**ICanServe Foundation**

**Silver Linings 2019**

**HEAL YOUR LIFE**

**From Crisis to Opportunity**

**PICC Room 7**

**SPEAKER : Denise Celdran**

**MODERATOR : Mitzi Borromeo**

0:00:52 Mitzi: … people, since baka mamaya may dadating na iba, can we ask people to move forward? Huwag mahiya. (laughs) We’ll… and it’s also nicer para mas intimate later baka when we have the discussion portion pwede rin mas malapit sa mic to ask questions. So please, feel free to move forward while you have your breakfast/ snack, ano man yan.

0:01:20 Mitiz: Thank you. So this is Heal Your Life: From Crisis to Opportunity session. I’m Mitzi Borromeo. I’ll be moderating the session. Thank you for coming here. So please do remember we will have an open forum later, so if you have any questions or you have comments, anything you might want to share, please feel free to do that later on after our speaker gives a bit of an intro and share some information. So our speaker today is Denise Celdran. Denise co-founded Mind Works Center for Mind Health in 2013 with her father, Pediatrician Doctor, Miguel Celdran to empower individuals with or without disability and to improve their quality of like through optimum mental and physical health. Denise is a meditation teacher and the owner of the Good Seed Vegetarian Café. So let’s welcome Denise Celdran! (clapping)

0:02:27 Denise: Good morning everyone. Hi. Actually, I was wondering you know, why I was invited to speaker here. What’s my background really in, in talking to people that have been through so much. Right? As a, I also practise homeopathy and naturopathic healing. And the past 5 years has been spent with people in palliatve care. So in the past 5 years I’ve spent a lot of time with people that aren’t well and through that my experience, I also had to heal myself. You know, when you’re dealing with so many expectations of people, so many desires to be well and you’re only human, you know, I’m only human but you want so much to help that it takes a toll on you. And I even had to go through my own healing and I had to realize where I was in my life that was bringing me in too many directions. And I was trying to also do the same for all the people that I’ve been working with. How they got sick? You know, what was it that got them to that place? And I realized just, this is just been in the past I would say, ---- a very close friend of mine and mentor, passed away and I was the primary caregiver. I was also the one going to the hospital. I was there when he died. So it’s like what… and I was carrying so much with me also in this past month that I just had to let it go because I could feel something growing in me that you know, if you’re not watching this, you can get sick. You know, you can really get sick.

0:04:19 Denise: So… in my meditation, so I went through a retreat with, with some friends that are here from abroad and it’s a series of meditations and very serious processes. And I just you know, I mean I’m gonna be graphic, I just puked out everything that I had been carrying. Sometimes it has to get to that place where you have to release that kind of, it was just a jumble of, of just all these emotions and when, when I’m talking to you, I know, everyone here that’s gone through something like I a health crisis has got all of those emotions no matter what. We always put up a big, a front for people, for families, for, for the people we work with. And this is what’s taxing for us. Is that we always have to be somebody and something for somebody else. But what about the time for you? You know, what is your and this was my question to myself, what was my truth out of all of these? What was my authentic self? Am I just, am I healer, am I always supposed to be helping? Am I daughter? A sister? It’s almost like there was no time for me anymore.

0:05:36 Denise: And for me that’s what, you know I came here with some slides, we’ve prepared some slides and some things to show you. And at the end of the day, I’m just gonna share with you what I had been through. How to, how I got through my crisis into opportunity. I’ve also had an auto immune disease or something, when you’re not watching, you will get something. And what is this? I don’t even want to talk about death. It’s like the elephant in the room that nobody wants to talk about. But we all die and that’s the realization that, that happens. But the perspective that I realized with death is, when we get sick there’s something in us that has to die. It doesn’t have to be us. And that was the most important lesson I said. There’s something. So what is it that we’re going to look for in ourselves that doesn’t solve us and has to go. And it has to go now. You know, what I mean? It’s like making an assessment of your whole life. What are your energy leaks? So that’s what I have to figure out. What are my energy leaks? Am I energy leaks my work? Is it my relationships? Is it my environment? Is it my food? Is it myself esteem? Is there a trauma? Because you know, we’re all born vital beings, we’re all vibrational beings here. It’s when the sperm meets the egg. It’s endowed with this life force. You know there’s Prana that Nameeta will talk about later. It’s endowed with this life force that goes with us and it’s how we keep up this vitality in our life that will… manifest as how we live our lives in wellness or in illness.

