

# 31 Days of Inspiration

## FAITH VS FEAR

*The First 31 days of a CANCER Diagnosis*



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Thank you for your support! Enjoy today and I hope blessings find you, and you, in turn, may bless others today.

## **Dedication**

To the many friends and family members I have lost through cancer, to the many friends and family members who have found their own way through their obstacle, be it cancer, other disease, or other challenges.

There is always something to learn. There is always a silver lining, even when we don't see it...or don't see it yet.

Hoping this blesses you and your loved ones.

*Dear friend,*

*I wanted to welcome you and share with you how this came to be.*

*It was October 2016. For several months leading up to this time, there were multiple signs that were preparing me for my diagnosis. Yet, I didn't recognize any of them, until the day I received seven messages on my voice mail. Three from the doctor's office, four from the imaging place.*

*I realized in that moment:*

- *ONE – I guess they think there is something wrong. (It never dawned on me there could be!)*
- *TWO – Whatever it is, I am going to deal with it with laughter, joy, play, and fun.*
- *THREE – I am not ready to meet my MAKER, but if he is ready for me, I AM READY.*

*As I went through the next month or more, learning what was happening and deciding what to do and how to respond, I did a 21-day prayer and fast with about six friends. (I asked how quickly I needed to have the*

*surgery they were recommending. They gave me 60-90 days.)*

*At the end of my prayer and fast, I knew what I needed to do. I had learned new modalities, met new people, every day. Sometimes, two or three in one day. By the end of my prayer and fast time, I had peace. I knew the steps I needed to take.*

*I understand everyone's journey is different. It is uniquely your own. I came to learn that "cancer" is spelled with a small C. It is not bigger than our God, not bigger than us. I choose to respond through FAITH, not FEAR. And, that shaped my experience, and my journey.*

*As with all things difficult, blessings can flow.*

*I share these "31 days of Inspiration" with you. These were my reflections during this time and as I reflected on this time.*

*I also added pictures I have taken of nature. In case you can't get out in nature, I figured I would bring it to you! I decided not to share with you when or where these were taken, because I wanted you to create your own story from them. Let them touch you or*

*inspire you in however they do. Many, but not all, were taken during the days I was walking through my journey...and rediscovering myself, and my health.*

*The picture on the cover is me sharing my backyard with you, where many of these reflections took place. And, to me, it also represents the question that only you can answer. Will you walk through this door, to nature, to what you may learn, to what you may discover? The journey is not always easy. You are bigger than the challenges you face.*

*Hope you are inspired. Hope you enjoy!*

*Betty Norlin*



## Day 1

Hello. This is Betty Norlin, with Naturally Recharged where I help you to see and think differently than you may have in the past.

This is the first day that I've gotten up and just sat outside to welcome the morning. I have my water with fresh lemon juice squeezed into it, that some say helps to gently detox you.

I'm sitting on my porch and I'm listening to the birds wake up and sing. What really caught me in awe this morning is when I looked across the lake and saw something different in the trees that I've looked at for 20 years.

This is first time I've ever seen a smiley face in the shape of the trees. I've been dealing with some health issues the last two weeks—a potential breast cancer diagnosis. One of the things that I decided was that I needed more laughter and play. Another thing is to just be still with the Lord and wake up and enjoy the morning.

This is day one and my imparting wisdom to you is to spot something different, better, in your everyday experiences today. As we start this 31-day prayer and fast together, have a beautiful and blessed day, every day, in the midst of whatever you are facing.





## Day 2

I just watched a bird fly beautifully across the lake.

I saw what I see often, but I've never thought of it quite this way.

I saw the reflection of the sun and this bird, and I thought if he was flying in the dark, we would see no bright light on him. Yet he's flying under the sun (SON) with the reflection of the sun—and we see this bright light.

I thought about my Christian walk in my faith, and I thought when we're under the sun (SON), then our light shines.

HIS light shines in us and it reflects off of us to others to see his light.

I just wanted to remind you today, to be in HIS light, put yourself under the sun (SON), and just have a joyful and beautiful day.



### **Day 3**

Listening to the birds—I love it. This reminds me of a story I recently read in the book, *Radical Remission*.

