

make sure you follow her on all the social medias connect with her and learn more about her journey of love and reconnection with Rocky.

For me this episode is a powerful reminder that love really isn't bound by any time limit restraints and doesn't have to fit within the framework of what we believe it should look like, so thank you, Diane, for the reminder to let go and trust that the Universe has our back and thank you guys for listening and look forward to connecting again in Episode 20.

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Table of Contents

PART 1: PRE-REUNION

THE INTRODUCTION	4
THE STORY	6

PART 2: POST-REUNION

THE PODCAST TRANSCRIPT	21
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moment. There's a phrase that I've heard recently which is heart-centered and I've come across a few genuinely heart-centered human beings in my life and I trust and know in my heart that you are one of them. So, it's just generally an honour really to chat with people who have been through their own experiences in life who are willing to share them and understand the value of those dark moments.

So, thank you again for adding to the archive of inspiration for the Own Your Truth podcast because it really means a lot. You never know who we can impact with our stories and I'm just grateful for you for having the courage to connect with me today and share it.

K: Diane, please keep me posted on your journey as it unfolds.

D: The next chapter is incredible and it'll happen. When we're together magic happens.

K: I look forward to hearing more and thank you again for chatting with me today and I really appreciate it.

D: I appreciate you

K: Thank you for listening to Episode 19 with Diane Babcock. I hope you guys enjoyed this episode and encourage you to reach out to Diane and let her know what you thought and

people were spooked by stuff like this and now I'm free to be.

K: I'm excited to ask you the final question because again all interviews must come to a close but according to Diane Babcock what does it mean to own your truth ?

D: To own your truth is to be yourself. It's just simply be allowed to be and that is a wonderful state, actually. I practice it so much: just being. It's more than peace; it's an actual field of lightness and just being yourself without any heavy thoughts or any thoughts at all, any emotion, just being and that's a wonderful place. Wonderful experience is just that: being! That's what we're connected to Source. That's the highest state really. It's being allowed to be – in our own skin you know.

K: Comfortable being exactly who we are.

D: Yeah, and just being in our own skin. I understand that trauma can make you feel like you're not in it and I know that feeling but when you can actually be in your own skin and just exist in that even for a moment a day.... and just stay, stay for a minute, like seizing the moment, but being, just being.

K; Diane I want to thank you again for this beautiful, beautiful, absolutely wonderful

Part 1: Pre-Reunion

The Introduction

Imagine me and my first high school boyfriend forty-five years later about to reunite in person, but with a beautifully bizarre twist of fate that renewed a special bond to inspire a phenomenal faith when death seemed the only outcome.

I learned a thing or two about trusting my hunches over the years, but when a song in a movie triggered a nostalgic sentiment that brought a vital message for my high school boyfriend after 43 years apart I thought my brain back-flipped into the twilight zone. I sensed I needed to phone and 'make sure he was okay', but then wondered not only whether to act, but how not to sound like a crazy person in the face of a possible closed mind. There's no way I could have known about his fateful struggle with a cancerous brain tumour that was further complicated by multiple surgery delays any more than I knew of his previous lung cancer that almost took his life five years earlier.

As it turned out calling him was the best decision I made for both of us and the fact he was so happy I did was an incredibly huge

theirs because everyone has baggage of some sort. Everyone has conditioning and that's where for some people it's fine, they can imitate their parents lives and stuff if they want because it's comfortable. But then in your own life it's a whole different story and we're creating it every day, every day is new for us. Everyday is newness for us.

K: This is one of the truest perspectives on life and what you said there was so powerful making a choice to decide to imitate our parents' life or create our own.

D: Yeah! My parents lives didn't work for me... truly.

K: *And in the same breath what would be your most peaceful thought or realization that you've lived a good life?*

D: It's that real connection to the highest love that's available on Earth and that's the Universal love that is so beyond anything that we can imagine. It's so beyond brotherly love, it's beyond romantic love. It's Universal love that's just being in that space and being allowed to live in it and experience it on this planet. It's the most that I can and taking it to the next step is sharing it with someone. The fact that I got to share, that's the ultimate for me and I am sharing right now. I get to share it and it's been received, whereas before

to do a project together. We don't exactly know what it is but it's fun for us to hang out and we're just going to enjoy life as much as possible and of course support our kids, and hang out with our friends. That's it: enjoy life as much as possible, because basically that's all we've got right now is that and that's what we're going to do – is just enjoy.

K: Beautiful! It's pretty damn good vision.

D: Yes, well. It's a long time coming because, like I say, I've had to go through a lot of trauma and I've had to clear it out a lot. Rocky's had to do the same and we are very fortunate to be together, but we were both paying attention to ourselves and to our own guidance and that's what I think brought us together.

K: *If today was the end and you were on your deathbed, what would be your biggest regret at this moment in your life?*

D: That we didn't do this sooner. You know. I just feel like sometimes you just wonder, all that suffering! I didn't have to do all of that! I could have done this sooner had I known, right? Had I known these certain life skills I could have cleared this baggage out sooner, I could have cleared this trauma out sooner. And there are ways of doing it and I found them for myself and I hope everyone finds

relief for me. The very next day he got his long-awaited surgery that he says never would have happened had we not spoken and that I gave him the faith to move forward. He said he wouldn't have answered that call from the hospital to inform him the sky was clear for flying, because he had truly given up all hope by then. Thankfully, he did answer the phone, but unfortunately this 'carcinogenic cat' as I call it had more lives than just two in it for him when another tumor appeared on his lung only a couple of months after that brain surgery.

