

Reversing Cancer  
Through Mental Imagery



# Reversing Cancer Through Mental Imagery

Simcha H. Benyosef



**ACMI Press: New York**

ACMI Press  
351 East 84<sup>th</sup> Street, Suite 10 D, New York, NY 10028  
Tel: (212) 369-4080  
www.acmipress.org

This book does not offer medical information or advice and is not intended as a substitute for consultation with physicians. The reader should consult a physician in matters relating to his or her health, particularly in regard to any symptoms that may require diagnosis or medical attention, before making use of the contents of this book. This book is sold without representations or warranties of any kind.

All rights reserved  
Copyright © 2016 by Simcha H. Benyosef  
Cover & Interior Design 2016 by CenterPointe Media

No part of this book may be used or reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission in writing from the publisher, except in the case of brief quotations embodied in critical articles and reviews. For inquiries contact ACMI Press.

### **Publisher's Cataloging-in-Publication**

Benyosef, Simcha H.

Reversing cancer through mental imagery / Simcha H.

Benyosef. -- 1st ed.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-883148-09-6

ISBN-10: 1-883148-09-X

1. Cancer--Psychological aspects. 2. Mental healing.  
3. Imagery (Psychology)--Therapeutic use. 4. Mind and  
body therapies. I. Title.

RC271.M4B46 2009

616.99'40651

QBI09-600073

Library of Congress Control Number: 2009943990



To Colette,

*For her gift in bringing forth  
the heavenly spark hidden in all of us.  
May the Holy One keep her soul  
in the Light of Life.*

To You, My Readers,

*I have tried to transmit in these pages the legacy that  
Colette left behind: Imagery as a tool of connection  
between body and spirit as well as a vehicle for heal-  
ing. May each of you internalize her teachings and  
learn how to access them for yourself as well as to  
promote health and well-being in the world.*

— Simcha H. Benyosef

AND

To All Who Suffer,

*Whatever your difficulties may be, this book shows  
different ways out of them, and how not to fall again  
in the same sort of trouble. May you find in this  
work what is valuable for yourself.*

— Colette Aboulker-Muscat





## Author's Acknowledgments

To Colette, for trusting me with the precious document of her life and work.

To my patients, my teachers.

To Dr. Gerald Epstein, for his discerning advice, editing, explications, and support throughout all stages of this book. His insight into the relationship between imagination and healing greatly enhanced this work.

To Rachel Epstein, for her indispensable reorganization, editing, and oversight of this work.

My admiration to Gerald and Rachel Epstein for their faithful expression of gratitude to Colette throughout the years after her demise. The Sages teach that one who denies his fellow's goodness will eventually deny receiving from his Maker's goodness. Rabbi Shalom Arush indicates that the opposite is also true: The way to become aware of the Creator's lovingkindness is to recognize the good received from one's fellow man.

To Rabbi Yishai Hochman, for helping me clarify the goal and structure of this book. His guidance has been an invaluable tes-

timony to deliver the book's message. His discussions with both Colette and me enriched this work.

To Shoshana Helfenbaum, for the dedication with which she gave herself to edit this work, bringing her pursuit of truth and self-healing to enhance the lives of others.

To Raquel Eyal, Tirza Moussaieff, Carol Rose, Catherine Shainberg, and Françoise Tibika, for sharing experiences and going over different parts of the manuscript.

To Rebbetzin Tziporah Heller and Professor Moshe Dickman, for their valuable suggestions regarding the section *For Women Only*.

To Nechama Tehilla, for her expert editing of the final draft of the book.

To Harris Dienstfrey, for his fine editing of the book.

To Virginia Gregory, for her tireless proofreading various drafts of the book.

To the Healer of all life, my gratitude for guiding me toward the completion of this difficult undertaking, and also my prayer: Let these pages be a vessel to extend His love and healing to all who suffer.





