

Preface

Thank you for picking up my book. As the title suggests, *Millions of Knots—Discovering My Light Through Cancer* tells my journey with breast cancer and how I eventually came through it gratefully and proudly standing in my light.

Writing my breast cancer story has been a labour of love. It has provided surprising emotional healing. My wish is that it does for you as well.

If you've been diagnosed with breast cancer too, my intention is simple, that my story—even a part of it—will resonate with you and reassure you that you're not alone, and how you think and feel is totally valid and understandable.

If you are a family member or friend concerned about someone who has breast cancer, my hope is that *Millions of Knots* will give you a deeper understanding of your loved one's journey, as well as insights into how you may be able to help—knowing that sometimes just being there is enough.

I have chosen to be real and raw. Depending on where you are in your experience, you may feel unsettled by parts of my story and my choices. I don't want that, but I felt driven to write it this way to get these feelings and experiences out in the open.

I honour that each person with breast cancer has their own individual path. However, there are common challenges and threads within this experience for most.

One of the greatest difficulties is staying connected to our femininity and sense of self.

This book was written with all women in mind. Women are divine beautiful creatures. Our feminine energy is so critical on all levels; body, mind, and spirit. A diagnosis of breast cancer can strip us of this energy and treatment can continue to leach it from us. Reclaiming this energy is imperative to our health and well-being.

So many people ask why breast cancer is this epidemic. The reasons seem unlimited. I do know breast cancer is similar to other illnesses and can be a massive wake-up call. A wake-up call *to what* depends on the individual. Personally, I woke up to the realization that I was not taking care of myself at all, mentally, emotionally, physically, and spiritually.

I often would put the needs of others first. I was floating through life without being conscious. I was living a life that really was not working for me. I actually lost sight of what I liked to do. I had no spiritual practice and was a non-believer. All that has changed, as you will discover in my story.

Breasts are a symbol of nurturing and love. It is so important to respect our entire body including our breasts, their vitality and feminine energy. It is time to connect and value our whole selves on a new level of consciousness.

It is vital that women and their health are honoured and nurtured.

We are waking up to the precious importance of our mothers, our sisters, our girlfriends—the feminine soul collective—and to own our feminine energy.

In sharing my journey, it's my heartfelt wish that the reader will recognize there is always a choice when life hands you challenging times. May you find true meaning out of any chaos.

May my story encourage you as a woman to be aware of what is going on in your body and practice self-care. For the men who read *Millions of Knots*, may it move them to meaningfully support and honour all the women in their lives.

And may all those who provide care and companionship to people going through breast cancer also be recognized and cared for as they too face their own challenges helping those they love.

I send this Tibetan blessing to all ...

*“May you be at peace,
May your heart remain open,
May you be aware of your true nature,
May you be healed,
May you be a source of healing to others,
May you dwell in the breath of God.”*

Light and love,
Sharon Permack