Over the past eighteen months we've spent much phone time catching up, exchanging philosophies and discussing alternative medicines, which led me to experiment by making my own topical canna-balm for muscle and joint pain. In my saga with Rocky, I share my observations, feelings and actions in doing my very best to inspire and support his choices throughout every gruelling gauntlet imposed on him by the medical system. When he couldn't take it any more and moved away to do life differently I noted his active enthusiasm in pursuing the quality of his life, quantity unknown.

There is a myriad of interconnected stories that created this story and to this day Rocky credits me for saving his life with that single phone call, which is a surreal notion in my

mind since my part was to act on a strong hunch. I know he played a huge part himself by being on the same wavelength in wanting to live and all those subsequent death-defying doctoral decisions were all his. Today we exist in mutual states of euphoric anticipation for the day when that seemingly timeless bond we forged as teenagers will have reconnected itself fully with a physical embrace of our ever virtuous love.

The Story

It is ordinarily agreed most people are comfortable with the concept of happy coincidences and get the gist of synchronicity in chance encounters. Some folks even revel in a bit of déjà vu now and then without being too spooked about it. But, there's a big shying away when it comes to any phenomena beyond those and which might resemble 'divine inspiration' in every day life without the religious context. I've certainly had my share of unexplainable fortuitous happenstance and keep my metaphysical mind open to what some would call woo-woo, but this beautifully bizarre experience was off the chart even for me.

This amazement story begins during one of my favourite evening pastimes where after finishing a busy work project I treat myself to

our higher self and that's where all of our individual answers are... and so yes.

What else don't they teach? Probably emotional intelligence. They don't teach that.

K: Really good one!

D: Yes! They don't and these are the things that I learned when I took training as a life coach and they also don't teach how to be an active citizen. That's one thing they need to do, too. Citizens must be involved. Same as life and let your children know themselves that is very important life skills. There not teaching the right life skills I don't think. Knowing yourself is one of the most important things is knowing yourself.

K: Absolutely! And sometimes I think all of our journeys are different, but imagine if we could get a head start on it and just prepare for the journey... beautiful.

So what's the big vision you have, Diane for your life and the impact you'd like to make in people's lives?

D: Continue. Basically what's going to happen is, Rocky and I are likely going to become a little bit like a pair of social butterflies in some ways and he wants to travel the island and he wants to start something...we're going

marriage proposal and this really just the beginning.

D: Yes! He's planning and getting ready to move here as we speak and he should be here by the end of the month. He's made that decision and his kids are all for it and my son is all for it. It's such a beautiful experience when we're together. It's where we belong and I am so grateful to the universe for bringing us together. I don't even know for sure how it works and I don't need to...I just know this is fantastic stuff really and everybody should have some.

K; Really. Absolutely. And you have to keep me posted on how it unfolds and all the joy that comes from this reconnection and moving things up the next level. I'm excited, I'm really happy for you.

I love asking my guests this question about creating an alternative educational experience.

So, for you Diane if you could create an alternative educational experience and teach the three most important life lessons that we don't learn in school what would they be?

D: Oh the life lessons, eh? Wow. They don't teach meditation. They need to do that. Meditation is one of the most powerful ways of connecting to your Source, the Universe,

dinner and a movie, or more specifically Spaghetti Puttanesca, Merlot and Netflix. As usual, the hardest part of this 'me' time is choosing which movie to watch, and as usual, I go with what jumps out in my searches. My picks are mostly in the action and adventure genres where I can let my brain cells settle into the wine glass while my body settles into the futon and I can be thoroughly entertained. This August evening in 2017 started out just like any other treat night when Pulp Fiction appeared on my radar.

I figured since I hadn't seen it in many years, it was time to revisit my decades-younger action heroes and heroines bringing Quentin Tarantino's cult classic to life. At one point about halfway through the movie Uma Thurman arrives home with John Travolta and in continuing her dance craze she rewinds the reel-to-reel to Urge Overkill's rendition of Neil Diamond's 1967 song, 'Girl, You'll be a Woman Soon'.

It may have been the wine, the words, the music or all three, but that song stirred me to my core when it triggered a powerful nostalgia that put me into some kind of energetic stasis throughout the rest of the movie. Afterward I did what I always do when a song affects me so profoundly and clicked on over to the Youtube channel in search of the original version so I could listen

to it over and again. It seemed the more I replayed it the more my entire energy field shifted back to a time in my high school youth when I was innocent and naive, and of course loved Neil Diamond. For sure my throwback virginity was a nice space to be in, but while I was basking in my adolescence I got a strong sense of concern for my very first boyfriend from high school. Along with this sudden concern I got an equally strong impression to call him for no other reason than 'to make sure he was okay' in spite of the 400 miles and 43 years distance between us.

