



## How to raise a child to feel loved and make a difference – Laura Lane’s interview with Dr. Bernie Siegel Part 2 – Full Transcript

January 8, 2020 / Childhood Cancer, Courage, Hope, Love, Resources

[Music – Sending a Line by Fiz Anthony]

Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer. Where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in pediatric oncology as they share their best advice, as well as day to day advice collected from other cancer moms and leaders in personal growth and development. From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day to day challenges of caring for your child.

Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015 I wrote about our experiences in the book “Two Mothers One Prayer: Facing your child’s cancer with Hope Strength and Courage”. Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

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Today’s episode features part 2 of my interview with world renown Pediatric surgeon, author and speaker Dr. Bernie Siegel.

This interview continues with Bernie’s wonderful storytelling and his great advice for parents. During this episode he shares with us stories behind the books he has written for both adults and children. I especially love the stories about what he calls the Siegel family zoo. I hope you will enjoy as much I did.

I am pleased to formally introduce you to Dr. Bernie Siegel.

Dr. Siegel is a retired clinical professor, pediatric surgeon, renown author and speaker. For many, Bernie needs no introduction. He has touched many lives all over our planet.

Dr. Siegel retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers.

In 1978 he began talking about patient empowerment and the choice to live fully and die in peace. As a physician, who has cared for and counseled innumerable people whose



mortality has been threatened by an illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love. His best-selling books include: *Love, Medicine & Miracles*; *Peace, Love & Healing*; and *How to Live Between Office Visits*.

Bernie has been named one of the top 20 Spiritually Influential Living People on the Planet by the Watkins Review.

Bernie, and his wife and coworker Bobbie, live in a suburb of New Haven, Connecticut.

**Laura:** Tell me about some of the books you have written and that you would recommend if someone needed to go and pick up one of your books for themselves or their child?

**Dr. Bernie Siegel:** I never expected to write so many books in my life. Because I was an artist as a child and I got a C, the only C in four years of college, was in creative writing. So, I never expected to write a book. But it showed me again, there are no coincidences. That all the people came together to help me start doing that. When you mentioned the one, *Love, Magic and Mudpies*, it was how to raise a child to feel loved and make a difference. I'd say, it's for a parent. Yes, read that, because literally the most significant factor in health is how you're raised as a child. So why do I say that? A Harvard study showed that students while they were attending Harvard, who said "my parents love me", when they were looked up thirty-five years later, 24% had suffered a major illness. When they said, "no, my parents didn't love me", 98% had suffered a major illness. So, if you want your child to take care of him or herself, love them! I didn't say you have to like everything they do, now as a father of five children I let the kids know I loved them. Let me give you another example. That same child I mentioned who had the bone tumor, he came to me one day and said, "you don't love me as much as you know my sister and brothers." I said, "what are you talking about?" He said, "you have five children, they should each get 20% of your time, I only get 10%." I said, "your brother is driving us nuts, so he gets 30." And you see that's something that children learn whether it's the bully at school or the troublemaker at home, at least you get attention. And the good child as this young man was, is at the end of the hall in the last bedroom, because we didn't care about would happen if his door was shut or what he was doing. You know, I mean we cared about him, but we didn't worry about what's he doing. While the boy I mentioned, he was in the room off the kitchen, so everybody always knew what he was doing and could keep track of him. But it was also, you know, they knew they were loved. That same troublemaker sent us, I mean they're all adults now, sent us an email saying "I want you to know how much your love meant to me. In case something ever happened to me, and I couldn't tell you this. I want to let you know now." And he sent an email that just, I say it's like winning the lottery of life, when your adult child says thank you for your love. And I'd say let the kids know you love them. There was one child I was taking care of, I walked into his room the parents were in the crib with him all sleeping, and I left a note. If felt so loving in that room. I left a note saying your child is so lucky. Then I'm walking



down the hall thinking dumbbell, the child is dying and you're telling them he's lucky? So, I ran back to get my note and the parents had awoken and found it. I said, "look, I'm sorry to". They said, "no we understand what you're saying, our child is fortunate to have the love." Because then they make the right decisions you know, not smoking, not eating the wrong things, alcoholism, whatever it is, self-destructive behavior. They're into "I'm loved. I'm worth something". And they know that, and I may add doctors can make that message come across too. And to all those that are helping children even if they're not your natural child: a suicidal teenager was in my office and I was trying to help her, and she said to me one day "you're my CD!" I said "I'm a CD? What are you talking about?" She said, "You're my chosen dad."

