



INSPIRED CONSCIOUS LIVING

**L**  
**OVE**  
**LETTERS**  
**TO**  
**OUR**  
**BODIES**  
**B**



AFRICAN AMERICAN WOMEN  
CANCER SURVIVORS

FUNDED BY LLOYD SYMINGTON FOUNDATION

# Pay Attention to Your Body

CANCER WARNING SIGNS	WHAT TO LOOK FOR
<ul style="list-style-type: none"> <li>• Unusual bleeding/discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Blood in urine or stool</li> <li>• Discharge from any parts of your body, for example nipples, penis, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• A sore which does not heal</li> </ul>	Sores that: <ul style="list-style-type: none"> <li>• don't seem to be getting better over time</li> <li>• are getting bigger</li> <li>• become more painful</li> <li>• are starting to bleed</li> </ul>
<ul style="list-style-type: none"> <li>• Change in bowel or bladder habits</li> </ul>	<ul style="list-style-type: none"> <li>• Changes in the color, consistency, size, or shape of stools. (diarrhea, constipated)</li> <li>• Blood present in urine or stool</li> </ul>
<ul style="list-style-type: none"> <li>• Lump in breast or other part of the body</li> </ul>	<ul style="list-style-type: none"> <li>• Any lump found in the breast when doing a self examination. Any lump in the scrotum when doing a self exam. Other lumps found on the body.</li> </ul>
<ul style="list-style-type: none"> <li>• Nagging cough</li> </ul>	<ul style="list-style-type: none"> <li>• Change in voice/hoarsness</li> <li>• Cough that does not go away</li> <li>• Sputum with blood</li> </ul>
<ul style="list-style-type: none"> <li>• Obvious change in moles</li> </ul>	<ul style="list-style-type: none"> <li>• Use the ABCD RULE:</li> <li>• Asymmetry: Does the mole look the same in all parts or are there differences?</li> <li>• Border: Are the borders sharp or ragged?</li> <li>• Color: What are the colors seen in the mole?</li> <li>• Diameter: Is the mole bigger than a pencil eraser (6 mm)?</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty in swallowing</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling of pressure in throat or chest which makes swallowing uncomfortable</li> <li>• Feeling full without food or with a small amount of food</li> </ul>

**Note:** If you experience any of these warning signs, you should consult your doctor. It is important to note that many of the listed warning signs, as well as a myriad of others, can point to less serious medical problems than cancer. It does not necessarily mean that cancer is present, but it is a sign you should not ignore. If the cause of your symptoms is cancer, early diagnosis and treatment will offer a better chance of cure.



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# Dedication

*A sacred offering dedicated in loving memory of:*



**Marjorie E. Collins**

*Mother*

*1929-2012*



**Christine Smith-Woods**

*Sister*

*1947-2019*



**Kathryn A. Pielage**

*Friend*

*1953-2022*



**Sharmel Rutheford**

*Friend*

*1950-2025*



# Gratitude



*We are enriched by the courageous women who shared their vulnerability and their Love Letters, also by the support of team members and partner organizations. Thank you.*

## PROJECT TEAM MEMBERS



Astrid Richardson



Dr. Linda Thompson



Dr. Lucretia Bolin



Barbara Grier

## PARTNER ORGANIZATIONS



Melbra Watts  
Former, Executive Director



Lisa Simms Booth  
Executive Director



Toby Symington  
Executive Director



# Introduction



*Thanks to the generosity of the Lloyd Symington Foundation, we are completing our fourth year of the Love Letters to Our Bodies project.*

*What began as a contemplative, transformational workshop for African American and other black women journeying with cancer, has expanded to include a podcast series bearing the same name.*

*This project is intended as a balm for the hearts and spirit of black and African American women. Cancer is widespread among African American people living in the US. I believe at the core of the problem is post-traumatic stress associated with living in a country built on racism and exploitation. James Baldwin said it best:*

*"It comes as a great shock to discover the country which is your birthplace and to which you owe your life and your identity has not in its whole system of reality evolved any place for you."*

