



Women's Wellness

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To Know Ourselves

“Our purpose is to know ourselves to be ourselves, yet one with God.”

(3003-1, paraphrased)



When we put our energy and our attention on living life fully each hour of the day, we can know ourselves for who we are.

I WAS TALKING TO the head of Hospice the other day and she said, “When we see one patient with cancer, what we see is one patient with cancer—you notice we don’t call them cancer patients.”

What struck me so forcibly was that these wonderful people have really found that their mission is to treat the patient, not just the cancer, which makes them approach each patient as unique. The protocol they use for that patient is specifically theirs; not a protocol which would fit any patient who is working with breast cancer. In dealing with a patient who is struggling with cancer, their approach needs to be not just a routine procedure, but flexible enough that the changes in the life of that patient are identified and worked with. The histology of each cancer may be the same as other cancer patients, but the cells of that particular person are their own. The astrological influences and the life force of each person are also unique. As long

as a person is alive, that body will be constantly changing. The

protocol for treating a disease might be the same but how that person responds to that protocol is their own process. Whether their process brings them to restored health or to their death is not determined by the

caregiver, but by the individual who has that

how to have babies. There may be times when they need help and there may be times when a Caesarean section may save the life of the mother and the baby, but intervention is frequently not necessary, and may be harmful. Women, in my experience, deal quite well with pain but they don’t deal well with fear and abandonment. In the years when I was working with women who were delivering babies, I became aware that my job was to assist them and that I was not the one who delivered that baby. In reality I delivered six babies of my own but my work with women in labor was to help them as they delivered their own babies. If, in reality, pregnancy and birthing is this magnificent, sacred life-affirming process, then we who are in attendance at the birth need to support the mother and the baby and not interfere with her innate knowledge and ability to deliver that baby. Every birth is unique.

I have a friend who is challenged with third-stage colon cancer. She told me the other day that she was dismayed by a comment from a well-meaning friend. This friend in trying to be caring said, “Fortunately the kind of cancer that you have is one that still allows you the possibility of two to four years of life.” Continuing, my friend said, “She talked as if the cancer was the central part of my life. I’m not looking for two to four more years. I’m looking to get my life back. There’s so much that I have to do. I want to be living my life to the fullest and I’m not ready to let the cancer take over my life.”

Life is a journey to be lived, not just a problem to be solved. When we put our energy and our attention on living life fully each hour of the