**Laura:** Oh.

**Dr. Bernie Siegel:** And boy, yeah, that touched me. I have never stopped saying that to people since. And it has saved a lot of lives. I have phone calls, one was a few years ago. "Do you have Jack Kevorkian's phone number? I want to be dead. I have a brain tumor. My father sexually abused me. I want to be dead." I said "I don't have his number, but I want you to know I love you and God loves you and you're a child of God. Draw me some pictures." And she drew some with spots all over her face in one. She said "Yeah, that's how many times my father did it." The other was a tree with a big black knothole, and I know those were the years, in other words the tree represent her age the years her father abused her. But we talked about it, and I let her know, I said "let's start a new life for you, give yourself a new name." What I loved, which was no coincidence, she picked my mother's name Rose as her new name. And so, she went from Becky to Rosie and is alive today and my child. Okay, let's put it that way. I mean, we have a wonderful relationship. She's out of state, but we've met, and we communicate, email, and you know birthday cards and Father's Day and all those things. I always say I expect a card from her before any of our other children you know. So, let me say it doesn't matter how old the other person is. Just say "let me be your chosen dad or chosen mom", then they're not rejected. See the opposite of love is indifference, rejection, and abuse. Well I mean I have most stories, not just children. A child was sexually abused by his parents and their friends. I mean literally, he said "if I wanted the TV set in my bedroom, I had to do a favor for somebody." He developed Aids before there was really anything, you know, when it first came out ... the epidemic. He called one day and said, "Doctor Siegel," because I was trying to help him survive, "I'm going to commit suicide." I said "Tony, I know people in New York who will get you a gun. You can kill your parents. Why kill yourself? You know, the other kids aren't killing themselves. They're killing their parents and everybody else, out of revenge." He said, and I'll never forget this answer, "no, I never want to be like them." He didn't want to hurt anybody. He said, "I'm going down to the subway to jump in front of the A train." This will make you believe in angels. Because a few hours later, the phone rings. "Hi Doctor Siegel, it's Tony." "What happened?" "I went to the subway and there was no train, it didn't come. And I'm looking around wondering what to do and there was a hot-line number for suicide prevention, so I called them, and they came and rescued me and taught me what was



important about life.” You know, which was love. And you know as they say no coincidence again, that a kid like that ends up finding a new life. I’d say, any authority figure you know, whether it’s the doctor, the parent, the schoolteacher, the politician, if they let somebody know. “I love ya!” It changes that person’s view of themselves. You know.

**Laura:** When you were talking about the parents who were in the crib with their child. I’ve done that with my daughter. When she was an infant, and she had pertussis and we were in the hospital, I climbed in the crib with her and nursed her there. When she was in the hospital, doing her chemo treatments they couldn’t keep me out of her bed, I was constantly climbing in.

**Dr. Bernie Siegel:** Yeah, let me say this also so people understand the scientific. You can do this little study for yourself at home. Put your hand in a bucket of ice water and time how long you can keep it there, until it hurts too much. The first time, do it while you’re all alone in the bathroom. The second time you do it, have all your family and pets around you. Watch how much longer you can keep your hand in. I mean these studies have been done, so again, your being there alleviates pain. It takes away a percentage of the side effects and discomfort and everything else than the person who is isolated and alone. Do not feel guilty that you can’t fix it and cure it. You know, I went through that my early years as a doctor, you know, with our family. You have to learn how to accept and live with it. That’s why we...that book *Love, Animals and Miracles* is for anybody who loves pets and animal stories, will love it. And some are mystical as well. But I saw that our kids grew up with the reverence for life because we had what I call the Siegal zoo. Fenced in yards, with all kinds of creatures; ducks and geese and goats and you name it. The house is full of all kinds of exotic pets that the veterinarians gave us to rescue them. I saw what a difference it made in our kids’ lives. You know, that life was precious to them. It also showed them about relationships. Everything that hatched out of an egg, thought about our kids as their parents. Because it was in an incubator. The ducks and geese used to try to get on the school bus and go to school with our kids. Because, you know, they’re leaving. The drivers all knew and laughed. Didn’t get mad at me. But when we... just to show you how meaningful the relationships are ...when we would end up with too many ducks and geese, my folks lived on a lake fortunately, so we would release them there. My mother called me when the first time it happened. “I’ve got a question for you. The neighbours want to know why every time the school bus pulls up the ducks and geese leave the lake and come up to the road?” That shows you, you know. It helps you survive. You see. So yes, if your child has a life-threatening illness, get it a living thing to take care of. Now, whether it’s a bird in a cage, a fish, you know, in a tank or plant, you tell your child you’re responsible. See to fertilize the plant, get it sunshine and feed the fish, whatever it is. Studies again show, those people live longer than ones with no relationships. You know and laugh for no reason every few hours, I mean if you can get your kid to laugh doing silly things. Oh, our kids are embarrassed by me. I mean, I laugh because they say it saved me a lot of money, because they stopped eating out with my wife and I. Because I would act so crazy in a restaurant, you know, when a waitress would say “how’s everything?” I’d say “look, if you read the paper