*The toxic stress levels associated with racism and all of its related inequities, including disparate access to quality healthcare, are enormous. It is impossible to convey the psychological and emotional toll it takes on the black community. And for black women, the burden of worry about their own safety, the safety of husbands, lovers, and children produces unremitting toxic stress.*

*Our goal for the Love Letters to Our Bodies project is to share information, tools, processes and energetic transmissions to enhance and support the wellbeing of participants and by extension their families and friends.*

*The Love Letters to Our Bodies podcast is being well-received and will likely have the greatest reach.*

*Gwendolyn Mitchell  
Founder, Moyo Institute, Inc.  
Creator, Love Letters to Our Bodies*





# Bridgette Scott

Hello Gorgeous,

I ask for forgiveness that maybe I did not listen to you. Did I miss the earlier signs? I release the fear that cancer will return. I will provide you with the best medical care and nutrition. You have been there for me.

You are strong and resilient and in return you deserve the best self-care and love. The best lotions and potions and positive words. I love every scar, stretch mark.

This cancer diagnosis has been a journey. I have no regrets about my past, but indeed, I know I want to do more. I live every day and make a point to find something positive, something to feel good about.

You always hear the term "authentic self." It is what I strive for. You living for yourself not others. You are my life - dear body. I love and appreciate you. You are wonderful.

Love ya,  
Bridgette

# Dana Hébert



Dear Beauty,

I owe you an apology—from the depths of my heart. I'm sorry for not loving you more... For not understanding your needs... For neglecting and dismissing you.

The truth is, I was never taught how to love you, how to nurture you, or how to prioritize you. You've always come last—if I considered you at all. I'm sorry for not defending you more boldly, more fiercely, when you needed me most.

From the beginning, you've carried the weight of abandonment and the ache of being unloved. You've endured so much—pain, betrayal, disappointment—and yet you remained. It's no wonder cancer showed up. Trauma is cancer, and my silence gave it room to grow. I didn't understand the first time, so I had to go through it again. I see now how trauma and the burden of unspoken pain took a toll on you. I allowed you to give your best to people who didn't earn you—who didn't deserve you. I poured into toxic relationships, mistook crumbs for love, and settled for less than you needed. I didn't protect you.

Maybe this lack of self-love was passed down from my mother, who had her own battles. But I'm choosing to stop that cycle right here. Right now. I take full responsibility. And I promise you this: I will see you. I will learn you. I will listen to you.

Please know—I truly love you. I deeply appreciate you. You never abandoned me, even when I neglected you. You fought for me. You healed for me.

So today, I ask for your forgiveness. And I make a new promise: To honor your needs. To prioritize your peace. To walk in wholeness. To be in the healthiest, most sacred relationship with you.

From this moment on, I will treat you like the Pink Empress you are.

With love,  
Me



# Leonese Spann



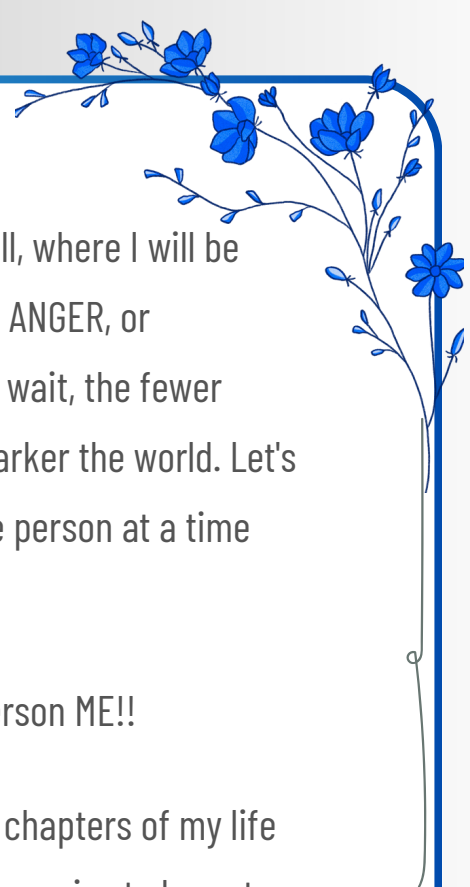
My Love,

We've come a long way, baby. Thank you for enduring the times I did not feed, move or pamper you well. Thank you for carrying me through the many highs and lows of health and still standing with me today. For those things in the past, I cannot change in the uncomfortable ways we've formed our relationship, thank you for your grace.

