

Elizabeth Hepburn's

*Better &
Better
Series*

*Guidebook
for Patient and Caregiver*



The Better & Better Series Guide Books contain information designed to support and enhance the experience of the programs.

The Better & Better Series Guide Book
For Surgery Patients and their Loved Ones

Welcome to the **Better and Better Series**. This is a Video/Audio Series designed to relax you deeply, and nurture and heal you in body, mind and spirit.

Pre-Surgery – The soothing, healing ambiance of the beach, combined with music and meditation, promotes relaxation and a sense of peace and trust to set the stage for optimal results to be achieved from surgery.

Post-Surgery – The Recuperation Period – The powerful inspiration of a beautiful waterfall in Spring, in combination with music and meditation, supports and invigorates the healing process to facilitate recovery.

In The Lap Of Luxury – Feeling Good for the Rest of your Life – A magnificent lake provides the backdrop for music and meditation designed to sustain radiant health and well-being.

Introduction
To the Patient and Caregiver(s)

The Patient and Caregiver programs are similar except for the meditations, which differ in order to address your specific needs. The visuals, music and meditations have all been designed to provide you with a relaxing, healing, and very pleasurable experience, which I trust you'll enjoy sharing with each other.

Also, though this Guide Book is divided into Section 1 - For the Patient; and Section 2 - For the Caregiver(s), I heartily encourage you to read both Sections. This information will greatly enhance your over-all experience of these programs.

Section I – For the Patient

My illness was a blessing in disguise.

Elizabeth Hepburn

I come to this work quite naturally, having had a lot of experience both as patient and caregiver. A long struggle with cancer that necessitated six surgeries in four years, followed by three years of chemotherapy got my attention in a very big way. When the dust finally settled, it became clear that this difficult time had been a blessing to me. Quite unexpectedly, my singing/theatrical career was eclipsed by a passion for the healing arts. Always within a context of music, through live performances and recordings, I began to share the information and inspiration that had not only saved my life, but had opened me to the awesome energy in which we all live and move and have our being. When true connection is made with this all-pervasive energy, life is never the same. It takes on a whole new meaning. It becomes an adventure of infinite possibilities that provides a zest for living and a joyful embracing of the mysterious and the sacred. And mysterious it is! The sooner we realize that we're probably never going to understand why certain things happen when they do, the better our ongoing experience of this life becomes.

There's no doubt in my mind that life is lived from within out. If we're not taking care of our inner life, (being aware of our thoughts and feelings, then choosing responses that best serve our well-being) the outer will confront us sooner or later. To my way of thinking, when our lives get sufficiently out of balance (which doesn't make us bad or wrong), the Universe, which has probably been trying to get our attention for quite a while, brings us to our knees in some way. So I feel it's no accident when we find ourselves about to have surgery. However, I also feel that if you and your loved ones can consider this interruption in your ongoing life stream as a “rite of passage” – a necessary, albeit mysterious, detour – this event will serve all of you very well in the long run. If you will surrender to the here and now, it is my intention to set the stage within you for a positive and life-enhancing outcome to your surgery and to this life challenge. It is also my intention that the rest of your life be graced and blessed by your opening to the very essence of yourself.

You are what you think about all day long.

Ralph Waldo Emerson, Essayist/Philosopher

Hippocrates (known today as the “Father of Medicine”) once said: “A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.” I would add to that, not only using thoughts to derive benefit from our illnesses, but using thoughts to assist us in manifesting radiant health and well being. As stated in the above quote, our thoughts, and the feelings elicited by them, are enormously powerful. They are constantly creating our life experience – not necessarily the circumstances, but our experience of those circumstances – how we perceive situations. So I'm encouraging you to perceive this surgical event as a very valuable chapter in your life. As one who's been there, believe me, it is.

I think that we may safely trust a good deal more than we do.