and listen to the news, you'd know everything isn't okay! So, stop upsetting me while I'm eating." You know, or I would order Chinese food at a pizza restaurant. You know, things like that. So, you know, they would say, "dad, we'll stay home and have what's in the fridge" and I saved a lot of money. But find things for them to laugh about. One statement that come up... all these true stories, five kids were making so much noise in the kitchen one night. I came in and I says, "you may choose peace, or you may choose conflict" and our daughter with a hearing impairment said, "I'll have pizza" and they all busted out laughing. Then you see, the argument is over, you know. Nobody ever forgets those moments. Also don't blame your children. Oh, I'm glad I mentioned about the hearing impairment, because we had twins; the boy I mentioned with the bone tumor, and his sister. My wife was exposed to German measles during her pregnancy. But since she was a schoolteacher, I figured she must have had German measles. You know, it shouldn't be a problem. Yet when the twins were born... you don't recognize their hearing impaired. Okay and the other thing that bothered me, was teachers and their pediatrician said they were a problem. See, they weren't paying attention. And my wife because of her experience as a teacher finally said, "test their hearing." They were found to be hearing impaired. Okay, they aren't bad kids who were disrupting the class. They can't hear the teacher! And so again, don't blame your children. Do the tests, whether it's the x-ray or the hearing test or anything else. So that you know what the reason is and whether you know it's an emotional problem, physical problem or whatever is going on.

**Laura:** Yeah, and that's so relevant for parents whose children have cancer because they're going through so many treatments and there's side effects from many of those treatments. And the children are going through the most difficult circumstances. We need to be as patient as we can with them and as loving as we can with them.

**Dr. Bernie Siegel:** Right and as they say to teach them the positive things. Because the doctors at the hospitals, who thought I was crazy... you know, with all the things that I would lie to patients about... began to realize I was right. You see, it had beneficial effects, then it became hospital policy. I mean, they even made a coloring book in the operating room for kids to draw several pictures. From page one where you meet an anesthesiologist to the operating room. Don't let me forget to, you know, go back to this, because I forgot what my other thought was. Oh! There are people who are being treated say in contrast to those who weren't yet acted as if they were. And there were those who are being treated who act as if they're not. And I've had calls from oncologists, radiation therapist, saying "we thought that there was a mistake. The machine wasn't working that, you know, there was no chemotherapy and then we saw your name in the chart, so we knew it's a crazy patient", and they said to them how come you don't have a reaction? "I get out of the way and let it go to my tumor", that's a quote from one of my patients.

**Laura:** Oh wow!

**Dr. Bernie Siegel:** So, they realized then these people will benefit from giving them hope. Stop telling them "you could be dead in two months here." They realize that if it's a Siegel



patient, give them hope and give them treatment and see what happens. Don't tell them what's going to happen. I have a letter that a man gave me. I happened to speak at the veteran's hospital for Cancer Survivor Day. He showed me this letter from 1991, in which his doctor says he will be treated with chemotherapy and had about 3 and a half to 4 years to live. Well, the man is perfectly well and alive today and never saw that letter until recently. I said to him, "you'd be dead today if you had seen that letter." I know patients who when their hope is taken away, have just gone home and died. That's why I say don't. It's less likely to happen to a child, but when the parents are told there's no hope... yeah you go home, and your kid feels it. So, realize there is always potential. You know, I've had patients leave their troubles to God and have their cancer go away. I've had patients scream at God all night long saying "you either have me die tonight or I get better! I can't take this anymore!" and they got well. So, you can use those techniques and let your child use them too. Give them that kind of faith. Let me mention, yes, I would have to go back to the book *Love, Medicine and Miracles*, and the book *The Art of Healing* which has sixty drawings in it, which would help the parents to use them. See every color has meaning.

