



"A beautiful, inspiring journey into the core of healing from cancer."

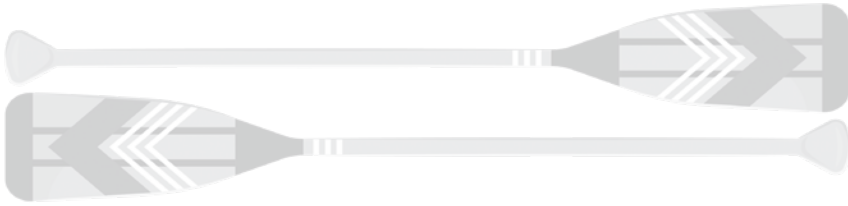
—NANCY FERRO, Founder of Epic Experience—Beyond Cancer

A Miracle Within You

PADDLING THROUGH CANCER

Tish Litchfield

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Tish marvels at nature's beauty,
Glacier National Park, MT, 2019.

Preface

A *Miracle Within You: Paddling Through Cancer* is my personal story, my intimate journey from darkness into the light of grace.

On these deeply personal pages, from the perspective of my fragile yet resilient earthly form, I recognize my imperfections, my personal struggles and lessons, and my quest for total healing—whether it be physical, emotional, mental, or spiritual.

I also credit my journey from diagnosis to healing from breast cancer to my greatest passion in life, paddling my own canoe! A canoe paddling injury to my breast led to the discovery of The Cancer. Paddling and that injury actually saved my life. My passion for paddling is splashed like ocean waves throughout my book because my motivation to be well enough to get back in the boat and conquer paddling Lake Tahoe led to my healing. Each chapter you will read is centered around one word. From Fear to Grace, those are the words I focused on during my cathartic adventure paddling through cancer.

Originally, the book was shorter and less personal, but as I revisited the draft it became evident that parts of my life had to be revealed to describe my challenges better. I feel totally exposed, but free from the emotional burdens and human imperfections disclosed within these pages. Why? I am a very private person so sharing excerpts from my journal written during my experience with breast cancer and writing this book challenged my vulnerability to the extreme and cracked me wide open to intimately share my thoughts

with you. You will learn of my struggles with demons of inadequacy and fears of vulnerability. I will share how my inexperience as a writer meant ten years would pass before this publication of *A Miracle Within You*.

Once I began breaking down my writing barriers and overcoming vulnerability with the gracious expertise of one of my earth angels, Ja-lene Clark, I got serious about finishing my book. However, it was not easy and after my first phone meeting with Ja-lene to discuss the book I was so emotionally exhausted that I checked out by taking a long nap. I heard my inner voice asking, “What have you gotten yourself into now?” I was not sure that I could finish the book, but I promised myself that I would either try now or burn my draft and be done with it. I worked on the book between my Ben Lomond home in the Santa Cruz Mountains of California, nestled between the majestic redwoods and the sea, and the picturesque Kaneohe Bay on the Hawaiian Island of Oahu, my two favorite places on earth. Ja-lene was patient, kind and gentle in her knowledgeable approach as she assisted me in the technical development of this book. If not for her wisdom and talents, there would be no book as I had pretty much given up on it. Honestly, I had stashed the rough draft in a closet for years, until I was blessed to meet Ja-lene and her wonderful husband, Tom, on a trip.

While I wrote this book to help others, the process was extremely enlightening and rewarding, and it helped me. It was fascinating to see just how much I had grown through this life-altering event—especially ten years after its onset. I love and appreciate my fellow cancer club members, who inspired me to share my journey.

As you read this book, I encourage you to review the table of contents to find a word that calls to you. You can also use the book like divination... just close your eyes, open the book and read that chapter. You may also choose to read the book in the order of the chapters. My point is that there is no right way and there is no wrong way. The book is designed in a friendly format for you to read it in whatever way it calls you. My wish is that you find something helpful in my story, whether it be comfort, faith, hope, inspiration, courage, or otherwise.

Throughout the book, I purposely refer to “The Cancer,” rather than “my cancer” as I have done so since my diagnosis. I never wanted to take possession and own The Cancer by putting “my,” a possessive adjective,

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before the word cancer. I did not believe that The Cancer was mine, but it was more like an evil beast that needed to be cut out of my body as its lurking presence was not welcomed. I prefer to keep a distance between myself and The Cancer by not attracting its energy in my thoughts or beliefs as being a part of me.

Through grace and light, God elevated me to write this book about my story of healing from The Cancer with the intention of helping others better understand the experience of cancer—whether for them or their loved ones. My journey includes specific details about my life to illustrate my firm belief that my “dis-ease” was connected to past, unresolved emotions that I had suppressed for years. The question of whether or not you can relate to my experience is yours. However, I have found that our lives are a series of healing journeys and lessons from the day we are born until the day we die. Recognizing that more than just my body needed healing was paramount to my whole wellbeing and my future prognosis as a survivor.

There is such an epidemic of cancer in our world today and we must ask, why? Perhaps we need to take a closer look at the mental and emotional aspects of how we are living our own lives and what we can do as individuals to better nurture and heal our souls so that we may live in harmony with healthier bodies. *A Miracle Within You* not only represents my story of healing my body from The Cancer, but my profound spiritual journey of healing my soul.

