

“RISING  
ABOVE THE  
CANCERS OF  
LIFE”  
(EXCERPTS) -  
SY  
TSHABALALA



First edition published in 2016 [Being Positive in a Negative World by Sy Tshabalala] Email:[sytshabalala@gmail.com](mailto:sytshabalala@gmail.com), [sy@webmail.co.za](mailto:sy@webmail.co.za). **Being Positive in a Negative World: *Rising Above The Cancers of Life*** by Sy Tshabalala. All rights reserved. No part of this publication may be reproduced, stored in a retrievable system or transmitted, in any form by any means, electronic, mechanical, photocopying, recording and/or otherwise without the prior permission of the publisher. This book may not be lent, resold, hired out or otherwise disposed of by way of trade in any form, binding or cover other than that in which it is published, without prior consent of the publisher. ISBN: **978-0-9921736-2-3**



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# Introduction

I know at the mere mention of the name, Cancer, many people cringe. Cancer is one of the deadliest diseases in the world. Every family has one, two or even the entire kinfolk affected by it. “Cancer affects all of us, whether you’re a daughter, mother, sister, friend, co-worker, doctor or patient,” remarked actress, Jennifer Aniston. Well before you wonder if this book is about the disease, its causes or effect, I will like you to pause for a moment.

Because, I have decided to write about cancer, not necessary as a disease but as a metaphor that represents all of life’s different challenges. As you know there are two sides to everything under the sun.

There are negative and positive experiences, intimidating and exciting moments, fear and faith, pain and joy, obstacles and opportunities, overwhelming

“That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent.”

– **Chinese Proverb**

challenges and solutions, questions and answers, failures and successes, tears and smiles and delays and breakthroughs. CANCER is a deadly disease but In the context of this book i would like you to look at it as an acronym that you can use to rise against your own CANCELS (challenges of life).

# Control

**T**he first letter C- in the word Cancer stands for Control. In order to manoeuvre through life's treacherous challenges you need to be at the pilot's seat of your life. In other words, you can't go through life playing the blame game. You can't go through life behaving like a vociferous spectator.

You can't go through life as a powerless, voiceless, control less and hopeless passenger. Life requires us to take responsibility for everything that is happening in and around us. To be responsible means to be able to respond. When you encounter a hurricane of some sort along your journey of life don't react but respond.

Michele Deberge was a married woman, who later in her life encountered the painful CANCER of a failed marriage. Michele was divorced and rather than sit and point an

*"Everybody in the world is seeking happiness- and there is one sure way to find it. That is by controlling your thoughts. Happiness doesn't depend on outward conditions. It depends on inner conditions."- Dale Carnegie*

accusing finger at her ex-husband like most broken women, Michele chose instead to take control of her life. Out of her painful and life shattering CANCER of divorce, Michele created a personal development company for divorced women called, "Starting over without him". By choosing to respond, Michele has become a beacon of hope for divorced women and a bill board of inspiration to those who are still dealing with the storms of life.

# Align

**T**he next alphabet, A-stands for align. You will never overcome the CANCERS of life alone. You will never overcome your cancer if you continue to believe that you are the one who owns the copyrights to it.

What you need to do in the midst of your cancerous experience is to align yourself with people who are or who has overcome a similar CANCER like yours. When Michael Santos was sentenced to 45 years for drug trafficking, he immediately looked for somebody who has or who was battling with the similar CANCER, the CANCER of imprisonment.

Michael read a book that he found in the prison library, a book that chronicled the life of Nelson Mandela. And through this book; Michael, the inmate learned how to adjust to life in Prison. And after 26 years, he came back different. Today he is a life coach, author and lecturer, thanks to Nelson Mandela's exemplary life.