**Laura:** Yes, it does.

**Dr. Bernie Siegel:** Just tell your kids, for one simple exercise, "draw a picture of our home and family. I want to put it on the refrigerator." Don't tell them you're analyzing it. I mean, our kids always hid their drawings from me, unless they had a problem. See, then they'd come to me and say "Dad, what should I draw?" because they wanted help. But if they were busy drawing a picture and I went into their bedroom, they would lay down on top of it so I couldn't see, you know, and started interpreting what's going on. Yeah, and I had to laugh. One boy brought me a black picture. The only crayon he used is black and I said "what's going on in your life? This is worrisome." He said, "No, it's not. I have three older brothers. That's the only crayon they give me." So, remember that you need to give them the full option of all the colors. In *The Art of Healing*, and the book *Smudge Bunny*, that was the message. Well, it's a true story of a bunny we rescued. My mother used to say "God is redirecting you. Something good will come of this." So, if you're a bunny and you're dumped in the woods, "this is lucky? This is good? Mom is nuts." But then they end up being house bunnies in the Siegel household. Literally, it's a true story. Then they're looking around saying "you know, mom was right. This is wonderful. You know, look where we are." And the bunny... and they teach you. In real life, she taught me about forgiveness too. Because one of our dogs, when I thought they knew each other well enough and weren't a problem, I left them together for a few minutes and the dog bit the rabbit. I felt so guilty. And the other things that's fascinating with the rabbits and all the animals is that the kids would always make me treat the pets. They didn't want anybody to die. Yes, we have veterinarians, but it wore me out to come home from the hospital and be handed pets, you know, whose life I needed to save. But while I was working on Smudges wounds, I knew I was hurting her when she licked my hand. That impressed me, that she didn't bite me, she licked my hand, saying "you know, take it easy". And yes, we communicate with animals as well as children through our consciousness. I mean I can get into the animal communication



or you can read that book *Love, Animals and Miracles*. But the other thing was about forgiveness. That was a lesson she taught me. Because two weeks later, I couldn't find her in our front yard to bring her in at night. Because I worried about her in the dark, whereas all the other pets could handle predators, you know they were bigger and can climb a tree or do something. And I couldn't find her, and the dog who had bitten her is lying there. So, I went over to pet him and who was lying underneath him? The rabbit. So, I wouldn't see her, and she could stay out. That impressed the hell out of me, you know that they became buddies helping each other now and not you know roughing each other up and playing games with each other that could hurt. So, the animals are wonderful teachers. The other book if you felt you needed direction for children was *Buddie's Candle*. *Buddie's Candle* was written to help people deal with the loss of a loved one, be it a pet or a child or a family member. And the key theme, because it was this theme that touched me when a member of my family died. In this case the dog becomes the teacher, the boy has cancer and the dog he adopts ends up having cancer. But he says to his parents, like our seven-year-old said to me, "stop being depressed. Learn from Buddy. Look he's running around having a nice day, so let's all have a nice day." And when Buddy dies, the boy is so sad. Then an angel comes to him and says come here I want to show you something. He takes him up to heaven and there's a parade of all the dogs that have died that week. They're all carrying a beautiful candle. It's just glowing. The boy says to the angel, "oh there's a dog coming with a dark candle." The angel says "well, go light it for him." He runs up and it's his dog Buddy. He says "Buddy, I'm here to light your candle." and Buddy says, "they do but your tears keep putting it out." And boy that theme helped me get over the grief. That your tears are putting it out. That, you know, our loved ones don't want us to spend the rest of our lives crying about them. The consciousness is there... because I hear more stories from parents of children who died that are so incredibly symbolic and significant that they couldn't be accidents. I mean, your son studies butterflies. He dies. You go for a walk in Connecticut in the woods, a butterfly joins you. When you get home, you look it up in your sons' books. It's a South American butterfly. What's it doing in Connecticut? Yeah, the son. You're driving down the parkway. A pigeon lands in the lane. Your son raised pigeons. and says, you hear your sons voice, I don't mean the pigeon said it, but you hear your son say "Mom, slow down!" So, she does. She comes around turning on the parkway, a sheet of ice.... 20 cars piled up. So, all these things... I hear voices too. I have mystic friends who bring me messages from those who have died in my family. I mean these things are not, believe me, they are not crazy. Consciousness doesn't end. When I was 4 years old, I had a near death experience. I choked on a toy. Almost every child who's had a near death experience is upset when they don't die. Because if you're 4 years old and you leave your body, you think "wow this is really neat!" And when I didn't die, like I was yelling "who did that?" because I was so upset. And as I said, it was a toy I took apart and put the pieces in my mouth and aspirated them. So, you know it happened. But it taught me something, that all this stuff isn't crazy. It's real. And you know, I ...well one more story ...a young lady loved birds and she died. At her sister's outdoor wedding, a bird landed in the tree and made such a racket they had to stop the wedding. Everybody said, "well your daughter's here". While she was telling this story in