# Table of Contents

Author's Acknowledgments .....	vii
Foreword by Gerald Epstein, M.D. ....	xi

## **Part I: Developing Your Inner Vision**

Chapter I — What This Book Offers.....	3
The World of Images.....	6
Colette's Teachings .....	8
Reversing: The Cornerstone of Healing .....	13
How to Use This Book.....	20
Chapter II — Instructions for Imaging .....	23
Doing Imagery.....	25
Imagery as Poetry.....	29
Record Your Significant Images .....	30
Warm-Up Exercises .....	30

## **Part II: Healing the Mindbody**

Chapter III — The Core Program: The 12 Phases of Healing ....	35
Phase 1 to 12 Overview .....	36
Selecting the Monthly Exercise .....	37
Tips for Getting Started.....	42
Phase One: Re-rooting Ourselves to Life.....	44

Phase Two: Messages from Above .....	49
Phase Three: Blunting the Weapons of Your Body Parts .....	59
Phase Four: Disease as a Cleansing Light .....	66
Phase Five: Cleansing Anxiety .....	72
Phase Six: Cleansing Guilt .....	84
Phase Seven: Removing Resentment.....	94
Phase Eight: Detaching from Disease .....	98
Phase Nine: The Winds of Change.....	108
Phase Ten: Living as Vibration .....	113
Phase Eleven: Descending into the Self.....	117
Phase Twelve: The Power to Ascend.....	126
Chapter IV — Stepping Out of Fear and Worry .....	133
Chapter V — Exercises to Reduce Specific Tumors .....	137
Chapter VI — The Flame of Hope .....	152

**Part III: Celebrating Life — A Tribute to Colette**

Chapter VII — Colette: A Life of Giving .....	165
Epilogue: Ascent of a Soul.....	178
Postscript by Catherine Shainberg.....	181

**Appendix**

Appendix A: Reconnecting to Our Higher Self .....	182
Appendix B: Reversing Distressing Emotions and Trauma	189
Appendix C: Nighttime Reversing.....	194
Appendix D: For Clinicians .....	202
Endnotes.....	227
Index .....	233
About the Author .....	239



## Foreword

**By Gerald Epstein, M.D.**

**T**his book provides genuine hope to all who have been touched by cancer — sufferers as well as family, friends, and health caregivers. It presents the most profound intervention that currently exists for the treatment of cancer. In the succeeding pages, you will read about a remarkable healing program with an incredible array of transformative mental imagery exercises unlike any you have ever found for treating this disease.

There are no contraindications, unwanted side effects, or financial costs. All it requires is a commitment of a few minutes each day and an intention to heal.

*Reversing Cancer Through Mental Imagery* draws on Simcha H. Benyosef's work with cancer patients for more than 20 years under the tutelage of the great healer and teacher, Colette Aboulker-Muscata. Simcha, a longtime student of Colette, has faithfully captured the essence of Colette's healing exercises for cancer patients.

For Colette, cancer represented a crisis point in one's life, a challenge to live or die. At this crossroad, a new path may be taken to take charge of one's life in an entirely new way. In these pages, Simcha provides the map for this journey — a progressive series of

imagery exercises practiced over twelve months — to choose life and reverse our pain and difficulties into a renewed way of being.

Colette had one mission — to save lives. For some, she literally brought them back from the brink of death, physically and emotionally. Other souls she shepherded toward the reunion with the One.

Colette began her lifelong healing work at the age of six. A gifted child, she was born with signs that foretold her future destiny to care for the ill and to teach her unique methods to all who crossed her threshold.

During the course of her life many unusual situations presented themselves: aiding and healing wounded soldiers during World War I at the age of eight or nine; exorcising “demons” from thousands of people who believed themselves possessed; curing a former French army hero of his compulsion to murder; and facilitating the healing of hundreds of cancer patients.

This book, a legacy of and a testimony to Colette’s genius, seeks to enlist each sufferer’s mind, a most powerful healing tool, to enhance the innate capacity to heal through the sense of imagination.

I first met Colette in the summer of 1974 while on sabbatical in Jerusalem. A young Frenchman I met there told me of his remarkable cure from a lifelong depression while working with an Algerian Frenchwoman named Colette who practiced a novel therapy called Waking Dream. Years of psychoanalysis had failed to provide a cure, but a few brief meetings with her transformed him.

I was introduced to Colette a few weeks later. The meeting

with her changed the course of my life. Within five minutes of our conversation I had a life-altering epiphany — a glimpse of another reality. I immediately abandoned my years of training and my worldview (and livelihood) as a psychoanalyst and psychiatrist to pursue this vision and devote myself to the therapeutic use of mental imagery.

As you will discover, in mental imagery we turn inward to connect to an invisible reality that cannot be apprehended by our five senses here in the everyday, objective, material world. Rather, it is a subjective experience where discoveries and revelations are made through this inward turning.

Many people encounter a reality difficult to put into words, often defined as ineffable or indescribable. This ineffability has been denoted by many different terms around the world. Having had a taste of this reality, I call it God; Colette called it the One.