The gentleman's name was Shin, and he was from Japan. He was dealing with a very extreme case of cancer and when he was released to hospice care, he started going up to the rooftop of his building and watching the sunrise.

Then he started listening to the birds and noticed that the birds would start chirping about 42 minutes before the sun rose. As he discovered and played with this, what he discovered was that when the oxygen “wakes up” and “gets more active” the birds start chirping.

He experimented to learn more about that. Today I bless you with the reminder of making sure you get good breathing and good oxygen into your system.



## Day 4:

Laughter is so important every day. I'm reading the book, *Radical Remission*.

I think it's Saranda who shared her story about how she and her daughter made sure they had five minutes of laughter and play in the morning and at night. She wouldn't go to sleep unless she had it.

She ended up creating something called "Comedy Cures" where people have laughing lunches. I love that. So, I looked on the Internet to find what are some websites with really good clean jokes and also looked at the possibility of things like "I Love Lucy," or "The Carol Burnett Show," or other things that are funny.

Today I want to remind you to laugh—every day. And enjoy the day. Find someone to laugh with. Find something to play with.

I'm lucky because the tree behind me has a smile in it. So, when I saw that before sunrise, I see the smile. Once the sun rises, it's no longer noticeable. What laughter have you missed out on today? Have a blessed and happy day.



## Day 5:

How do you ground yourself when you have so many things going on in your life?

One of the things that I learned long ago was to just go outside barefoot and put your feet in the grass or on the earth. Just soak up the energy of the earth.

Imagine it coming from inside the earth, through the bottom of your feet, through your body, up through the center of your head and out, and just picture that energy. Feel that energy.

Another thing you can do is a hug a tree. Touch a tree. Just be in nature somehow, some way, every day.

I know for me the water is what just gives me a calmness and a peace. Yet often I'm so busy I don't stop and just enjoy breathing deeply in nature. The cancer diagnosis slowed me down. It reminded me.





## **Day 6:**

When I was waiting for the results of my biopsy, I instinctively put my hand on my breast and just let there be a healing touch.

I could feel the heat of my hand and I just continued to say I'm healed by his stripes and thank you Lord for healing.

Not more importantly, but as important, I could just feel the healing power of my hand on my own body. I know there's a lot of healing modalities like Reiki and energy healing, but I love that God gave me the wisdom to just apply it to my own body and listen to my body and believe in the healing.

And what my spirit told me was that I was healed. I was still waiting for the results. I didn't know what they bring. I didn't know if the healing would take place the way I expected or differently and by God's design.

We have more power to contribute to our own healing than we sometimes realize or have learned. Maybe this journey will be a discovery journey for you.



## Day 7

As I was waiting for the results of my biopsy, I was in awe of the beautiful birds I saw. One by one, flying through the air with the light shining on them, planting themselves in the trees. Oh, I loved this. It was so beautiful.

The other thing birds represent to me is play. They represent laughter. They represent lightness. They represent joy.

And I thought to myself, we just need what they offer. They represent freedom.

I think we need to take our hints sometimes from nature. I think when we slow down long enough to pay attention to what nature has, we learn so much.

Today I'd like you to fly free and play.

And then I also noticed that they're very quiet and independent right before sunrise. Then at a certain time they all kind of gather together and start singing, chatting, and talking. So, take your time for quietness too, and take your time for socializing.



## Day 8

This is kind of funny to me, although it may not be to you. It may be a different experience for you. We will each have our own journey through this—our own stories.

I just went through a mammogram and the doctors were extremely concerned because they thought it might be malignant. Yet, every time I tried to explain to people about the potential malignancy (as I waited for my biopsy results), I couldn't say the word malignant. I would say, "They think it's malicious." "They think it's magnificent." I couldn't get that word out.

To me, it was really funny because it reminded me of my beliefs. I do believe words have power. I do believe our attitude has power. I do believe our emotions, negative or positive, can change the chemical makeup in our body. But I just had to laugh because of my inability to say malignant. If I was facing something really serious, the way the doctors framed it for me, and the way they believed, I could have been super scared.

