

A woman in a red dress is captured in mid-air, leaping or dancing against a vibrant sunset sky. The sun is low on the horizon, casting a warm glow over the scene. The background shows a beach with gentle waves and a distant shoreline. The overall mood is one of joy and freedom.

YOU ARE SO
Beautiful!

A Map for Thriving in Love and Intimacy
After Breast Cancer

Barbara Musser

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Introduction

The ***You Are So Beautiful*** course provides an opportunity for you to transform your relationship with yourself in many areas including your experience of your beauty and desirability; your capacity for happiness and joy; your intimate life, and knowing what it takes and how to design and create the experiences you want to have in your life.

It's about growing yourself from the inside out. It depends on your commitment to yourself to change and to doing what it takes.

This material comes from my personal journey with breast cancer for more than 25 years as well as the work I have done with many women who are traveling on the journey of breast cancer. My vision is for every woman with breast cancer to know that she is beautiful, desirable, sexy and that it is possible to create and enjoy a happy, healthy and satisfying quality of life that goes far beyond surviving. I see women thriving and living meaningful and inspiring lives, laughing and loving and celebrating every day.



~ Barbara Musser

Context

During this course I speak to you from the source of wisdom in me to the source of wisdom in you. It is a high level communication because this is where healing, change and growth happen. At this level we are all connected and can all access what we need to create a thriving life.

I know that you are beautiful and that you can have a life filled with love, laughter and the intimate life that you want. I will open doors for you to walk through as you navigate your personal journey of life after a cancer diagnosis.

By participating fully with this material and trusting yourself and what you get, you will reveal your personal map. You will see the map you are currently using to navigate your life, and you will learn how to design and create a map that leads you to the experiences you want for beauty, love and happiness.

As you learn and use the tools provided you empower yourself to know that you can create what you want in your life. This is freedom!

How to Use this Material

This workbook is a companion to the video lessons. It is filled with exercises and practices to deepen your experience and make the changes through taking action to support the wisdom in the videos.

When you receive the course, I recommend that you first view a video and then complete that section of the workbook. Do all the exercises in the order they are given because the design is cumulative and each exercise builds on the previous exercise.

Some practices are intended to do once; others are repetitive. Each video lesson contains a visualization that can be done daily if that feels good to you. Otherwise, doing it once is sufficient. Let your intuition guide you about the frequency of using the visualizations.

Once you have completed the course, feel free to revisit the videos and workbook in whatever way inspires you.

If you do this course and participate fully, you will make profound changes in your life. When you combine working with the 3 states of consciousness with practical exercises, the results are powerful and permanent.

The Power source for wisdom, change and growth is to integrate what you are hearing, seeing and reading on all levels of body, mind, spirit and heart.

Lay the Foundation

There are 4 exercises in this section of the course. Please do them in the order they are given here. Each exercise builds on the ones that precede it. After you have done them one time, you may continue with them in whatever order intuitively feels best to you. These exercises are for you, so consider that you are giving them to you as a gift. Doing these exercises will reveal your personal map for your beauty, happiness and love to you. Until you see it you can't change it. Once you see it you can create a new map if you wish.

1. Exercise One ~ Why Are You Doing This Course?

As you contemplate your life now that breast cancer is in the picture, what do you want to accomplish through the **You Are So Beautiful** course? Close your eyes and ask yourself why you are here and why you have chosen to use this course in your life. Write your thoughts, realizations, hopes and dreams here. Here are some questions and places to look to get you started ~

- What are your thoughts and beliefs about beauty, cancer, healing, love and intimacy?
- Where are the cracks in your heart and what do they reveal to you?
- How can you use the cracks in your heart as openings to let the light shine more brightly?
- How do you experience love ~ giving, receiving, sharing, knowing, being, service, gratitude, prayer, other?
- What has you feel whole and loved?
- How can you love and care for your body ~ nutrition, movement or exercise, stress management, strength, self-expression, sleep, meditation, where you live, what you wear, other?
- When you access your own wisdom and intuition, what do you know?
- Are there changes that you know you need to make in your life ~ if so, what are they?
- What makes your heart sing?

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2. Exercise Two ~ How Has Breast Cancer Impacted Your Life?