It is true I often get hunches from my sense of inner guidance and always follow through, but this was different and I did some earnest waffling over the idea for half an hour while searching the white pages online for the phone number of a Rocky Cave in Quesnel. I wondered if this notion was maybe some new form of wistful thinking I was experiencing and what could I possibly say to him that would make sense of this sudden contact after more than four decades. I had no idea if he still lived in that city or inkling of his marital status, or even if he was alive, but for sure there was some urgency in this intervention into my otherwise quiet evening. The only certainty I had to go on was the clearly resounding statement of the message I was to relay to him in that 'I needed to make sure he was okay'. It was because the impression was

marriage. And I thought to myself, because I have my great-grandfather's poems and my great-grandmother's memoirs, and that's what their life was about.

They were sweethearts all the time and I thought I want that for me and I thought I will not settle for anything less and I didn't. I did not expect Rocky to do this or even have those feelings for me because I thought he was happy to stay in Kamloops where he was. Hanging out, just getting away from all the doctors and stuff, being around his other children who he adores really and they are so supportive of us. It's incredible. My son is so supportive, too, and it's like the love just emanates from both of us and everybody's noticing it. They really are! It's amazing! They're just noticing it so much in our photos when they see us; it's like this never-ending smile planted on both our faces always – it's just natural.

K: I'm so happy for you, Diane. For me I'm just like a casual observer in all this and I feel truly blessed because I think you just discovered the podcast and reached out via email and it's almost like this beautiful gift that just sort of fell in my lap and this incredible story. I'm really grateful for you for reaching out and I want to thank you for sharing it and I love how it ended with a

him. He's a wonderful companion and just a wonderful person and generous and you can't find those qualities all together. Somebody who relates and understands what I'm talking about and I understand what he talks about and it's that communication. We have that ability to communicate really.

K: I think often we get wrapped up in our own romantic notions about what the timeline of a life and relationship and marriage and connection should look like. And what I love most about your journey is that really it's not bound by time or any restrictions; it's this beautiful, seamless reconnection of two people who from what it sounds like were destined to reconnect and really declare not just more than your girlfriend and boyfriend status but the incredibly exciting news that I received about a week ago from you which is...I believe you have to share this one.

D: Yeah! Well, Rocky came for another visit for a week and he suggested we take it to the next level and so he proposed. I was so happy to have that we really are that close and it seems so natural that we can be that kind of relationship. The first time I ever even heard of any such relationship and this is the example that I try to recreate in my own life is the example my great-grandparents left me. And, the thing with their relationship is: they were sweethearts all the time throughout their

so strong I realized I had no choice but to call, so I justified my apparent absurdity by reminding myself Rocky can do whatever he wants with the information just as long as he gets it.

So, I succumbed to the fantastic notion and nervously called the number I found, only to leave a message on his answering machine along the lines of, "Hi, Rocky. This is Diane Babcock and I don't know how you will take this after over 40 years, but the reason I called was to make sure you are okay. So, I hope you have a happy life. Bye." Surprising, he called back right away without even hearing the message, as he had just walked in the door when the phone stopped ringing and after a few moments connected the 'D' in the call display to Diane with my last name that hadn't changed since high school. In astonishment, I didn't recognize him mainly from the haggard tone in his voice, but since I had already rehearsed it so many times in my head I basically repeated what the message said and that is when his response astounded me. Rocky said he was so grateful and in awe, because he had been going through some awful stuff and he figured I must have read his troubled thoughts.

The facts of Rocky's matter were such that he was struggling with a cancerous brain tumor where for the past week he had been restricted to the hospital grounds anxiously awaiting to

fly 400 miles to Vancouver for the necessary surgery. He was grievously fed up with having his hopes crushed repeatedly by continuously cancelled flight plans caused by the forest fires. Feeling defeated, he couldn't take any more disappointment on top of the imminent threat of another seizure that could kill him, so he discharged himself and went home with all hope lost for living. Then his tone evened a bit and in spite of his distress he said he was shocked, but also very happy that I called because it had been the worst day of his life with what he'd been going through.

I found myself cringing when he explained the painful horrors of his debilitating health that resulted in seizures and paralysis, as well as the side effects from the prescriptions drugs that left him unable to eat or sleep well.

I became so filled with consternation and compassion that I wanted to jump on a plane myself and be at his side to comfort him through his ordeal, but the most I could do was care.

Then, the next morning something seemingly miraculous happened when Rocky again got the go ahead for surgery and this time without delay as he was whisked by ambulance from his home down to the airport. I must not have heard the phone ring, because I found his message in voice mail later that day telling me

K: We were exactly where we need to be in that line of question because honestly that's the greatest gift any mother can give to the universe is the raising of a beautiful father, a good man. It's not an easy thing to accomplish even when you are an amazing parent so I just want to give you a moment of respect and acknowledgement and really just praise for doing everything you've done, and really cultivating your own beautiful world. I think it's been great for me and just hearing your story and learning about the journey and also sort of seeing it unfold digitally from one e-mail, one text message to the next. I think it was on May 12th you emailed me on some exciting news about you and Rocky officially declaring your girlfriend-boyfriend status.

Congratulations! How's that been?

D: It's been amazing. I finally got a cell phone, believe it or not, and so we can talk, talk for hours and we have been, and that's brought us so much closer together.

