

# CANCER - My choice to live ...

*Claire Williams meets Kathleen Murray.*

*Kathleen Murray, Director of the Academy of Crystal and Natural Healing and author of 'The Divine Spark of Creation, the Crystal Skull Speaks' is well known as a guardian of crystal skulls, including Sammie, Kalif, and three ancient jade skulls. She has taught workshops in the UK, Ireland, Holland, America, Brazil and Australia, and as a result of her experience is now interested in working in-depth with cancer and terminal illness.*

*I met with her a few weeks ago and we talked about her journey back into health, without medical intervention, after receiving a diagnosis of breast cancer.*

**How did you first become aware that there was a problem that needed investigation?**

I first became aware that I had something other than flu and continual illness, which was diagnosed as chronic fatigue, at the end of February 2004. My immune system was down. Alarm bells went off in my head. One of the parts of my body that was aching was a lump in my breast. I felt it was suddenly quite big and I didn't know how it had got there. To calm myself I rationalized it was an oedema, fluid forming around muscle tissue on my pectorals. I used this rationalization to comfort myself while waiting for a diagnosis.

I went along to see my GP and had a horrendous time there with a doctor who looked at me in disbelief. I was apparently in the wrong age group and without a history of cancer in my family. I felt intimidated and humiliated, but I insisted that I have a mammogram. I was given an appointment for a mammogram three weeks later. It was 10 weeks after my request that I saw the specialists at the breast clinic in Aberdeen. My consultant was a surgeon who after a clinical examination asked me if I would go for further tests with ultrasound, and then needle aspirations. She then told me that I had cancer in my right breast. Hardly stopping to give me time to digest this news, the consultant recommended that I have my right breast removed as the tumour was quite big, and said it was better that it was done immediately.

I was really shocked, very emotional and very vulnerable. In some ways it is perhaps every woman's nightmare, and a shocking reality to face - an operation like that, immediately. I suppose I am always suspicious of the accuracy of tests and I thought and hoped the biopsy, to be done a week later in Aberdeen, would prove I didn't have cancer. But I was really angered when after returning from the biopsy I received a phone call offering me a place in the theatre the following week, even though I was told the biopsy results wouldn't be available for another two weeks. I completely lost my faith in the NHS.

**What did you do once you found that you had breast cancer?**

After the cancer diagnosis I began my research. I knew of the Phillip Day material, [www.credence.org](http://www.credence.org), so now it was time to read it all for myself. 'Cancer - why we're still dying to know the truth'; 'B17 Metabolic Therapy in the Prevention and Control of Cancer'; and 'Great News on Cancer in the 21st Century' by Steven Ransom. I was horrified at all I read. How could all this

© Paradigm Shift

information about cancer cures be suppressed for so long? Why? And who would want to control people's lives with deadly drugs which don't offer your body an easy way to recover? I couldn't believe that the treatment used by the NHS actually damages your health. Many of the drugs used in chemotherapy are carcinogenic! All damage the immune system, which is why the cancer is growing in the first place. Cancer can't grow in a healthy body with a strong immune system. It is now recognized that cancers start growing relatively frequently in our bodies, but most don't become a problem because the immune system spots the different cells and dispatches T cells to destroy them.

**How did you feel during this time, and how did you deal with those issues?**

Now I know and I can feel what every other person feels who has cancer - the thoughts and the emotions and the negativity that comes back whenever you are open and vulnerable. In the first few weeks every time I felt these waves of negativity hit me, I would not deny that they were there. I knew that the cancer was caused by suppression of emotions, of anger, of resentment, and I needed to live through them as part of the process to release myself from the disease. So the cancer had triggered the very emotions that had caused it. Anger at being unable to cope stuffed inside my body, and when I was told of the diagnosis the disease brings up the very conditions that caused it. I remember spending time feeling why me? I would be out looking at people in supermarkets and going about their daily work and wondering why me? The feelings are real. They need to be acknowledged. I had days when the tears wouldn't stop flowing.

The experience of discovering you have a terminal disease, makes you look at life. It made me look at my life, at how I have lived it, and what in me was here to fight for life, for what I believe life to be, which is not as a body that has had surgery. I did go through a stage where I felt I would just like the lump cut out and that would be an end of it. I guess that it is part of the cancer picture to feel over burdened, over responsible and over identifying with others.