For those of you who do not readily experience this subjective truth, the imagery process often opens you to a different value system that includes an understanding of the veracity of an invisible reality, a power higher than ourselves. The beauty of mental imagery is that it works even if you are skeptical of either its benefits or an invisible realm. As a close relative of Colette's confided in me one day, "I don't believe a thing she says, but everything she does works."

So, what makes this work so unique and so different from other imagery books? Colette understood the power of the mind and how healing takes place. She described the mind as the channel of communication between invisible and visible reality. In more common terms, she comprehended the implications of a mind-

body unity far before the New Age movement coined the term.

She created over 15,000 short imagery exercises. She used imagery to heal emotional and physical difficulties — as well as for personal growth and spiritual realization.

Simcha has created a masterful program where you start with your feet squarely planted in the here and now. Each month you choose one or two imagery exercises that clean out the physical, mental, and emotional dross that is burdening you. The dazzling and novel array of visualizations provides a light shock stimulating the healing response. Each month's imagery exercises lend power to you to ascend along your own ladder of freedom to separate yourself farther and farther from illness. Colette stressed that only by separating ourselves from illness could we heal body and soul.

Colette was named *The Most Beloved of Jerusalem*, an award given to her in recognition of the great works she rendered to that most holy city. By extension, this book, under Simcha's hand, bears witness to the love Colette sought to share with everyone.

In November 2003, Colette departed this world shortly before her 95th birthday. Although she is not here to witness the publication of this book, she guided Simcha's hand through its creation. Simcha has continued Colette's legacy and mission of choosing life and saving the lives of countless sufferers and seekers on this earth. God bless!

New York City, 2016

## Part I



# Developing Your Inner Vision







## Chapter I

# What This Book Offers

All illness is an opportunity to revive and renew ourselves physically, mentally, and spiritually. Often, our first response to the shock of a cancer diagnosis is a frantic search for outside treatments and answers. In addition to standard medical treatments, many of us invest our energies in changing physical habits. We begin exercising, altering our diets and lifestyles. In contrast, this book has another starting point in mind.

*Reversing Cancer through Mental Imagery* is built upon the work of the world-renowned teacher of mental imagery Mme. Colette Aboulker-Muscat. Her teachings have been made famous through Gerald Epstein's best-selling book — *Healing Visualizations: Creating Health through Imagery*, Catherine Shainberg's book — *Kabbalah and the Power of Dreaming*, and Colette's collected imagery in *The Encyclopedia of Mental Imagery*.<sup>123</sup>

This book offers a unique approach to cancer healing and disease prevention based on visualization techniques. It focuses on changing or reversing our mental habits and mindsets, changes that in turn are reflected in our physical healing. An important aspect of this approach is that it can complement and enhance any other system of healing you may be using.

*Reversing Cancer through Mental Imagery* addresses the whole person — mind, body, and spirit — through the use of imagery in a 12-phase progressive program. Over the last decade, modern medicine has begun to expand its horizons past the mechanistic view of illness and cure to recognize not only the powerful role the mind plays in healing outcomes but also the influence of spiritual attitudes and values to catalyze healing. My own therapeutic work has corroborated this finding by teaching people to reconnect to deeper — and higher — levels of consciousness through the simple practice of mental imagery. In using imagery one can repair any disturbing images in the mind's eye, much like an artist corrects a painting. I have found that this exploration of oneself can have profound healing effects on all who engage in it.

For those of you using this manual to heal from cancer, the visualization exercises aim to shrink the tumor physically until it disintegrates. Concurrently, the exercises help to fight the cancer emotionally, healing harmful emotions and enabling you to repair your self-image. In my work, I have found that reversing harmful emotions is a fundamental part of overcoming any life-threatening illness. These exercises also aim to help you let go of the fear of a recurrence or metastasis. When you engage in this work for a few minutes a day, you may find that your inner awareness increases, your consciousness expands, your intuition blossoms, and you feel more at peace with yourself. Once the process of healing is underway, the self naturally radiates joy and inner strength — essential weapons in the battle against disease.

In recent years, there has been a gradual inclusion of guided imagery and other alternative therapies at medical cancer treat-

ment centers. Most limit the use of visualizations to reducing stress, strengthening the immune system, and coping with surgery and chemotherapy. What sets this book apart is not only the scope and sophistication of the imagery, but the book's focal point. While it addresses the physical facts of cancer, the book takes a much more profound approach to healing, lifting our attention off the physical and looking to the broader fabric of our lives — the areas where we have had patterns of repeated difficulties, most often manifesting in the emotional realm. In this way, the book may be used as a therapeutic aid to address *any* illness, whether physical, spiritual, emotional, or psychological, for the essential components of healing from any disorder always remain the same. Moreover, the program can be applied preventively as well.