Write about how breast cancer and treatments have impacted your life. Look at the following specific areas and list the impact on your life and write 3 changes you have experienced as a result of your breast cancer diagnosis and treatment:

- **Changes I have experienced with My body...**

- **Changes I have experienced with My emotions...**

- **Changes I have experienced with My thoughts and beliefs...**

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- **Changes I have experienced with My spirit...**

- **Changes I have experienced with My relationship...**

- **Changes I have experienced with My intimate and sexual life...**

- **Changes I have experienced with My career...**

- **Changes I have experienced with Any other area that has been impacted...**

After you have listed the impacts, revisit each item you have written and write how you would like it to be different. Let yourself dream and write what you really want, not what you think you can accomplish from your current thinking. Literally turn around your belief so that you feel happy and inspired by it.

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Create how you really want it to be, for example ~

“I look at my body and seeing the scars makes me feel ugly.”

“When I look at my body, I love how it looks now and know that I am beautiful.”

- **Turnarounds about My body...**

- **Turnarounds about My emotions...**

- **Turnarounds about My thoughts and beliefs...**

- **Turnarounds about My spirit...**

- **Turnarounds about My relationship...**



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- **Turnarounds about My intimate and sexual life...**

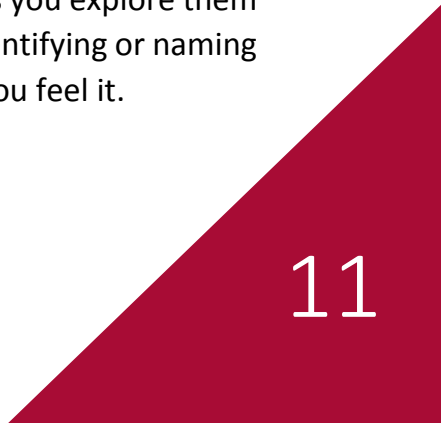
- **Turnarounds about My career...**

- **Turnarounds about Any other area that has been impacted...**

3. Exercise Three ~ Feel It Fully

As you write and re-create these thoughts, feelings will probably bubble up. As each feeling comes up, take whatever time you need to feel it fully. Let yourself go into the feeling and notice where you feel it in your body and what that sensation is. You may have tears and you may feel some resistance to going all the way into it. The thoughts of resistance keep those feelings stuck deep inside and they can grow larger and feel endless. This is thinking. The invitation is to know that the resistance will begin to melt as you feel fully.

Don't believe this? Then treat this as an exploration or experiment. Imagine yourself as an explorer into the unknown, the unknown mysteries of you. From this perspective, fully explore the feelings, all the way. Don't judge the feelings or yourself as you explore them and feel them. Instead be curious on this inner expedition. Without identifying or naming the feeling, simply feel it through your heart, your belly or wherever you feel it.



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Observe yourself as you explore your feelings. There's a part of us, some call it the higher self and some call it the witness, which simply observes and witnesses us as we live our life.

It's possible to go even further than witnessing into compassion. Compassion means to suffer with. The goddess Quan Yin is an archetype of compassion. She literally cries with the suffering of others as she witnesses them. Compassion is an act of love and kindness. You have undoubtedly felt compassion for others. You can also feel it for yourself.

Let your intuition guide you about the witnessing or feeling compassion. Or you can experiment and explore each and notice how it feels to you. Either may feel awkward and new at first, but with practice and repetition you will begin to notice the difference between the two. Trust that you will experience this in the way that is right for you, and that you can develop your internal witness and compassionate one.

Whether you choose to witness or feel compassion, doing so honors you and your feelings. As you do that something miraculous occurs ~ fully feeling the feelings as you witness and love yourself, allows them to dissolve. This may not happen with the first exploration. It is a process and sometimes requires repetition. Trust that however you do it is the right way for you to do it.



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4. Exercise Four ~ Mirror Practices

These practices are powerful and transformational. They literally create new neuronal pathways in your brain. Neuronal pathways exist in the physical anatomy of the brain as a result of habitual thinking and behaviors. Think of neuronal pathways as the grooves in an old vinyl record. These grooves represent your habitual thoughts and beliefs.

As an example, put your hands together and lace your fingers together. Notice whether your left or right thumb is on top or if your thumbs are parallel to each other. Now switch the top thumb and how the fingers lace. How does that feel? Probably uncomfortable. That's because you have a neuronal pathway in your brain for the way you lace your thumbs and fingers together. You have just demonstrated this to yourself. We have neuronal pathways for all of our habits. Shake out your hands and fingers to release any tension you're feeling.