Because of "my accident" of not being able to say that word, I realized it was just malware. Malware can be fixed. It was just malicious, and we can get rid of malicious software. It's just magnificent because it's a gift to help me to pay attention to what's going on in my life. Luckily for me, that was my take on it.



## Day 9

You've read my previous daily entries. (I initially just spoke each of them into my phone. I would send people these recordings to people when I learned they were diagnosed.)

There are more birds sitting on the trees now and I've been kind of recording these different days all in one morning. So, I love to see how as the day wakes up, the birds are waking up and gathering together more.

I believe what that tells us as humans is that as we wake up, we are social creatures, and we need to make our connections with friends.

We can sit quietly and independently, but sometimes even sitting quietly and independently in a group with others is nice.

When we are with likeminded others it is really nice. I see a few birds that are flying, but most of them are just sitting. Yet the flock is growing, and I love it.

My question to you is, where are you going to sit quietly today? Where are you going to connect socially? Where are you going to connect with like-minded people?





## Day 10

As I look at the tree across the way, the one that is the darkest was smiling the biggest.

I now see the sun shining on it. It just looked like there was a bunch of missing parts in the tree, and it looked like there were holes in the tree. It actually looked like there wasn't enough tree there.

What's really funny is that in the dark, sometimes we see a gift of joy. Sometimes when we look at it differently or in the light it looks ugly. It doesn't look like it belongs. It looks like it's trouble.

I would just encourage you to reframe whatever you're dealing with that's difficult and maybe decide to look at it differently. Look at it in an opposite way.

Dark and light are opposites. Maybe if you're seeing something and it's a problem, look at it from a totally different perspective. Ask yourself, how can this be a blessing? How can this be good? How can I find beauty in it?



## Day 11

Today is about my relationship, my journey with my micro calcification.

The doctors were concerned with my mammogram which showed a micro calcification with a birads of five out of six. To understand this rating a zero is pretty nonthreatening and a rating of five and six push all the alarm buttons.

That is what the doctors did for me.

As I waited for my biopsy results, which actually turned out pretty okay, I started talking to my micro calcification.

Thank you so much for this wake-up call. What are you trying to tell me? What have I not been doing that I need to be doing? What do you need from me? What do you need so that you're comfortable going away...so that you know that I've listened to you?

I encourage you to talk to your body. I've actually done this for years, long ago since I had my chronic fatigue, Epstein Barr Virus. Find out what it needs. If you've got an illness going on, find out why it's there, what it needs and honor that. Honor what your body needs.



## Day 12

Inflammation. For whatever reason I believe there is a lot of inflammation in our bodies today, and it is kind of an underbelly of a lot of disease.

My question is: what are you doing to reduce your inflammation?

It could be that you're eating more red beets, that contain betalains, which according to webmd.com can help reduce inflammation.

It could be that you're reducing alcohol. It could be that you're reducing toxins. It could be that you're going on a detox. It could be that you're eating more green vegetables. It could be that you're eating more whole foods and plant-based foods.

You have the power. You have the control to learn about and reduce inflammation to a large degree. Inflammation may be at the root of a lot of these diseases that we have thought have been genetic over the years.

There's research that shows only about five percent of illnesses are genetic. So, look at what you're doing and see what you can change if you want to improve and empower your health, or if you want different health than your loved ones.



## Day 13

How many times do we hear about food these days? We hear about GMOs and non-GMOs and organic. Do we need to know and apply all of this stuff?

I guess the question that I would ask is, how good do you feel? If you are feeling awesome, maybe you don't need to change anything. If you're not feeling awesome, if you're tired, if you're fatigued, if you're stressed out, if you get angry, if your emotions go up and down, or if you're having some health issues, maybe you need to look at the acidic level and balance it in your body.

A lot of the foods we eat and a lot of the sodas we drink and a lot of the alcohol we may consume can give us an acidic balance. When you get into a more alkaline state you can help yourself.

There's research that shows as much as 85 percent of disease happens in a more acidic body. So, if you want to reduce how bad you feel, and if you want to reduce some of what might be going on health wise, then go ahead and start to take control of your life by making your body more alkaline, by what you're eating, maybe detoxing, etc. Get yourself educated. Learn what you need to do for yourself.