Cancer involves intense, unrelenting stress. The imagery exercises in this book are geared to help you find a quiet space within from which you have access to your own warm and loving connection to a Higher Power who is the Source of your life and the Source of all life. Through visual imagery, you find a connection that you learn to elicit and retain, like a rope that you will be able to keep pulling even through times of stress. Among the challenging aspects of serious illness are the confusion, loneliness, and sense of meaninglessness it causes, leading the sufferer to try to find meaning in past actions (“It came because I was not loving enough . . . I was judgmental...” etc.). The visualizations in this book aid you to understand that your present suffering is a message of help stemming from the Source of love and healing. This help is directed to you personally so you can identify its provenance and discover the ever-present ties that enable you to

ascend to your very own space of connection. As you deepen your imagery practice, you can acquire the gift of remaining there while continuing your involvement in daily life. These ties form a ladder that keeps you connected to your Source. Through the practices in this book, you learn to accept the illness and appreciate its messages. As you proceed, the imagery helps you to detach the illness from suffering, gradually assisting you to distance yourself from the illness until it no longer serves a purpose.

We are all beset by the stress and trauma of modern life, from the non-stop pace of technology, to natural calamities, and the threat of terrorism. In these pages, you receive a guided tour to an inner space of harmony and well-being that is beyond the reach of disease. Here, you become a beacon of light for others as well.

## The World of Images

My first encounter with the world of images occurred while I lived in New York City. Johanna, one of my friends, was diagnosed with a rare form of leukemia. My despair and inability to help her gave birth to the idea that when the body seems to fail, the mind could come to the rescue by imagining healing. Totally ignorant of the vast body of literature existing about cancer healing and visual imagery, I told my friend what to imagine before and during chemotherapy and at specific times during the day. The images did not heal the body, but they infused her with joy and faith during her last months of life. I eventually learned the art of imagery from Colette Aboulker-Muscat, who helped thousands of people with

her techniques of visual imagery and dream therapy. I met Colette in 1989, shortly after moving to Israel from the U.S., where I had left a successful academic career to study the inner dimension of the Torah. I was fascinated by Colette's exceptional success healing malignant diseases through imagery and soon became one of her regular visitors.

A few years later, an acquaintance, Hannah, a deeply religious woman, had a recurrence of cancer. I suggested she go to Colette, but Colette had stopped seeing patients by then; instead she referred Hannah to another student in Jerusalem. Hannah worked with this therapist for a few weeks and felt that the imagery was helping her. Nonetheless, she confided in me that she was averse to working with a therapist who told her to see herself opening the window and thanking the sun for a beautiful day. "The work of mental imagery is closely connected to my relationship to God," Hannah told me. "You work with me instead." I objected that even if I were to start studying Colette's healing technique immediately, Hannah did not have the time to wait. The young woman would not take no for an answer and I stopped hesitating as a result. In view of the situation, Colette agreed to give me a private tutorial on healing imagery that enabled me to acquire this art more quickly than usual. Since then, I have been working with cancer patients for nearly two decades while continuing my studies on the inner meaning of consciousness. I have come to realize that the means to both spiritual fulfillment and health is a shift to a higher plane of awareness; this awareness is inherent in the practice of imagery.

With Colette's encouragement, I decided to write this guide that took me ten years to complete. The exercises are Colette's.

The background material and arrangement of the exercises in this 12-phase progressive program are derived from my understanding of Colette's work as well as my own explorations and observations.<sup>4</sup>

Colette was a genius in this field and drew her inspiration from many sources. Sources are footnoted in the exercises. *Reversing Cancer through Mental Imagery* is one of two books I developed based on Colette's imagery and teachings. Together they form a complete representation of the work she taught me. The other book, *Empowered to Heal: Therapeutic Visualizations Drawn for the Lunar Months* presents visualizations and studies based on the Jewish calendar.<sup>5</sup>

Colette's wisdom permeates this book. I have included a brief biography of this unusual woman and her adventures both in the inner realms of the imagination and the outer realms working to heal the suffering of the world. I hope her life story will imprint in you that you too have the inner power and resources to heal, and inspire you to take an active role in bringing this about.