The adage "Seeing is Believing" is backwards. What's true is that "Believing is Seeing." What we believe influences what we see ~ how we see ourselves and how we see the world. For example, if you believe that you are unattractive, every time you look into the mirror you will see how unattractive you are ~ every blemish, every hair that is out of place, every line or wrinkle. If you believe that babies are beautiful, each time you look at a baby you will see how adorable it is.

Our thoughts and beliefs literally shape our vision. This is such a powerful truth and the good news is that you have the power to change your beliefs and thoughts. The Mirror Practices give you the experience of this.

Lets go back to the neuronal pathways. As you create new beliefs, a new pathway is literally created in your brain. With consistent repetition the new neuronal pathway gets stronger.

As you do the mirror practice you are working on several levels:

- Your brain anatomy and function
- Your conscious and subconscious beliefs
- Your emotions
- Energetically
- Spiritually

This adds up to a very powerful practice. My strong suggestion is that you commit to yourself to do this practice for 5 minutes daily for at least 30 consecutive days. It takes at least that long to create a new habit. Make this commitment to you – you are worth it!

Here's what you'll need and how to do it:

- Gather the supplies for the practice ~ a mirror, a timer, soft background music (optional), a box of tissues and this workbook or another place to write.
- The attitude of curiosity and compassion with yourself. Think of it as a date with yourself.
- Put on the soft background music if you are using it. Set the timer for 5 minutes. Stand in front of the mirror and look into your eyes and take some slow deep breaths. Look into your eyes in the mirror and see what you see as you look into your eyes. Call on your compassion for yourself.
- As you look into your eyes, say out loud to yourself, *"I love you (your name)."* Continue to look into your eyes and notice any feelings that come up. Initially it may be thoughts like, *"This is stupid"* *"Oh no I don't love me"* *"There's nothing lovable about me"*. Simply notice the thoughts, continue to look into your eyes, and say, *"I love you (your name)."* You can also say, *"You are beautiful (your name)."* Pick out three things that you like about yourself and say them out loud to yourself as you look into your eyes.
- Continue looking into your eyes, breathing and repeating the words. When the timer rings, take a few minutes and write about your experiences and what you are learning.

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- A more advanced practice is to stand naked in front of the mirror. Look at your entire body with loving eyes and heart, and then look into your eyes. After a few deep breaths, look at your breasts and gently touch your breasts and scars, as if you knew that you were transmitting big love and healing energy right from your heart into your breasts. You are.
- If it feels right to you, imagine that the hand of the Divine is touching you, bathing your breasts in Divine Love. Continue looking, touching and speaking, phrases like, *“I love you” “You have beautiful breasts” “These scars saved my life” “My breasts are beautiful”.* *“I am a beautiful, sexy and desirable woman.”* Pick out three things that you like about your breasts, your scars and how your body looks now and how your breasts feel and say them out loud to yourself. Continue until the timer rings. Write about your experiences.

This practice is designed to bring up the unconscious beliefs, judgments and blocks to self-love and acceptance. You are revealing your inner map, which is largely unconscious, yet very powerful. The thoughts that come to the surface are the thoughts and beliefs that run your life.

In the beginning it may be difficult to be with yourself and feel any love for you. That’s all your old unconscious programming coming up, and it’s helpful to remember that those thoughts are not the Truth about who you really are. They are simply old beliefs, many of which you probably picked up before you had the ability to discern what supports you and what doesn’t. Many people find it useful to say something like, “thanks for sharing” to the unsupportive thoughts and then continue with the positive and loving words.

Note: Everything that is in the way of you experiencing love for yourself will rear its head. That’s the point. Unless and until you confront your inner harshness it’s impossible to find self-love. That is why this practice may feel uncomfortable and sometimes intense. You may cry. You may feel angry or sad or afraid. Let whatever feelings arise, to arise. You may have difficulty looking into your eyes with love and kindness, or even looking into your eyes at all. 5 minutes may seem like 5 hours, so it’s important to use the timer. Your commitment and willingness to engage with yourself at this level are the keys to breaking through the unconscious beliefs and judgments, the habitual thoughts that rule your life.

Rumi says, *“The wound is the place where the Light enters you.”*



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Dismantling the Obstacles to Your Dreams

What's the story you have created about yourself and your life now that cancer is part of it? We define ourselves by the stories we tell and many times we're unaware that we are the authors of the story. With breast cancer, it's very easy to assimilate the cultural beliefs about cancer, survivorship and life. With a breast cancer diagnosis, part of the shock is the onslaught of these cultural beliefs.