0:07:33 Denise: So if we have this vital force, we have to realize what is it that is bringing down our vitality? A lot of times, it’s a trauma. You know, it can be a physical trauma. Illnesses can also grow from a physical trauma like an adhesion or scar tissue or some blockages, a physical trauma. It can be an emotional trauma, we had this great vitality and all of a sudden, something just knocks us down, a lost of something, expectation not met, monetary loss. It’s different for everyone. So it brings down our vitality and then from there sometimes we end up wallowing. And we’re lost. We don’t know how to get it anymore. Deep inside of us when we are not well, we know what it is that made us not well. And… do we have the courage to look at that? Do we have the courage to shine the light on those things, those shadows in ourselves? Right? And I’m so glad that my talk comes before Nameeta’s because she will give you the tools on how to get rid of all of these shadows and all of these vibrations that we’ve picked up. Just from watching the news, just from talking to certain people that just yak and yak and yak. You know, how much of your energy are you giving away? You know, how much of your vibration are you lowering?

0:09:04 Denise: (differene audio quality) In this kind of situation and in the healing process, it’s also… how, what we’ve chosen to be a vehicle for healing. That’s another thing that I realized is that when you’re taking the medicine, no matter what medicine, whether it’s chemo, whether it’s supplements, whether it’s fresh green juice, if you believe that medicine is what you need for you to heal, that medicine will heal you because we have the power to transform everything. We have the power, being energy. Energy is neither created nor destroyed. Right? We all learned that in Science. So it can only transform and being energy beings, we’re taking an energy from food, we’re taking an energy from our environment, we’re taking energy from other people. We’re taking energy, we’re just energy machines! That’s basically what we are. We’re energy machines, but how are we treating that machine? How are we honoring that machine? Are we giving it, that’s why when I was looking at all these, the speakers today, everything is here. You know, there’s the right way to eat and then next door, they even show you all of these hygienic, what we call hygienic practices for health – proper eating, what to drink, sleeping how to manage the body, the mind, emotions. These are all hygienic practices that are more important than brushing your teeth, actually.

0:10:43 Denise: And here they’re talking about everything you know. And, and all of these information is available on the internet. But I think what we really need to realize is what’s our truth? And what is that medicine that we need to heal? You know, ok fine we’ve gone to the doctor, we’re talking their medicine, thank you. We’re eating well, thank you. But there’s always that one thing that we know when we’ve done an honest assessment of ourselves. There’s something that we need to change and it doesn’t matter about the past. A lot of times, we can beat ourselves. I should have done this, I wouldn’t have gotten this. If I had just done this, I wouldn’t have gotten this. You know, there’s all these ifs, buts, whats. But that’s all in the past. You can’t dwell in the past anymore. It’s really from this day on forward. We have today. You know, we’re breathing! We’re living! You know, I think maybe about, how many more minutes do I have Mitzi?

Mitzi: 45 (off mic)

0:11:47 Denise: 45 minutes? Ok, so what I wanted to do actually was maybe when people come in, it’s like we’ll do a heart meditation. May, maybe we can close the… close the door for, for a meditation. Because things can become so overwhelming… anyway, you know, with the… between the treatments you have to do, between the people you have to take care of, the you that you have to take care of. It’s that time for yourself is the most important. And one thing that we have to realize is when we’re given something like this, it’s a wake up call. It’s the universe telling us you know, not that we should wallow in whining. You know, “Why did I get this? What did I do?” and all that. It’s like, what is the message here for me? What is this trying to tell me? Where am I supposed to put my boundaries? Where am I supposed to plug my energy leaks?

