

The Ten Tenets of The Simonton Cancer Program

- 1.** Our emotions significantly influence health and recovery from disease (including cancer). Emotions are a strong driving force in the immune system and other healing systems.
- 2.** Our beliefs and attitudes influence our emotions thereby affecting our health and healing systems.
- 3.** We can significantly influence our beliefs and attitudes. As a result we shape our emotions, and therefore, significantly influence our health.
- 4.** Ways of influencing beliefs, attitudes and emotions can be readily taught and learned by using a variety of accessible methods that are presented in this program.
- 5.** All of us function as physical, mental, social and spiritual/philosophical beings. These aspects need to be addressed in the broad context of healing, with a focus on the particular needs of a person who is ill, and that person's family, community, and culture.
- 6.** Harmony is central to health - balance among the physical, mental, and spiritual/philosophical aspects of being. This extends to relationships with self, family, friends, community, planet, and universe.
- 7.** We have inherent (genetic, instinctual) tendencies and abilities that aid us in moving in the direction of health and harmony (physical, mental, spiritual/philosophical and social).
- 8.** These abilities can be developed and implemented in meaningful ways through existing techniques and methods that are presented in this program.
- 9.** As these abilities are developed, proficiency evolves, as when learning other skills. The results is greater harmony and improved quality of life, which significantly impacts one's state of health.
- 10.** These skills and insights also change our relationship with death by lessening our fear and pain, and freeing more energy for getting well and living life more fully today.

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