He was here for the first time in February...is when we first met after 45 years and we had a wonderful time just hanging out and I showed him everything in this beautiful city. Beaches he loves, we went for dinners, lots of activities and when he went home it's like he just felt like he wanted to keep living like that and I like it, too. I like living that way with

opened my mind up to absolutely everything. And it's like finally coming home with Rocky to a place where I belong and he feels the same way...we just belong.

And my son did not really...like...he felt uncomfortable with the things that I was doing, the stuff I was learning because back in '92 I did teach a spiritual awareness course. It was just kind of weird for him and so he didn't really like it and so you don't really talk that way to him but he actually has a gift, too. He has a real good insight.

One thing about my view on raising kids though is that I really wanted to know. When Tyler was born, I wanted to know who this person was. I wanted to get to know him, I wanted to know what he thought, how he saw the world. I didn't tell him what to think. I wanted to know what he thought. That was the real struggle, between that and discipline, because it was very, very different from my upbringing. I wanted my kid to have all the advantages of knowing themselves and knowing themselves really well so they can make smart decisions and he is. He's making pretty smart decisions and he's also a very loving father and so I was really happy to see that. I probably took you off in a little bit of a side trip there but oh well.

of his hasty departure and to expect his phone call should he survive the surgery. I deduced by the time I heard the message he would already be in the skilled hands of the brain surgeon for the risky operation that would leave him incapacitated for several days of his life and determine the quality of the remainder. It was a week later when he phoned me on his return home to thank me again for my call and say he was still amazed at how it lifted him up and gave him the strength to go forward into that scary place. He also reported that he woke up from surgery with a new sense of life and living – and 'T' helped him get there. Imagine that! So you can bet I'll never doubt those kinds of hunches again.

Subsequent phone calls over the next several weeks revealed this was not Rocky's first kick at the carcinogenic cat and that he overcame lung cancer five years prior using experimental drugs in a group setting along with radiation and chemo therapy. "Oh my gosh!" is all I could think or say during those calls where he was given one year to live, had to give up his job, dissolve his properties, move in with his son and almost died from the treatment.

On the lighter side we got each other caught up on our respective major life events along with some reminiscing about the 'good old

days' and our current perspectives about life in general. It seems we both have an affinity for naturopathic remedies and prefer our spirituality on the metaphysical side with him being a big fan of Art Bell and myself enamoured with Stuart Wilde. Within a few days he got busy writing letters as a way to help organize his thoughts better and sent me one in a decorative cookie tin that included his very own crock pot recipe for Chaga Tea and some of his own hand-picked Chaga Mushrooms.

By the time October came around one would expect this 'Big C' story to happily continue with Rocky settling in to his resurgence during the recovery process of such a dangerous operation as brain surgery, but no! Although it did start that way when all the painkillers, anti-seizure meds and other regulating prescriptions were in place and his health seemed to be progressing to where he was looking forward to visiting me. But then, whammo! Just two months after he was back home from brain surgery he was informed that another cancerous tumour was found on his lung, and this one was pressing on his spinal cord. As if that kind of unbelievably devastating news wasn't enough, the prescribed treatment was the lethal radiation/chemo combo that almost killed him when he was healthy, but by this time he had

living my purpose, loving my wife and cultivating that environment where that's just all he knows.

What's the experience been like for all of you really as a family, specifically with this journey and Rocky and the reconnection?

What has that been like for you?

D: The reconnection? Well, there's a couple of parts to it because it was about real friendship really and having someone to be able to share. Like, we found ourselves understanding each other really well in what we talked about. And we would talk about spiritual things and we talk about family, we talk about this and that. And it's like we could just talk and we eventually became each other rocks kind of thing. It's like there was this nice place where we could just talk and be ourselves and it was okay we could talk about anything and he really understands me and that's something I've never found before really.

With all of the stuff I've learned and all of the spirituality, basically my direction, my way of thinking. And my first real step into this way of thinking was with Stuart Wilde and his book 'The Force' and I still have that book by the way and I read it every once in awhile. He's really the most awesomest person in the world as far as I was concerned and just

work my way back up to not resisting them, letting them go and focus on my happiness and focus on the love that's inside of me and I think Rocky kind of got that, too.

He really started to see because he gave everything away and then he started deciding, "I just really want to be happy." And so that's what I learned, too. I just want to be happy and that's basically the most we can give ourselves...that happiness. And what that entails really is letting go of the stuff that doesn't. It's pretty simple when you talk about it but when you got cords of emotional trauma still attached to you, you got to work through them and let them go somehow and be thankful they were there to show you that you need to make some changes.

K: Yeah! I've often thought about the idea of happiness and really what it means and I think for a long time I viewed it as something like a destination you arrive at and now I'm realizing more and more as a father, and a husband, and as a friend, it's really something you cultivate and you practice.

D Yeah! You live it.

K: You live it, you do it, you project it outwards. So, that's my biggest goal now as a dad is let my son, the biggest gift I can give him really is to let him see me be fulfilled

lost too much weight to withstand the process that only offered a 50/50 chance of a cure.

With this outrageous turn of events and because Rocky was a troglodyte when it came to computers I offered to actively search the internet for alternative cancer treatments and also mailed him the book my doctor wrote on the subject. It didn't take long for me to realize this was a 'true to life' project for more than the original purpose when I noticed how important prevention is when it comes to these diseases.