## Colette's Teachings

Colette taught that each one of us has an inner voice that can potentially guide us to healing and transformation by reconnecting us with our personal Source of Life. The function of imagery is to help us hear this voice amplifying the message of the Source of Life. This inner work helps you come back to your true Self and in doing so you become a renewed being, aware of new levels of life and healing. As we will explore in the pages to come, these

progressive exercises of ascent, removing illness and scars of the past, elevate your physical body while restoring you to the perfect being you were when you came into the world.

When I came upon the imagery process with Colette, she pointed out that imagery is the Language of the Divine. At the same time, Colette was very careful to modify imagery in order to make it available to every individual, regardless of his/her belief and orientation. While she readily included God's healing hand in her imagery to those who could relate to it, she also explained:

*Healing is for all those who need it; and as healing facilitators; it is up to us to offer our means of healing — the imagery — in a way that is acceptable to the sufferer. Hence, whether you refer to God as the One, the Absolute, the Source of Life and healing, or the Force behind nature, it really does not matter, for the patient's higher self, that knows, hears, and understands, will facilitate healing in the best possible way for each individual.*

I have learned this lesson from Colette. In this book, when I refer to the Source of Life as "God," you may hear in it whatever way your higher self guides you to. Whatever your philosophical, spiritual, or religious orientation is, there are a multitude of imagery exercises to suit every palate. Just bear in mind that our aims are united: To help you shed cancer (or chronic illness) forever and reconnect to your Source of Life.

There are many co-factors leading to the onset of cancer. In my clinical experience, I have often, but not always, found emotional

stress or sudden shock to be contributors to the onset of illness. However, I have had patients honestly bewildered by statements that link cancer to emotional stress. As Lydia put it, “What did I do to bring this on myself?” Lydia was happily married to a man whose devotion to her was very moving, and try as she might, she was unable to find a trauma, shock, or emotional disturbance in her past that could be linked to the disease. Without identifying any emotional sources, Lydia successfully utilized the program in this book to let go of the “whys” tying her to past experience. She then made full use of the additional level of consciousness now available to her and focused it on healing.

Sometimes patients come to me feeling guilty that they somehow have “created” the cancer. These feelings can be as destructive as the disease itself, sapping us of our will to heal. In redirecting the patients away from these unproductive feelings, I encourage them to see the illness not as self-imposed punishment, but rather a challenge sent to those equipped with an inner strength on which they may draw to transform the illness into new levels of growth and healing. Rather than feeling guilty and/or victimized by the illness, they gradually come to see it as a foundation upon which they were able to ascend to a higher purpose in their lives. Elizabeth Kübler-Ross writes of this shift:<sup>6</sup>

*When people are buffeted by seemingly endless windstorms and their lives look like calamities, they may wonder why they have been given so many tests, and why God appears to be so merciless. Going through hardship is like being a rock in a tumbler. You're tossed to and fro and get bruised, but*



*you come out more polished and valuable than ever. You are now prepared for even bigger lessons, bigger challenges, and a bigger life. All the nightmares are turned into blessings that become part of living. If we had shielded the Grand Canyon from the windstorms that created it, we would not see the beauty of its carvings. That may be why so many patients have told us that if they could magically go back to the point right before they got their cancer or other life-threatening disease and erase what was to come, they would not.*

In my work with both patients and families, I focus on how to harness the challenge of illness to become aware of their special mission in this world and realign their lives accordingly. When cancer is viewed under such a prism, the energy that would otherwise be wasted on self-oriented guilt is free to be devoted to the healing process.

In this paradigm, healing is a force for growth and evolution to a higher state of consciousness in which the challenge of illness no longer applies to the true Self. Through the practice of mental imagery, we can attain this higher state of consciousness beyond the reach of disease, in which we may ascend and reconnect to the Source of Life. As Deepak Chopra writes:

*Research on spontaneous cures of cancer . . . has shown that just before the cure appears, almost every patient experiences a dramatic shift in awareness. He knows that he will be healed, and he feels that the force responsible is inside himself but not limited to him — it extends beyond his personal*

*boundaries, throughout all of nature. Suddenly he feels, "I am not limited to my body. All that exists around me is part of myself." At that moment, such patients apparently jump to a new level of consciousness that prohibits the existence of cancer. Then the cancer cells either disappear . . . or at the very least stabilize, without damaging the body any further.<sup>7</sup>*

For many, this shift in awareness is a key to healing. It does not have to come in a flash, but can be cultivated deliberately through the use of imagery. Through your own journey of healing, you may discover that suffering has been a precious gift that catalyzes you to change your relationship to the world, to find your unique mission, and to open up to a reality whose ethereal nature you are invited to perceive. Many of my clients have reported that through the work of imaging they have reconnected to the immensity of Divine love and healing and discovered a renewed being within themselves.

