



DON'T
RUSH
TO HEAVEN

YOU CAN HEAL YOURSELF

CATHERINE LOWRY

Contents

Front Matter	3
<i>Title Page</i>	3
<i>Publisher Information</i>	4
Don't Rush To Heaven	5
<i>Dedication</i>	5
<i>Acknowledgements</i>	6
<i>About the author</i>	7
<i>Introduction</i>	8
<i>One</i>	11
<i>Two</i>	15
<i>Three</i>	20
<i>Four</i>	26
<i>Five</i>	33
<i>Six</i>	36
<i>Seven</i>	42
<i>Eight</i>	51
<i>Nine</i>	57
<i>Ten</i>	59
<i>Ten</i>	62
<i>Eleven</i>	67
<i>Twelve</i>	70
<i>Bibliography</i>	71
Back Matter	73
<i>Also Available</i>	73

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You can heal yourself!

Catherine Lowry

Publisher Information

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Dedication

I dedicate this book to my Earth family, my siblings Mona, Gerard, Paula, Iris, Deirdre, Frank, Vincent and Orla, and especially to my mother Catherine. Also to my father Pat and sisters Ita and Carolyn who have passed to their spirit home but are nevertheless very much alive.

Acknowledgements

I wish to thank my editor Nigel Peace for his constructive criticism and indispensable assistance in moving this book from the back burner to the bookshelf.

www.local-legend.co.uk

About the author

Catherine Lowry is a registered nurse, spiritual medium, healer and artist. She grew up in Ireland, worked in the UK and later in the USA, learning all she could about holistic nutrition and healthy food preparation, having noticed the negative effects of certain foods on the body. Catherine returned to Ireland and began a search for evidence of people who had survived their 'incurable disease' through adopting a healthy diet and lifestyle. While working with cancer patients she also became aware of the presence of healing angels and spirits.

This is Catherine's debut book, distilled from more than four decades of experience. Her sound medical knowledge is presented clearly and supported by inspiring accounts of cultures that are disease-free and of individuals, given no hope by doctors, who have transformed their lives.

Her message is that while orthodox medicine has its place in the treatment of illness, it is not the only answer. Moreover, just because your treatment may not have been successful it doesn't mean that your disease is terminal. Never give up!

www.catherinelowry.ie

Introduction

You don't have to die yet! Even if you have been told that your disease is incurable, that nothing else can be done for you except keep you pain-free and comfortable, you can still choose life over death at this time. You have that choice and a lot of people have made it. There are many examples of a dying person prolonging their life in order to be here when a child is born, a family member marries or for some other meaningful event. If this is possible, why should it not be possible to prolong life by years? Yes, it is possible and a few have trodden this rarely travelled path and lived to tell their story. You can be one of these people. The choice is yours.

I first became aware of this information when I was a student nurse in the early '70s. During the following years I was reminded again and again that even diseases such as cancer can be cured regardless of a negative prognosis; it was like a voice in my head, which I thought was my imagination but which later I realised was my intuition, a voice that we often ignore to our detriment. Although I shared my information with friends who were sick or dying, I was thanked... but ignored.

So eventually I decided that I must write this book to get the information to as many people as possible; and maybe then a few will decide to become healthy and live a long and fulfilling life. The enormity of what I was doing would occasionally wake me up at night. I was tackling two of the world's most controversial subjects: the ability of the body to heal an 'incurable' illness, and the possible continuation of life after death!

I did not want to write a book. It did not appear on my list of things-to-do-before-I-die; in fact, if anything, it was on my list of things-I-will-never-do-before-I-die. I have read a lot of books, from fiction to self-help, from art to food and fitness, and I would say to myself, "I can't even imagine how an author can sit in front of