I felt like I was helping not only Rocky, but also myself and my family, as well as the rest of the world with my research, because I am one of those people who shares good ideas on my social networks. I must interject here that there was one very prominent naturopathic remedy and cure for multitudes of very ill patients suffering with everything from autism to cancer to psoriasis and beyond: cannabinoids. That knowledge prompted me to experiment with my own growing and concocting skills to see just how easy it is for anyone to be more medically self-sufficient by making cannabis infusions for topical salves from one of nature's most versatile and prolific weeds. And, it really was so very easy!

In the meanwhile Rocky spent his days mulling and agonizing at times over his decision about whether to take the prescribed treatment or take his chances 'au naturel' so to speak, because the odds were 50/50 no matter what path he took. At the same time, he was keenly aware of yet another great hindrance that deterred him from the radical chemical solution and it was the fact that he had no one to look after him through the gruesome side effects. Even so, he often thanked me for listening without judging or demanding one choice over another while he shared his very real concerns. I sensed only he knew the right answer to this heartbreaking question and the most I could do is listen, offer insight and support his choice – whatever choice that may be.

Over time with our phone calls I noticed how truly despondent Rocky sounded when he mentioned his doctoring visits and how depressing it was to be talking about sickness all of the time and be around sick people so much of the time. On the flip side, his voice always perked up when he talked about how much he looked forward to visiting his kids and grandkids in Kamloops, and one day visiting me in Nanaimo before anything worse happened health-wise.

I found myself appreciating his openness and candor in our conversations that came from a

the heart of it all some things once coveted simply got filed away as unimportant in his mind. He laughed when I mentioned to him that many healthy people spend many hours in meditation trying to get to that very same place of living from what is truly important in life and they call it enlightenment. We both laughed even more when I told him I was one of those people.”

What were some of those important aspects of your life that this particular conversation with Rocky helped to bring awareness to?

D: I've spent a lot of years in basically self-analysis and understanding my own self and understanding what is important in my own life and also with my back injury learning what I needed to do to create a better life for myself and not be pulled into other people's dramas. That is one of the big things, but I also find there's so much frivolity in many people's lives where they put importance on a lot of things that don't serve them or give them joy, like possessions and stuff. I'm quite....I love my son a lot and so to me family is really, really important, but I wasn't really brought up like that and the joy for life, I found how important that is, because if I don't have that right energy I'm not going to attract the good things right? I have to. If I'm going through a bad time then I start attracting a lot of negative situations and then I have to

see into things and I think around my home there was tension so I think I learned early on how to distance myself or pay attention to that energy when somebody was 'going to get', you know fly off the handle or something. I just learned how to sense and I think that's how I learned. I just knew when to move away and when to try to please this person so they wouldn't get so angry and stuff like that.

K: That's beautiful! I mean that's inherently how we learn to not just adapt to our environment but to really find out who we are within our environment. And having that awareness of it I think quite honestly, looking at your story and the big chunks of it you shared with me so far has just really helped to shed some light on the powerful connection that you have within yourself. And that you have with Rocky, because there was this really beautiful moment you talked about where Rocky had found much truth and those are important words because finding of the truth and really about what was truly important in life.

I'd like to read another portion of your writing if that's okay because the listeners need to hear this is just great writing.

“He said he found much truth about what was truly important when he faced the prospect of dying as told to him by his oncologist and at

man who had virtually nothing left to lose or hide, egotistically and emotionally speaking. He said he found much truth about what was truly important when he faced the prospect of dying as told to him by his oncologist, and at the heart of it all some things once coveted simply got filed away as unimportant in his mind. He laughed when I mentioned to him that many healthy people spend many hours in meditation trying to get to that very same place of living from what is truly important in life and they call it enlightenment. We both laughed even more when I told him I was one of those people!

Back on the decision track, Rocky was at first quite adamant about not submitting to the doctors' demands for their prescribed 'rinse and repeat' approach to cancer treatment and all the ensuing rigmarole, but eventually he came to a compromise within himself. He decided he would move forward with the radiation stage of the treatment and then be tentative with the chemo therapy, taking it one step at a time depending on how much his health could bear. By March of the following year and seven months after the brain surgery he was back home from the week-long hospital stay for radiation 75 miles away in Prince George to battle his second bout with lung cancer. Seriously, I could not even imagine what he was going through, but I promised him and myself that I would do my

utmost to prevent this scenario from playing out in my own life and also to the best of my ability anyone else's.

I also vowed to help him to find more health-friendly painkilling alternatives than the heavy-duty and heavily-controlled pharmaceuticals prescribed by his doctor. It was shortly after that point Rocky did an about-face and decided to take a month off from doctors. They were hounding him to follow up with chemo therapy, but he had still not regained much health or appetite and knew his body couldn't handle such poison at that time.