Imagery is the natural and true expression of the inner life, a non-verbal pictorial language that conveys information from the invisible reality of our Source of Life to our tangible existence. Disease often manifests itself as a reflection of unprocessed emotions sapping our energy and making our immune system inefficient. Imaging becomes an excellent tool to break out of the mental prison of these emotions and light the way to health. On a mental level, it teaches us to respond emotionally and intellectually in a new way when faced with distressing stimuli. On a physical level, it teaches cancer cells to reverse their self-destructive patterns and the immune system to function efficiently. We can also use

imagery to see in our mind's eye what contributed to the cancer and realign our lives to correct our errors. In this way, imagery acts as both a self-diagnostic and treatment tool rolled into one.

I welcome all of you, wherever you are on your personal quest for wholeness, integration, and healing. The book is filled with a vast array of exercises to facilitate your healing journey. They are drawn from a wide variety of sources and styles — naturalistic, biblical, spiritual, abstract, concrete, and physiological, among them. When you select exercises, choose those that most resonate within, for as you shall see, the power of imagery rests in your rhythmic repetition of those images that engage you emotionally. It is through its daily use that you develop faith in your capacity to heal.

## Reversing: The Cornerstone of Healing

If you asked me what is the single most important concept needed to understand Colette's remarkable success in healing incurable diseases, I would immediately reply: Reversing to restore yourself to wholeness.

Simply put, *reversing means making a turn in life away from habitual attitudes and distressing emotions toward new possibilities.* We go “sur-nature,” or above our nature, separating ourselves and turning away from our habitual tendencies. Concurrently, we turn away from the cancer, separating ourselves from it as we do, and reverse our attitude and attachment to it.

Reversing naturally reconnects us with our most authentic

Self — that is, our higher self — and with our Source of Life. This reconnection infuses us with healing energy and provides us with a shift in consciousness.

Illness implies a lack in the sufferer's connection with the Source of Life. Rather than dealing with the symptoms, it is more effective to go to the root of the problem and adjust the situation in our mind's eye.

We have to reverse our life journey so that we can become aware of the damage imaginally, undo it, and then go forward in our life. This reversing encompasses not only our physical body but also our self-image, emotional responses, social relationships; it can even extend to the spiritual realm.

The first and simplest application of reversing refers to changing or *reversing a destructive feeling or thought* to a beneficial one or, alternatively, simply wiping it away imaginally with a pail of water and a brush.

These types of corrections are not bound to the here and now. For example, they can be done whenever you feel stressed about an upcoming event (the future) or feel out of sorts from a stressful encounter (the past). As you become proficient in imagery, you will find it easier to identify imagery that is associated with your feelings and thoughts.

A second type of reversing — *reversing our lives* — is our primary focus in the reversing of cancer. In this 12-phase program, *each phase reverses a core issue of our lives that is topsy-turvy and needs to be set aright*: our connection to heaven and earth, our bodies, “negative” emotions of anxiety, fear, and guilt, the illness and its effects, and even family relationships, present and past.

The fruit of reversing — the non-judgmental awareness as well as correction of past damage — imbues our total self with a sense of harmony, which is the backbone of healing. Through reversing we become integrated, healthy, whole human beings.

Reversing has many facets. Colette emphasized cleansing as the first step in healing. In the pages ahead, we begin by imaginally cleaning out our physical bodies. As the program unfolds we clean out destructive emotional responses, repair painful memories, correct faulty self-images, and realign ourselves with the higher self. While the relationship between cancer and a person's way of dealing with emotions has been widely researched, little medical attention — with its focus on physical interventions — has been accorded to this relationship. This is where imagery excels. Although reversing your reaction to emotional stress is a formidable challenge, imagery helps you succeed by separating you from conditioned emotional responses, even those you may have harbored since infancy.

All of us, to one degree or another, are burdened by strong emotions linked to past events or future fears which sap energy and deplete our will to fight. As you proceed, you may find yourself cleaning out long-held habits of anger, depression, fear, or guilt. Should you uncover a specific disturbing emotion or event that has not been addressed by the 12-phase program, you can find general instructions for reversing it or letting it go in Appendix B.

