

# Writing Meditation for Cancer Recovery

This writing meditation 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.

The exercise will 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. This particular writing meditation is designed to help cancer patients in their recovery by helping them keep a positive attitude throughout the treatment process.

## Instructions

Simply copy the verses on page 2 by hand in a notebook or journal, every day for about 10-15 minutes. Any time of the day is fine. However, if you do it in the morning, it will set the tone for your day. When done 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. 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 you enjoy this writing meditation, and that it 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 struggling with cancer!

[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)

# Loving-Kindness 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.

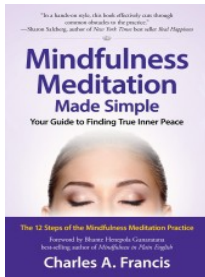
May I live deeply in the present moment and practice mindfulness throughout my day. May I listen deeply with patience and understanding, and respond with words that are kind, gentle, and healing. May I practice generosity and be of service to others.

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.

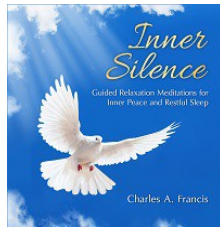
May I accept the fact that I have cancer with courage and dignity. May the cancer cells in my body stop growing. May I keep a positive attitude and laugh everyday. May I be free from anger and resentment and be determined and courageous in my fight, realizing that my cancer has a profound effect on all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

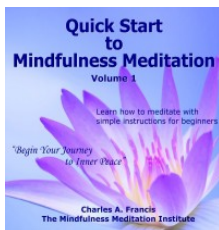
## Recommended Resources



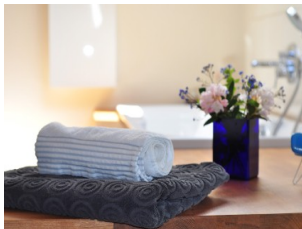
**Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace (paperback).** Learn how to transform your life and relationships through mindfulness meditation. Through clear and simple instructions and exercises, you'll gain a solid foundation of this time-tested ancient practice, and get the results you want. Available now on [Amazon.com](http://Amazon.com).



**Inner Silence: Guided Relaxation Meditations for Inner Peace and Restful Sleep (audio CD).** Having trouble with stress, or sleeping at night? Then you'll love the peaceful meditations of *Inner Silence*. They'll gently guide you into a state of deep relaxation, so you can overcome stress and anxiety. They also will help you sleep better at night. Available on [Amazon.com](http://Amazon.com).



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



**Mindfulness for Busy People online course.** Want to learn mindfulness, but short on time? You can now learn the practice from the leisure of your own home or on the go. The course is designed specifically for beginners with busy lifestyles and without a lot of time to sit in meditation. Free preview at <http://dld.bz/hcZra>.



**FREE Online Mindfulness Meditation Meeting.** Need help with your meditation practice? Come join us for an evening of peace, fellowship, and great discussion. In this member led group, you'll learn about mindfulness meditation and how to practice mindful living. Learn more at <https://mindfulnessmeditationinstitute.org/current-events/#meeting>.

All resources available at [MindfulnessMeditationInstitute.org](http://MindfulnessMeditationInstitute.org)

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