

*CHEMO/
DREAMO*

*-A Different way
to do Chemotherapy!
With love, fun, friendship
and SONG!*

*CHEMO-
SABE*

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to be released in April 2017!!
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I did everything humanly possible to heal myself from ovarian cancer a third time, through diet, supplements, prayer, Reiki and any other modality I could find, for the 2 years in between diagnoses. Nonetheless, the tumors reappeared and grew and the lymph nodes enlarged. In fact, the infamous CA125 test went from 101 to 1137 in a matter of 6 months. I was destined for chemotherapy once again. This time I could not rely on Mom or Dad to be there, as they had both crossed over since the last go-round.

So, how could I go through chemo without them? How could I heal from cancer a third time? Let me tell you how!



Enter my Chemo-Sabe! I understand that most infusion centers have available one or more private rooms. I could not, would not receive treatment en masse, with other people in a big open room under florescent lights in vinyl not-so-easy chairs with TVs blaring. Ask and you receive. The private room I visit once a week can dim the lights! Chairs line the walls surrounding the bed. Four to six people join me at 10:00 every Monday morning.

Lauren loves having us there! She receives songs, hugs, support, love and laughter. But we feel these things too! We get to be with and share with someone we care about during an important time. And because of Lauren's incredible example, and the experience of being part of the "Chemo/Dreamo Sabe," I (and I think the others also), feel more prepared to handle challenges that life throws at us with positivity and even sometimes joy!

I'm sure our "Chemo/Dreamo-Sabe" helps Lauren's health. Of course, there are scientific studies that show that support groups help cancer patient's health. And this is a support group on steroids -- way beyond a support group, really! I wish this blessing for everyone who would want it.
-Christine Missik

I heard the music before I reached the door. The room seemed small with seven people sitting on chairs, the floor and a twin sized bed. There was a boombox playing music, singing and laughing and I felt the love in the room. I sat with a friend and Lauren - she put her legs on my lap. I joined in on the joyous songs Lauren had written about healing and positive thinking. A nurse came in wearing a mask and gloves and carrying a bag of clear liquid. She looked around the room - even the mask could not hide her surprise. She said 'this is the way it should always be'. This IS the way it always is for Lauren - lots of love, friends, joy and positive encouragement and I know she wants that for everyone!
-Linda Summers

[Chemo/Dreamo # 7](#) video

Clearing this with the staff beforehand was simply a wait-and-see-how-it-goes-the-first-time kind of thing. Eight people came the first time! While the nurses were very accommodating, we all agreed that was too many! Six people in the room with one of them on the foot of the bed with me (rubbing my feet!) was much easier!

Because of my previous adventures in chemo-land, I already had a song set an hour long for the bag itself. I used my music as a meditation for many reasons:

1. Music allowed me to stay in peace.
2. Staying in peace allowed me to accept the chemical as medicine instead of being in fear of poison...that's what everyone believes about chemo! How could I and survive?
3. The songs I wrote and listened to helped me find deep gratitude for the sacrifice my healthy cells were making, dying on my behalf. I remembered that the word "sacrifice" means "to be made sacred!"
4. This song set took me through centering, forgiveness and release, to acceptance, love and peace and back again.



Lauren, I had no expectations except to support you. After having done it, I realized while I was supporting you, I was simultaneously being supported by our little community of singer/listeners. A room full of smiles and caring attention generated a sense of well being, and our shared music danced around the room....Each voice a living instrument in itself....soaring, harmonizing, joining in this tribute to life.. Singing was no longer just singing, but a togetherness of sounds and words meeting in this tiny space of eternity and mortality.. And we sang and listened, and laughed and giggled into the drops of liquid....

On that day i was there for you, but i was also singing to my own mortality... Knowing on some level the day would come when i would be facing this same situation.. i longed for peace, and in a visit to my doctor the following week i told her "i wanted to make friends with death".. I don't think i understood that in context until i wrote this note to you.. What a relief to make friends with the unknowable?

As you know i felt honored to be part of , and in the presence of this Wholly Encounter.. In some ways it softened me to explore the eventuality of my death.. In that zone of immediacy all unnecessaries fall away like tumbling leaves and i am left with ...me?

love, Dennis Duvalli

Maintaining this practice was a no-brainer. I could do this on my own. What was different this time was the pre-chemo phase. I get a full hour of pre-meds before the chemo comes. I found it helpful to incorporate up-tempo, happy songs about living long and love solutions making my whole body whole, and happy little fishies eating all the bad cells away. I wrote thank you songs to the cAnswer itself for teaching me so many things! Then I invited others and call the group my Chemo-Sabe!

