

My Journey to Wholeness

By Diana Marlowe-Newman,
participant in LifeSpark's Energy Partners program

One of my greatest fears was realized 16 months ago when I was diagnosed with a recurrence of breast cancer. Five years earlier, after treatment and surgery, everyone thought I was done with cancer, and I had put it all behind me. Then, while undergoing a routine procedure, we discovered lumps in my neck. When the tests came back, things were looking pretty grim.

Then I found an excellent oncologist who started me on a dramatic new medication, and with the love of my family, my situation began to look up. However, I was paralyzed with fear. I couldn't sleep, focus, or think coherently. Even though my oncologist was very pleased with my response to treatment and called it "an excellent prognosis" I could not believe I could really get well. I used to say that if the Lord himself had told me "Diana Marlowe-Newman, you will recover"... I would have said, "Oh, you're just saying that". My emotional state was definitely harming my recovery.

Western medicine alone has never been enough for me and I wanted other avenues of treatment. Vitamins and herbs helped, but I was still suffering from panic attacks that all but immobilized me. The medication was amazingly effective for my treatment and I never lost my hair...but it also produced excruciating pain in my legs, and I felt like a 90 year-old woman. I could hardly walk, sit, or even get dressed in the morning.

Then a dear friend told me about LifeSpark, a Denver based program that supports people with cancer. He helped me make my first appointment, and even drove me to my first session (I was unable to drive at that time). At that first session, I met my Healing Touch provider Jolene, and then I got on the table. What an experience! I left feeling calmer and the pain was much less. It was amazing! I knew I had found what I needed.


At these appointments, the music would start and as Jolene worked, a blanket of calm would fall over me, and I would relax. It was such a relief to experience that relaxation even for a short period. My mind began to clear and as time went on, I would arrive with questions or problems in my mind and during my treatment, the answers would come. I grew to BELIEVE that I was not a disease and that things could get better.

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With the help of Jolene I created visualizations of my health. I stopped playing the “what ifs” over and over again, and learned to live more in the moment. The pain in my legs significantly diminished and it was easier to walk and resume normal activities. My provider taught me Healing Touch techniques to do at home and that helped even more.

I no longer live in the grip of fear. My physical pain is manageable and getting better every day. I have much more energy and have gone back to most of my prior activities. This did not happen instantly or overnight. It was a gradual shift consisting of small changes and small triumphs, which added up to a big whole. My oncologist says that I’m doing “exceptionally well” and I think of myself as a new face of healing.

Many times I wish the cancer had not come back...or never happened at all...and that I could just live my life as I did before. However, when I look at everything, I know that things worked out the way they were meant to be. If I had not had the recurrence of cancer, I would never have experienced Healing Touch. For me, this is the most important part. I feel that I have found my calling. I am currently enrolled at Red Rocks College and have just completed Healing Touch Level 3. My goal is to volunteer for LifeSpark and give back a little of what they have given me.

LifeSpark turned my life around in a way I never expected...and my journey to wholeness has become my opportunity to help others find their way back as well. 

Diana’s Bio:

Diana Marlowe-Newman is a software developer who lives in Lakewood, Colorado with her husband, Terry, and 14 year-old daughter, Laura. She is a prolific gardener, growing most of her own produce, raises chickens and ducks, and loves to knit.



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