**What options were you given by the NHS, how did you feel about those and what was your response?**

I was given no option by the consultant in the NHS. She was a surgeon and recommended surgery immediately. I was outraged. I was also glad she didn't suggest chemotherapy to shrink the tumour, which is what they often recommend. It would have been another issue to battle with them. The consultant I had found me very difficult. The other members of the team she was heading were happier to listen to what I decided to do, except for one breast care nurse who told me not to waste my time looking for information on the internet. She would give me all the information I needed - NHS booklets which made me very emotional. This



is a whole system set up to support victims and you can feel like a victim when you have cancer. It would be easy to fall into the support they offer. I did consider it but at the same time I was researching the alternatives.

Given your background and knowledge what did you decide to do, and how did you chose your course of treatment?

On the day of the biopsy I was listening to a Lazaris tape on the nature of healing and I took courage and great inspiration to hear the truth that if we say our desires truly from our heart, that we do not wish to be ill, then it will be so. We can send those signals out and the universe will respond. It sounds so simple!

I decided to order apricot kernels and Essiac tea. I changed my diet completely to assist my body detox and to turn my body into an alkaline environment where cancer couldn't grow. I learnt the importance of hydration (most of us are very dehydrated). When I was eating the maximum recommended dosage of B17 through apricot kernels, I was given the guidance to increase the B17. I was given the name of four doctors in the UK who prescribe B17 in tablet form or intravenously, as in the cancer clinics, from Credence, Phillip's Day's company. I chose one and set up an appointment for the following week. He also recommended that I see a specialist in nutrition who would monitor my diet. I had been seeing an ayurvedic doctor since the beginning of the year to help with the chronic fatigue. He had suggested that I increase my levels of protein to rebuild all the energy I had lost. After being a vegetarian for 30 years, I started eating meat. I was willing to give anything a go to improve my health. Along with acupuncture, herbal tinctures and major diet changes, I triumphed over the chronic fatigue. I was not willing to lose energy and weight by following the traditional cancer diet. I did try it for two weeks, found I did lose weight and energy and recommenced my meat and fish eating - all organic of course. No wheat and no dairy, steamed vegetables and organic short grain brown rice. Nothing processed at all. I was sprouting seeds and juicing vegetables, eating nuts and taking supplements of minerals and vitamins in high doses to make things very easy for my body to arrest and reverse the cancer. The guidelines I were given from the cancer doctor and nutritionist were, feel good and my health would increase. Nothing in the treatment should make me feel unwell. What a contrast to conventional treatment!

What was the response of the NHS to this?

I delayed my next appointment to give me time to work with my own healing. About a month after the diagnosis I saw my consultant. She didn't tell me the result of the biopsy, only restated that the only thing she could recommend was to operate, a mastectomy immediately.

She didn't give me much of an opportunity to talk to her about what I was doing and what I intended to do. She wasn't used to being disobeyed and she was very bullying. I felt strong enough to face her, especially when I knew my tumour had shrunk! When a biopsy is taken they shoot a large needle into the centre of the tumour (a suspect process as it could spread cancer, the same as a surgical operation). The scar I had from my biopsy was now to the left of the tumour lump. It was not in the middle, and where there had been a hard lump was now soft flesh.

I said "I have managed to shrink the tumour". No response. I invited her to look. She didn't say very much when I told her I was continuing to work with nutrition, diet and vitamins. I didn't want the operation I told her. Silence. She was disturbed when I said that I didn't feel the situation was particularly life threatening. I asked her if tumours shrink or move. She left the room. A breast care nurse returned and I was asked to have the tumour measured

again. I agreed to this after stating that it didn't matter what size they told me it was, I would be working with my cancer on my own. I really didn't trust these people. The professor who was measuring the tumours was very open to discussion and interested in what I had to tell her. She knew the theory of the alternative practices and wished me luck. She also asked me to have another meeting with the surgeon, who was stressed at my approach. Her team were all aware that she wasn't handling the situation very well. I left the building with such a sense of relief.

But I also was feeling angry at the deception of so many innocent women, women who thought they were being given the best treatment there could be, or the only treatment available for cancer.