I could only listen with a degree of empathy, as I remembered my sister's unsuccessful battle with lung cancer where they absolutely bombarded her system with chemo therapy because it had been misdiagnosed as COPD and then metastasized so aggressively. I also knew only too well the hot searing flashes of pain shooting down my legs and blasting out of my ankles from a herniated disk pressing on my spinal cord ten years earlier. I recalled the pain being so bad one time after I suffered my own doctoral disappointments with cancelled surgery on 'the day of' and ended up in emergency where I was prescribed oxycodone. It was so horrible that I ended up throwing it in the trash and that was when I

details about your life that really created and painted for me this wonderful back story of an incredibly resilient human being. You were very honest and really very detailed about some of the important moments of your own life. In some cases, like in sentences you'd write them and I'd read them and, "Huh! There's really a lot here to dig into." And I think something that there was this powerful moment you shared very briefly, which was how you were raised in an environment where children were to be seen and not heard except the next level up not to be seen either. I thought that was a powerful expression of what it was like for you in early childhood in that environment.

Considering being raised like that I think it's wonderful how you've come full circle to be honest with you. And how you've used that early childhood experience really as a way to connect with your gifts.

What have been some of those lessons you've learned from early childhood that have really carried you through this experience with Rocky?

D: I learned a lot of Independence that's what I did learn. I learned how to be very resourceful in doing things because I found a lot of times I had the answers, more answers than most people had for situations. But, I can

D: Well, what it was like is: I just wanted to be his support, like bounce ideas off of and bring whatever insights, because I can hear things in people's voices and in their words when they're trying to say something to themselves. And so, I knew that he was the only one that had the answers as to how he was going to deal with this. And so, what I did, kind of pulled ideas, offered suggestions, take it one step at a time, see how this goes. I sent him a book my doctor wrote on alternative cancer therapies because there are many but he just was thankful I was there to be that. For the most all I did is really care. I cared that he was okay and that message is what kept me going and he appreciated the fact that I didn't nag him and try to demand that he do this or do that because I knew that he knew. Somewhere inside he knew the right thing to do for himself because these are personal challenges. Same as when I had my back injury it was a personal challenge to decide whether I was going to have surgery or not and I chose it, but I was lucky. I felt lucky. I felt fortunate that I had a very good neurosurgeon for a doctor.

K: Thank you for sharing that, by the way, because I think it's great I'm sure the audience and the listeners are going to hear really more about this story as you share it. And, of course, as it goes out, because there's so many

totally threw myself into meditation in a wildly desperate attempt to stop the pain.

I knew Rocky was going through a very rough time on every level of being and I also know the tricks pain can play on the mind to distort one's senses in chronic pain situations, but this went beyond that and into the domain of Life or Death situation. Then there was the incessant badgering from the specialists and how they hounded him for tests to find out why he was still alive as the only remaining survivor of the experimental drug group. The most I could do was reaffirm that I was there for him to bounce ideas off as a way to try and put the pieces of his jumbled thoughts together for something that resembled hope for a better life.

After a couple of months I was getting concerned that I hadn't heard from him, but he finally called and had made a major life decision in which he moved 250 miles away to Kamloops and out of the doctors' reach entirely. He knew he needed to get his health back somehow and it wasn't happening there, so he went the distance to be close to his other children and get his own little place where the doctors don't have his number.

Since his drastic move away from the pathogenic overload, Rocky has been enjoying his life as much as he can because

now he is focused on quality of life, not knowing the quantity he has left. I can tell by the verve in his voice that he is so much happier since taking a strong stand in his choice and he laughs a whole lot more, too. He now enjoys going for walks to the shops, parks and thrift stores for books, as he is an avid learner and darn near a walking encyclopaedia, especially when it comes to historical British Columbia. He even went to a John Mellencamp concert in November that for him was an ultimate thrill. At times I wonder who is inspiring who in this extraordinary relationship, because my life has become much richer and I have become much more appreciative just through this renewed camaraderie with Rocky.

These days my conversations with Rocky are focused on what 'he' wants to do next in his own life with his minimized bucket list where I'm near the top of that very short list. One thing that lights up his spirit is when I talk about the infinite world of information known as the internet and his brain bubbles over readied with endless questions about absolutely everything. There were a few details to address before he could travel at leisure, like getting new teeth because chemo caused his own to disintegrate and returning to his former doctor for his pain prescription renewal because of the restrictions. It certainly doesn't help that our Greyhound bus

I did make Cannabalm and I found out how easy that was and that's a topical; that's for pain, that's for joint pain and skin conditions, and it's so easy to make. It's just the simplest thing, it takes an afternoon. You got to have some kind of common sense when you're making stuff like that using double boilers and heat and oil, but it's basically cannabis – infused coconut oil is all it is. I just wanted to experiment for myself and I found out that it does work. I use it on my back, because I have back issues and I really want people to be aware this is there. It's possible and there's no reason to put out all of this horrendous money on pharmaceuticals that are by far very, very unhealthy for our systems in all the side effects they cause.

K: What was it like for you, by the way, it seems like you were putting in a lot of energy and time and effort really being a significant factor in the healing process for Rocky.

What was this like for you, you trying to manage in your day-to-day life and sort of be distant from each other and at times connected?

What was that journey like overall from the moment of that phone call and reconnection to now?

How has that been for you?

that. You know that because you were there it seems in every step of the process.

What I'm curious about is there was this pivotal moment in your journey when you talked about Rocky's 50/50 chance of remission and weather the difficulty of having to decide whether or not to endure that lethal radiation/chemo combo treatment that almost killed him when he was healthy.

During your research period for him what were some of the things you learned about alternative cancer treatments?