Henry David Thoreau, Philosopher

I've been right where you are today – anticipating imminent surgery. I know how you feel and I know this is not fun. But please know that this too shall pass. Again, I suggest that you think of this experience as a “rite of passage” or “initiation” – an arduous “journey” to awaken you to a more expanded, more purposeful and wiser sense of yourself. For some reason you must undergo this procedure, and for some reason it's exactly where you're meant to be right now. It's probably unfathomable to you at this point, but somehow this is perfect. I ask you to surrender to that – to let go of “why me? – why now? – what did I do to deserve this?” You may be aching for the answers to those questions, but the most helpful and healthful thing you can do is to let go and surrender to the here and now. Let go of the struggle. The ongoing message in these recordings is to relax as deeply as possible, and trust the process. Trust in the surgical procedures available today; they're wondrous. Trust in your doctors and their teams, and if you don't feel trusting toward them, find other ones. And most of all, trust the innate wisdom within your body/mind system. It's magnificent. I refer to this body/mind of ours as a healing machine. When our lives are reasonably in balance, it's humming along, realigning itself constantly. At the moment, you're experiencing a disruption in this natural flow and balance, but the mechanism is still there and will serve you better and better the more you relax, let go and trust. If you've never truly acknowledged the stunning mind/body connection, allow me to introduce you to its wonders now.

Hero – *A person noted for feats of courage or nobility of purpose*
Webster's Dictionary

Dr. Deepak Chopra has been one of my heroes for years. He's brought into mainstream thought the “quantum healing” data that years before had contributed so mightily to my complete recovery. The information I received at that time came from ancient spiritual/metaphysical traditions and was imparted to me and thousands of others by a most extraordinary spiritual teacher, another one of my heroes, Hilda Charlton. Hilda taught us many valuable things, but for our purposes here let me state just these three:

- 1) The Universe and everything in it is energy – as solid as some “matter” seems, everything is actually whirling atoms (or subatomic particles) of ever-pulsing energy
- 2) Our thoughts are “things” – they create energy fields that either uplift our lives or depress them; they are constantly impacting our bodies.
- 3) Disease is literally that – dis-ease – a lack of ease, peace and harmony within us.

Now, Dr. Chopra (along with many other doctors and scientists) is sharing with the world these and numerous other “metaphysical” concepts that currently form the bedrock of scientific thought. In his remarkable book *Quantum Healing* he states the following: “If you could see your body as it really is, you would never see it the same way twice. Ninety-eight percent of the atoms in your body were not there a year ago. The skeleton that seems so solid was not there three months ago. The configuration of the bone cells remains somewhat constant, but atoms of all kinds pass freely back and forth through the cell walls, and by that means you acquire a new skeleton every three months.

The skin is new every month. You have a new stomach lining every four days, with the actual surface cells that contact food being renewed every five minutes. The cells in the liver turn over very slowly, but new atoms still flow through them, like water in a river course, making a new liver every six weeks. ... The beauty of the human body is that it is new every moment. It is not solid and stable like a frozen sculpture. It is mobile and flowing like a river.”

Also from *Quantum Healing*: Dr. Chopra's compassionate desire for a patient: “Basically I want to get your body into a deep, deep state of rest.” This is also my intention with the **Better & Better Series** – that you enjoy, with great regularity, a deep, deep state of rest.

Imagination is more important than knowledge.

Albert Einstein, Physicist/Philosopher

This surgery experience will, in some way, be changing your body. Allow it and these recordings to change and open your mind and heart as well. You may start this process by deciding to incorporate into your life this very simple phrase by Emile Coué: *Day by day, in every way, I am getting better and better.*

During my own healing process, I was introduced to the work of Emile Coué by Dr. Robert Muller, then Assistant Secretary General of the UN. Dr. Muller was a radiantly enthusiastic gentleman who was a guest speaker at several of Hilda Charleton's classes. He shared outrageous and inspiring stories of his experiences working with the French Resistance during World War II. Through his use of the power of positive thought and imagination, regardless of perilous circumstances, he escaped Nazi capture on numerous occasions and ultimately made even incarceration a helpful growth experience. I highly recommend his delightful and uplifting book, *Most Of All They Taught Us Happiness*. Much of Dr. Muller's philosophy was inspired by the work of Emile Coué.

Emile Coué (1857-1926) was a French pharmacist, whose passion for, and study of, the power of the mind and imagination ultimately led him to open a clinic in Nancy, France in 1910. He realized that his life mission was to relieve man's suffering, and he humbly, and with great generosity, shared himself and this work for no pay. People from all over the world flocked to Nancy to receive his helpful/healthful message and the healings it provided. At a time when the medical profession was becoming more and more scientific, he was teaching people to recognize their own subconscious mind and to literally feed it with positive, life enhancing, health producing suggestions. He knew that in a contest between the will and the imagination, the imagination always wins. He imbued his clients and audiences everywhere with his unshakable confidence in this innate power: “You have in yourself the instrument of your cure.”