In practical terms how easy was it to implement your chosen programme, what did you experience and how did you feel during this time?

Over the next few weeks I continued with my healing regime. Sometimes I found it difficult to get all the organically grown vegetables I needed for my juices and to eat. I wasn't working at the time, just concentrating on healing, mediation and feeding my body all the nutrition and hydration I could. At times I felt trapped inside such a disciplined regime. Nearly every hour of the day I was giving myself supplements or eating or drinking. Spontaneity couldn't exist, which I missed. However all the mundane focus on reversing the cancer was a great therapy in itself. Everything I did was a positive affirmation of my choice to live and to beat the self destruction.

The cancer doctor I saw who gave me the B17 tablets advised me to have a CA15-3 tumour marker test done. One as soon as possible and another every few months to monitor progress. I changed my GP to an understanding and supportive man who was willing to help me in any way he could. It took us some time to find out how to do the CA 15-3, which private laboratory to use etc.

Seven weeks after being diagnosed with breast cancer I listened to a message on my answering machine. It was my GP telling me the CA15-3 result was 5, the normal range of cancerous activity monitored is less than 28. The cancer doctor said that normally the result would be around 300 for breast cancer, and success would be reducing to around 50, continuing over time until the result was below the normal range of 28. It took quite some time for this to sink into my knowing. NO cancer! I had hoped for this result but what floored me was the speed at which I achieved it. I still had the tumour and continued to shrink it, being able to relax and feel the pressure off.

What kind of regime are you now following?

Now I am still shrinking the tumour. I have continued with most of the dietary advice, since my health has been so good – the best I have had for years! Everyone comments on how healthy I look! I am sure a lot has to do with the amount of water I drink. For the last couple of months I have been drinking 4 litres of water a day, with organic lemon juice squeezed into it to cleanse and keep my body alkaline.

Have there been any setbacks?

Earlier this year I found myself stressed financially. I had coped better when the cancer was my top priority, but since starting work again and being self employed supporting my two girls with my earnings, getting solvent again seemed a long way off. I took myself off my supplements, not by guidance, but from not coping

with my financial commitments. My tumour stopped shrinking. I found another hard bit and I knew I had to re-look at my cancer picture.

I decided to find a new way to work with cancer now, without the B17 in tablet form. I started taking vibrational remedies that I made myself. I have an electronic homoeopathic machine. I went for ACMOS testing and balancing (other people I know have used kinesiology to test whether certain products are right for them). Pam Robertson in Dundee has been very helpful and supportive. We could test for the energy levels in all the vitamins and minerals I was taking. Surprisingly, some of the expensive ones recommended by the cancer doctor tested low in energy. I had made vibrational remedies from my juice mixes and for the work I do with crystals. These all tested very high in energy. Now I make vibrational remedies for most of the vitamins and the B17, which gives me a lot of freedom! I also dowse to find the correct doses and alter them when needed. I listen to my body and to my guidance. I have recently found an Amazonian herb called Graviola which has had great success with cancer. This can be bought through a company called Resonance, [www.resonance-health.co.uk](http://www.resonance-health.co.uk)

### How do you feel now?

I have learnt so much that I want to share with people. I want to take the trauma out of the healing crises of disease. I feel it is on my spiritual path to share what I have learnt, through my professional work as a crystal healer, channel and teacher.

I asked my beings that come through my crystal skulls and who guide and support me, why disease is very challenging for us:

“The Magic of Healing has limitless possibilities with which we very often interfere. There are some very simple natural laws that govern the healing essence in every sentient being. These laws are laws of truth spoken from the heart, signals sent out in wholeness and in purity, from one source to another source and responded to accordingly – the laws of creation and manifestation.

Now why do we manage to distort, entangle, block, cut off, defend ourselves from and sabotage all these lines of energy of source coming directly to us to assist us with our healing?

Where is the oneness, the wholeness of Love in any aspect of disease? Very abstractly disease in any part of the body is Love that has forgotten itself.

Any of the issues that we have concerning illnesses relates to the processing that we need to do to clear our emotional and mental bodies, which allows our physical bodies to arrest the development of the disease.