D: Well, the one thing that I have to say that stood out was Cannabis being one of the most available for one thing and there are so many healing properties in it. It is the most versatile plant there is and that's one of the things I believe there should be trials on, because there's so much, also testimonials. Huge websites started from people who actually were cured of cancer from just trying it and I'm really, really glad it's finally legalized in Canada. And I want the government really and the medical system to pay attention and take that one step further and start bringing that really potent, it is really potent as far as healing properties, into our medical system in a much bigger way. Just looking at all the proof I found in it – it's amazing.

service is no longer available and he had to be opportunistic about catching a ride with friends on Christmas Day and then family on the way back for a three-month supply.

Speaking of my prestigious place on Rocky's bucket list, it is now Feb 2019 and eighteen arduous months later that the time has finally arrived and all preparations being made for his flight to my home turf, which will be quite the adventure since we have not seen each other for 45 years – not even in a photo. We both have one picture of each other from 1972 at sixteen, so our reunion will be quite the curious wonder indeed to see how much or little we've changed since we dated oh so long ago. At that time we were more than just boyfriend and girlfriend; we were best buds who joyfully regaled in our adventures until my parents forbade our relationship because of his choice in chums. Just the thought of seeing Rocky again brings a sense of peace to a special little corner of my heart and whatever this mysterious mind-meld is for us we are facing it from a place of wonderment and ultimate friendship. Without feeling the need to explain, it is what it is and there are two people in this world who are extremely grateful we actually did communicate on this level – and I reckon others can and do, too.

One thing for certain is that my eyes, my heart and my mind have all been opened wider than

ever before in beholding the power of the human spirit Rocky has exemplified in his incredible will to live so far beyond expectation. I feel very lucky to have a friend in someone who appreciates their life with such spirit as he does and I love being part of the stream for the trickle-down effect of such a high-minded perspective. Now I must get some new city maps, since I will be playing chauffeur while Rocky is visiting Nanaimo and he wants to hit every single park, beach, and anything new I can find to do in this most beautiful and artistic city of mine filled my wonderful family and friends.

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D: Well, the fact that this brain tumour could take his life at any moment, but also that 5 years earlier he'd gone through a bout with lung cancer and so that was something – a whole different story really. And so, in so many ways just his fortitude, his inner strength was so inspiring to me he kept going and kept wanting to get better – he's willing to do whatever it takes at that point.

He phoned me when he got back from the operation. He said he woke up with a renewed sense of life. He said he was just so happy to be alive. It's like he was given a second chance and I thought that was really wonderful but he seemed to want to credit me and for me to take credit for that it's kind of like, "Well, you know you're a part of this, too. You must have reached out in some way on an energy level or something, your thoughts, and so I just basically picked up on that". So I guess I was ready to hear it, too – we were both ready to connect but this is what it took.

K: And the story you shared with me about the extent of this in terms of the cancer tumour in his lungs and actually pressing on his spinal cord. From what I understand from family members and close individuals in my life when cancer spreads to that extent trying to hold on to your will to survive it takes a certain kind of human being to push through

that had been put off so many times because of forest fires – he had to fly to Vancouver. He just got so fed up of being promised "we're going, we're going" and then the next moment "you're not going, you're not going". And he was confined to the hospital for a whole week before that, and he just said at that time too, he said he could have something go wrong that would be life over anytime if he did not get that surgery. That's how important it really was. He said he wasn't going to answer the phone if the hospital called. He said he's had enough of them he was just going to go home and take his chances with whatever.

He said I gave, the phone call, me phoning gave him the strength to actually answer the phone. They did call the next day actually he was whisked off by ambulance to the airplane and off to Vancouver just like that. And that to me was another, a second kind of miracle in this. He actually, the very next morning got the call to go and then he spent the next week in Vancouver having the brain surgery.

K: And this was because of the cancer that had spread throughout his body to his brain.

What was the significance of the cancer at this point that you had just discovered on the phone with him?

Part 2: Post-Reunion

The Podcast Transcript

Welcome to Own Your Truth. The show that highlights individuals who have embraced the dark lessons of life and used these difficult moments as fuel for growth and success. These are the artists, the entrepreneurs, creators, leaders, survivors, and thrivers who have made it to the other side of hardship with unique knowledge and inspirational insight.

I'm your host Ken Cervera and I believe a good conversation can change your life and if you're curious to explore the great business of living your purpose I invite you to step into the present moment, remove the mask and Own Your Truth.

Diane Babcock and Rocky Cave were high-school sweethearts who hadn't seen each other in over 43 years. Then, one night while relaxing on the couch with a glass of merlot and watching Pulp Fiction a particular song in a certain scene triggered a powerful emotional response within Diane to reach out immediately to her long-lost love. She had no idea that her phone call would arrive at a pivotal moment in Rocky's life and ignite the journey of healing, reconnection and true love that I'm honoured to share with you today.

Diane is an incredibly talented writer and a gifted communicator with a natural ability to listen, let go and trust in the unseen intangible truth within. So whether you believe in destiny or coincidence, Diane's story is one of those rare reminders that life's most beautiful moments may arrive when we have no reason left for hope.

K: The story begins with you and your high-school sweetheart, Rocky, reconnecting from what I understand after 45 years in what you described as "a beautifully bizarre twist of fate that renewed a special bond to inspire a phenomenal faith when death seemed the only outcome."

