

## Ela Corcoran's Chapter in

#1 BEST  
SELLER

*Reading these stories will create a spark, a desire and a hunger within you to answer your calling and live an extraordinary life. —Les Brown*

# FIGHT FOR YOUR DREAMS

The Power of  
Never Giving Up

Featuring the New  
Leading Voices of Hope

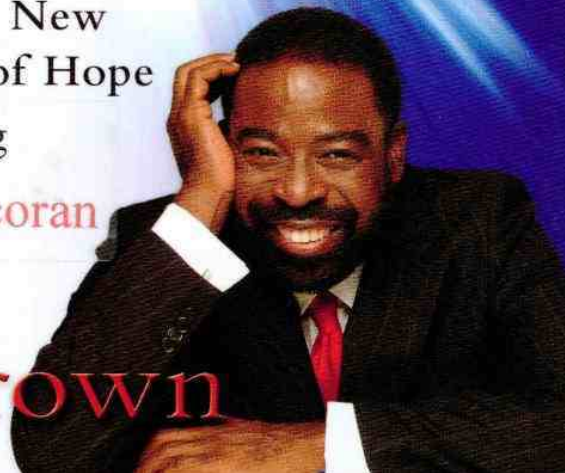
Including



Ela Corcoran

Presented by:

Les Brown



## THE DREAM THAT HEALS ALL OTHERS

The moment I stepped off the plane in Hawaii, I knew I had made the right decision. The air was soft, pure and sweet, and everywhere I looked I found, a different, beautiful shade, of green. This was a healing place. I had left everything behind, all the pressures of family and career, to get well. I took a deep, cleansing breath. And with it, I finally allowed my healing process to begin.

Doctors had informed me some time before that I had a very rare type of breast cancer known as Paget's Disease. I wasn't surprised. Ever since I had graduated from homeopathy school, I'd had a feeling something wasn't right—I just didn't know what it was. I'd changed my diet and treated myself homeopathically since long before the diagnosis, but something more needed to be done. I knew my life was out of balance.

Even after the diagnosis, though, I did not take bolder steps with my health. I was radically stressed. My dad was ill and dying in Poland, and I visited frequently to care for him. I was working non-stop in my homeopathic career, and was in the middle of moving from England back to the States. When my dad finally passed away on 9-11, his funeral was postponed for a week because my brother and I were in the States, and all flights out had been cancelled. My grief was intense—both personal and national.

My decision not to tell my family and friends about my illness was deliberate. I knew my family would not have been able to provide emotional support and that their negativity would be a burden. My mom's expression of love is to worry, and I did not need the added stress. I had left Poland because of that dark outlook. To me, it seemed embedded in the culture after

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so many years of suffering and war. But the real reason I didn't speak out was that I felt I had failed. I had helped so many people, I'd been there for them as a doctor, a daughter, a friend—but I had not been there for myself.

After years as a holistic practitioner and student of personal development, here I was, ill and non-functional at some level. I was very disappointed with myself.

My diagnosis was less frightening to me, though, than what the doctors suggested for treatment. It was the typical, invasive Western approach to cancer—surgery, radiation. Nobody told me to change my diet. They never even asked me what I was eating. Nobody asked me what had been going on in my life. “We will have to investigate,” they told me. I didn't want to be probed or cut open. “You are not touching it,” I told them. I would do it my own way.

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I had already changed my diet and implemented a routine of homeopathic remedies, but I really needed to get away from my stressful life. I was still working and traveling too much. After my father died, my mother had come from Poland to live with me. My stress level increased even more. It wasn't until after further tests that I made my big move. I saw the fright on my doctors' faces when they looked at my results. “This is it,” they said. “Do something now, or you won't make it.” Overnight, all my other dreams and commitments—career, family, travel—became secondary to my dream of rebuilding my health and staying alive. I needed to escape.

I needed to be in someplace beautiful, green and tranquil in a natural, healing environment far from all my stress. Hawaii, a dream place, came to mind. I formed a clear picture of an ideal location just waiting for me there. One

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morning, I awoke knowing I needed to make a contact in Hawaii right away. I remembered a friend I'd met a year earlier, who lived on the Big Island, and emailed her. Although she rarely checked her emails, she did that day. She responded, "How perfect that you contacted me today! I just heard about a small house on an eighty-acre farm that might be available."

I rented out my condo, sent my mother to stay with my brother, closed my homeopathic practice, packed my bags and flew to Hawaii. Everyone thought I was going on a long vacation. On the plane, I instantly felt my burdens leaving me. No work, no patients, no family—this was the time for me to heal myself. This was a purposeful trip. There was no question: I would get well.

