

A Prayer For Brain Tumor Survivors

My name is Rev. Regina Maria Bernadette Cross.
On November 16, 1989 I had brain surgery.
I am honored and full of gratitude to be here today.

The following is a prayer of honor and gratitude touching into all levels of survivorship, the physical, emotional, mental and spiritual. If you like, allow this to be a time of meditation, becoming comfortable in your place, closing your eyes and permit your breath to ride rhythmically through your body.

Survivorship has many stages:

Having a brain tumor and not knowing it, we are surviving.

Being diagnosed we become patients and we begin our survivorship journey.

Having surgery, chemotherapy, radiation, radiosurgery and other treatments, we are patients and we are surviving.

Pursuing nutrition, complimentary medicine and wellness activities, we are survivors.

Receiving, watching and waiting scan after scan we are surviving.

Trying to return to what we knew as normal, we are surviving.

Realizing that life with a brain tumor causes our definition of normal to change, we are surviving.

Living with a brain tumor that may ultimately overcome this body, we survive as long as humanly possible.

We are always a survivor at the different stages of our journey.

We acknowledge and celebrate the grace, strength and vital energy of every person touched by a brain tumor.

We can pray for ourselves and others are welcome to offer their prayers for us. We can pray for each other and there is the silence of prayers never spoken by those unable to pray. We need only to be open and accepting of these prayers to benefit from their blessing.

And we pray:

May brain tumor survivors be at ease with themselves. May we allow our anger, our tears, our grief, and our unexplained emotions along with our laughter, our bravery and our bliss.

May we be at ease with each other, allowing the same.

May those who are struggling with the everyday life of living with a brain tumor find comfort and strength in themselves, each other, their caregivers and their Higher Source.

May we dream courageously, act faithfully and share our inspiration as our dreams manifest.

Where there is life, there is hope.
Where there is hope, there is life.
May we be hopeful.

May we have courage to conquer our brain tumors with our words, understanding that form follows thought.

Many survivors experience their brain tumors as a gift. It grants us the truth and crystallizes the knowledge of what is truly important in life. We learn there is so little that is truly important in life. And that, so little is precious. May we always remember.

May we recognize and accept the changes in us and love ourselves all the while.

If our body and face have literally been changed by the brain tumor surgery or treatment may everyone around us, including ourselves, see our spirit and not only our flesh.

When we are tired, when we forget...uh?...when we have a hard time understanding, when we can't get it off the black-board in our mind to spell it through the pen in our hand, when we can't see as other's do, when we stumble making our step a little less graceful than a dance, may we, our families and friends and those we come in contact with each day love us and accept us unconditionally.

May the stigma experienced by people with brain tumors be eliminated and so that it will be, may we be the ones to teach the truth by the way we live our life.

Grant us help in adjusting to our new normal way of life and the understanding of the power that we have as survivors.

May others begin to understand, accept, respect and accommodate our new normal and power.

When we become frustrated with other's remarks that we look so good there couldn't possibly be any problems, may we give them thanks that we do look that good and then help them to understand the limit of their vision.

Let no one say that one person's brain tumor experience is more difficult than any other. It is not a contest. We are each living our own spiritual journey enhanced by the Light together on different Paths.

May those who experience depression reach out when they can and may we reach in we they cannot.

May our prayers enhance our immune systems that we can overcome what is harmful to us.

May we have the courage to ask for help when we need it.

We give thanks for our strong support network of families, friends, employers and fellow workers.

We pray to live in harmony our spiritual beliefs beyond faith into knowing and that it is our positive attitudes that create our membership into survivorship.

May we be free from physical, emotional, mental and spiritual pain, be it in the form of hair loss, scars, seizures, sensory loss or the look on another's face when you can't remember their name.

May our abilities be supported not doubted.

May those who have been financially devastated by a brain tumor receive aid.

May survivors never be exploited.

May those survivors who experience survivor guilt be released from their self-torture, living a life of grace that they represent possibilities. May they share their gifts and gained wisdom as the fortune to be given to others.

May our lay and professional caregivers be blessed with compassionate love while they share our journey with grace, finding the support they need both in others and us. May we share with each other our strength, courage, inspiration and gratitude.

We give mighty thanks for our medical caregivers, the network of support offered and the organizations that support our new life.

May our treating physicians be hopeful.

May our health be bountiful.

If the time comes for us to make a change of worlds, may our families, friends and caregivers let us go.

May the longtime sun shine upon us.

May all love surround us and all pure Light within us guide our way on.

We pray for legislators, researchers, policy makers and business people that they have wisdom and clarity to act in our best interest.

We call upon all of the positive energy available to us in the Universes to act upon us for the good of all concerned.

May we have courage to know ourselves, sharing support with one another in our global community.

Each of us here tonight is a gift. We are gifts to each other. It is this gift of loving that we share that sees us through.

It is the Power, the Light and the Love that restores the courage, the strength and truth of who we are.

I would like to end this prayer with a prayer I say each morning after my meditation which guides me into the perspective of the day:

**“Oh Giver of Light
The Cosmic Beauty
May my Soul rise with You
Expressing goodness in all its contacts.”**

That is why I got to survive.

Amen