

“If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.”

— Pema Chödrön

Winning The Battle... With Peace

It's time to break open my heart and let people in. That's my focus for 2012. For too long, I've been too afraid to let others close to my heart; I've been afraid of losing control, getting hurt or being manipulated. But those things happen regardless. The more we try to protect ourselves from the things we fear, the closer they crowd us. And I am talking from first-hand experience!

My first marriage lasted just three years. At age 24, two years into that marriage, I was diagnosed with thyroid cancer.

Stunned, and totally unprepared, I was advised to have the tumor removed. I stayed relatively calm, but I had a premonition of what lay ahead.

Post-surgery, my doctor counseled, "Unfortunately, the tumor is malignant; we must operate again right away."

My husband fell apart as I sat silent. With my heart racing I uttered, "If you don't do it first thing in the morning, I will never let you touch me again." I had to commit before I backed out.

After the operation, I drifted into and out of consciousness for a

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week. I recall conversation fragments and two out-of-body experiences. It was peaceful. It was surreal. I felt at peace.

Recovery was slow, and my outlook fundamentally changed. Appreciation for life enriched every breath. I became acutely attuned to the energies of others; if they felt good, I felt good; if I felt anxious around them, I had to move away - and so I did. I left my home in Melbourne and moved to Brisbane to take up a job offer. My new life had begun.

I changed everything – home, eating habits, thoughts, beliefs, friends, outlook and focus. For the first time, I was living life on my own terms, learning to say ‘no’ without feeling guilty. Previously, I would have considered that selfish. But I was discovering the importance of self-care.

Fast-forward six years. I had remarried, to a sincere man. That union produced two amazing children and lasted 10 years. Things change after you have children. No one told me how much. I loved (and love!) being a mum, but I also yearned to

DAILY dare PRACTICES

- LOOK IN THE MIRROR AND SEE WHO IS THERE - get curious, be still, appreciate who you are.
- MAKE A LIST OF EVERYTHING YOU ARE GRATEFUL FOR - non-material things.
- REVIEW THE ‘STORY’ YOU TELL PEOPLE ABOUT YOU - is it time to rewrite the story?
- GIVE TO SOMEONE THAT WHICH YOU MOST NEED - a smile, a hug, a ‘hello’, a phone call.
- MAKE TIME FOR YOU - even just 5 minutes a day. If you need an answer - look inside - it’s there if you stay still long enough to listen.

reach out to help others.

As a consequence, I made a huge leap of faith. Leaving my comfortable job, I became a full-time life coach. I never looked back. Despite relying entirely on referrals, my business has thrived. I feel blessed to work with people ready to identify and live their true purpose.



Our conversations are brave and very, very real. I'm told I have an uncanny ability to disarm people, helping them discover pathways to inner peace. In a safe and non-judgmental setting, magic does happen!

Things were going great. Then, in late 2009, I began to experience occasional tingling down the right side of my face. Cancer again; this time, a brain tumor.

In underwent treatment, and I am blessed to say that I now enjoy vibrant health.

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However, I didn't return to health until after I endured six months of recovery and intensive learning, focusing on the power of silence and meditation. For years, I had tried unsuccessfully to meditate. **Then, one morning, I awoke and felt compelled to write. The result was**

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a 4-minute meditation process that I eventually decided was way too good to keep to myself.

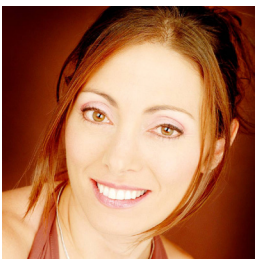
So, I recorded ‘Simple Meditation for Busy People’, an audio book describing what worked for me and explaining how to do it. In addition to great feedback from clients, my dad, who has trouble going to sleep at times, happily told me, “I listened to your CD, and it put me to sleep”.

My commitment to myself is to help others discover such happiness for themselves. I have dared myself to courageously share my intimate learnings about life, love, fear, truth, self-care, wellbeing, balance and peace.



In my experience, pain is inevitable, but suffering is optional. You can define yourself by your adversities, or you can take a larger perspective, **awakening the gifts and opportunities that lay beyond your fears.**

My wish is that you know what is possible and live a deeply fulfilling and happy life, with inner peace. You can be motivated to make different choices if you are hopeful of a new beginning.



Having twice survived cancer, including a brain tumour, **Josephine Thomson** shares her personal insights with people confronting their fears. Josephine is devoted to helping people overcome barriers as they reconnect with life and learn to express their authentic selves.