0:13:03 Denise: Ok, can we close the light just a little bit? Ok, so I want everyone to just sit down. Coz you know, I can keep talking and talking but I think that we all have to feel it. So we can dim the lights just a little bit. Let’s close our eyes and put our palms on our laps. And let’s take a deep breath in. And let’s breathe out. Another deep breathe in and breathe out. Just continue breathing on your own. As you inhale, feel the air coming into your nostrils, moving into your lungs and expanding. And let’s give gratitude for this breath that we can take. As you breathe in, imagine this beautiful white light, coming in and filling up your body. Feel it fill up your head, move down into the throat, into your chest, and just exhale. Exhale everything you’ve been carrying. Exhale all the doubts, feel this light fill you, fill your stomach, fill your legs. Fill your whole body. Our body is made up of light. And this light can shine bright just needs a little polishing. Can put your hands over your heart and feel the heartbeat, feel the gratitude that your heart is beating on. We don’t even have to think about it. We don’t have to do anything and it’s just keeping on and keeping on. Some of us may have a little… gate around our heart. Maybe we’ve hardened it a little. Because of what we’ve through, because of the emotions we keep, the judgements we have, the control we feel we need to have over everything and everyone. But with your breath, feel this melt away.

0:17:19 Denise: The heart is what transforms. It’s not something we need to look at the outside. And everything we have before us, no matter how daunting… no matter how scary, no matter fearful and how gripped in fear we are of the future, of what it brings, it’s when we connect with the heart, we know it has the energy and the power to transform whatever it is in front of us. Feel the energy, be the energy. Be grateful for the heart. And from my heart, to your heart, to the heart of the next, of the person beside you… we all have beating hearts. And we’re all connected in this one rhythm and that there is a sisterhood and a brotherhood amongst us, that we never walk alone. There’s always that source of strength in me. There’s a source of strength in people around me. I just know how to, have to know how to ask. I have to know when to say no. I have to know when this time is for me and when I am stronger and I am going to get stronger, I’ll be here for you. But first it’s my beating heart that I need to take care of.

0:20:13 Denise: Let’s take a deep breathe in. You can put your arms down, ahhhh… just let go… breathing in. And breathing out, breathing in and breathing out. And whenever you feel ready at your own time… you may open your eyes. How is everyone? That’s just really I think what I was meant to share today not a bunch of slides and… you know we still have this no matter what we’re going through. We have the beating heart.

0:21:33 Denise: So how do we incorporate this now? (laughs) it’s about the integration into our daily lives. How can we tap into this? Because you know we always won’t be here around our sisters and our support group. You know, when life happens, we’ll be out there with the traffic and the demands and the pressure. So you know, it’s really to take time everyday but the most important person is really you. Before you help anyone else, it’s really you that you need to take care of. And I think that’s where a lot of us get lost along the way and, and this ease happens. We’re not easy in our bodies anymore. We’re not feeling comfortable in our bodies. And a lot of times is when we do get an auto immune disease, when we do get something like cancer, it’s our body not recognizing itself anymore. You know, the signaling is off. You know, there’s something to be said of course about the food that we take in. There’s something to be said about the environment we’re in. These are all very, very important but it’s again it’s how we’re transforming all of these input from our environment. What are we doing so that it’s not sticking in us. We’re not carrying it. We’re not making it our badge of defining who we are right? It’s how can we reinvent ourselves. Coz this is really about rebirth. It really is about a lesson in life is given to you because you’re supposed to reinvent yourself. You’re supposed to reborn as who you really are, who’s your authentic self? And it’s not an easy question. I mean I still grapple with this question everyday. It’s not an easy question for, for anyone right? But you know the beauty is the adventure of the discovery. And that’s where we have to get excited like little kids. You know, how is it to be a kid again? You know, when you’re a little child again, everything is a discovery. You’re looking at everything through new eyes. You’re looking at all these situations without all of these… limiting beliefs that we’ve just managed to pick up along the way from, from just even something that somebody said that maybe so innocent. But we take it to heart and we carry it as our identity.