our cancer group, a bird flew in the open window. Now, we sat in that room for years and no bird ever even banged into the window, let alone flew into the room. Of course, everybody's reaction was "oh, your daughters here." Yeah, it's incredible stuff. I mean, I could keep telling stories forever but...

**Laura:** I'm loving it.

**Dr. Bernie Siegel:** You know, it makes it real, that's the key word, do something real, make a difference in your child's life, in your life, doing something for someone else and that's what creates the immortality.

**Laura:** Yep, well thank you, thank you so much Bernie. Your stories are wonderful. We could do this all day. I think I could listen to you all afternoon. But what we'll do is, we'll finish up by... if you can share what would be the best website for our audience to be able to learn more about you, to learn about your books?

**Dr. Bernie Siegel:** Yeah, The Bernie, I mentioned briefly before Bernie Siegel S-I-E-G-E-L [berniesiegelmd.com](http://berniesiegelmd.com). They can communicate with me through it too, if they you know where it says, "Contact Us". I'm the us. You know, people are always surprised when I e-mail them and it's not a staff member. I think "no, it's me." So, if you get an e-mail with no punctuation and no capitals, you know it's me, coming from my heart to you. If you know what I mean, not worrying about the punctuation. Because some people wonder if I have hired those who's IQs are not too high, because of, you know, what the e-mail looks like. But I say "no that's just me responding" and you know, to work with all those things and look over the list of books, and CDs too. Because when I talk about imagery, you can listen to the CD, and it'll guide you. Like if it's for therapy, there's one called Getting Ready- so you see positive images of chemotherapy, radiation, surgery's, whatever and can play it for your children.

**Laura:** Oh wonderful!

**Dr. Bernie Siegel:** And it makes a difference. Don't ever forget this. Let me just describe the operating room a little more. Yes, I would tell the kids positive things before surgery. They would draw in a drawing in a book, like a little coloring book. It's fascinating too, because it says in the book at the bottom that "You will meet the anesthesiologist who wears green pyjamas." What looks like green pyjamas. One boy drew the anesthesiologist in red. "Why do you do that when it says green?" I showed it to the anesthesiologist, and he said "Bernie, his mother has Muscular Dystrophy. He could have an adverse reaction to muscle relaxations, and it could be fatal. I said, "then you look at that last page, because if he draws himself purple, the spiritual color, I'm cancelling the operation. I'm not going to risk it." But on the last page there was red and black – about I'm not happy and my leg hurts kind of picture, so we went ahead with the surgery. The other is in the book, the Art of Healing, a child drew a picture of the operating room she had never been in. Then you say, "what do you mean?" I mean symbolically. There are 2 lights, she has 2 yellow areas. There are black knobs where you bend the lights, 4 black knobs. The number of people taking care of her