Love that has forgotten itself is a resonance in fragments. Fragmentation can become disease. If we are to truly act as a conduit for Divine Love, with our resonant energy field asking from Source for an infusion of energy, we need to be there open and ready to receive - always in communion, always in union, always in balance within that wholeness.

However within humanity there are many common blocks and self-sabotage that form defences and violent actions logged within humanity's consciousness, subconscious, unconscious – matrices of disease. Matrices of disease that have been sown in times gone by on the Earth. One of the reasons for the fall of Atlantis 3 is the spread of a disease very much like your cancer.

There was a time when the downfall of Atlantis was known as imminent, every living being incarnate and disincarnate made different arrangements to accommodate the fall of a huge energy source. There were Lemurians and others who had been trying, and dying, to save the Earth. There were Ones (who are nameless) who desired the fall of all the species that had opposed Their mastership of planet earth. There were living beings (including

Lemurians) within all the kingdoms who opposed the domination by this malevolent force which was interested only in use and abuse of the living gracious energy from these beings.

Every being responded true to their own, and the ones who were holding the vision of wholeness once again return so all the fragments of every living being in every species can come together again. They left the imprints of wholeness hidden. Many beings have discovered these now, but there are many hidden, many more to be found - they are codes. The Lemurians who left them left them in all manner of things, everywhere, so that access could be found by every living being who would return to this state of seeking. Because they would return to the very moment of the destruction as it hit them and they would be taken there by a certain disease. And that disease is cancer.

And it is working in all your bodies. It is more true to say that every living being is growing cancer right now. Now more is understood of the nature of cells, their growth and what controls their growth. Although every individual organism is running its own programmes, has its own issues and has its own body consciousness with its life agendas - there is an overlying matrix and that overlying matrix has a need to control human beings. It was set in motion in the latter days of the third civilization of Atlantis by the large insectoid beings who had formed their own council from many different stellar nations. They had joined together in their common cause to take the power of the Earth, Gaia's consciousness and humanity's to be used for their own means. To be used as an energy source to be manipulated.

These beings seeded inside themselves and inside humanity a need for a particular cellular movement at a particular time. This kind of thing can also be called implants. So the control for use of energy which creates in human beings a need to self destruct...

So there is a need to find in humanity now as many ways as possible to allow freedom from this control game. We know some of you will find it horrendous to know that the extent of control on this planet is everywhere. Larger than you could ever imagine, because it is everywhere. It is not just underlying one aspect. The actual matrix for self-destruction is everywhere, this is how it was seeded. This is why your cancer figures are coming closer and closer to one in three people, and the potential for going to one in two people, and then to everyone.

Sound and light can play so much a part of healing of this nature. Vibrational Healing is needed to break through these matrices, the matrices that hold disease. There are matrices that hold every single disease. It is a format which every being with a human consciousness has access to.”

I have always been given guidance from the beings that are with me, from my soul's council over the years, to never suppress my emotions, that they are the power that humanity is known for, the power of their Love once these emotions are transformed into Love, into wholeness, into resolution, into Oneness.

I listen to myself, supporting myself, but I also have a discipline to work with the negativity. When I had my cancer I worked with meditations in the morning, in the evening, at night, as often as I could. I asked for help from friends to look after my children, Joy, aged four and Amethyst aged ten, while I could do as much healing as I needed.

I was taken on journeys by my guides - Journeys into my tumour. So that I could work with the consciousness of the cells and through those cells I could follow the pathway to a whole array of beings, the ones who have seeded cancer on this planet in those days long, long ago. They are here now to reap what they have sown. There are many strata of these beings, and some of them are in human kind, those we may know as the Illuminati, the Dark Brotherhood, those for whom our governments are puppets.

“You must never give up your search for freedom, it is in the essence of yourself. The disease matrices exist in every single one of you and if a button is to be pushed then a potential for manifestation of cancer and other terminal diseases is actualized. If you have that potential for manifestation of disease then you also have the potential for the dis-creation of that disease.