## Day 14

Water. Yes. Water. I love water. I'm a water creature. I can sit and look at the water. It calms me. I grew up swimming in a pool. I love the ocean. I'm lucky enough to live in Florida where the ocean surrounds us. I love water.

Over the last number of years, we've heard a lot about water and how our tap water might not be healthy for us. We've heard it might contain metals or other chemicals.

There are all of these water filtration systems out there. I would encourage you to learn about what you need to do water wise and maybe make some changes with that.

The other thing I found interesting was that a lot of times symptoms that you may experience could be based on dehydration. Are you tired? You might be dehydrated. Is your skin dry? You might be dehydrated.

There are a lot of symptoms where we go to the doctor, and they can't figure out what's going on. A lot of times it may circle back to dehydration. The question becomes are you drinking at least half of your body weight in water? If not, maybe you need to begin getting yourself hydrated, not with sodas, not with Gatorade's, not with alcohol, not with coffee, but with plain old good clean water.



## Day 15

Did you realize that your skin is the largest living organ you have? For years and years and years, (and I've done this myself), we put on lotion, and we wash our hair, and we condition it. We put on Mousse and hairspray. We put beautiful cosmetics on.

All of these things can contain toxins. They contain chemicals. I remember listening to somebody about five or six years ago and he said he had a dear friend that went for five or six years to different doctors. She was feeling horrible, maybe even on the verge of death. I don't remember exactly, but she was feeling horrible, and no doctor could diagnose or figure out what was going on.

He happened to be a chemist and he actually somehow helped her to figure out that she was allergic to the chemicals in the products that she was putting on her body. He was able to create a cosmetic line that had none of those chemicals in it. She got better.

I would just suggest for you to be aware. Be cognizant of what you're putting on your body. What you're putting on your skin. If you're not feeling well, maybe change some of those choices.



## Day 16

Radical acceptance.

A friend was talking to me last week and she was talking about when she went through her own illness. She realized through radical acceptance, that she just had to totally accept the things that cannot be changed in her situation.

I look at it as kind of a surrender. Sometimes we have to accept and surrender to what's going on. When we do it loses its power. We can begin to have things come into our life that can help us to reframe it. To find different ways to deal with it.

Radical acceptance is what I encourage you to do today. When I went through my own cancer scare, my dear friend, Joy told me about the book *Radical Remission*. I've been reading this book and it has so inspired me.

It's the same concept. These people had stage IV cancer yet have radically changed their lives and beaten it. Be radical in your life.

Radical acceptance, radical remission, radical change.



## Day 17

Who do you like hanging out with the most? Who do you spend the most time with? Who brings you the most laughter and joy and peace?

Do you find that in your own company? Do you enjoy just hanging out with yourself? Do you laugh at yourself and with yourself? If not, it might be a great opportunity to learn how to do that.

Do you spend time with God? Are you able to sit still and just listen? Have you ever heard, "Be still and know that I am God?" Many of us are often running in our busy lives, me included. I'm running the rat race. I don't think I have time to slow down and appreciate me and appreciate God and appreciate nature and appreciate this life beyond the everyday grind.

Cancer helped me to slow down and reminded me that I have the power to make those choices. I encourage you today to slow down, take a few moments to appreciate something you haven't appreciated yet.





## Day 18

Did you know that your cells, your body, they need oxygen? How do you get oxygen into your system? What foods do you eat? What about breathing? How much do you pay attention to your breathing? Are you breathing from your chest or are you taking big, deep belly breaths? I hope you're taking big, deep belly breaths.

I remember my grandmother trying to teach me how to walk and to breathe. She would say, "Breathe in through your nostrils and then hold it. Breathe out through your mouth. I thought she was crazy back then. But she wasn't.

I've come to learn that she was absolutely spot on with what needed to be done. Whether you do yoga, whether you watch videos—whatever you do—breathing and getting good oxygen into your lungs and into your body is so, so important.

I encourage you to step outside, and just soak in oxygen, be in nature. Tap into the things all around you that are free...for good health, for happiness, for peace, for joy.