I resonated tremendously with Coué's message – it clearly contributed to my own healing process. I share this information and his well-known quote that it may serve you on your journey. *Day by day, in every way, I am getting better and better* is sending a very positive, life affirming message to your mind/body system. It covers all the bases. I heartily recommend its use to support you during your current challenge and to sustain you in a state of balance throughout your life. As per Coué's instructions, say it quietly but out loud, so that your lips are moving and your ears can hear it, 20 times before sleep and 20 times upon awakening. He also suggested using a piece of string upon which you've tied 20 little knots to assist your keeping the count.

***The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart.***

Helen Keller, Blind and Deaf Author/Lecturer

For years my ongoing message has been Come Home To Your Heart. From very personal experience, I know that we connect with healing energy there. We contact the wonderful feelings of love, compassion, joy, gratitude and peace in what is metaphysically referred to as the “heart center” – the entire chest cavity, which houses our physical heart. Acknowledging and relaxing into these energies provide us with a gateway to Spirit – to our essence – to who we really are. It's my conviction that a startling interruption in our everyday lives, like a surgical procedure, is a message from the Universe to quiet us down and unite us to what is truly meaningful in life – hence my perception of its being a “rite of passage”. Awakening to our essence is life transforming. During the meditations on these recordings, I invite you to come to rest in your heart center – to rest in the well-spring of infinite love there and allow yourself to experience this love energy from your heart center pulsing all through your body. Love is essential energy and the most creative, powerful and healing force in the Universe. Let your mind/body system be enveloped, saturated and healed by it. Feel it. Truly feel that it's all around you and in every cell of you. “Love occupies a majestic place in healing. Lying outside space and time, it is a living tissue of reality, a bond that unites us all.” Dr. Larry Dossey *Healing Words*

May this surgical experience and recuperation period be as easeful as possible for you and your loved ones. And may these meditations encode you with an overwhelmingly powerful desire for a life of radiant health and well-being. Whenever you feel that life is just too full of pressures, remember that a diamond is a chunk of coal that did well under pressure. May this current “pressure” turn your life into the most brilliant and precious expression of you possible. Thank you for inviting me to accompany you on your healing journey. May you ever so easefully Come Home to your Heart.

Someday, after we have mastered the winds, the waves, the tide and gravity, we shall harness for God the energies of love. Then for the second time in the history of the world, man will have discovered fire.

Pierre Teilhard de Chardin, Theologian/Philosopher

Section II – For the Caregiver(s)
(Patient please read this also)

I welcome you also to *The Better and Better Series*, dear caregiver.

If you haven't already done so, please read the Patient section of this Guide Book. There you will be introduced to some of the recurring themes in these programs. This will greatly enhance your experience of them.

These meditations are designed to enrich this challenging time – to bring great value to this “rite of passage”, that it may truly bless you and subsequently serve you for the rest of your life. You and your loved one will be seeing the same visuals and hearing the same music, though, to address your individual needs, the meditations are different.

A loved one becoming critically ill/needing surgery/having a serious accident is as much a process for their family and close friends as it is for them. We're all “in it”, like it or not. It's heartbreaking to watch a loved one suffering, and we often get so drawn into the drama that we become physically and emotionally exhausted and susceptible to illness ourselves. However, in the throes of these demanding circumstances, it's helpful to recall the advice we're given on airplanes in the event that the pressure drops in the cabin. When the oxygen mask comes down, we're instructed to put it over our own face first so that we can appropriately assist others. That's the key here. To be truly effective and helpful, you need to give yourself “the oxygen” to keep you healthy, upbeat and functioning well. You need to be as calm and relaxed as possible; therefore, you need “healing time” too. I heartily encourage you to take the time to oxygenate, nurture and heal yourself daily with these meditations.

What is important is not what happens to us, but how we respond to what happens to us.

Jean-Paul Sartre, Philosopher

As per my Patient advice, I encourage you to Relax, Let go, Trust. If you will surrender in trust to what each day brings, being very present in your body and mind, you're going to grow in leaps and bounds as a human being. Surely at times you'll be feeling sadness, and perhaps anger and other difficult emotions, but the task at hand demands that you not dwell on the disempowering thoughts that are feeding these emotions. Acknowledge them and then *choose* to let them go, by consciously reflecting upon positive thoughts and ideas. Every time you feel yourself sinking into worry and fear, gently bring your awareness back to something upbeat and loving. Let the love you feel for this person inspire you – let it get you into your heart energy. When you're in the heart flow you become a healing presence. This heart energy pouring out of your eyes blesses with compassion everything you look upon. Your hands are capable of bringing a healing touch. Your very presence brings a peace without your “doing” a thing. You are *being* healing.