1. Exercise One ~Write Your Cancer Story

Think about the words that are used to describe the cancer experience ~

- First we are a victim of cancer
- Immediately at diagnosis we are labeled as a survivor
- We become a statistic in terms of survival rates
- We fight the fight against cancer as if it were a battle
- We are told we are lucky to be alive even if there is a lot of lingering impact from the treatments
- And so on...

Take some time and write the story you tell yourself about you and cancer. Be specific and include as many thoughts, beliefs, fears and hopes as you can. Allow your mind to reveal these stories and beliefs to you so that you can really see and feel the experiences.

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My Cancer Story...

Lined writing area for the 'My Cancer Story...' section.

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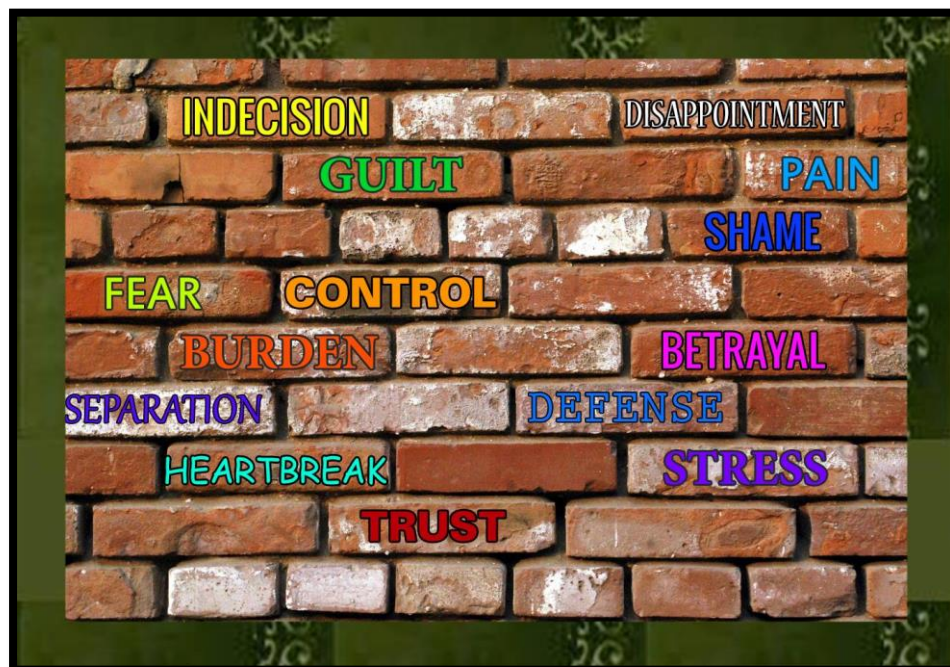
A large area of the page is filled with horizontal dashed blue lines, providing a space for writing or reflection.

2. Draw Your Wall

Now that you have written your story, let's take it a step further and create an image of a wall that you have built. Each stone in the wall is made of a belief or feeling about you and cancer. For example, one stone in my wall was "Damaged Goods".

To get the experience of your wall, begin with a meditation focused on your wall. Ask to see the wall and trust that whatever image or experience comes is perfect for you. Step close enough to the wall so that you can see what is written on each stone. Look at the messages until you have seen all of them. As you look at the wall, know that it both keeps the world out from seeing who you really are, as well as keeping you trapped in the beliefs about you. This wall is between you and your experience of love, beauty, intimacy and happiness. It can be a wall of grief, sadness and fear, among other feelings. This is your personal wailing wall.

Draw an image of your wall and label each stone. Let your intuition guide you in this process as you choose how to create the image of your wall. Here is an image of a wall. Your wall is unique to you and will probably look different than this example.



3. Dismantle Your Wall

Put the image of your wall in a place where you can easily see it. If you have an altar or sacred place, you can put it there. Or you can hang it on the wall, or take a photo and put it on your computer as wallpaper. Let your intuition guide you about this.

Take some time when you can be quiet and undisturbed. Sit and look at the image of your wall. Look with a soft gaze and simply see the wall. Gently close your eyes and see the wall in your mind's eye. Know that now is the time to take down the wall. This will happen in a special way.

Become aware of a compassionate presence there with you as you stand at your wall. Feel and see that presence. Feel the love and compassion, the kindness and generosity of it.