Every song in the two hour mix serves to calm, uplift and inspire not only me but everyone around me, nurses and techs included!

"[Nothing Can Shake This Immovable Peace](#)" starts us off with great, danceable percussion. I have a lyric sheet that I give to each Sabe member. I finally got a Bluetooth speaker and put the music on my iPad. It takes up very little space and provides nice sound quality to sing along with.



As an aside, singing for bedside with the Threshold Choir, we sing a Capella, no accompaniment. But when treatment is 2 hours or longer, that's a lot to ask of any singer! With the recorded music playing while we sing,

so listening and NOT singing is always an option!

The session is like a workshop based on gratitude and meditation. The respect and honoring of Lorraine is palpable. The comfort is felt in such a deep and love felt way. The singing gives us all a truly interactive connection. This is by all accounts the best way to inter into a chemo session. -Denise Burch

Dear Lauren,

As is my experience in Threshold Choir, I was amazed at how when I'm there to support someone, I get so many "ripple-ripples" myself. As we sang and meditated together I felt a profound sense of peace fill the room. I am used to this feeling when singing and/or meditating communally, but what surprised me is that at the same time, I felt a deep positive energy that vibrated through every cell of my body. When I left you I continued to feel that throughout the day and still felt "in touch" with everyone in the room, but particularly with you, the source of those positive spiritual emanations. It's a blessing to be with you in chemo. I'd like to be there at every session, but I don't want to "steal" that opportunity from my sisters, and/or brothers. So you can count on me, but if there's four others, then I'm glad to drop out in order to share that sacred space with those who mean so much to me, and you, Sweet Thing. Marsha Bush

For the first hour we are singing and practically dancing, the songs are so fun! Before I get the Benadryl (which makes me a little sleepy) I have a call-in guest! FaceTime or Skype is great for this! Friends from out of town can be involved this way. No more than 10 minutes or so, a visit and a prayer and they say "hi" to the Sabe.

The second hour then, we bless the chemo-bag, infusing it with love, Reiki, good juju and every good thing my Sabe can give! I bring bright colored 3x5 cards for prayers to be written upon and place those in the bag I created to surround the chemo drug. The meditation music that follows can be received and given all at the same time, as those surrounding me sing along or not as it suits them. We all give and receive the meditation this way.

The next to the last song that plays is [Healing Has Happened](#) A proclamation! Followed by [I Feel So Good!](#) An affirmation!

*SMILE ON A STICK
was a big hit!! We
incorporate humor
whenever and
wherever we can!*



Kelly and Lindagrace



Yours Truly



Miles



Marsha



Patty and Christine



Phyllis and Martha

"Being in Lauren's Chemo-Sabi is like participating in an energizing, musical healing circle, where the healing is shared among all. I was showered in love and healing as I helped to send that same power to Lauren. It was an incredible experience.

-Martha Hall Bowman,

My experience with Lauren's chemotherapy is VERY different from the experience I had when my husband underwent chemotherapy for leukemia about 12 years ago. From the very beginning, he was extremely negative about the whole experience. When the IV drugs began inching through the tubing, he would talk about the "poison" coming towards his body, and he "knew" from the onset of treatment that it was just "killing him faster". He was very passive about what was being "done TO him", and made little effort to exert any control over events or decisions, for "the doctors knew best". And he received the result that he predicted; he died from the disease.

Lauren, on the other hand, has a very positive outlook about the whole thing. She is proactive in her treatment, taking an active part in her own healing. In her mind, this process is not something that is being done TO her, or something over which she has no control. It is an opportunity to put her beliefs into practice. She wiggles everything around to be a positive force for her healing, and takes advantage of every modality that could possibly help things along. Not only does she bring her own creative spiritual energy to the table, but she has unashamedly asked for help from those of us who call her "friend". A growing number of strong and loving spirits add positive energy and musical voices to hers each week, for even mightier healing. And her belief in the power of love and music makes it so!