A third type of reversing taught here is called *nighttime reversing* — a short imagery exercise before sleeping. In it, you correct the typically repetitive, distressing emotions and conflicting social interactions of the day. The exercise not only clears your mind and

helps you fall asleep easily, but also propels you forward in your healing by heightening your awareness. Colette considered it a pivotal spiritual as well as healing exercise. For those interested in it, I have included the exercise in Appendix C. It is *not*, however, necessary for the 12-phase program.

Finally, a fourth type of reversing is “dream correction.” Here one imaginally reverses disturbing elements of a dream. This is best done with a clinician trained in imagery, and is beyond the scope of this book.<sup>8</sup>

Part of the success of reversing lies in our ability to look back at past events and relive them in a new way. We cannot change these events, but we can change our responses to them. *By reliving these images in a new way, we substitute a new memory to act as a buffer in our habitual response to a painful or traumatic one.* We don’t change the fact of what has happened to us, which is impossible in any case; but we can change our memories of such facts. We can transform how we choose to remember a fact and our attitude toward it.<sup>9</sup>

To give you a flavor of how I work with individual clients, here is an example where a patient imaginally made a correction of a disturbing event from the past.

Joyce was fighting a recurrent cancer. I imaginally led her back in time to find the relationship between her internal distress and what had occurred the year or two before the onset of her illness. She relived the moment of waking up one Sunday morning and trying to awaken her husband so that they could go to church, only to realize he had died in his sleep.

In the ensuing months, the shock gave way to anger against

him for breaking their loving marriage by leaving her behind. The anger turned into guilt for feeling the way she did. I offered to lead her through an exercise to see herself reaching the heavenly realm through the Way to Paradise exercise found in Appendix D.

Readily agreeing, she saw a radiant bridge. With the radiance emanating from her eyes, she crossed the purifying river of fire and soared above the deep abyss. Finding herself in front of Archangel Gabriel, she asked to be allowed in the Garden to look for the soul of the one she had loved and not forgotten. A great relief swept over Joyce after she finally had the opportunity to bid farewell to her beloved. After this, she took leave of me, persuaded that her healing would soon follow.

The power of reversing is also revealed in the extraordinary story of Colette's patient, Edmund. Afflicted with what he was told was terminal cancer, Edmund visited Colette as a last chance of hope. Colette asked Edmund to visualize himself one year from the present time. He saw his own funeral, with his wife and daughter walking in procession.

Colette then asked him to do a reversing exercise looking for any difficult experience in his past. He was instructed to stop, cleanse the experience on the screen of his mind using a pail of water and a brush, and continue his journey backward in time till he reached the age of five. Along the way, he was to cleanse the scenes of difficulties, the time and place in which they happened, the circumstances, and the people involved.

Edmund then had to come forward in time, and pay attention to the changes provoked by his change of the past. When he was finished, Colette said to him: "Now see yourself three years from

now.” Edmund projected himself three years into the future, and said: “My wife and I have just had a baby boy. I have realized my dream to become an artist and I am having a large exhibition.” And indeed, three years later, Edmund’s wife gave birth to a little boy, and his creations as a painter gave him great joy.

Imagery takes you to the eternal moment of *now* — a dimensional reality beyond linear time and space in which the disease does *not* exist. You might think of it as a blueprint of your “perfect” self — whole, holy, complete, and unblemished. In this *subjective* moment, Colette focused on restoring the body’s physical appearance or disturbance by repairing one’s self-image. When we repair our self-image imaginally, we repair our physical bodies and restore our normal physiological functioning — we heal. For Colette, there was no split between body and mind. As she explained, the *body* is the collective unity of what we label as our emotional and physical selves — two sides of the same coin. As we restore our self-image, we restore our connection to our higher self, providing us with an influx of joy and power, essential states for fighting disease.

Dr. Epstein describes imagery as the homeopathy of the mind: a micro-input evokes a macro-response. A small dose of imagery two or three times per day can rebalance, realign, and restore you. Through small shocks, the imagery provokes the body to do its work. In this way, you learn to respond to the stresses of life in a new way.

As you imaginally repair your emotional responses, your body concurrently repairs itself — as you are a mindbody unity. You can test this mindbody connection in practice.



For example, the lab technician asks you for a urine sample but you cannot relax enough to produce one. Usually, imagining a waterfall helps your body cooperate. Conversely, when you experience “white coat syndrome” on seeing your doctor, your blood pressure rises, reflecting your nervousness.

