

CANCER, MY TEACHER

I am Vivien and I am 57 years old. Life was simple – work, family and friends.

Then, cancer descended on me on 1st April 2015.

That day, after my endoscopy, I was given news that would change my life forever: I had stomach cancer. I went home thinking about how to break the news to my family. So I sat them down and told them that the surgeon had diagnosed me with advanced stage stomach cancer and that it had spread to my surrounding lymph nodes. I had to be operated upon immediately, with chemotherapy as follow-up treatment. I ended up on the operating table on 9th April, and spent a week in hospital.

After being discharged I went home feeling weak. Fortunately, my mother-in-law and her maid became my caregivers for the following few months. During the recuperation period, I read Betty Khoo's book *Cancer Cured and Prevented Naturally*. It got me thinking. Together with my Buddhist friends, a cousin who had lent me Betty's book and a personal friend, I made an appointment to speak with Joyce Lye of Kampung Senang.

This is how I came to know of Kampung Senang. After listening to my story, Joyce recommended that I do a liver detox and build up my immune system first before going for chemotherapy. I took her advice and embarked on holistic therapy, and my health began picking up slowly.

Three weeks later, as part of the treatment protocol recommended by my oncologist, I began my first cycle of chemotherapy. This whacked my immune system and left my body weakened. The second cycle of chemotherapy another three weeks later knocked me out and I collapsed. That was the turning point. I realized my physical body just could not handle the toxins from the chemotherapy anymore.

Lying in bed, feeling utterly miserable and devastated at having had life sucked out of me, I made up my mind that come what may, I would not allow drugs to abuse my body any further. Despite my weakened constitution, I went crawling back to consult Joyce. She recommended that I do oxygen therapy to strengthen my body. I had it for five consecutive days and could literally see my health picking up! I began to feel better and was able get up and go for walks.

When I went for my next regular once-every-three-weeks checkup, my blood test results had improved and showed good results. I began to shift my focus to my diet, as well as emotional healing using healing code, and exercises to bring myself to where I am today. Whenever I had a scan or I felt stress building up, I would go to Kampung Senang for hydrotherapy. It helped me feel relaxed and restored my sense of balance.

But what I have truly come to believe is that one has to have faith that holistic therapy works and has to put in effort in order to see results. Nothing happens by chance. There is a reason why cancer came to me. So rather than look upon cancer negatively, I am treating it as giving me valuable lessons in life: to accept events that I cannot control such as cancer and death; to have the courage to change what I can control, like my lifestyle; and to have the wisdom to recognise these truths.

Recently, I joined Kampung Senang's Batam retreat where I learnt about different kinds of food, healthy eating, and how to make smoothies. It has enriched my life very much. In addition, I hope that Kampung Senang will be able to provide counseling services as well.

I am very grateful and would like to thank the many people who have come into my life to save me and help me on this journey. They are truly blessings that I can count on.

In conclusion, I would just like to share these words of wisdom from the Serenity Prayer, words that have uplifted me and kept me going on for the past eight months:

*Please grant me the **SERENITY**
To **ACCEPT** the things I cannot change
The **COURAGE** to change the things I can
And the **WISDOM** to know the difference.*

Contributed by Vivien Khoo (KS HSPC member) on 27 Nov 2015