My mother used to listen to a country music song by Tom T. Hall. She loved the song because it reminded her of me. I was in college when the song came out and I had already wrestled with a bear by then (which you will read about). My struggles were much like other young adults during those years but with a few conflicting twists. I was off at college focusing on what I thought I wanted to do with my life, from being a pilot to a veterinarian to a dietitian. My mother’s impact and inspiration on my life is immeasurable and I am so grateful for the precious time I had with her although it was way too brief. I lovingly dedicate this book to her memory and I am grateful to her for teaching this once shy country girl to believe in miracles and believe in myself!

There Is A Miracle In You

Tom T. Hall

There is a miracle in you in what you are and what you do

If anything at all in life is true there is a miracle in you

You can be anything a president of course

A nurse or a fireman or someone important on a horse

*There's adventure and a future bright and blue there
is a miracle in you*

There is a magic in your smile you'll spend a season as a child

Bless you go and grow and see and do there is a miracle in you

You can do anything you want from here to there

Fly on a spaceship or maybe you can wrestle with a bear

You're what the world is coming to there is a miracle in you

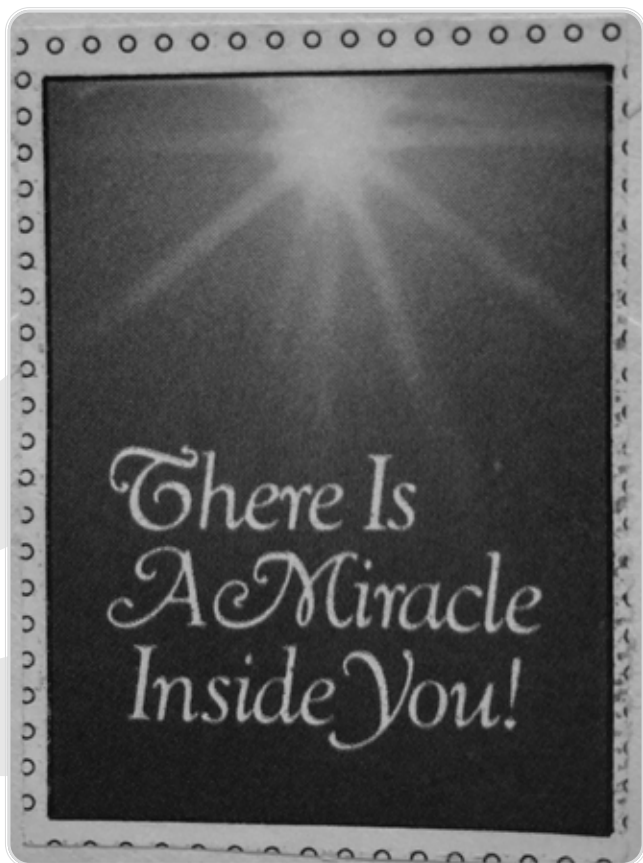
My wish for you, my reader, is that this book gives you insight into whatever it is that challenges you at the moment. I hope it gives you the courage and determination to choose your path to restoration bravely. I hope you recognize the importance of healing the whole self, not only the body but also the mind and soul.

If you or a loved one are embarking on a cancer journey, believe your diagnosis, but remember that you don't necessarily have to believe everything you are told just because someone else is wearing a white coat or scrubs. It was first suggested to me by a surgeon that I have both my breasts removed, but I am still here over a decade later with both my breasts. I believed there was an alternative treatment regime and I found

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it and further enhanced it with holistic therapies.

There is power in the energy of our prayers, thoughts, beliefs and emotions. My prayer for you is that you use your power in a positive way and direct your energy toward successful healing or as a path to peace if your journey is ending. On my journey I realized that I am never alone because God, my Higher Power, has been by my side guiding me and cheering me on.



In closing, I say to you, as my mother instilled in me, "There is a miracle in you!" Please share this book with anyone seeking the miracle of more life or the peace of going home.

A Miracle Within You

An intimate journey paddling through the darkness of cancer into the light of grace.

"On these deeply personal pages, from the perspective of my fragile yet resilient earthly form, I recognize my imperfections, my personal struggles and lessons, and my quest for total healing—whether it be physical, emotional, mental, or spiritual. I also credit my journey from diagnosis to healing from breast cancer to my greatest passion in life, paddling my own canoe! A canoe paddling injury to my breast led to the discovery of The Cancer. Paddling and that injury actually saved my life. My passion for paddling is splashed like ocean waves throughout my book because my motivation to be well enough to get back in the boat and conquer paddling Lake Tahoe led to my healing."

TISH LITCHFIELD



A Miracle Within You is Tish Litchfield's personal exploration of 19 emotions experienced by cancer patients. Her book explores grief, depression, determination, courage, mortality, gratitude, anxiety, grace, and more. Tish offers her insights on these emotions in relation to her life, her experience with cancer, and her love for paddling. She also discusses her treatment choices, medical tests, and how she incorporated supplements, holistic medicine, therapy, and ambitious goals like paddling 72 miles around Lake Tahoe to celebrate her healing!

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