Take a stone from the wall and feel the weight of it in your hands. Read what it says and tell the compassionate one what it represents to you. Tell the story or belief about what is contained in this stone. Feel the feelings about what this stone represents. Hand the stone to the compassionate one and see it disappear. Notice how it disappears ~ does it dissolve, vaporize, explode, melt, go up in flames or some other way? As it disappears, feel the release of it. Know that it is gone and that the energy contained in it is now released into the universe, returned to the universal energy.

Repeat this with each stone. When the wall is gone thank the compassionate one for their help. Feel their love and see them disappear, knowing that they are always available to you. You need only ask and they will appear.

Look at the place formerly occupied by the wall. What do you see there now? See a beautiful image that appears there, an image that represents beauty, openness, inspiration and possibility.

What's Your Dream?

Now that you have created your personal Workshop, begin to use it. You can use your Workshop to heal, create, visualize, relax, and in any way that feels supportive, helpful and inspiring to you. This is where you will create your new map for beauty, love, happiness and intimacy.

Exercise: Create Your Beauty, Love and Happiness

Go into your Workshop with the intention to create your beauty. You can create in any way that feels right to you. Here are some possibilities to inspire you ~

- Sit at your desk and write in your journal about the elements of beauty and love. Let the list write itself as your sense of beauty emerges from your intuition and wisdom.
- Go into your library and see images of what is beautiful to you. Perhaps it's a strong and healthy body exercising; someone looking into a mirror and seeing her radiance shining brightly; a woman walking into a room and everyone in the room is drawn to her magnetic presence; a woman standing on a beach with her sweetheart looking at the sunrise and feeling the love that flows between them.
- Sit in your meditation area and feel what beauty, intimacy and love feel like to you emotionally, physically, spiritually and energetically. As you sit, feel yourself taking on all these qualities and aspects of beauty and being the embodiment of beauty, love, intimacy and happiness. Fully feel what it's like to already embody beauty, love, intimacy and happiness.
- Go to the Screen of Your Mind and see yourself as you are now, in the screen with the dark frame around it. As you look, see the image and the frame dissolve.
- See the Screen of Your Mind with the light frame around it. The image now is of you being Beauty, Love, Intimacy and Happiness. Feel the feelings that come with knowing and seeing your Beauty, Love, Intimacy and Happiness. Feel beauty, feel love, feel happiness and know that this is already here now. Believe that this is already your state of being.

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- As the image on the Screen of Your Mind fades, continue to feel the experience of your reality.
- You can leave your Workshop or continue with other projects and creations. Let your intuition guide you.
- When you leave your Workshop, see and feel yourself walking out into the sunshine and walking along the beach to the beautiful big sailboat and take a sail in the sunshine.
- When the sail is complete, see yourself getting off the boat and walking on the beach until you come back into wherever you are sitting.

Spend time in your Workshop creating whatever you want to create in your life. Some areas to create in include:

- How your body feels and functions
- How you care for your body ~ what you eat, how you move, spiritual practices and other elements of your personal thriving plan
- Love relationships
- Your intimate and sexual life
- Family
- How you bring your unique gift to the world
- Your pleasure and play

There are no limits to what you can create. Your Workshop is a portal to connecting with your highest self ~ the universe, divine consciousness, unlimited potential, however you call it. This part of you is connected to everyone else and has no limits.

Accessing this limitless awareness in your Workshop allows you to bring this wisdom and inspiration into your subconscious mind. This is where things happen, because the subconscious mind's function is to attract and create experiences that validate its thoughts and beliefs.

Believe and Take Action

Now it's time to weave the threads you have created together into your Personal Pleasure Plan. Your PPP is the starting point for making the changes in your thoughts, feelings and behaviors that will create your life of beauty, love, pleasure and happiness. Your PPP is your new map, your creation of you life with you as the source of it.

Exercise One ~ Create Your Personal Pleasure Plan

Elements, Visions and Actions

- Review what you wrote in the first section about what you want to create in various aspects of your life.
- See and experience what you created in your Workshop for each of these areas.
- Use the following pages to create your Personal Pleasure Plan (PPP), or use your personal journal. The key is to write your PPP rather than thinking about it.

Here are some examples and ideas to inspire you and help you create your plan. Please note that these are meant to be examples and that your PPP will be unique to you and will feel powerful and positive because you are the Creator of it.

- At the top of my paper I write how I want to feel in an area of my life.
- I write each of the results I want.
- I create and write the steps to take to have that result.