Love heals.

Please take very good care of yourself. You might want to set your watch to remind you hourly to breathe, relax and stretch throughout the day. Also get as much sleep as possible each night. Drink lots of good water. Nourish your body with really good food (as tempting as they are, it helps to stay away from junk food and a lot of coffee/caffeine). Take walks in the fresh air as often as you can. Give yourself tender loving care so that you may share tender loving care with your loved one.

It's my intention that you thoroughly enjoy relaxing and feeling peaceful and connecting to the Spirit of Life that dances in every cell of your body and pulses throughout all space. We are intrinsically part of this infinite energy and acknowledging its role in our everyday lives is not only invaluable but mandatory for our ongoing health and happiness. Think of your “rite of passage” as caregiver as an intense and surprisingly wonder-full opportunity to court and ultimately morph into your wholeness – to finally, once and for all, “know and feel” yourself as body, mind and spirit.

May this experience awaken in you an ever-expanding love and appreciation for this sacred, mysterious gift of Life. Very easefully, Come Home to your Heart.

On the way back home from the moon, as I was gazing out the window at Mother Earth, the awe-inspiring beauty of the cosmos suddenly overcame me. While still aware of the separateness of my existence, my mind was flooded with an intuitive knowing that everything is interconnected – that this magnificent universe is a harmonious, directed, purposeful whole. And that we humans, both as individuals and as a species, are an integral part of the ongoing process of creation.

Edgar Mitchell, Astronaut

And here's your life prescription:

Come Home to your Heart

Love - Love - Love

Love yourself – Love people - Love your life – Love and respect all of life

Feed your mind positive, inspiring thoughts, books, movies, TV, people

Feed your body nutritious and delicious food and drink

Be sensitive to all its needs

Feel and express gratitude and appreciation daily

Develop a delightful balance of work and play

Breathe deeply often and sigh/smile out that exhale, releasing any tensions

Relax and rest often – Smile and laugh a lot

Marvel at the glories of nature – Let breezes caress you

Generously share yourself and your unique gifts

And

Always remember and trust the innate healing wisdom that pulses through your body every second – day and night.

Repeat daily – 20 times upon awakening and 20 times before sleep

Day by day in every way I am getting better and better.

My most profound gratitude to Eric Brown for producing the

Better & Better Series

and to Ben Bryant for his directing and editing of it.

Recommended Reading

***Anatomy of an Illness* by Norman Cousins, Bantam Books, 1540 Broadway, New York, NY 10036, Copyright © by W. W. Norton & Co., 500 Fifth Ave., New York, NY 10110**

***Healing Essence* by Mitchell Gaynor, M. D., Kadansha America, Inc., 114 Fifth Ave., New York, NY 10011, Copyright © 1995 by Dr. Mitchell L. Gaynor**

***Healing Words* by Larry Dossey, M. D., HarperCollins Publishers, 10 E. 53rd St., New York, NY 10022, Copyright © 1993 by Dr. Larry Dossey**

***How to Practice Suggestion and Autosuggestion (1923)* by Emile Coué, Kessinger Publishing, PO Box 1404, Whitefish, MT 59937, www.kessinger.net**

***Most Of All They Taught Me Happiness* by Robert Muller, Doubleday & Company, Copyright © 1978 by Robert Muller, Available at www.Amazon.com**

***Preparation for Surgery* by Peggy Huddleston, Angel River Press, Box 1038, Cambridge, MA 02140-0009, Copyright © 1996 by Peggy Huddleston**

***Quantum Healing* by Deepak Chopra, M. D., A Bantam Book, 1540 Broadway, New York, NY 10036, Copyright © 1989 by Dr. Deepak Chopra**

***Self Mastery Through Conscious Autosuggestion (1922)* by Emile Coué, Kessinger Publishing, PO Box 1404, Whitefish, MT 59937, www.kessinger.net**

***The Healing Heart* by Norman Cousins, W. W. Norton & Company, 500 Fifth Avenue, New York, NY 10110, Copyright © 1983 by Norman Cousins**

***The Isaiah Effect* by Greg Bradden, Three Rivers Press - Three Rivers Press colophon is a trademark of Random House, Inc., www.randomhouse.com, Copyright © 2000 by Greg Bradden**

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I am getting better and better.*
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