

# Together

## - We are all One

### What do I mean by this?

We all want to be happy, to have fun, have a roof over our head, good food to eat, to be safe, to be healthy and to be loved. And we all have talents that we have been gifted with.

We might build our houses with unique materials and tools, cook our food with different ingredients, talk in a different language, but a chicken is a chicken, a hug is a hug and a smile is a smile.

### Bumps in the Road

We all have bumps on our road that we travel. We might think we are the only ones to experience what we are feeling. Nope! You are not alone.

### Brain cancer

When I had brain cancer in 2008, which is when some of the cells in the body are not working properly and they are acting wonky, I did what I needed to do with my husband's support. I focused on getting better, I took my supplements, had chemotherapy, the special medicine that got rid of the cancer. I ate nutritious food, stayed away from processed foods and remained calm and focused on all of the positive things.

**Our minds are very powerful so focusing on what we want, not on what we don't is the key.**

### Feeling Scared

When I had lost my memory and then was diagnosed with the brain cancer, this was terrifying for me. I would not leave the apartment by myself and if I got lost I would stop and cry. We all may feel scared at some point but if you can, face it, and, bring

**Success is the progressive realisation of a worthy idea.**

*Earl Nightingale*





**My husband and I have travelled to over 65 countries and we have learned - We are all One.**



it out into the light and talk about it. Then it may not seem as bad and this will help to release those emotions out of your body. Also taking some deep breaths in and letting them flow out will also be of benefit to you.

### Anger/Feeling Mad

Once my memory had returned, if I got lost I would then get mad. But this feeling would not help me figure out how to get to where I wanted to go. It did not serve me. Stopping to take a breath in and out, then thinking about the situation first will be more beneficial to you and will help you figure out a solution instead of getting frustrated or mad.

### Confidence

As I mentioned, when I got lost I would just stop and cry. I was not able to process where to go or even ask someone for help because of having had the memory loss.

When my memory was coming back I slowly gained my confidence to go out

and do the things I used to do and ask people for directions to where I wanted to go. Sometimes it takes some steps and tools to gain confidence. When you take these steps you will feel great. It might be a small step, trying something new, saying hello to someone you don't know or going somewhere you have not been before.

### Farting!

Oh yes, and I still made sure I farted! The two large plates of broccoli I ate and the chemotherapy I had for the brain cancer gave me a lot of gas. The farting made me laugh. And laughter is the best medicine when you are not feeling well. And yes we all do this! Being able to laugh when we are going through something that is not so nice helps to relax our bodies and our minds.

### People Staring / Embarrassment

I had my husband shave my head when I had brain cancer so my hair would not fall out in clumps. I did this because

when I was 14 years old, I had a type of childhood cancer and my hair had fallen out.

This was very embarrassing because I was liking boys.

Once my husband shaved my head, people would stare at me. This was very upsetting. My hair actually never fell out due to the large amount of supplements I was taking. But after awhile I felt better and started looking at people again when I got my memory back and this built up my confidence.

You may feel upset or sad about something but remember, we all feel this way sometimes. It is okay. Just remember you can create some tools to shift yourself out of these feelings.

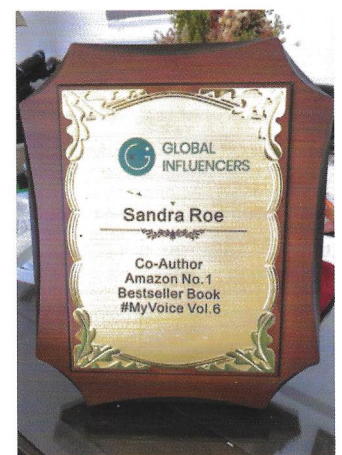
### Competition

It is not a competition between you and other people. You are not competing with others to achieve what you desire. There is room for all of us to succeed. I have written 23 children's books and 4 books for adults. As well, I have also written a

chapter called Perseverance, Resilience, Empowerment in the book My Voice Vol 6 and became a best-selling author. I could think, ah there are so many other people also writing books. How will I be successful? Shifting our perspective allows us to see that we can succeed and help others who can also support us. We all have a wealth of knowledge to share from our different backgrounds.

### Bestselling Author

So you never know what is going on in someone else life. Just remember we are all the same with our emotions, with wanting to succeed and to be accepted just the way we are. And we all live on the same planet. Planet earth. For now!





## Your Gifts/Passions

Each one of you has something that you are drawn to that you like or like to do. You might like painting, or reading a book, playing a sport, singing or dancing. Or something completely different. That is perfect.

Trying something that interests you even if you don't succeed at first is not failure. It is growth because you have learned something for the next time you try.

When we see others who are very successful on TV or you hear about on the computer, or in real life, most people have focused on what they desire, took steps to achieve this goal and persevered, meaning they did not give up. Being happy for the success of others creates an energy around you that will also help you in your success. Focus on the good of you and the good of others. This brings to you people, situations and ideas that will help and support you with what you want to achieve.

**This means each step you take toward what you love to do is success.**



## Steps to Accomplish What You Desire/Takeaways

Ideas/Tools that I used to help me move to a more beneficial space to create from

- Meditation.
- Shifting our focus to ideas that are beneficial for everyone.
- Write down your goals and steps each day to achieve them.
- Focus on seeing yourself already having accomplished what you set out to do.
- Create your own ideas that will support you to return to a calm state and feel confident.
- See the other person as maybe not understanding what you may be facing and that what they did or said may have had an impact on you.
- Focus on the good of you and the good of me.
- Try saying hello to a person in their language. They will really appreciate this.
- Ask people for help. I had tremendous support from my husband, family and friends.
- There is room for everyone to succeed. There is abundance everywhere.
- Respect yourself and others and live in harmony



**Article by:**  
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[Author of the book series - Adventures Of The Princess] When she moved to Hong Kong she fell in love and felt like she was coming home.

Sandra loves travelling with her husband and has been to 67 countries so far.

She is a 4x cancer survivor along with having major heart surgery and has had numerous other health issues.

She loves sharing her story through her children's books.

Sandra is also writing about her journey through adult eyes as well to inspire and empower others.

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