*“Align yourself with people that you can learn from, people who want more out of life, people who are stretching and seeking some higher ground in life”- Les Brown*



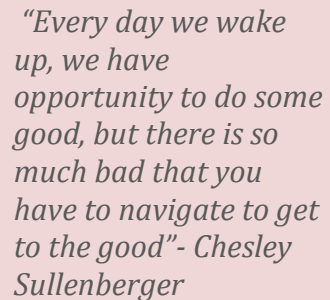
So, just like Michael don't suffer in silence, look for people who have managed to deal and to overcome their own cancerous experiences. Remember there is nothing new under the sun.

# Navigate

**T**he third alphabet is N and it stands for navigate.

When you find yourself in a cancerous situation, don't just sit there and cry but strategize, look for a way out.

Gordon Ramsay had a promising soccer career ahead of him after signing with one of Scotland's biggest Teams, Glasgow Rangers. But suddenly without warning he encountered a career ending injury.



*“Every day we wake up, we have opportunity to do some good, but there is so much bad that you have to navigate to get to the good”- Chesley Sullenberger*

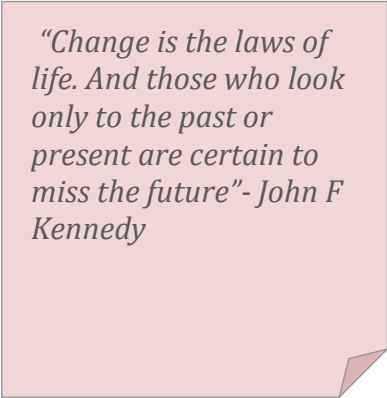
And while sitting at home depressed, Gordon Ramsay decided to look for a way out. And he eventually navigated his way into being one of the world's celebrated chefs.

And like Ramsay, don't just sit and cry about your CANCER, find a way out. Navigate a way out to your biggest breakthrough. Navigate a way out to your remarkable success. Navigate a way out to your recovery and restoration. Navigate a way out to your future dreams.

Navigate a way out to your amazing destiny. Navigate a way out by learning from others. Navigate a way out by thinking positively. Turn your scars into scars.

# Change

**T**he fourth letter C stands for Change. As you may be aware, we live in an ever changing world, a world that demands that we either become better by embracing change or bitter by rejecting it. When South African born Radio personality Criselda Kananda, discovered that she was HIV positive, she decided to change her diet and how she looked at life.



*“Change is the laws of life. And those who look only to the past or present are certain to miss the future”- John F Kennedy*

By changing her attitude, Criselda found a way to manage her cancerous experience of being HIV positive. Through a changed mind-set, she no longer saw HIV as a disease but as a health condition.

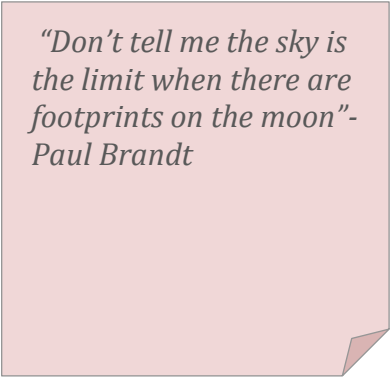
Hence she changed her definition of HIV from Human Immuno-Deficiency Virus to Health Is Vital. As Criselda has demonstrated, when life throws you a cancerous experience, change your outlook, don't fall apart.

Change your mind-set if you really want to change your condition. Change your mind-set if you really want to change and shape the pathway to your future.

# Empowerment

**T**he fifth letter is E stands for empowerment.

Whatever CANCER you are facing, empower yourself. Find ways to deal and to overcome it. Research, study, investigate and acquire information like a sponge. British born teenager, Megan Blunt managed to overcome her terrifying and life intimidating experience of being sick by acquiring knowledge.



*“Don’t tell me the sky is the limit when there are footprints on the moon”-  
Paul Brandt*

And through the information she gained, Megan wrote a book titled A-Z guide for children on how to deal with CANCER, a book that enable Megan to overcome her health condition.