While I have included specific imagery for strengthening the immune system and addressing particular cancers, you need not get overly focused on doing imagery to fight the disease merely on a biological level. The physical body will reflect these changes as you work through the 12-phase program, imaginably repairing your self-image, removing negative emotions, healing your relationships with others, and strengthening your life force by reversing destructive habits and conditioning.

I liken reversing to suddenly feeling hot and removing your sweater quickly, then inserting your hands into the sleeves again in the opposite direction in order to straighten them out. The problem is that it is not so easy to reverse the path of life with words alone; that is why Colette used images. As she put it: “I use words because it is the best way to have an immediate contact with someone, but images show me the inside language of the person.” Bypassing rational linear thought, Colette introduced new images in a language understood by our deepest selves. These new instructions allow us to reverse our path and choose new directions.

## HOW TO USE THIS BOOK

I have divided Colette's exercises into 12 phases aimed toward healing the mindbody. The phases are progressive and are done in sequence. They permit you to gain instant access to your true Self, to cleanse all harmful emotions and to distance yourself from disease. You will learn to rely on the focused help of the mind's eye to identify and remove from within anything that you do not need, from unwanted cells to harmful emotions. The final phase in this 12-phase program helps you to see the direction in which you wish or need to grow, leaving disease behind.

There are no contraindications to using imagery. Family and friends can use these exercises, as can healthcare providers who want a firsthand understanding of the healing process, or wish to incorporate this method into their work. By traveling this 12-phase path of healing, you will undergo a transformation. You will be able to acknowledge and release the anger, sadness or anxiety you may be feeling, and know how to respond to these feelings beneficially. You will also develop the capacity to discover and create your own exercises arising from your own inner wisdom. Once you have gone through the 12-phases, you continue to have the exercises available to you, whenever you need them.

### **HELPING OTHERS WHILE HEALING YOURSELF**

While you need to be kind to yourself throughout your healing process it is important to overcome the natural tendency to turn inward and become self-absorbed. Kabbalah, the Jewish mystical path, views illness as a state of constriction where we feel separated

## Phase One: Re-rooting Ourselves to Life

Choose one or more from the following exercises, most of which involve trees. Trees connect us directly to life. They reinforce their roots, sending them deeper into the ground when necessary.

### **DAMAGED TREE**

Close your eyes.

Breathe out three times.

See, sense, and feel yourself as a beautiful tall tree with strong roots, crowned by heavy foliage. Parts of the trunk are damaged by spiders lodged under the bark.

See your tree shaken by God's Hand — or by a great storm if you are not religious.

See and know that even if the tree is cut down, it will sprout again.

You shake so violently that the damaged bark falls as do all the spiders lodged beneath. See the spiders buried under the ground.

Breathe out and open your eyes.

## Phase Five: Cleansing Anxiety

Phases Five, Six, and Seven focus on removing the harmful emotions of *anxiety, guilt, and resentment* respectively.

### **TUNE**

Close your eyes.

Breathe out three times.

Keep the tune that comes to you in the freshness of the early morning.

Any time during the day you don't feel perfect, hear the tune and feel good.

Breathe out and open your eyes.

Use the following exercise as necessary to protect against anxiety or external dangers. You may also use it when you are unable to see yourself doing what an exercise asks of you.

## Phase Nine: The Winds of Change

This phase is the culmination of Phase Eight in which you separate from the disease and completely distance yourself from it.

### **FOUR WINDS OF SPACE**

Close your eyes.

Breathe out three times.

See and sense how the four winds blow at first slowly, gradually becoming stronger and then very strong to allow you to breathe out the physical difficulty.

Sense the disease being detached delicately by the sweet winds and being swept away by the stronger winds.

Breathe out.

When it is done, breathe out and see and sense in yourself your light-bearing soul who has left you during the time of impurity.

Breathe out.

See and feel that it is returning and filling the cleansed area. Sense being complete and fully alive.

Breathe out and open your eyes.

## Phase Twelve: The Power to Ascend

These exercises ignite a powerful impulse within us to initiate our ascent in the direction in which we yearn to grow.

### **LADDER**

Close your eyes.

Breathe out three times.

You find yourself facing a very high ladder whose top you cannot see. You want to climb, and yet you are too heavy.

At every fifth step, you stop and get rid of what is burdening you.

Breathe out.

You finally reach the last step. What happens? What do you feel?

What do you understand? What do you see and hear?

Breathe out.

Now that you have reached the top where everything is light, bring the light down with you.

Breathe out.

When you reach the bottom, you no longer need your old clothes. Make a hole in the earth at the bottom of the ladder and burn them. Then cover the hole with earth.