

## Fibroid Tumour goes to World Championships

3 weeks ago I was diagnosed with a melon sized fibroid tumour (benign) growing on my uterus. The preceding months had been filled with increasingly excruciating and debilitating abdominal pain, a distended abdomen, backache, cramping, compromised bladder function and very heavy menstrual bleeding that left me exhausted, frustrated, confused and my pants popping their top button all day long! To add to the physical, emotional and mental intensity of this period I had just ended a long term relationship, put my home on the market, moved to the city, been in a serious car accident which wrote-off my car – and all this while my business was growing ever more challenging and exciting by the day!

'My' Gynaecologist recommended immediate surgery to remove the fibroid, along with my uterus and cervix – a female hysterectomy! He offered no other solution, indicating there was no other way to be rid of this tumour. This man loves his work, "and besides" he said, "at your age you don't need it anyway, it's almost past its used-by-date!" Further to this he seemed to be implying that an attractive woman of my age, without her uterus and no children, would be an appealing catch on the dating market – lucky me!

I'm 39, have not had children, run my own business and was recently selected to the Australian team to compete in the World Triathlon Age Group Championships in September this year. I want to keep my body whole, to keep my womanhood intact. I could never have children if I took this course of action. I could not compete at World Championships if I had surgery...and my business would be compromised for at least 6 weeks if I chose surgery. But to continue to live with the considerable pain and discomfort was a real concern. These were the things I considered in the face of the news from the Gynaecologist.

As I took a few days to consider my feelings and my options, I came to believe that the most significant thing I would miss, if I underwent surgery as my first course of action, is the 'gift' of the fibroid and the compelling opportunity to address the underlying emotional source of the fibroid. I knew this intuitively and deeply... as though 'God' or some 'higher power' was challenging me to heal myself; challenging my resolve to live a fully conscious life and to 'practice as I preached'.

So, I made a commitment to my life. I accepted deep responsibility for taking care of myself. I accepted the loving help of dear friends. I have begun to gently and thoroughly search out the reasons behind my "women's troubles". Including: to resolve more deeply my depression, co-dependent nature, childhood issues, energy blockages and high stress levels (and I truly believed I had done most of this work already!).

The day of my diagnosis I went out and purchased virtually every book, CD & DVD on the subject of Fibroids, Women's Health and Emotional Healing. The following passage, from *The Wisdom of Menopause* by Christiane Northrup, is the first thing I read on the subject of fibroids:

'Though there are well-established dietary and hormonal reasons why so many women have fibroids, the baseline energetic patterns that result in fibroids are related to the blockage, 'leaking' and stagnation of the energy of the second emotional centre. Women are at risk of fibroids (or other pelvic problems) when we direct our creative energy into dead end relationships that we have outgrown...'

I related to this paragraph entirely. If you have a fibroid, it may be time to ask yourself the following questions:

What are the creations within me that I want to put out into the world before I am no longer here? If anything were possible, what would my life look like? If I only had 6 months to live, what relationships would I release from my life immediately? Which ones would I give more of my time and attention to? Which ones drain my energy?

Write your answers in a journal. Deep within you, you have all the answers you need. You simply need to create enough space in your life and have the willingness of heart to hear the answers as they speak to you.

The second thing I discovered was that female hysterectomy is the number one surgical procedure in the UK, and that one in three US women over the age of 30 years has had a hysterectomy – and honestly that stunned me – if men had uteruses would hysterectomy be so prevalent?

This is not to say that hysterectomy is wrong for all, simply that it may not be the most reasonable first option. This is a radical surgery that changes a woman for life.

I believe in the healing power of movement – be that movement of the body, movement of the breath, movement of creative energy. I recognise that I have not lived this ‘movement’ fully enough to nourish and support my deep inner and outer wellbeing; I believe this fibroid tumour is the physical manifestation of this ‘lack of movement’.

I am excited; truly, deeply excited by the opportunity to grow and delve and explore my own healing, my own depth, my own creative expression. And so my commitment to my inner journey is renewed. I sense the Phoenix rising. It is through meditation, yoga, journaling, acupuncture, beach walking, mindful living, nutritional and energy healing that I know my healing is unfolding.

I will take my fibroid with me to the World Triathlon Championships, but as of today I have withdrawn from competition. We will go to spectate and to support my dear friends on their own journeys. For now I draw my energy within, to focus on the task of healing.

In the face of this latest challenge I sense a renewal of my inner faith and a deepening acceptance of life on life’s terms. I know the ability to heal lies within me; I hope that this knowledge goes some way toward helping others choose to heal themselves. My simple gift today is my honest offering of my own personal experience, strength and hope.