0:24:14 Denise: So the question is, how am I gonna rediscover myself? How am I gonna rediscover the world? You know, how am I gonna look at this thing that’s bothering me? There’s problem that I know that’s probably what caused it. You know, what kind of energy am I gonna give into it. What kind of perspective. How am I gonna use my heart to transform this? My breath, my heart, my connection to source. You know, death is all about connection to source. We become the ultimate universe. We become that again. But how you know, we don’t have to wait for that. We can do it now. Why do I have to learn the lesson the hard way? If we’re meant to connect to source, we will find the connection to source. And it’s different things for different people. You know some people find it in their religious practice. Some people are uncomfortable with their religious practice. You know, it’s, it’s realy up to you already. Is this thing feeding me? Am I getting something out of it? Or am I feeding it? Am I… Is it my crutch? So you know what’s so nice is everyday, every moment, every minute after this is you look at something with a fresh perspective. You know, how can I put unconditional love into everything? It’s because when we meld into the One, it becomes unconditional love. And that’s really what all of us yearn for. You know, we can put all of these external trappings, I am going to achieve this much and this business is going to be so successful and I have to command people to do this because this is the goal that I need to reach. And this is the trap that we can get caught in. Right? So it’s all about now, it’s… we yearn for love, we we’re born as love. Every child is love. So how can we now bring that heart and that unconditional love into everything that we do? And that’s both the challenge and you know, if you make a mistake and you lose your mind over something and you get angry, acknowledge it. Don’t kick yourself over it. Acknowledge it, something that needs to come out. That’s something that needs to be processed. If you can do a primal scream or you know, in my case it was just like, like vomited everything. It was a bile. You know, it’s that acidic bile that rises in you when you know you’re not comfortable with what you’re doing you know, when you’re not living your truth. You know, it doesn’t have to be as dramatic. (laughs) It can be releasing. Nameeta is going to teach you some beautiful exercises after this that you can do everyday. You’ll get a lot already from her, what she’s gonna be teaching you today after this talk. And then you can also take the course, the Art of Living course. I was the teacher for the Art of Living, for many years, 6 years or more. And it was really, I mean it was… the realization of what you need to do is all in 3 days. For me it’s like a really good you know, crash course, not really a crash course, because the challenges integrating it into your real life. You can learn the techniques. You can learn the course. You can do a yoga course. You can go to all kinds of… retreats out there, there are so many. And there’s no good or bad, it’s like how are you gonna use it in your life to transform what is bothering you? To transform that knot inside of you that’s manifesting as something.

0:28:09 Denise: You know, how are you gonna transform? Some people say you know, you don’t even have to eat organic vegetables. People get their vegetables. They pray over it, they transform every molecule in that vegetable and say when I’m eating this vegetable, its energy is nourishing me. Thank you to the farmer, thank you to the person who brought it to the market, thank you to the person who cooked it. You don’t have to eat expensive stuff. It’s just really how much intention are you going to put in every action that you do, everything that you put into your body, every energy and vibration that you pick up. You know, what intention are you going to give. And it’s really mindfulness and this is where all the tools come in for mindfulness. Right? And I don’t know, I don’t really have much more to share (laughs) Question and answer. Thank you everyone. Thank you.