As an example let's look at your heart, meaning your emotional wellbeing. You want to feel happy, content and fulfilled with who you are. What practices can you put into place that will create those feelings? We know that poetry is the language of the heart; so perhaps reading some inspirational poetry will be one of your actions.

Here's a short one I love:

“Ever since Happiness heard your name
It has been running through the streets
Trying to find you.”

~ **Hafiz**

Another practice for happiness might be to laugh every day. What do you want to laugh about? Funny photos, silly stories, comedy?

There's no limit here. The point is to put pleasure and play into your daily life. It's an act of self-love and boosts your happiness and nourishment for heart and soul.

The following pages offer a template for you to create your initial Personal Pleasure Plan. Use the templates if they inspire you, or create your own template as you intuition guides you. Or you can create it in your Workshop and then write it down.

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Here's an example:

I want to feel and look physically beautiful by my standards. I want to fit into my size 6 skinny jeans. Being more active and eating more veggies definitely help. There are other actions to take as well ~ cutting out sugar and alcohol; getting 7-8 hours of sleep; drinking 6-8 glasses of water daily. Giving myself non-food treats is also on my list ~ a pedicure or massage, for example.

Since I also want to know that I'm beautiful to me, I'm going to say loving things to myself and each day I will spend 5 minutes looking into my eyes in the mirror and saying, "I am a beautiful woman. My beauty is inside and radiates out from inside me. I am healthy, fit, strong and sexy."

Does music lift your mood? Dance? Play a song that speaks to your heart and get up and move to it. Or sit and listen to music that inspires you. Either way, whatever works for you.

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Actions To Take

Lined writing area for notes.



How it Feels

Lined writing area for notes.

What makes your heart sing? What does love feel like? What does it feel like to feel beautiful? What does it feel like to be happy to be you?

An attitude of gratitude feels great. Here are some simple ways to incorporate this into your life:

- When you sit down for a meal with anyone, hold hands and look into each other's eyes. Then tell them what you are grateful for. It can be anything that comes into your mind and heart. Include something you appreciate about them and end with something you appreciate about yourself. Then listen while they share their gratitude.
- When you are in a store, take a moment to look into the clerk's eyes and say a genuine "thank you" for how they have served or helped you.
- Before you go to sleep at night, wrap your arms around yourself and tell yourself 3 things you love and appreciate about you.

Do at least 3 things daily that fill your heart, have you feel happy, grateful or fulfilled.

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Actions To Take

Lined area for writing actions to take, consisting of multiple horizontal dashed lines.



How it Feels

Lined writing area for journaling or notes.

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For your mind, what will support you in thinking the thoughts that empower you? The mind is quite sneaky, so it's important to create things that keep you going in the direction you want and not sliding off into the weeds of judgment and criticism. What would work for you? Here are some examples:

- Attending or creating a support group
- Working 1:1 with a counselor or coach
- Inspirational books, recordings or movies
- Taking classes
- A daily phone call with a friend to tell them what you'll do to support your dreams for the day and listen as they do the same
- An angel shower ~ take a pad of Post-It notes and write a loving thought about you and beauty on each sheet. Then put up the notes all around your environment so that you will see them often. Each time you see one, think that thought and believe that it's the Truth.

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Actions To Take

Lined writing area for notes.



How it Feels

Lined writing area for journaling or notes.

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What is it that feeds your soul, nourishes and invites your higher self to be more present in your life? Here are some ideas:

- Meditation
- Visualization
- Prayer
- Journaling
- Attending religious services
- Having a spiritual advisor
- Spending time in my Workshop



For My Intimate Life, Sexual Health and Relationship ~ How I Want to Experience Pleasure ~

Beliefs About Intimacy, Sexual Health and Pleasure and Relationship

Lined writing area for notes.

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Actions To Take

Lined writing area for notes.



How it Feels

Lined writing area for notes.

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The idea with all of this is for you to experience pleasure and play in your life. So let's turn our attention to pleasure. What brings you pleasure? I'm talking about pleasure in any part of your life. To keep balance in life it's important to have some fun and feel pleasure. Here are some ideas ~

- Wearing fabrics that feel good to your skin
- A weekly tea or walking date with a girlfriend
- A weekly date with your sweetheart ~ if you don't have a sweetheart, make a date with yourself and take yourself out
- An ounce of dark chocolate
- Giving or receiving a massage with your sweetheart
- Taking a walk and holding hands
- A kissing date
- A long hot bath with scented bubbles, a glass of wine and a good book
- A slumber party with some girl friends
- Finger painting

Expand your horizons about intimacy, sexuality and relationship. Take the focus off your genitals and the mechanics of genital penetrative sex. When we are focused on intercourse and orgasm, it can become a race to that "finish line" and we miss the pleasure of connection and play along the way.