And what is it that stops you from knowing your own power in your health, in your well being? Fear. Fear that has been implanted in you so deep that it has taken multiple opportunities in many lifetimes for you to release your fear; to release the need to be controlled by your fear; releasing the need to be controlled. For all these beings cannot control us unless we have a need to be controlled. From your perspective it may seem that it is an infinitesimally small part of your self that needs to be controlled, but that part still holds its energy in the matrix. It might be one tiny, tiny part and therefore will not have a lot of impact on your whole, but the more each one of you has a fear; and a fear of a need to be controlled, ultimately that alone has the right resonance for the controllers to assist you with what you ask for; self –destruction.

Because that is the nature of cancer the fields of fear around cancer then consume every person who has the disease, and also consumes their loved ones and also their family and friends. All united in the same fear of death by a disease which is known to kill, all completely united by fear. And the person who has the cancer is fearful of themselves. They have ignited in themselves by hearing a diagnosis of cancer; a fear; a fear of their own death, a fear of their own self –destruct and they find them selves in fear of themselves as much as of the disease.”

I remember listening to voices in myself who went into martyrdom, playing a martyrdom drama- all part of the cancer picture. It is important to counsel yourself, to listen to these voices. The most wonderful and beautiful thing to attain is that you have a you that observes yourself, that you can feel united enough with your higher self to listen to these personality parts, lower selves, negative ego, your negative ego, consuming you.

It is important to listen but not be consumed, and important to be there to witness yourself. You may ask for help to do this, from your higher self, your guardians, your guides and your council. I had fascinating journeys into my tumour; exploring the consciousness with my guides when I was actively working with the cancer in my own body. For I was wishing to create a temple of Light, filled with Divine Love, around my tumour; around myself. To create a high resonance that would transmute, transform and transfigure all aspects of the disease within me, and I was taken on magical journeys. I have recorded four journeys of the same

nature as the ones I went on myself (unrecorded at the time). These are available on CD entitled, Soul Reunion; Journey into Self; Trust and the Temple of Light; Council of Elders. In these journeys, you are connecting in with your higher self, your Divine presence, your guardians and guides and your soul's council.

So for every person who strives to attain an expanded consciousness, they become a way-shower; taking a light into the ultimate darkness of destruction for the human race. For all these beings who have the courage to go in there and hold their light and their truth and their healing as a statement of their being to the universe, the courage is immense. The journey can be triumphant, you need faith to follow this one through to its end, and you develop faith as you follow faithfully. And you develop a spiritual and heavenly rapport with your earthly self through looking after yourself at all levels of being.

Spiritual and physical bodies working together; clearing emotion and negativity through your subconscious and unconscious selves, freeing yourselves from the matrices of destruction, freeing yourself from seeds sown in Atlantis, allowing yourself to be a beacon of Light, an inspiration for many others. All of this may mean not going down the NHS route, not taking any drugs that have been developed as poisons that are cancerous in themselves, so that you are always held in a disabled state. Chemotherapy, radiotherapy, mammograms, biopsies and surgery are procedures to treat cancer; but they are not treating it to enable life to be reclaimed. They are disabling life, they are destroying your immune system, they are putting you at an extreme disadvantage for life.

If you feel your life is difficult (and it will become apparently difficult if your health becomes under pressure when tumours start growing in you), if you have felt at times the toll that it takes daily on your body as energy is consumed by your tumour then imagine yourself FREE. Free from any kind of consuming energy.

LET FREEDOM BE YOUR GOAL AND ASK FOR  
LIFE IN WHOLENESS.

To contact Kathleen call 01464 861584, or  
email [kathleen@crystalkeys.com](mailto:kathleen@crystalkeys.com), and see websites  
[www.crystal-keys.com](http://www.crystal-keys.com) and [www.crystals.eu.com](http://www.crystals.eu.com).

“The Divine Spark of Creation,  
the Crystal Skull Speaks”,  
by Kathleen Murray ISBN 1-902711-05X.

If you feel unwell or have any unusual symptoms please consult  
your GP in the first instance.

**CREDENCE**

**\*\* Be Informed \*\***

Major health questions answered.  
The best nutritional strategies for over eighty conditions.  
Take charge of your life.  
No-one else will do it for you!

Each book: £15 incl. p & p  
Buy all three books and receive your **free** copy  
of the recipe book **Food for Thought**  
Full set: £35 incl p & p

**Free!**

To order telephone: (01622) 832386 or secure-purchase at [www.credence.org](http://www.credence.org)