

A TRIBUTE TO MY HERO - MY MAMA. A SURVIVOR

15 years ago my mother was diagnosed with cancer – a monstrous tumor on her adrenal gland. With an incredible conviction and determination she made the decision to conquer this disease and committed herself to the challenge, 100%.

After a stressful period of numerous doctor’s visits, consultations and advice, my mother made the decision to have the tumor surgically removed; not realizing it would mean she would also lose her kidney, spleen and a small piece of her pancreas. Recovery from the surgery was extremely slow as she also had to regain all the weight she had lost. I remember my mother saying that she ate chili because it gave her an appetite. Without going into all the doom and gloom of cancer I would like to focus on the positive aspects that this experience gifted us all.

I have enormous respect for my mother, especially for sticking to her decision despite the fact that some of the medical practitioners didn’t support her choice. I admire her strength of character and absolute feisty demeanor to overcome this disease. She had a deeply personal reason WHY it was so vital for her to conquer this.

Now that I am older (and wiser) and having become a mother myself, I have a much clearer understanding why my mother made that brave choice. Her purpose to survive was to see her children married and to become an important part of her grandchildren’s lives. She is now a proud granny of 6 boys, and she includes herself in their lives with great joy and love.



By Karen Singery

Karen Singery is a Transitional Coach who is furthering her studies at The Coaching Institute in Australia. She founded her business Pathways Unlimited and specialises in assisting people who are experiencing or wanting change in their lives, career, wealth, health or relationships. Karen is passionate about helping people to empower themselves, to explore new paths and develop new supporting goals. As a result of this her clients ultimately have clarity, direction and a new lease on life. She has coached clients in the USA, New Zealand, South Africa, UK and Australia. Karen can be reached on pathwaysunlimited@gmail.com or via her website www.pathwaysunlimited.com.au

Throughout this healing journey I have learnt many things from my mother:

1. Never give up! Adopt a positive mindset. Pain, illness and change opens up a well: – what are you going to fill it with?
2. Have a powerful reason WHY you want to overcome this. Hold this reason constantly in your heart to remind you, and to support you through difficult times.
3. Ask questions and have an understanding of what is going on. Keep yourself continually curious.
4. Ask for support. You do not have to go through this alone. You are never alone!
5. Show up. Continue with your normal daily tasks as much as possible. Saying this, set intentions for your day. Do something every day that moves you closer to your goals.
6. Keep yourself busy by doing something that you enjoy and love. This will help to change your thought patterns. What you focus on, expands - so use this opportunity for growth and expansion.
7. See the joy in small things. Celebrate and acknowledge the beauty that you see and be grateful for it every day.
8. Spend time with people that motivate, encourage and inspire you. Find a role model and ask yourself, ‘what have they done or what would they do?’

9. Be of service to others and give your time generously to help others. Living with compassion and reaching out to others takes the focus away from you. It re-energizes you and gives you purpose. My mother constantly gave and still gives her time to others. She knits beanies and supports a local home for young adults with disabilities.
10. Have faith and connect with something spiritual that will guide you along your path.

Just reading over what I have written has made me realize what an enormous inspiration my mother is to me. I am in awe of her personal strength and courage; she is one incredibly brave lady amongst so many out there in the world. My mother is turning 80 next year and still lives each day to its fullest; always visiting friends and family and even traveling overseas to visit us. She has mastered Skyping and uses her iPad and iPhone. She continues to inspire me with her determination to learn new things. Hopefully when I reach her age I will follow in her footsteps and continue to celebrate life.

I am proud and honored to say that my mother is my hero, my role model, my “Mother Theresa”.

www.pathwaysunlimited.com.au

pathwaysunlimited@gmail.com

