

# Writing Meditation for Cancer Recovery

Writing meditation is a technique we developed at the Mindfulness Meditation Institute. It will help you transform your relationships by enabling you to be more kind and loving without any conscious effort. It does this by reprogramming your subconscious in a way that is much more effective than simply reading, hearing, or reciting the affirmations.

This particular writing meditation was written by my partner, Mary Sovran, who was diagnosed with esophageal cancer in 2013. She underwent chemotherapy, radiation treatment, and surgery. Today she is cancer free and doing well, thanks in part to the mindfulness meditation practice. This writing meditation is designed to help cancer patients in their recovery by helping them keep a positive attitude throughout the treatment process, which will enhance their immune system.

The exercise will also help you heal the wounds from your past, as you will become more forgiving, understanding, and compassionate. It will also help you become more sociable and outgoing. But its greatest benefit will be in speeding up your spiritual development, because you'll be able to connect with people on a much deeper level. This will provide you with the spiritual nourishment you need to grow.

## Instructions

Simply copy the verses on page 2 by hand in a notebook or journal, every day for about 5-10 minutes. Any time of the day is fine. However, if you do it in the morning, it will set the tone for your day. If you do it in the evening, you will sleep much better. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time (though you may get through the entire meditation in one sitting). Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

I hope this writing meditation brings you peace and joy during these challenging times.

Warm regards,  
Charles A. Francis

P.S. Feel free to share this exercise with others who are dealing with cancer.

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## Cancer Recovery Writing Meditation

May I be healthy and strong. May I be safe and protected. May I be peaceful and free from mental, emotional, and physical suffering. May I be happy and joyful. May my mind be filled with thoughts of loving-kindness and compassion, and be free of greed, anger, hatred, fear, and jealousy. May I be courageous in dealing with difficulties, and always meet with success. May I be loving, kind, and gentle in my ways.

May I accept the fact that I have cancer with courage and dignity. May the cancer cells in my body stop growing. May I keep a positive attitude and laugh everyday. May I be free from anger and resentment and be determined and courageous in my fight, realizing that my cancer has a profound effect on all those around me.

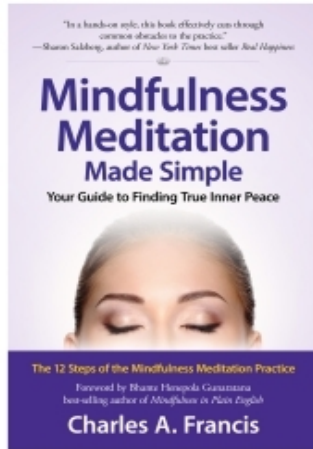
May I be calm and accepting of the treatments my doctors prescribe. May I be grateful for all the support I receive from family, friends, and loved ones. May I appreciate the health care providers who help me through this crisis in my life. May my mind and body find the peace and comfort I deserve.

May I live deeply in the present moment and practice mindfulness throughout my day. May I listen deeply with patience and understanding, and respond with words that are kind, gentle, and healing. May I practice generosity and be of service to others.

Wherever I go in the world, may I greet people with peace, happiness, and friendliness. May I be diligent and committed to my meditation practice, and to helping others along their spiritual path. May my True Nature shine through, and onto all beings I encounter.

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## Mindfulness Meditation Resources



***Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace.*** This new book shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice. Through the clear instructions and simple exercises, you will gain a solid foundation of this time-tested ancient practice, and get the results you want. It explains the exact meditation techniques in an easy-to-follow process. It then gives you tips for enhancing your practice. Foreword by **Bhante Henepola Gunaratana**, best-selling author of *Mindfulness in Plain English*. Available now at [Amazon.com](http://Amazon.com).



**Quick Start to Mindfulness Meditation.** This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available at [Amazon.com](http://Amazon.com).

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