You must know you are my most Prized Possession. My PRESENT, a gift, specific to me, my one whole possession, that will move with me through everything. You really are my best friend. My PRESENT, my every moment reminder to be in the moment to be in the present. Yesterday is gone and tomorrow is not promised. Stay present, stay intentional, stay conscious.

Although I have not always appreciated you for it, thank you for keeping me grounded by showing up in so many ways. I feel like every ache and pain has been a message from you to bring attention to a void in my life. I have not always been as studious as I should. So, it comes to this. CANCER!! I HEAR YOU LOUD AND CLEAR!!





Yup, you have informed me that I have a purpose to fulfill, where I will be happy and whole in that purpose. NO MORE GUILT, FEAR, ANGER, or RESENTMENT. NO MORE WAITING because the longer you wait, the fewer people you touch, the shorter your bliss, time, and the darker the world. Let's go make the world a better place One Day at a Time. One person at a time until the dark becomes the light.

So, I will make a promise today to my most important person ME!!

I promise to put you first from now on. These remaining chapters of my life will be on purpose. They will be for you, by you, of you. I promise to learn to release all that does not serve you. I promise to learn to tap into the wonder that is you and revel in it. I promise to appreciate you for you, just as you are and as you evolve. I promise to learn to thrive in the highest expression of you.

I C U, I FEEL U, I LOVE U.

ALWAYS AND FOREVER YOURS,  
Leonese



Anita Moorjani  
Author  
"Dying to be Me"



*"When I awoke into my infinite self, I was amazed to understand that my life could be dramatically different just by realizing that*

*I AM LOVE.*

*And, I always have been.*

*I don't have to do anything to deserve it.*



*Understanding this means that I'm working with life force energy. Whereas performing at being loving is working against it.*

*Realizing that I AM LOVE was the most important lesson I learned allowing me to release all fear and that's the key that saved my life."*



Zainab S. Sow

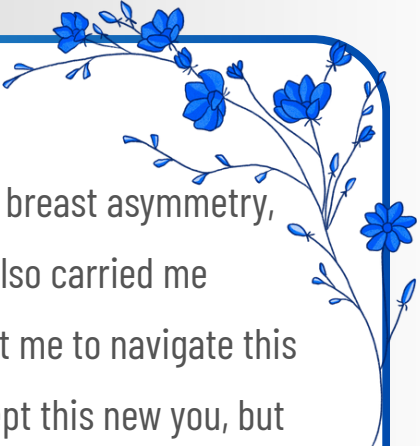


My dearest body,

I know we have been through a challenging journey with breast cancer, and it has been a transformative experience with you in all the better ways. So many nights you fearfully cried, but your strength and resilience defeated the disease and kept it from recurring. You have faced fear, anxiety, pain, cognitive impairment, and weathered through eight invasive procedures. I thank you for your tireless work and ability to heal from it all, which allows me to still be here. Nothing has tested you like breast cancer, but you survived something that was meant to destroy you, destroy us.

I must admit that I used to be infuriated with you and felt betrayed at first, but after seeing how you fiercely fought to save me, I look at you with nothing but reverence. You are more than just your physical appearance; you are a sacred temple of healing miracles, and I love you from head to toe. I especially love the strength in your bones that has resisted density caused by Letrozole, the blood and oxygen that keeps our heart beating, and the grace in your healing spirit. I also, love the fact that you continue to show up fighting when I'm too tired and don't feel like it. You are an incredible body - perfect in your imperfections and reconstructed just how God intended.





I cannot forget the body esteem issues that erupted from the scars, breast asymmetry, weight fluctuations, and hair thinning after breast cancer that you also carried me through. You held on to hope when I entertained doubt and never left me to navigate this multifaceted journey alone. It took more time than expected to accept this new you, but in doing so I have gained a deeper sense of self love. All it took was replacing criticism with self-compassion. This is what choosing me looks like. Mastectomy scars no longer represent loss, they tell a story of survival and victory. These badges of divinity are proof that we kicked cancer's butt, and I wear them proudly for my mother and grandmother who gained their wings through the same cruel disease.