There are so many ways that Lauren has taken charge of her own healing. She makes sure to check with the technicians and nurses before "doing her own thing", but by the end of her first treatment, they all were in love with her completely, and they are more than willing to help her with any "unusual" request that she has. The staff members bring the bags of drugs to her so that they can be blessed, before beginning her infusions. They seem to have no problem with working around the beautiful artistic designs and written prayers that she physically surrounds the chemo solution with each week, even though it may make their work a little more difficult. They are happy to allow her the use of a private room for her weekly treatments, rather than being out in a shared area with lots of people and lots of noise, which would negate the spirituality that she chooses to bring to the process. This allows time and space for the meditation that she employs as the drugs enter her system. She visualizes the chemo drugs accomplishing their healing purpose, and thanks the cancer cells for leaving her body!

Both the Buddha and Martin Luther King spoke of love being the only thing that can heal hate. And Lauren "loves" the cancer cells to death! While her process is, of necessity, a self-centered one, it is not selfish. Lauren shares her healing music and visual aids with others in the infusion center. She has placed a colorful yard flag outside of the drab cement-block view from the window of her treatment room, and it remains there (although changed on a frequent basis), to brighten the time of anyone else who has treatment in that room. Those of us in her Chemo-Sabe group often sing to others who are undergoing treatment in the center, so the positive vibrations of the music that she has written specifically for this process often are shared with others, as well. The presence of several people in Lauren's room, singing songs for the entire treatment time, has provoked a number of positive discussions with staff members, as we explain our feelings regarding healing with intention and with music. It is our hope that our example will prod changes in the treatment milieu, to allow for the inclusion of more than a medical model of healing.

Not only do I participate in Lauren's healing each week, but the experience also brings healing to my soul. Lauren's music provides me with gentle reminders of life and love, and how important we are to each other. While I have tried to avoid anything that would cause this disease to appear in my body, I am aware that there are many things that I cannot control. I acknowledge that I may very well be in Lauren's position at some point in my future. She continues to show me a better way to handle this possibility, if it ever occurs in my life. And I am grateful for the lessons, - Phyllis Wickhif

Lauren, I've been thinking about the profound impact of your spirit, joy and light has had with in me I really feel so blessed because you have opened my heart and spirit to a love and light that reacted to fear and flight let me explain,
I was a new, hesitant participant in your journey with cancer. At first my reaction was panic, fear and an overwhelming sense of doom that stopped me in my tracks and tried to put me in isolation hoping that you would not call on my support because "I knew not what to give him "
I knew how much I wanted what you have as far as your light and interpretation of your journey. But I was stuck in the place of "why now and ""why this "how close we've become but no "will your light be snatched from me?" I realize that you might call on me to join you on the journey but quietly hoped that I would be spared. So I kept you in my heart and waited anxiously for you to skip me!
Well you and God had a very different plan for me. I could not be happier for the journey I have been on with your chemo Sabe group. You have shared your journey so that my fear of devastating cancer will never be the same. Again. My apprehension and peoples beliefs about the success and actual treatments are entirely affected by the atmosphere and the spirit surrounding you. There is great healing in the contemplative expression of song and meditation.
I have found my voice and have been hardened each time I assist in anyway. There is such a difference between an aching fear in your stomach and a joyful light in your heart. This journey has made it possible to see light where my fears had only shown darkness and I am grateful and elated! Your gift has been priceless to me and everyone who you will affect with this harmony of healing (to borrow your website name)
In closing thank you and I will keep going and sharing your journey because it is
Palpable participation
Rarely released
In twined insight
Courageously connected
Encountering efforts
Lighting love
Encased in lightened
Surrounded songs
Simply sumptuous!

Thank you once again for guiding and keeping me in your light.
I am forever grateful to be a part of your answer journey and chemo sabe
-Patty Robinson

It is my inspired mission to take this idea into cAnswer Centers across the US and abroad. I am convinced that we will soon be able to cure cAnswer without the use of chemotherapy as new and better medicines and treatments come to light. But as long as it is still such a large part of treatment protocol, why not do what we can to embrace it? By so embracing it all, we can transmute it, change and mold it into LOVE energy that works FOR our body, not against it. By Loving all that is and adding meditation, friendship and SONG to the mix, stress disappears, moods are lifted, fear dissipates and healing happens! Enjoy the ride in Joy! Truly in Peace, Lauren Lane Powell

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