## Day 19

Worry. Is that your best friend? Does it visit you every day? Does it wake you up? It does?

Does it join you for your coffee breaks? On your drive to work? On your drive home? If so, it's time to let worry go away.

Research shows that your emotions and how you think effect the chemical makeup in your body. Worry, anger, frustration, all of these things set up and set off a chemical reaction within your body. That creates a more acidic level in your body, which welcomes disease more.

If you want to feel better, and you don't want to feel fatigued, you don't want to feel depressed or angry or frustrated, then wake up and be grateful for something in the morning. Be grateful every hour. Set a grateful moment reminder for every hour. Just be thankful for something. Be grateful several times a day. Learn how to be grateful. Make it your daily practice. Your new practice. I really believe you'll begin to change your thinking around.



## Day 20

Gratitude.

If you feel there's nothing you can be thankful for, you're right. If you feel there's many things you can be thankful for, you're right. It's all a matter of your perception and how you choose to wake up today. Whatever you did yesterday doesn't matter because you have a new choice today.

I've read some stories in *Radical Remission* and they talk about people going through stage IV incurable cancer, who were sent home with hospice. This book shares their stories, of them waking up and saying, wow, thank you for the sun. Thank you for me being able to see the sunrise. Thank you for me being able to laugh with my child. Thank you for me being able to look at the water and see how beautiful it is. Thank you for me breathing. Thank you for me being here another day.

I think when we begin to change and find something to be grateful for that begins to change the chemical makeup within our bodies and it helps us in our healing process. It helps us to just be better all the way around.



## Day 21

The choice is yours. We can't always control what happens to us, but we can always, always control how we respond to it. Sometimes everything that we've known in what we've learned, and traditional wisdom and traditional medicine tells us one thing, so we may not realize there are any other options. There are other options. Listen to your heart. Listen to your soul. Listen to your body. Seek out enough information to decide what's good for you, because you always have the ability to choose how you react to something. You don't always have the ability to control what happens to you, but you always have the ability to control how you react. Seek out the information you need in this moment for your highest and best good. Your highest and best service to yourself and others. Put prayer, gratitude, reflection, and surrender into place and enjoy the journey of taking back control of your life. Sometimes the more we surrender control, the more we empower control.





## Day 22

Today, for me, as I am recording this, it is June 25th, 2018. My twin sisters' birthdays. No, I'm not a twin. I've got sisters that are twins.

I'm sitting outside. It's a beautiful morning in Florida and I've got my bare feet on the ground, doing something called "grounding."

Grounding helps you to get the energy from the earth. There are protons and electrons in the earth and there are protons and electrons in your body. The person who discovered the benefit of earthing, or grounding, was a cable guy who realized and began testing the electrical charges in the body in different circumstances. He ended up working with a cardiologist, and through testing, was able to convince the doctor that the electricity in the body changed when people connected with the earth.

Years ago, when leather soles were used, the earth's electricity passed easily into the body. Many newer shoes use rubber soles, which block this flow. This results in us having less "balance" in our bodies.

So now, when you hear of people who go out and hug a tree, follow them! I encourage you to spend 15 minutes a day just grounding, just putting your bare feet on the ground, walking barefoot on the earth, and just enjoy nature. We don't know the gifts that God has for us there.



## Day 23

Today, I am here to inspire you to think about what we can learn from nature. Currently I am sitting in nature. I'm blessed to be sitting outside today in Florida.

It's a beautiful day and I'm thinking about all the toxins that some people say we put into the earth with all of the carbon and with all the chemicals.

I'm looking at all of the grass, the blades of grass and I'm looking at the water and I'm thinking about the natural filtering system that the earth has. When things go into the ground, we've got the sand. It filters things. Then we have rain that takes the water from the earth and recycles it. It filters it.

I sometimes will hear the air conditioning vents at the neighboring homes going off. I think about how we filter the air and how we need to put a new filter into our A/C system periodically.

Then I think about our bodies and how our kidneys and other things filter the chemicals and filter the food and filter what's going on inside of our systems.

Today think about the lessons you can learn from nature and what is right in your presence, that you may not have thought about before.