As we turn the pages to a new chapter, this letter commemorates our experiences together and displays my vow to never blame you for any illness. I honor, respect, and love every fiber of you and promise to only speak words of positivity and kindness. You are the only body I will ever have, and I promise to take care of you by choosing healthy habits, giving you adequate rest and exercise, and doing whatever else is necessary to expand your life span. Most of all, I promise to nourish you with clean nutrition to lower your risk of other chronic illnesses.

You have taken me everywhere I wanted to go and allowed me to do everything I wanted, and for this I could never forsake you. I love you beyond measure and cherish you my fabulously flawed, natural curvy and estrogen receptor positive beacon of hope.

With eternal love,

Zainab

# Sylvia Sumter



Dear, most sacred and precious body – yes, I am in full awareness and appreciation as I write this! You have been such a loving and beautiful body! So useful and strong! So willing and able to see me through all of my experiences! Thank you! Thank you! Thank you!

I know we have a little way to go and I lovingly ask that once again you take me through. Please be patient (as you have always been) with my faults and abuses of you with my choices of nutrition, lack of sleep, and little exercise.

My prayer is that I am able to easily turn the corner and help and support you now! Yes, it is your turn.

I know that one day I will indeed slip the bounds of my mortality. But until that day, I shall live as if I am immortal!

Much Love,  
Rev. Sylvia




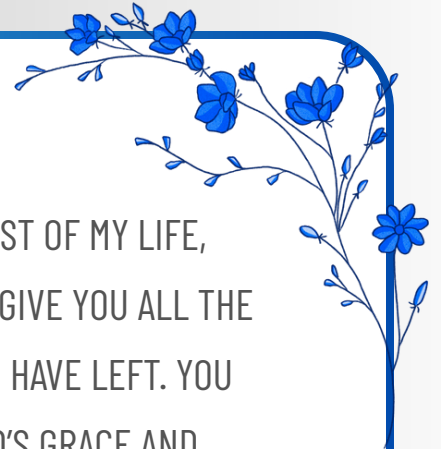
# Lakisha Cummings



I'm sorry for not taking care of you like I should have! I'm sorry for not loving you like you needed to be loved! Sorry for putting you in uncomfortable, unhealthy, vulnerable, and scary situations! I'm sorry for abusing you. I'm sorry for constantly ignoring you! I'm sorry for rushing you. I'm sorry for abandoning you! I'm sorry for repeatedly hurting you instead of helping you!

Please forgive me! Please give me another chance! Please let me make things right! Please let me try until I die! Please stay with me! I'm begging you... I'm on my hands and knees! I'm so, so, so, so, so, so sorry! I've done you wrong. You didn't deserve any of this. But I'm better now. I've been learning how to love you better.... How to take care of you better... How to treat you better! I thank you for loving me unconditionally when I didn't deserve it!

I'm going to listen to you. I'm going to love you like you deserve to be loved! I'm going to eat to live and not live to eat. I'm going to rest when you want me to! I'm going to stay when you want me to. I'm going to go when you say go. I'm going to learn to say no to things that don't make you feel good. I'm going to say yes to things you want to do, even though you might be scared. I'm going to speak up for you when you can't. I'm going to take you places you've been wanting to go. I'm going to show you things you've been wanting to see! I care about your feelings. I'm not ashamed of you! You are beautiful. You are a masterpiece. You are creative. You are beautiful person inside out, whether others are looking or not. You are genuine. You are a light that will never go dim! The dark fears you! You are chosen. You are made in God's image and he doesn't make mistakes. You deserve every good thing that happens to you! I love you, Lakisha Tanai Cummings. 