And I'm giving you a direct quote from your email that you sent to me as I just found that was so beautiful and I'm really excited to get to the reconnection portion of your story. But before we get to that I would love to know more about your high school years with Rocky and some of the significant memories you shared with your boyfriend at the time, Rocky Cave.

D: Yeah. He likes to remember this too you know. We first met actually on the school bus because his stop was before mine and it's like when I got on the bus he knew he wanted to ask me out. And so I was surprised because

put the D with me with my name D Babcock. And then he phoned me right back, and so I felt a little caught off guard. All I did, I said, "Well, I left you a message and this is basically what the message says and so I repeated it and that's when what he said floored me, because he said, "You must have been hearing my troubled thoughts". He said, "I am so glad you called", and that's when I started to understand the importance of the message.

K: Man! Reconnecting like that, especially knowing what happens after you guys had reconnected. What I'm particularly curious about in addition to this journey and how it unfolds is really the sensations for you in just trusting this energy, this voice, this nonverbal instinctive thing that really goes beyond the realm of from what most people understand and I guess is telepathy or connecting through energy. In that moment for you what was it like for you to actual experience that level of awareness and insight where you had that immediate validation of wow this voice, this feeling, this sensation is real and it's true? How is that for you? Was that a bit of a shock?

D : It was! It really was, because I was amazed at the story he told me. He had basically given up on hope of having this very important, very, very important brain surgery

That's what it was it was, an impression. It was a really strong one like I was meant to act on this and so I kind of floundered my way through making sense of it, because it didn't make sense. I don't even know if he lives in that town still or his life situation or anything – and it's been so long. I wonder what he's going to think. He's going to think I'm crazy. That's exactly what I was afraid of. He's going to think I'm one of those weird people who...I don't know. Anyway, so I went and tried to find his phone number on White Pages. So I did that search and finally found it and then I kind of hesitated and I kind of waffled back and forth. Should I or shouldn't I? What would I say? What am I going to say? How am I going to say this?

And finally I thought, he's going to think I'm nuts, but whatever, I'm just going to put it to him and let whatever he does with this information that'll be up to him as long as I say it. And so that's what I did and I phoned. He wasn't home or he was away from the phone so I left a message basically saying, "Hi, Rocky. It's Diane Babcock. I know it's been a long time, but I just had to phone and make sure you're okay, so have a good life, bye".

Basically that's what I said and then he came in and he just missed the call and he saw who it was and it took him a few minutes he said to

my mother never really let me date and was very picky, and so I was very surprised she let me date him. But yeah. We'd go out...we just liked being together a lot. It was so comfortable just hanging out and it's not like there's a bunch of jealousy or grabbing. Like in the sense of just trying to get a man in your life. It was so natural to be together and that was the wonderful part of our history really. It's kind of I guess something that I've kind of missed all these years without even realizing it – we both have.

K: Since you are a phenomenal writer I would like to read the first part of your story intro because I think it's the perfect segway into my next question. I love this part which was:

“This amazement story begins during one of my favourite evening pastimes where after finishing a busy work project I treat myself to dinner and a movie, or more specifically Spaghetti Puttanesca, Merlot and Netflix.”

I love this part because it was really at this point in the evening you wrote about your process of picking your movie and I'd love for you to just share how the rest of this moment really unfolded for you.

D: Well, it is like I do most movies I just go through, kind of feel my way through Netflix really. My faves are actually action adventure

but when I saw Pulp Fiction I thought, "I haven't seen that in a long time you know I'd like to see that again". And just recall the old John Travolta and Uma Thurman, who I love and I just want to just remember the story really, and so that's when I chose that one.

K: I love the moment that specifically happened when you were in the middle of that movie and the music and the senses really rekindling this memory of Rocky. What was that experience like for you and I think you'd mentioned specifically the Neil Diamond moment. Which I love Neil Diamond, by the way, my father still is a big fan of his music and I would love for you to share that physical very visceral sensory experience on hearing that song – that would be beautiful.

What was the name of that song by the way?

D: Girl, you'll be a woman soon.

It's a song for some reason it really touched me like really deeply. It moved me. Songs do that and they're really famous for bringing – they're emotional right. And I've studied music and its effects on us but it hit me and it's like wow I couldn't get it out of my head or my senses. I'm going I just felt the rest of the song all through the movie. Like I say, afterwards I went onto YouTube and I found a good version and I just listened to it over and

over and I just really got into the harmony and the words and they just really spoke to me.

K: You, at that point it sounds like from your story this is the moment of reconnection with you and Rocky, because that song and that memory in that experience triggered within you that need to reach out. What was it like for you, because you describe this a little bit in your story, having experienced that song and then making that decision to finally call Rocky after hearing this song and seeing that movie? After how many years was it that you guys have been?

D: 43 years since I left Quesnel.

K: *Yeah what was that like?*

D: Well, that was a bit of a shock because I did not expect it you know. I have a very strong sense of guidance and so I listen to it when I get hunches, intuition and stuff. I pay attention because I know that's part of sending me on to my next step but when it came to that it's like: why? Why would I call Rocky? And the message was very clear. I was to call and "make sure he was okay". That's all there was to it that's just the words, the impression. You know you get impressions like in your heart and your mind.