are little figures there and you know herself, you know, on the table covered by blue sheets so there's a piece of blue. I mean, you look at that picture, everyone in the operating room knows that she is unconsciously aware of the future and what's going to happen. Those are the things they say that convert people and show the power of those beliefs. I've played music in the operating room. I'd say to the parents, "do that for the kids when they're getting the treatments" It's kid music, if you know what I mean. I had music for adults as well as the kids. Everybody in the room... see the nice part is when you play children's music everyone in the room becomes a child again or talks about their kids or their grandchildren and you know you got a family in the operating room, then everybody's feeling different because of the music that's being played for the kids. So, use all those things, the colors, the drawings, the music, the positive images and words and it's amazing what the child does. When we grow up it's a problem because we start thinking. It's a lot harder to convert the adult. As I said, 100 letters and 12 women show up. And the men are even harder than woman. I mean just another statistic. Woman with the same cancers as men live longer because they're into relationships. I mentioned the importance of that. Men are into working and if they can't work, what's the point of living. I mean, I've had that statement made while a wife and 2 children are sitting next to a man that says there's no point in living. I can't work anymore. So, let me say to the parents, if you develop an illness, don't just live in your head and pay attention to the illness. Don't forget your kids and your family too and spending time with them and letting them share with you. Last, but not least, I say there's a book out called *The Energy Cure*, it's by William Bengston. We all have an energy. The energy of creation let me put it that way, that's within us. So, it's not that I'm the healer if I put my hands on you and you feel better. But what I've seen is and I know that this works from being touched by healers. You feel the heat in their hands that they're transmitting and energy. So, if your child has cancer, or other illness, put your hands on your child and picture them doing all the things that they love to do like riding a bike, playing, going to school, you know running around the front yard taking a dog for a walk. It doesn't matter what. Picture all those things and do it three, four, five times a day. Just quietly with your child. You don't even have to explain to them what you're doing. But let the energy flow and see it happening. And I've seen... well in studies, mice have been cured of cancer by doing this kind of thing. You know putting your hands over their cages. One of our dogs who was supposed to die, I did it before I knew about it, because I didn't want him to die feeling unloved. The kids wouldn't let me euthanize him when the veterinarian said he should be put to sleep. I've never seen a dog this sick recover, but the kids said "no, you don't put your patients to sleep. You don't put Oscar to sleep." So, we brought him home. And I put my hands on him every day and loving him and massaging him and literally shared my meals with him. I noticed he didn't die. In a few weeks, he's up walking around. I thought "well, what the hell is the point in keeping him in the house?" You know, I put him out in the yard with the other dogs and he lived three more years with no sign of cancer, which blew the veterinarian's mind. But I know these things are possible, so I say to parents remember the word potential. If you're going to feel guilty, then okay don't do it. You know if the disease



doesn't disappear, you don't have a miracle, whatever. But if you want to participate then go ahead and do it, because it makes a difference.

**Laura:** Yeah, it does. Thank you so much.

**Dr. Bernie Siegel:** And that's the key: I have a button that I used to give people and it just said, "you make a difference". When I'd see people acting in a loving way, I'd carry it over and give it to them. Years ago, there was a lot of guilt in all the things I'm saying to you. You know, that if you ask them to do these things and they don't get well, it's their fault. No, but its... let's put it this way. It's willingness to show up for practice, so be a life coach for your child and for yourself and the members of your family. Be what I call a love warrior. Bring love into your life as your weapon. So, whenever things aren't going well, more love. People who give you a problem, love them. You know, and don't fight battles and fight wars. Heal your life. Maybe closing in what Mother Teresa said would be the best. She said, "I will never attend an antiwar rally but if you ever have a peace rally call me." So, I would say work at healing your life, not killing, you know, a disease. It's amazing what then happens.

**Laura:** Well thank you. That is so wonderful. Thank you so much Bernie.

Wasn't that fabulous? Some of the books he mentioned in part 2 of this interview, are Love, Magic and Mudpies about how to raise a child to feel loved. Love, Medicine and Miracles, The Art of Healing, Smudge Bunny, Love, Animals and Miracles, and his CD Getting Ready, as well as The Energy Cure by William Bengston.

To learn more about Dr. Bernie Seigel, you can visit his website [berniesiegelmd.com](http://berniesiegelmd.com) -that's BERNIESIEGELMD.COM.

Links to all of Bernie's books will also be posted on our blog at [www.twomothersoneprayer.com/blog](http://www.twomothersoneprayer.com/blog).

Please join me on the show next week when I will be sharing my interview with Chaplain and author Tiffany Berg Coughran as we discuss additional ways to help children and adults express their feelings before, during and after treatments. It is a great follow up from my interviews with Dr. Bernie.

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini E-book at [www.twomothersoneprayer.com/advice](http://www.twomothersoneprayer.com/advice).

Today's advice comes from Denise:

She said, "The piece of advice that has stuck with me was... 'Your child is not a milk carton. There is no expiration date on the bottom of their feet', Meaning the doctors can have all their opinions, but the truth is they really do not know the future of my child, they are just



guessing.” And after listening to Dr. Siegel’s interview I think he would agree. Thank you, Denise, for sharing that.

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website [www.twomothersoneprayer.com/contact](http://www.twomothersoneprayer.com/contact) and I will be sharing your advice with our listeners on future shows.

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Thank you for taking time out of your busy schedule today to listen to the Hope Strength Courage Podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope Strength Courage Production Team which consists of Kyle Outridge Productions and music by Fiz Anthony. To learn more about myself, Laura Lane and to order my book please visit [www.twomothersoneprayer.com](http://www.twomothersoneprayer.com).

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