I'M SHOUTING IT AT THE TOP OF MY LUNGS! I WANT TO SPEND THE REST OF MY LIFE, LOVING, APPRECIATING, LISTENING AND SPOILING YOU! I CAN NEVER GIVE YOU ALL THE THINGS YOU DESERVE IN THIS LIFETIME, BUT I WILL TRY EVERY DAY I HAVE LEFT. YOU ARE EVERYTHING TO ME! THANK YOU FOR FEELING YOURSELF BY GOD'S GRACE AND MERCY! THANK YOU FOR PERSEVERING WHEN I WAS FIGHTING AGAINST YOU! THANK YOU FOR RESILIENCE, BOUNCING BACK, MOVING FORWARD WHEN I WASN'T IN THE SPACE MENTALLY, PHYSICALLY OR EMOTIONALLY TO HELP YOU. YOU ARE NOT IN THIS ALONE ANYMORE! WE ARE A TEAM! ME, YOU AND GOD WILL ALWAYS BE TOGETHER! WHETHER WE ARE ON THIS SIDE OR THE OTHER SIDE! I'M SO GLAD YOU TOOK ME BACK. I'M SO GLAD FOR SECOND CHANCES. I'M FULLY COMMITTED TO YOU AND YOUR CONTINUOUS PRODUCTIVITY, CONSISTENCY, PATIENCE, MOTIVATION, LOVE, HEALING, JOY, HAPPINESS, AND PEACE.

I LOVE YOU FOREVER AND A DAY!!!!!!

Kisha



# Dynamic Sisters Spotlight

Featuring Women Who Have Used  
Their Experiences with Cancer  
to Positively Impact the Lives of  
Others.

# Dynamic Sisters Spotlight



Zainab S. Sow  
Founder





# Dynamic Sisters Spotlight

Zainab S. Sow is a survivor, author, founder of Melanin Breast Cancer Alliance, Inc., certified Know Your Lemons Global Advocate and co-host of a podcast on YouTube called *The Resilience Of Black Women Confronting Breast Cancer*. She resides in Georgia, but is an avid traveler which allows her to explore the world through different mediums. Her wanderlust has taken her to some exotic places but her favorite destinations are in West Africa where she also advocates for breast cancer.



# Dynamic Sisters Spotlight



*Patient Leader  
&  
Advocate*

*Valarie Traynham*



# Dynamic Sisters Spotlight

Valarie has been on the cancer journey since 2015. As a cancer thriver, her goal is to learn about the disease, educate the community, and bring light to the health disparities patients face daily. As a Patient Leader, she wants to be a voice for those who cannot speak up for themselves to ensure they receive equitable access to good healthcare, clinical trials, and proper treatment. She is passionate about teaching others how to be their own best advocate. Valarie enjoys spending time with friends, listening to music, and hiking.

# Dynamic Sisters Spotlight



In March Valarie celebrated 10 years of survivorship. That's a whole DECADE of fighting, thriving, growing, and showing up with purpose. She is a Patient Leader for the Multiple Myeloma community. In the US, one in every five patients diagnosed with Multiple Myeloma is African American. Valarie is working to raise awareness about this difficult-to-diagnose disease. And, although there is not yet a cure, the disease is highly treatable and there are important clinical trials underway. Valarie is a great example of how to show up in life.

# Dynamic Sisters Spotlight



*Dr. Leia' Love*



*Founder,  
Leia' Love  
Spark Beauty Fund*



# Dynamic Sisters Spotlight

When Leia' lost her dad to cancer, it changed everything. She was already involved in her career as a beauty professional. She has more than two decades of experience and advanced degrees in both business and cosmetology, and holds a Doctorate of Professional Cosmetology (DPC). Dr. Love's passion lies in helping women reclaim their confidence. Initially, she taught makeover classes through the American Cancer Society. Later she pursued training in medical tattooing to help women – especially those who have undergone mastectomies – by offering life-changing 3D areola tattooing and scar camouflage services. Her work allows survivors to look in the mirror and feel whole again, blending art and empathy with every procedure.

# Dynamic Sisters Spotlight



*Before and after images following medical tattoo procedure.*

The Leia' Love Spark Beauty Fund's mission is to empower beauty students with the education, mentorship, and opportunities they need to walk boldly into their calling.

The Fund also aims to restore confidence for cancer survivors by removing financial barriers to healing services like 3D areola tattooing.


Through access, advocacy, and artistry, the aim of the Fund is to spark change that begins in their salon and radiates throughout the community and beyond.

