years old and having to go through this. Doesn't this all sound like too much to handle for anyone, let alone a child...?

A real life story of one boy's courage and hope John* was diagnosed with a brain tumour when 6yrs old; now aged 8yrs old he had been through two surgeries and was undergoing chemotherapy when his Mum was introduced to 'The Journey' as a way of resolving hurt, trauma and stress in life. She decided they didn't have anything to lose by trying something different and Johnny was happy to give it a go.

When I met John he was a shy boy hiding behind his Mums back. He was chronically tired, had frequent headaches and most days was complaining of feeling sick. He hated 'chemo' and was scared of needles as well as the claustrophobic MRI scans, which often led to tears and tantrums.

How his Journey began...

We started the first session by asking John to imagine that deep inside of him he had a special place which is like a beautiful diamond, where there was lots of love and he was safe and happy. This simple concept really makes sense to children's hope and strength - they just accept it as truth!

Then I explained things happen in life, like being left out at the playground or falling ill, or having a sick brother or sister and these things cause painful feelings like sadness, being afraid, or anger...when we don't cope well with these feelings they stay in our bodies and start covering up the diamond and that causes things like headaches or feeling ill or just being unhappy...

Peeling off the layers

The next step was to use 'The Journey' process to gently take John to a place where he could face some of the painful feelings in a way that he could process them healthily and let them go. What seems to happen is that by doing this gentle process, the layers of pain are peeled off this 'Diamond' and it begins to 'shine' again and in this case a process taking only 10 minutes, left John feeling lighter, happier and more confident.

The long term results

After the first journey session his Mum reported that John stopped having headaches and feeling sick, however he was still tired. Even the tiredness eventually dropped away and all physical symptoms subsided except those straight after a chemo treatment.

Gradually over a period of 10 months John processed his traumatic past events, the feelings of fear, sadness, self-blame, anger, feeling different to other children

and losing friends to cancer. He learned how to express his feelings and that all feelings were ok.

John was able to handle the chemo treatments with greater courage; he felt safe when given a needle, he knew how to relax and handle the regular scans better and was more accepting of what was happening and trusting that he was going to be ok. His belief became, that no matter what happened to his body, the diamond stayed untouched! He also deeply understood how loved and supported he was.

John was still going through incredible challenges, but now he had greater resources and tools to help him deal far better with them. It was amazing to see

him mature and become a very confident, happy robust and healthy boy. He was truly shining!

As a result of this boys amazing progress, the Child Cancer Foundation agreed to fund Journey sessions for children with cancer as well as their siblings.

So who else?

John is just one of the many examples of people throughout New Zealand who have found they can take on life's challenges with strength and a healthy, positive outlook when given the tools and a way to let go of pain and hurt.

To find out how Karoline can help you or someone you know call 021 384 155 for a free introductory session.

**Name changed to protect privacy.*

Long-term relief for pain & stress

Often ongoing pain and stress is a signal you have a combination of emotional as well as physical factors...for example...

- Chronic Neck Pain
- Recurring Aches
- Depression
- Insomnia
- Relationship conflicts
- Daily Tension

These symptoms can be effectively reduced using the gentle process of **The Journey** which deals with the root cause underlying your issue.

Special Soul Quisine Offers (with this ad)

Designer Journey \$145 (normally \$185)

30 min Micro-Journey Massage \$35



Call 021 384155 NOW

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Author Bio

Karoline Grant is an Accredited Journey Therapist and has been personally trained by Brandon Bays. She has been a massage and neuromuscular

therapist for 11 years and is passionate about helping others heal themselves, so they can live life more fully. Karoline offers Journey processes and also Microjourney Massage, a unique blend of massage therapy and the journey to help relax and heal body and mind more deeply.

You can contact Karoline on karolinegrant@journeytherapies.com or mobile 021 384155.