## Day 24

Today I want to talk about a concept called fasting. Fasting is where you clean the body out or you clean your spirit out.

It's about taking time to not focus on the things we normally focus on. To get more in touch with the subtle things around us.

Years ago, I went through an illness called Chronic Fatigue Syndrome or Epstein Barr Virus. Just like the coronavirus of today, it was a virus that the doctors could not cure. My traditional doctors had no way to help me. They told me, "Go home. Rest. Let your body take care of itself."

From that experience, I was inspired to learn how to naturally rebuild my immune system. One of the things that came to me during that time was to do fasting. My boss actually found a fasting place and offered to pay for me to go for two weeks. So, I went.

The first time I fasted on water alone for ten days. The following year, for nine days. For the first three days, every "mealtime" I would feel "hunger pangs," which Dr. Esser told me were just digestive juices because my body was used to receiving food at that time. Fasting was part of what I used in my healing process.



## Day 25

Today I want to share more with you about fasting. There are two different purposes or reasons that people fast. One is spiritual or religious, putting more focus on their creator and the other is for healing and health purposes.

From a health perspective the concept of fasting is that it takes our body a lot of energy to heal, so a lot of our energy goes into digestion. When we stop eating and we are only drinking water, that same energy that used to go into digestion is now going into healing the body.

I did my supervised fasts at Esser's Ranch when I went through my virus, which was like Adrenal Fatigue, or many of the autoimmune diseases prevalent today. After about the third day I had so much energy.

I was no longer programmed to be hungry at mealtime. I learned I didn't have to keep doing things the way I had always done them. That there were new ways, new information. It opened me up to the field of natural healing. Over the years I have learned so much! If you ever fast more than three days make sure it is under supervision.





## Day 26

Many people, including myself, have been caught up at least at one point in their life with a concept called scarcity. I don't have enough. I'm not enough.

It's funny because struggle is another word that comes into play with that. For myself, I've struggled often throughout the years with either money issues or other issues and I've been learning in the last five or six years how to reframe my thinking and think differently.

I even had a self-appointed abundance coach! He said, "Look at the earth. Look at the number of blades of grass. They go on and on and on forever. There's no way you can count them. Look at the leaves in the trees. They are countless. You can't count them. Think about the grains of sand at the beach, you can't count them. That concept is also Biblical."

I just want to encourage you that if you're feeling low, you're feeling like you don't have enough or you're not enough, realize that if you reframe your perspective for yourself, you may begin to see things in a whole new light. You have that power.



## Day 27

Think about what you can learn from life, from your environment, from your routines. I would hope that all of us clean our house on a regular basis, clean our car on a regular basis, do our taxes on a yearly basis, sometimes quarterly if we own our own business.

These processes kind of clean out the old and figure out where we're at. In the environment when it rains, in essence it is cleaning up the environment. When trouble strikes, could that be like rain, here to clean up something in our life?

Why wouldn't we also do a cleanse within our own body? I wanted to share with you that one of the things I did was a 21-day prayer and fast when I was first diagnosed with cancer in 2016. Every single day of those 21 days, God gave me new people, new information, new things that could help me. It was amazing.

I would encourage you to watch what you are putting in your body. Consider what benefit it has to your life, your health. Many recommend doing a cleanse of some type every time the season changes.



## Day 28

Today, the topic is forgiveness.

So many times, something has happened to us, and we feel wronged, betrayed, misunderstood, hurt in such a deep way. Sometimes we don't think we'll ever get beyond it. Forgiveness is not about the other person, it's about us.

I'm sure many of you have heard that when we forgive, the act of forgiveness can free something up inside of our heart, inside of our soul, inside of our spirit.

When that happens, we can have a better healing experience. If you think about anything that's holding you back and you might need to really reflect on it, start to pray, start to journal, start to let go.

There's a book called *A More Excellent Way*. That book talks about the emotional side of disease, of illness, of cancer. It explores possibilities we may not have thought about it. If it is possible this new perspective might help us to release, to reflect, would it hurt us to consider it? Could it help us? For me, it was just a really eye-opening experience.



