

# be heard

*Be Well* readers share their thoughts on body, mind, soul, and spirit—and what helps them achieve wellness.

Live in the moment. Feel it...really feel it. Taste it, smell it, look it in the eye and say, “Hey, I’m gonna get *you*...you’re *not* gonna get me!”

My breast cancer diagnosis a little over three years ago gave me a sense of urgency I used to call “passion”. Now I understand that although my life might not be as long as I would like it to be, I sure as heck am going to take a big fat bite out of *every single moment!*

I was at the cancer center one day when a former patient came in and proclaimed to all of the gals hooked up to chemo in the infusion room that, yes indeed, there is life after breast cancer. “Whoa!” I exclaimed. Yes, I *exclaimed* and did not just *say*, “There is life right in the *middle* of breast cancer! I have *never* been more alive than I am today! Don’t give permission to everyone here to stop living until they *think* this is over. You have to *live right through it!*”

It reminds me of the advice you hear when it comes to riptides: swim with it...don’t fight it...go along the shore...ride it and you’ll eventually come out of it. Hmmm.

I never said I was “sick”. I preferred, and still prefer, to refer to it as my “wellness challenge.” It was a challenge, alright, but I was determined to enjoy and feel each and every moment. My “healing team” was grateful for that determination; they took their cues from me and led the charge for life-giving moments of true love and support.

I wasn’t waiting for anything to be over to start living this wonderful life!

—Mary Ann Wasil Nilan, 3+ year breast cancer survivor & warrior