Initially, take intercourse and orgasm off the table while you create pleasure in other forms. When you relax and experience pleasure, it opens the door to more pleasure. It's hard to experience pleasure in the presence of pressure and performance anxiety.

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Expand your definition of S ~ E ~ X. Use the letter as an acronym, where each letter is the first letter of another word. Perhaps S ~ E ~ X is

- Sacred Energy Exchange
- Spiritual Energy Exchange
- Sensual Energy Exchange

With this expanded definition, what can you create for intimacy and sexual health and pleasure?

Exercise Two ~ Create a Visual Representation of Your Personal Pleasure Plan

When we put all this together, it can seem daunting. The idea is not to overwhelm you, but rather to know that your life has meaning for you; that you are beautiful inside and out and that you deserve to experience love in all forms and live the life that you create, not what anyone else says. It's your life!

You might choose one activity from each area and begin there, and that is your personal pleasure plan. As you continue to love yourself more, feel happier and know that you're beautiful, revisit your plan and adjust it. The more you do this the more you will grow.

The mind works with images. When we combine the images with feelings, it becomes easier to take action. Take some time to make a collage or vision board that represents what your life of beauty, pleasure, intimacy and sexual health looks like. You can collect images and words from magazines, the Internet or your own imagination.

Create whatever physical representation works for you. Put it in a place where you can see it and feel it every day.

Spend some time each day looking at your visual creation of your Personal Life of Beauty, Happiness and Love. As you look at it, feel the feelings it evokes as if you are already living this life. Feel it and know that it is already here, even if you can't yet see it.

Looking at your Pleasure Visual, feeling the feelings and taking the actions in your Personal Pleasure Plan all work together to create and realize the life you want to live. Trust yourself, believe that it is happening already, and watch as you and your life evolve.

Here's to your Beauty, Happiness, Love and Pleasure!

Going Forward

Congratulations! You have healed and integrated and have created a map for your beauty, love, happiness and pleasure! The key to success is using the tools. They work if you use them. If you don't use them they will fade into the background. We are either moving forward or backward ~ what do you choose?

The wonderful news is that you are the creator of your life and experiences. Knowing this and knowing how to do this is the empowerment and the means for growth and evolution.

My suggestion is that every 6 months, you revisit your Personal Pleasure Plan and update it. There will probably be areas where you have realized your visions and areas where there is still more to do. New areas will also emerge as you grow in beauty, love and happiness. Now that you know you are the creator, keep creating! Have fun and let me know about your journey!

If you feel that you need some additional help, feel free to contact me about other resources I offer. I have written a book, *Sexy After Cancer ~ Meeting Your Inner Aphrodite on the Breast Cancer Journey*. It is available on Amazon or on my website, www.sexyaftercancer.com.

I work with people (individuals and couples) privately. Imagine a series of sessions tailored for you and your specific situation ~ you will get great results and all the support you need. To learn more about this, please send me an email (barbara@sexyaftercancer.com) and we will explore what's best for you.

If you have a group that can benefit from this wisdom, please contact me about Workshops, speaking and teaching. We can create anything! Contact me at barbara@sexyaftercancer.com to explore possibilities.

Most of all, I wish you a life of beauty, love and happiness.

You Are So Beautiful!

Barbara Musser

Barbara Musser, founder and CEO of Sexy After Cancer, is the author of *Sexy After Cancer ~ Meeting Your Inner Aphrodite on the Breast Cancer Journey*. A 25-year breast cancer survivor, speaker and educator, she teaches classes and retreats for women and couples about cancer, love, intimacy and sexuality.

Barbara writes regularly for *Breast Cancer Wellness Magazine*, The Pink Fund *Sexy Saturdays* blog, Breast Cancer Answers, The Plum and The Pink Paper. She hosts the *Inspire Library*, a series of conversations about thriving and evolving after your life has been touched by breast cancer, hosted by Breast Cancer Wellness. Barbara is also a regular guest expert on the *Caregiving SOS* radio show on IHeartRadio.



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