## Day 29

Today I'm going to talk about some natural healing. I remember a friend of mine telling me when I was diagnosed with breast cancer that she had gone in for a mammogram a year earlier and they found a lump.

She came out into the parking lot, and she started praying. She had a very, very strong faith. She was a very strong Christian lady. She told me, "I started praying and asking God, what am I going to do?" And she heard this small subtle knowing voice, what she felt was the Holy Spirit, that told her, "Put your hands on your breast." She did. And then she just started praying. After quite a while, she felt that same voice say, "Go back inside." She did. They retested her. She no longer had that lump.

Now, does that happen for all of us? No, it doesn't. But can it happen. Yes. We serve an amazing God. Each of us will have our own unique story with this particular journey. We have the potential to learn much. For it to be a teacher to us. That doesn't mean the road will always be easy.





## Day 30

When I was diagnosed with breast cancer in 2016, I remember reconnecting with a friend that I hadn't seen in many years. I knew she'd gone through some kind of health crisis. I knew she did a lot of natural things to help in the healing process, but I didn't know the details.

During my 21-day prayer and fast I happened to run into her...after not seeing her for six or eight years! She shared with me that she had been through melanoma and when she went to the hospital, they wanted to do surgery and remove the spot, but she did not have any health insurance.

Her husband went home and started researching many things that could be done on the Internet. They used something called Black Salve. She also worked with a lady that did blood analysis, as well as other practitioners that were housed in this woman's office.

Ironically, she mentioned a Doctor of Oriental Medicine that I knew. When she said her name, I'm knew that was going to be somebody on my healing team. And it has been. She has been a godsend to me.

My friend also started eating clean and did very, very well for a very long time. Be open to the small subtle signs, sometimes right in front of you.



## Day 31

I am here to help you think differently today. This story is about a friend of mine, a different friend that when I was diagnosed with breast cancer in 2016. She shared her story with me, which had happened to her five or seven years earlier.

She's a strong Christian lady. She went to her doctors, and they found a lump. They wanted to do chemo and radiation. She looked at the physician that had been treating her for over 30 years and she said, "You know, I trust, and I believe in what you do so much, but I also believe that my master healer, my great physician, is God. Can I have 90 days to try to deal with this spiritually and at that point, we'll do what we need to do?" He said "Yes."

She went home and applied a number of different things. Ironically, some of the same things I applied.

One of the things that she learned was that breast cancer, from an emotional standpoint, can have to do with lack of forgiveness or issues with women, some in your own family, some outside of your family. The book she read where she learned that is *A More Excellent Way*. Shared a lot of those philosophies. I applied many. They helped me in my healing journey.

*It is my wish for you to embrace the new lessons, the new opportunities that may be found somewhere along the road you travel.*

*May your travels inspire you and others, bless you and others, and carry you through the difficult times.*

*We all leave this earth some day, in some way. May you stay until your job is done; your purpose fulfilled. May you live on in the hearts, minds, and souls of those you have love— now and long into the future.*

## Other Works and Programs

- *Our Bodies: The Optimal Design* by Elizabeth Norlin (available on Amazon)
- Be Healthy in a Hurry Podcast at [www.behealthyinahurry.com](http://www.behealthyinahurry.com)
- Write Your Heart Out! Book and book coaching (coming soon)
- Optimal Order Monthly Membership (coming soon)
- Naturally Recharge Your Mindset (coming soon)
- Naturally Recharge Your Immune System (coming soon)
- Learning Multiplication: Seeing Patterns Everywhere (coming soon)
- And more to come!

To find out more about her programs or having her speak for your organization, she can be contacted at:

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## About the Author

Many years ago, Betty felt a small, subtle, energetic tap that she felt was telling her to be a writer and a speaker. Throughout her career she has



sought opportunities to expand her skills and inspire and impact others through education, speaking, and writing.

Her life experiences with Epstein Barr Virus (aka Chronic Fatigue Syndrome) early in her adult life shut her down for several years. The blessing that came from that was a lifelong passion and interest in health and wellness and learning how to recharge her own health, as well as share what she learned with others.

She lives in sunny Florida, has an amazing circle of friends and family, and loves to travel, teach, and relax with friends. The water, the beach, and nature call her often.