0:29:05 Mitzi: Thank you very much Denise for that very inspiring (clapping) and beautiful reminders, also beautiful reminders and the nice meditaton. So ang dami na natin ngayon. Maraming salamat na nakapunta kayo. May I just see a show of hands, sino sa atin dito mga survivors? Any cancer survivors? Wow, thank you for being here. Caregivers, maybe we’ve all been caregivers at some point. So the moment now is yours. Baka may mga tanong kayo and anyone want to say, I mean remember the title of this session is Heal Your Life from crisis to opportunity. As Denise said iba-iba yung mga karanasan natin no? Everybody has a different experience of crisis, ang sabi nga niya energy leaks. Di ba? So we’re all made up of energy. Is there anyone that might have a question or maybe share some experience about their crisis. And pano nila, how were you able to endure this to go through this and maybe we can share a few insights or even get some advice from Denise because even today di ba kahit survivors, I mean everyday is still a struggle. We all have to deal with the traffic, other stresses in our life. Any one want to share… an experience or may mga tanong. Denise, so let’s… yes ma’am, if you can go please to the microphone. Yes…

0:30:20 Q1: So I can just break the ice. So I’m a survivor. In ICanServe I’m 3 years old so I got… (cut in audio) tell this to anyone, whether caregiver or a new patient. You know about the limbo moment when you’re having a moment. Right? You cannot escape it especially if you’re undergoing treatment. And once you have the moment, please don’t escape from it but I always say take 5 minutes only. Don’t dwell on it because your sickness loves you being sad. Your sickness loves you being stressed. So take only 5 minutes ok? And then the briefing really helps. And in this day of social media, if someone is super negative in your news feed, feel free to unfriend. You don’t need that.

Denise: Unfollow…

Q1: Unfollow, yeah. Coz when I had mine, it was it was around, when I was doing chemo it was during election, so it was pretty toxic. So I had to unfriend. I mean I will wake up and you know. So that’s my advice to everyone and the briefing really helps. So my main advice to everyone is just you know, do 5 minutes only. I’m sure the other survivors would agree with that as well. Thank you.

0:31:39 Denise: Thank you for your story. Anyone else want to share? I mean, I want to hear your stories.

Mitzi: Or questions. Maybe, yes please if you can come to the microphone. Move forward, thank you.

0:31:57 Q2: Hi, good morning everyone. I’m Marie Sy from Cagayan de Oro. I’d like to share about the stress that I am feeling knowing that among my sisters, you know, I’ve been with Try, Thrive for almost 5 years now. And year after year, I would be hearing stories of sisters who are dying or they have, they are undergoing another treatment, all those things. And hearing all these stories would really stress me. And… but I am consoled by the fact that I always tell myself that, “Well, if it’s really God’s time, if God is really calling me, and if it’s really my time, so long as I have lived my life to the fullest and I have given joy to people, I have been a delight to people, then I’m good.” So that’s a very consoling thing, thank you very much.

0:33:01 Denise: That is beautiful. (clapping)

Mitzi: Sorry , I just need to check you know, we are all running, we are running late today kasi nga nag start yung plenary late so the original plan was we’re gonna go with a session and take a break for lunch. But Nameeta who is our next speaker, so the next session is the power of breath tools and techniques to manage stress. Siya dapat yung susunod. So tatanungin ko lang sana sa inyo are you ok if we continue after Denise’s session, can we continue on with Nameeta? Or do you wanna all take a break for lunch? Gutom na ba kayo? Continue ok! Because if we’re gonna continue, we have to wrap up in a few minutes. So we will continue. So what we’ll do is after Denise’s session, we will move on to Nameeta. So we have just 5 more minutes. Maybe one, 2 or 3 more questions, sharings. Yes, James.