I stayed on the Big Island, on a vast, remote lychee farm filled with trees and singing birds. Every day I breathed that wonderful, healing air as I did my energizing exercises, meditation and yoga. I ate beautiful food. Twice a week, the farmer drove me to the town market, where I bought fresh fruits and vegetables. Focusing on my gratitude for life, I made everything, a ritual and a celebration. And that left no room for negative thoughts about my illness or for negative people. Solitude was cleansing. The farmer's dog, a Rottweiler named Yogi, often joined me on my walks and swims in the waterfalls.

It was a beautiful time for me. Eventually, life called me back to the mainland. After six months of a stress-free life and nurturing self-care, I had regained my health. A blood test showed that the cancer markers and the lesions on my body that had been a sign of my cancer were all gone. Thermography, a less invasive alternative to a mammogram, also showed that the cancer was gone. Most importantly, I knew I was well. I don't believe that I actually *did* anything when it came to my healing. I only facilitated it. I allowed myself to receive the healing.

Sometimes we want to be healed but don't allow healing to OCCUR. We're probably not even aware of when we make that decision. It's not always

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happening on a conscious level. Sometimes it seems as if regaining our health is out of our hands, that it's a pipe dream. But illness is a transgression against health laws. We create our illness, but we can make ourselves well by returning to a life lived according to those laws.

*If people give your dream a dire prognosis, don't let it lead you into doubt. Never give up, no matter what.*

A new dream grows from each dream realized, but I'd forgotten that all of my dreams were contingent upon following my dream of regaining vibrant health. My prayers and persistence had guided me back to a place where I could materialize it—and the truth is, you have the power to bring any dream into reality. Everything begins with a vision, a picture in your mind, like my picture of the healing dream-place. You have to visit often to make it real. No dream will come to us if it is not possible to achieve.

If people give your dream a dire prognosis, don't let it lead you into doubt. Never give up, no matter what. When we doubt, that internal voice we listen to is often not really our intuition; it is merely the accumulated voices of our past, our parents, our teachers. If you want something and it doesn't work out, it doesn't mean that it isn't possible, only that it might not be possible at this moment. And if your beliefs tell you something is impossible, it's impossible.

We all have blockages and feelings that hold us back. We cannot measure the energy that blocks us, so we name it, calling it anger, sadness or frustration. But feelings are merely vibrations, and if we change those feelings, we can change the energy, and the blockages will disappear. It's not we who really heal, it's that power that we allow ourselves to access that heals. Medical treatment is a gift God has provided us, and whatever method we believe in, will serve us and help us. But nothing is as perfect as approaching that power and asking for help. You will always find the right answer there.

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*In the end, what you strive for is not as important as who you become during the process.*

That kind of clarity, the same kind I accessed in Hawaii, leads to feelings of true happiness and true dream fulfillment. That is why it is so important to search for and discover what your purpose in life truly is. It is the starting point for all our successes. You are never the same person as you were before you step into power and onto the path that leads to your dreams. In the end, what you strive for is not as important as who you become during the process.

My healing experience brought me more confidence when helping others to get well. I know from experience, now, that they can do it, too. It made me more compassionate, more understanding and a better person. I love myself more. And I'm so grateful to finally have the opportunity to share the story of my fight and victory with you, and with my family.

Whether you receive this story as an empowering tool or the sound of a voice in the wilderness, I am happy to share it with you. And I want to hear your story, too. The greater the number of us holding our images and sharing our stories, the greater the chance for our dreams to take wing and fly!



*Born In Poland, Ela Corcoran is a holistic health practitioner, coach and entrepreneur. She has been practicing homeopathic medicine for over 15 years. After graduating from the College of Homeopathy in London and completing post-graduate advanced study as a Homeopathic Physician at Bengal Allen Medical Institute in India, she studied and practiced extensively with some of the world's leading homeopaths in the United States, England, India, Greece, Germany, Belgium and France. She holds two masters degrees and numerous certifications in various other healing methods including energy psychology, Emotional Freedom Technique (EFT), nutrition, different paths of yoga, meditation and various technologies on the vibrational*

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*medicine frontier. She specializes in anti-aging.*

*Ela has been trained by one of the top success coaches in the industry, Bob Proctor. Becoming a certified LifeSuccess Consultant has now put her in a position to fulfill her lifelong dream of helping others through coaching. As a coach and holistic health practitioner, Ela's aim is to help her clients to achieve freedom from limitations in their lives and ultimately maintain their own health to prevent all illness. If you are facing a health challenge or want to be proactive in achieving and maintaining true youthfulness, connect with Ela at [www.ElaCorcoran.com](http://www.ElaCorcoran.com)*