*Sri Amma Bhagavan  
Enlightened Avatars  
Golden Age  
Movement*



*Health is a cumulative  
experience of the mind.*



*Health is not just treating the  
physical body, but healing the mind  
and   
nourishing the consciousness.*



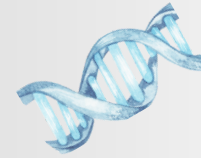
*A return to oneness between various  
systems of the human body is the  
return to health.*

## Understanding Epigenetics - a Source of Hope



*Evolving science regarding epigenetics (changes in gene expression) brings an important and empowering perspective to our understanding about disease. For instance, not everyone who has genetic predisposition for breast cancer gets the disease. Epigenetic science reveals that breast cancer susceptibility is influenced not only by inherited genetic mutations but also by a complex interplay of factors other than genes, including environmental exposures, diet, stress and even the composition of the body's microbiota. For instance, one's gut bacteria produces byproducts which can act as messengers, influencing the activity of cells throughout the body by modifying gene expression, affecting how genes are turned on or off.*

## Understanding Epigenetics - a Source of Hope



*To put it simply... Epigenetics play a role in whether or not a gene gets activated. Gene expression can be influenced by factors. Anita Moorjani's remarkable experience highlights the role consciousness plays. Processes within the body also can affect how genes are read and used by the body. So, for instance, one can have the genetic mutation of BRCA 1 or BRCA 2 (when healthy, they suppress tumor growth) and never experience cancer. Although the mutation of those genes elevates the risk factor considerably, much is still unknown about why some women do and others don't experience cancer. Our hope is that greater understanding of the interplay of epigenetic factors will shed more light on possible therapeutic interventions.*



## Kimberly Clay

A Love Letter to My Body. I'm sorry I didn't take care of you before the diagnosis. I made everyone a priority – except you.

The year 2023 was the year for me to face my battle— the loss, the surgery, the grief, the distance, and the loneliness – I finally had time to get to know you.

To ask: How do I feel? What do I like? What makes me laugh? Who's going to take care of me?

Even in moments when I didn't want to be alone, being with myself gave me the chance to truly listen and feel my body. And you know what?

This may have been the only way I would have slowed down enough to pay attention to me. Now, I value myself. Now, I take time to care for myself. Now, I'm listening to what you've been trying to say all along. There is no other me. So, I will love me first. I'll keep my cup full – and give from the overflow. Love on me... Put me first and go where my heart wants to go. My Auntie Jennie once said:

*"This is your pass to be selfish and allow others to take care of you – because you only get a short window... then it's back to business as usual."*

But I choose not to go back to that usual. I will now surround myself with people who love, respect, and value me – not just as a caregiver or helper – but as a person.



No more being an option. I'm going to be intentional with my time and space. I love me. And I know I have a divine purpose for being here.

During a 12-month period, I was diagnosed with cancer. I lost my mother, Wilma, and my only daughter, Marnisha, to breast cancer. Now I'm raising my 11-year-old grandson Makai.

So yes – I do have a purpose. And I will live. ❤️

I trust that God has a plan for me. I know that where I am is where I'm supposed to be. Thank you, God, for slowing me down – for showing me that I don't have control. That I don't have it all figured out. That it's God's plan, not mine. Now I walk in my true purpose you've given me.

I once believed my only purpose was to be Marnisha's mom... to care for others. But she is gone – and I'm still here. So, Lord, I'm open. I'm ready to become who You want me to be. I lost everything – but I still have You.

Thank You for making me whole again.

For making me new.

For giving me a second chance to get it right.

I want others to see You through me.

I know.....If You bring me to it, You'll bring me through it.

I'm an ambassador of the Lord.

Always honoring my mother, Wilma and my daughter Marnisha with Love,

Kim



*Wilma McIntyre 10/21/2023*

*Marnisha Simuel 10/3/2024*



# Melodie Johnson



Dear Body,

All I can say is thank you. Thank you for not failing me. Thank you for teaching me. I have learned your lessons. It took a while, but I held on for 10 years. I held on to faith while undergoing surgery after surgery.

