



“I can now tell myself to clear my mind, hear the silence and ground myself”

Marilyn Humphries is a colour therapist

‘I was working as a script supervisor in the film industry, leading a very full-on, stressful lifestyle when it all ground to a halt in 2007 after I was diagnosed with grade one cancer. In just one sentence, the doctor informed me that I needed to have a lumpectomy, possibly radiotherapy, and maybe chemotherapy. I booked myself in for the operation, but decided to try some holistic treatment in the meantime. My younger sister, Hazel had died recently from colon cancer after going through treatment for nine months, and I felt that I should look into other ways to fight my disease, too.

I decided to embark on The Journey, and got in touch with one of their practitioners. Working with them, I began to see that everything in my life was cluttered: my home, my working day, my mind. The starting point was to declutter my bedroom, and as I made my first steps of progress, a little voice said, ‘you are starting something

here’. My practitioner helped me organise my life, clearing my physical world and my mind through meditation; focusing on my body with yoga, reflexology and massage; and tackling my relationships and my diet. Slowly, as I decluttered my life, I began to open up and look at things very differently. I kept going to my hospital appointments and gradually, their frequency decreased. I’m now living with cancer, but my tumour has shrunk.

I wasn’t expecting overnight miracles by making these changes, but I knew that I was living a healthier life. Through the process, I’ve learnt to say no to things that aren’t good for me. When I find myself getting stressed, I can now tell myself to clear my mind, hear the silence and ground myself. People started noticing the change in me, from the fast-paced route I was taking to a very calm, holistic way of life, and seven years on, I’m still here to tell my story.’

For more information, visit thejourney.com