Currently the book is being donated to every child who is diagnosed with cancer. Remember if you don’t empower yourself for success, you will be deformed by your painful experiences. Knowledge is the only

medication that will enable you to deal with your challenges. Knowledge is the only antidote to your cancerous situations of life. Read, research and empower yourself for success.

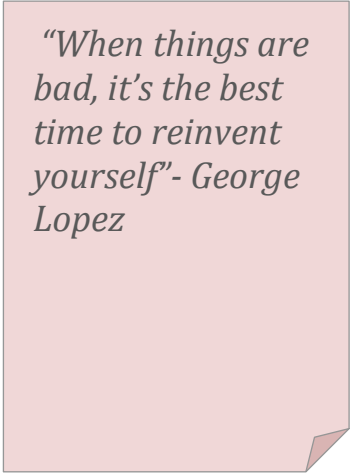
# Re-invent

**T**he last letter R stands for Re-invent. Many people stay where they are because of what they went through. They go around carrying the tag of a victim. They succumb to their painful experiences.

But musician and song writer Charlie Wilson refused to be a has-been after his singing career was over. And he found himself battling with the drug addiction, prostate CANCER and being homeless.

After more than a decade of not being seen in the public eye, Charlie Wilson came back as a rejuvenated young and exciting fifty-something year old man. He found a way to rise up again as a new musician with a fresh sound.

Today, Charlie the sixty year old mentor is celebrated by both the young and old. In addition he has found a



*“When things are bad, it’s the best time to reinvent yourself”- George Lopez*



way to collaborate with many young musicians. Not bad for someone who was once living in the streets, broke, bruised and suffering from prostate CANCER and drug addiction.

# Conclusion

**I**n a nutshell, find a way to rise above your **CANCERS** because your cancerous experiences are not meant to destroy you but to help you to grow. Your cancerous experiences are not meant to make you shrink but to make you think.

Your cancerous experiences are not meant to drown you but to teach you something. Your cancerous experiences are not meant to bury you but to mature you.

Therefore don't just sit and complain but rise up and think. Don't just complain but Pray, don't just doubt but believe and don't just crumble but create.

In conclusion i would like to leave you with this poem which I hope will give you the spark and energy to rise against your cancers (storms) of life:

## **DON'T QUIT**

When things go wrong, as they sometimes will, when the road you're trudging seems all uphill, when the funds are low and the debts are high, and you want to

smile but you have to sigh, when care is pressing you down a bit, rest, if you must, but don't you quit.

Life is queer with its twists and turns, as every one of us sometimes learns, and many a failure turns about, when he might have won had he stuck it out, don't give up though the pace seems slow. You may succeed with another blow.

Often the goal is nearer than, it seems to a faint and faltering man, often the struggler has given up, when he might have captured the victor's cup. And he learned too late when the night slipped down, how close he was to the golden crown

Success is failure turned inside out, the silver tint of the clouds of doubt, and you never can tell how close you are, it may be near when it seems so far, so stick to the fight when you're hardest hit. It's when things seem worst that you must not quit

Author unknown

## OTHER BOOKS IN THIS SERIES

- ❖ Being positive in a negative world:  
Learning to be caps minded
- ❖ Being positive in a negative world:  
Doughnuts of inspiration
- ❖ Being Positive in a negative world: Daily  
supplements of inspiration
- ❖ Being positive in a negative world: Spiced  
Weekly Nuggets
- ❖ Being positive in a negative world: Finding  
meaning in a place of hardships (Prison)

# ABOUT THE AUTHOR

Sy Tshabalala is a former high school educator, author and life coach with the passion to inspire, educate and challenge others into fulfilling their earthly assignments. He has among others spoken in places of employment, churches, schools, radios and prisons. Sy has a unique gift of employing poetic language in his writings and speaking engagements. As part of his social responsibility, Sy has helped a number of parolees into turning their life stories into books. Sy is married to Prudence and they live together with their children, Atang and Destiny in the eastern part of Pretoria. For further correspondence use the information below.

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