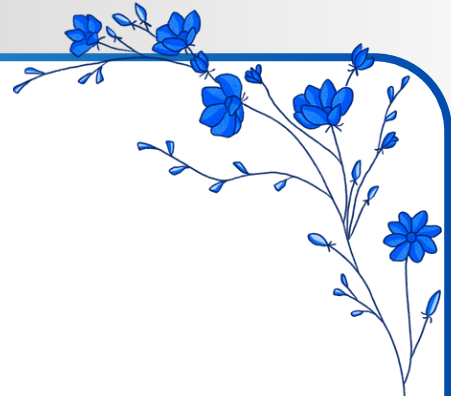
I refused to use the “c” word. I wouldn’t let my doctors use it. We called the first one “the growth.” “Larger than an egg but not as large as an orange,” they told me, the first time.

No one knew, except my mom. I told her because she was a prayer warrior. And I swore her to secrecy. I didn’t want to hear that word from others, no sympathy... No making it more real than it was.

After the initial growth was removed, tumors and polyps kept returning year-after-year. The colonoscopies every three months, then every 6 months, later every 9 months, back to 6 months as the polyps were popping up faster than usual.

I prayed and asked God to heal me from the top of my head to the tips of my toes. I’ve changed my diet – more green vegetables, fiber, salad, carrots.





When I spent so much time with my sister who was chronically ill and in a lot of pain, I realized that I am an empath. I felt her pain, as if we were connected. It was so intense. It was then I realized that I often feel the pain of others in my own body. Then my prayer changed. I started praying and asking God to heal the person who was in pain.

The biggest changed happened during the past couple of years. I started praying and meditating daily and looking inward. You showed me how I was stuffing down my emotions and holding in so much stress. Now we are working together. During our daily walks, I make a point to enjoy whatever nature is showing us, flowers, trees, the wind, rain.

Now we are back in the gym. Our blood pressure is normal. We're no longer pre-diabetic. Our scans are clear for the past two years.

We've learned so much over these 10 years. Now we encourage others who are experiencing pain and illness. Thank you for giving me an understanding of your purpose. I love you.

Melodie



# Luanda Wesley

Querida Mi Preciosa Cuerpo,

It's me again, and I sincerely apologize for ignoring your care all of these years. I apologize for putting most of my energy outward toward others; being sure they were all good, all around, and had their needs met. All the while, keeping you on a slow, simmer on the back burner, assuring me you would not burn.

But I see now, that wasn't the case. My neglecting you, and putting your needs last ends today; no really it ended a couple of weeks ago.

I promise to love, cherish, and hold you in the highest. Being sure I love, care and have an acute awareness of you, your needs, wants and desires. I will answer your call and quickly reply to fulfill any needed request. Please forgive the ignorance of my past behaviors toward you. I only did what I was shown and I'm here to stop/break this ancestral pattern of neglect.

I love you so much and couldn't be here without you. Please accept my sincere apology. I truly love you. You are beautiful, bright, and carry the intelligence of the ancients. Let's complete this lifetime's adventure, and fulfill our destiny with love, joy and laughter.

Love you, my precious body. Enjoy the beauty of your day.

Kamika Allen



Hi Body,

It's a new year 2025. We have been together for a while now. Please forgive me for not loving on the new me more before now. I am thankful to continue learning that I am beautiful, worthy, and loved.

I'm slowly seeing the "why" I was diagnosed with Triple Negative Breast Cancer at 39 years of age. I now know that it is to be a testimony to others. I'm loving my smile and learning to live life to the fullest. I love all the scars that I now call war scars and they have a story.

My story is not over it's just the beginning and for that I am thankful.

Love,

Kamika



## Christina Birchfield



My past does not define who I am. Cancer does not define who I am in my body. I forgive the pain and fatigue that I have endured for the past four years.

I forgive myself, recognizing that it was nothing I did to contribute to having cancer. I'm free from that source. I'm free from that stimulus. I'm free from that pain. Today my body is renewed, reenergized and restored. My faith has increased and never failed.

Through every trial, I am walking in triumph and victory in Jesus' name.  
Amen

# Love Letters 2 Our Bodies Podcast

Love Letters 2 Our Bodies

Welcome to a Conversation on Health, Healing & Happiness

Host Gwendolyn Mitchell with Guest Dr. Ivy Shadia Hylton

Episode 16: Sound Vibronics & Sonic Mindstreaming

MOYO INSTITUTE INC.

