



A CHRISTMAS WISH



News Alert: Have sourced Airfares under AU\$1985 Sydney/Brasilia return. Book now and save \$1500 on August trip now (thanks Mel!)

NATHAN & ADRIANA'S

Wish for you. Is a happy an joyous Xmas full of love and compassion, dreams, fun and laughter.

For all we have in the end are memories and why not make the most of it no matter what others think. When we look back maybe we have made mistakes who hasn't. The important thing is LOOK BACK and say WOW look where I am today.

What do you want Santa to bring you for Christmas this year?

Christmas Wish List

- 1.) Health
- 2.) Happiness
- 3.) Love
- 4.) Compassion
- 5.) To be wiser
- 6.) Know when to say nothing
- 7.) Music
- 8.) Your turn to continue list
- 9.)
- 10.)



CHRISTMAS IN THE HEART

It's been a hectic and challenging year.

Nathan is on Holidays after a very busy year teaching at two different high schools. Getting over an ear op. and looking forward to a well earned rest.

We have moved from a Unit in Gosford to a lovely home in Springfield.

I had a very successful trip to the Casa in July/August and am planning next year's trip. 13th to 26th of August, if interested please let me know as soon as possible as accommodation is hard to find.

We hope you enjoy reading 2 very different stories from Estelle and Jojo.

A lot of you probably already know our story but if you know someone going through a tough time, go to our web site and read a "feel good" story or watch our movie.

May the Year ahead be full of FUN, LaughTter, HeAlth and LOvE.

Adriana & Nathan

www.johnofgodguide.com



Questions about Love

In these exciting times where we are evolving from making our decisions from the reasoning mind, to making our decisions from our Heart Centre, many of us have questions about Love.

The decisions that we make from our Heart Centre, our sacred space which holds the Love that we are, are true to us and true to our purpose. Love is not outside of us. Love is not what we put out. Love is who we are. Once we truly realize this, life becomes much easier. God made mankind in his image, and deemed us all worthy to be his companion. Who are we to question that? When times get tough we can ask ourselves: what would Love do? Love is kind and fair, but Love will never be a doormat!

We all know that in order to Love and honor ourselves we need good boundaries. We gladly give those in need food or money, but would we give the keys to our home to a homeless person? Why not? If love is unconditional why do we need boundaries and rules?

There needs to be a balance and to achieve and maintain that balance there are rules. One of the rules we can stick to for ourselves is that if we don't feel comfortable in a situation, or we feel pressurized into something, we don't go along with it. 'I'll get back to you on that one' is a useful sentence in these situations, giving us the time to explore the emotions involved. These uncomfortable feelings are a warning. We owe it to ourselves to sit with these feelings and learn the lesson that they have for us.

Sometimes the challenge is just to stand up for ourselves. Allowing other people to take advantage of us is not healthy for us and also not healthy for them. Some would even say that we facilitate bad karma for those that don't have good intentions, and it is our responsibility to help them to see that. Unfortunately not everyone is open to being questioned about the purpose of their behaviour, and so it's a fine line sometimes whether we choose to just smile benignly and channel our inner Tibetan monk, or whether we ask them the purpose of their actions. The Serenity Prayer comes to mind here:

God grant me the serenity to accept the things I cannot change;
the courage to change the things I can;

and the wisdom to know the difference.

With Love and Light, Jojo
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FAITH & HOPE

Estelle's Story:

In September 2007 I was diagnosed with DCIS (Ductal carcinoma in situ) and had a double mastectomy, as I was told that the cancer is non-invasive and I would be 99% cured if I had all my breast tissue removed. I had no treatment as such, as DCIS is the early stages of cancer and non-invasive. On the 16th of May 2011 I was diagnosed with advanced metastatic breast cancer in the bone, extending from the base of skull, neck, spinal cord, ribs and pelvis. My oncologist took one look at the bone scan and said that this was not good news and sent me for full body CT scans. The CT scans showed small nodules on the liver and lungs, but this was insignificant compared to the tumours in the bone. The first question I had was how long someone with my condition would have to live. I had already decided that there was no turning back.

Two weeks prior to my second diagnosis I was sitting in the waiting room of my surgeon and read an article on John of God and how he helped a woman who had secondary breast cancer and was given no hope of surviving. I made a mental note to myself that if ever I was faced with such a life threatening illness, that I would go to see this amazing man. It was here where my healing journey started. Two weeks later I was diagnosed with metastatic breast cancer and immediately went back to the waiting room to find the magazine. The magazine was not there anymore and I thought it probably was not meant to be. The next day I met my oncologist and it was while waiting to see her that I discovered the same magazine on the table in the waiting room. I immediately started researching John of God and started planning a trip to the other side of the world to meet someone I knew very little about and visit a country I have never been to, on my own... It was during my research that I had the privilege of getting in contact with Adriana and meeting her 6 weeks later in Abadiania, Brazil. Before making travel arrangements I prayed to God and asked that he would guide me to Brazil if this was the right thing for me to do. My experience in Brazil was extraordinary and very healing. I met the most beautiful people and was fortunate to have got to know Adriana who took special care of me for the two weeks I was there.

After returning from Brazil I had more CT scans to see if the hormone treatment I

was having had stabilised the growth of the cancer, as we still had chemotherapy as a treatment option. The CT scans revealed that the nodules on my liver and lungs had completely resolved and that there was unusual healing in the pelvic bone. In fact the radiologist first misdiagnosed the healing as progression of the cancer and it was only when my oncologist took it for a second opinion that they confirmed this healing phenomena. Four months after returning from Brazil I went for a full body bone scan to compare with the first bone scan 6 months earlier. The radiologist report read. "The area of metastatic disease are much less clearly defined and appear generally smaller than was the case in May".

I am so grateful for the healing of my body and am blessed to have had the opportunity to meet John of God, Adriana and all the other wonderful people who have lead me on this journey.