0:34:05 James: So I’m from the States and… Tish is shaking her head back there in the back because I came to see Tish. I’ve been here 5 and half weeks. The reason I raised my hand was because 6 years ago I had prostate cancer. And I understand that prostate cancer for men is just one of the, could you say easier ones perhaps? So I am a surgery survivor rather than a cancer survivor even though I did manage to keep it at bay. The reason I stepped up is because I am a poet. And I like to address the problems that we have in life with language. And when after I finished my surgery, Tish was there and I thought, “Oh, I could write a poem.” So I wrote a poem the day of the surgery and then I wrote a poem the day after and then the one after that and the one after than and I did that for a hundred days. Now these were really prose poems more than like very fancy things that might end up in the New Yorker. And I thought I’d just reflect on what’s going on each day. And at the end of the 100 days, well I thought a hundred days is enough, a hundred is a nice number. And so I would just to give you one of the poems today. It’s very short bit and it came in the middle. My surgery happened in Nashville North Carolina. I stayed there for a while and I went to Taos New Mexico to do a little more recovering and then as I got on my feet, I met Tish in New York. So in a hundred, the, the last day, the 100th day ended in actually Boston at my nephew’s wedding. So it was very interesting. You start out in the operating room and then you end at a wedding. Here’s the poem that happened in the middle of the, of this series. It’s very short and it took place in Taos New Mexico. If you know Taos New Mexico, you’ll know that it’s in a high desert. It’s very, very big vistas, great sunsets, thunder storms, lots of curvy roads. And so here’s the little poem and I’ll give it to you. And I encourage all of you to use the language that you have in your lives. The language you speak, your own style, who you are down here to express yourself and give that expression as a gift.

Where does the story live, somebody I asked.

And the storyteller says, it lives in the wholeness between you and me.

The story lives right here just south of Taos, on my way to Sante Fe this morning.

A road sign worn big horn sheep. I scanned the land for wild life, nothing moved but my borrowed mini cooper, gliding 60 miles an hour, sun roof pushed back, window down, center??? stage in the air, Spanish music on the radio.

I down shifted for the curves. And thinking of that Spanish music, I started thinking of the first time I heard Janis Joplin seeing me and Bobby Mgee.

You know when Janis said she’d let him slip away, I thought she meant he left her for another woman or he hobo to Seattle because he loved the rails more than he loved her. Or he just plain turned me and then robbed the bank.

But now I know better. Bobby died. And he did it in the arms of the woman who loved him.

And hour after I got to Sante Fe, I watched a young married couple ordering sandwiches at the Aztec Café. They touched each other while they waited. The air was clean and dry. A few white clouds floated in the egg blue sky.

So death does come to us all. The young couple had hope. I had hope and my little poem never mentions a disease and yet it suggests the disease that infects that us all at one time or another, affects us all is just part of a much bigger hole. The breath we take in, the breath we give out, the poetry we breathe, the poetry we take in. So that’s my story. Thank you. (clapping)

Mitzi: Thank you James. Denise you wanna? I’m sorry that’s all the time we have for the questions. But remember for the next session, we still have time for discussion. Thank you very much for sharing. Denise some last words before we close?

0:39:06 Denise: Well I have 2 gifts to give away. (laughs) I have a vegetarian restaurant, so I have 2 give aways. So I’m just going to play bring me game. Ok? Can anyone bring me a… how about a calculator that’s not on a phone?

Mitzi: Oh wow! Good luck. Hahaha! Good luck.

Denise: No?

Mitzi: Ano kaya? ID. ID na lang, license…

Denise: Bring me a red wallet.

Mitzi: Red wallet ok.

Denise: Red wallet woohoo…

Mitzi: Wow, if you guys haven’t tried the Good Seed, it’s very good. Good stuff. The Good Seed is in Brixton, it’s in Kapitolyo, Brixton Street pala for those who maybe interested. Vegetarian restaurant of Denise in Pasig Kapitolyo. So masarap po yun. Try niyo kung nasa Pasig kayo. One more…

0:40:03 Denise: How about some black glasses, black rimmed glasses.

Mitzi: Who has black? Even shades.

Denise: Black, black, black rimmed glasses. Ok… whoever comes here (laughs).

Mitzi: Alright may lunch na kayo, congratulations woohoo!!!

Denise: Here you go.

Mitzi: Thank you.

Denise: You’re welcome. Thank you so much. Thank you, thank you so much. (clapping)

Mitzi: Thank you Denise. Thank you so much for sharing yourself with us today and thank you everyone for being here. Our next session is called the Power of Breath: Tools and Techniques to Manage Stress with Nameeta Dargani.

**0:40:33 END OF SESSION**

**END OF TRANSCRIPT**