**When I first started doing Sound Vibronic work, I was in a study at NIH. They found that cancer cells cannot stand certain levels of vibration.**

**~ Ivy Hylton**

Love Letters 2 Our Bodies

Welcome to a Conversation on Health, Healing & Happiness

Host Gwendolyn Mitchell with Guest Tracee Stanley

Episode 19: Yoga Nidra - The Sacred Power of Rest

MOYO INSTITUTE INC.

**When we rest, we rest for everyone who came before us and who will come after us.**

**~ Tracee Stanley**

Love Letters 2 Our Bodies

Welcome to a Conversation on Health, Healing & Happiness

Host Gwendolyn Mitchell with Guest Valencia O. Balkcom

Episode 18: Learning to Trust Your Body Again - Movement for Recovery

MOYO INSTITUTE INC.

**Often, people think because they have a cancer diagnosis they don't need to exercise. "No matter how you're moving, just move!"**

**~ Valencia Balkcom**

Love Letters 2 Our Bodies

Welcome to a Conversation on Health, Healing & Happiness

Host Gwendolyn Mitchell with Guest Dr. Chiquita T. Tuttle

Episode 17: Celebrating Black Women's Health & Advocacy

MOYO INSTITUTE INC.

**"The basic disparity is that oftentimes, [Black] women get ignored. They don't get the care that they are entitled to."**

**~ Chiquita Tuttle, Ph.D.**



# Love Letters 2 Our Bodies Podcast



Love Letters 2 Our Bodies

Welcome to a Conversation on Health, Healing & Happiness

Host Gwendolyn Mitchell with Stephanie Mwangaza Brown

Episode 15: Acupuncture & The Five Elements for Life



**“You can completely diagnose any condition using the five elements and then write a prescription that will help that person to improve.”**  
~ Stephanie Mwangaza Brown



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Host Gwendolyn Mitchell with Guest Lisa Simms Booth

Episode 14: Creative Expression during Cancer



**“Cancer is also a very isolating and very lonely experience. Organizations that help people find community are so important.”**  
~ Lisa Simms Booth



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Host Gwendolyn Mitchell with Guest Melissa Christie

Episode 20: Wellness Strategies at Unite for Her



**“We have a lot of things that we may say we’d like to change about ourselves, but we are remarkably made.”**  
~ Melissa Christie



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Host Gwendolyn Mitchell with Guest Ebonie Michelle

Episode 21: Reclaiming Your Sexuality After Treatment



**We offer a safe, inclusive space where they can reclaim their sexuality, build self-love, and foster positive relationships.**  
~ Ebonie Michelle



# Project Collaboration

*Moyo Institute, Inc., is a 501(c)3 nonprofit organization. Moyo's mission is to offer heart-centered educational experiences that foster inner peace, happiness, wellbeing, creativity, connection, and oneness.*

*Founded by Reiki Master and Meditation Teacher Gwendolyn Mitchell, the goal of Moyo is to support the restoration of harmony and balance within individuals, families, and communities. The Institute facilitates the sharing of processes and practices that stimulate wellbeing from within. Moyo combines both Eastern spiritual wisdom and contemporary scientific research to empower individuals and groups. A portion of revenue generated supports teaching members from marginalized and underserved communities.*



# Project Collaboration



*Moyo collaborated with two organizations for the "Love Letters to Our Bodies" project - the Charlotte Maxwell Clinic, Integrative Cancer Care in Oakland, California and the Smith Center for Healing and the Arts in Washington, DC.*

*Charlotte Maxwell Clinic's mission is to provide San Francisco Bay Area low-income women with cancer the opportunity for improved health outcomes and quality of life by providing free access to compassionate, integrative care.*

*Smith Center for Healing and the Arts is a nonprofit health, education, and arts organization in Washington DC. It's mission is to develop and promote healing practices that explore physical, emotional, and mental resources that lead to life-affirming changes for people affected by cancer.*

*The project was funded by the Lloyd Symington Foundation, a small family nonprofit, that serves the cancer community by supporting visionary individuals and spiritually grounded programs which offer healing at every level.*



INSPIRED CONSCIOUS LIVING

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