



ANGEL ANGLES SIGNATURE EDITION™

Volume One • Planting Hope



Healing with Your Angels

Release Survivor's Guilt and Thrive

A chapter from How to Be Brave: Self-Healing Tools for Love Warriors

by Janette Stuart

Emissary of Joy

Angel Angles Signature Edition™

An Heirloom of the Soul

Lovingly dedicated to every heart searching for a place that feels like home.

Healing with Your Angels: Release Survivor's Guilt and Thrive

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Originally published as Chapter 11 in How to Be Brave: Self-Healing Tools for Love Warriors.

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Published by Angel Angles® | www.angel-angles.com

This publication offers spiritual encouragement and personal reflection.

It is not a substitute for medical, mental health, or professional care.

Welcome Home



If these pages have found their way into your hands, perhaps your heart is carrying something heavy.

Perhaps you are searching for peace. Perhaps you are grieving. Perhaps you simply need a quiet place to rest for a while.

Whatever has brought you here, welcome.

My hope is that these pages become more than words on paper. I hope they become a gentle companion, reminding you that even in life's hardest seasons, you are never alone.

Take your time. Pause often. Breathe deeply. Listen for God's whisper.

The gate is open. Welcome home.

With love, joy, and angel blessings,

Janette

The Angel Angles Promise

We cultivate beautiful places where hope feels at home.

Everything we create begins with kindness.

Everything we share is rooted in faith.

Everything we offer is planted with love.

May every page, every prayer, every gathering, and every blessing leave your heart a little lighter than when you arrived.

Welcome. The gate is open.

*“The Lord is close to the brokenhearted
and saves those who are crushed in spirit.”*

Psalm 34:18

Dedication

For every heart that has ever wondered...

Why them...and why not me?

*For everyone learning to honor a beloved life without
dimming the light of their own.*

*May these pages remind you that your life is a precious gift,
your healing matters, and you are worthy of joy.*

You are not alone.

About This Signature Edition

This Signature Edition presents my complete chapter, Healing with Your Angels: Release Survivor's Guilt and Thrive, originally published in How to Be Brave: Self-Healing Tools for Love Warriors by Brave Healer Productions.

Within these pages, I share my experience with pancreatic cancer, the miracle of healing, the loss of my lifelong best friend Kim to the same disease, and the survivor's guilt that followed.

I also offer the Healing Journey Map, angel-inspired practices, and affirmations that helped me move forward with faith, gratitude, and hope.

May my story meet you gently wherever you are on your own journey.

Healing with Your Angels

Release Survivor's Guilt and Thrive

By Janette Stuart

*Life is a precious gift that I will not squander.
I boldly embrace this treasure with a heart full
of love, gratitude, joy, and reverence.*

MY STORY

I had pancreatic cancer in 2019, and Kim, my best friend since kindergarten, was diagnosed with the same disease a year later.

How could we both have such a grim diagnosis?

A doctor I didn't know until the fateful morning of my diagnosis gently held my hand and whispered the shocking news that I had cancer: pancreatic cancer, to be exact. In 2019, the survival rate was 8%.

I heard of one other person who had pancreatic cancer, and he passed away a week after diagnosis.

Scary indeed.

How can this be?!

How can I tell my elderly parents, as they've already lost a child?

Will I ever see my son again?

Will I live to see my next birthday?

As we drove home in stunned silence, these and many more questions swirled around in my head.

I never thought I'd have cancer. I always thought I was healthy. I walked 10,000 steps a day, never smoked, rarely drank alcohol, had extremely low cholesterol, and drank green smoothies.

Boy, I was in for a surprise when my energy dwindled to zero, and I could barely walk to the next room without considerable effort. I thought I was just overdoing it. I'd just completed my fourth book and helped plan our parents' 60th wedding anniversary.

I rested as much as possible and soon needed to cancel all my activities. That fancy new, expensive calendar system I purchased was getting pushed aside and was quickly replaced by my oncology calendar, two months at a time.

After my diagnosis, I sought the best oncologist in the area. He said my case was borderline as to whether I could have a potentially life-saving surgery known as the Whipple procedure due to the tumor's proximity to a main artery.

I began with chemo two weeks later, which was difficult for me. I felt sick twelve out of fourteen days, spending most of my days resting on the couch after sleeping 10-12 hours per night. I was sensitive to cold; even touching room-temperature cutlery or faucets was painful, and the cold shot straight to my head and felt like the dreaded brain freeze.

Food didn't taste right either, and I lost my love for my favorite drinks, water, and coffee. I soon lost my hair. Through it all, I trusted better days were ahead and sought ways to flourish.

So many people prayed for me and my family, and I felt the love, even on the bleakest days.

After eight rounds of chemo, my phone announced that my oncologist was calling. I answered the phone, thinking it was a staff person calling to reschedule something or perhaps have an insurance question. It was my oncologist himself happily announcing, "Congratulations, good news! Your tumor has shrunk enough that we're ready to move forward with your surgery. There will be no more chemo, and I'll be placing you in the care of the surgeon now."

While this was terrific news, my stomach reeled with the reality that I'd be looking at this extensive surgery in the coming weeks.

The Whipple procedure involves removing the head of the pancreas (approximately 50 percent of the organ), the first portion of the small intestine (duodenum), the gallbladder, part of the bile duct, occasionally a portion of the stomach (approximately ten percent), and sections of nearby blood vessels.

How will my life change post-surgery?

How much will this procedure and hospitalization cost?

Will I ever be able to eat pizza again?

Will I ever feel like drinking coffee?

Three weeks before my surgery, the angels gave me a divine download while sleeping to reframe the word surgery to Operation Hope and guided me to draw a healing journey map. This guidance was significant because I'm not an artist and trusted the angels' guidance to create what they showed me. I never would've dreamed this up on my own.

The following day, I drew what they guided, and it truly helped me feel more optimistic and at peace about the life-altering procedure and the journey needed to heal. It also included many powerful affirmations and blessings.

I took a copy of my healing journey map to the hospital, and the nurses asked, "Are you an artist?" Ha! I smiled, as drawing a stick person or a heart can be challenging.

You can create your own healing journey map, which is detailed in the tool section below.

I was ever so grateful for the miraculous results of my surgery, and my labs and scans have been excellent, too. I got my miracle and was on the path to vibrant health. Thank you, God and angels.

A year post-diagnosis, Kim's sister texted me that Kim was in the hospital and diagnosed with pancreatic cancer.

We were best friends since kindergarten, both the oldest of three, and shared a mutual dislike of eggs. She was the first person I ever met who disliked eggs, too.

Our families have been lifelong friends since our days as Brownies and Girl Scouts. We went through elementary, junior, and senior high together. I was a bridesmaid at her wedding, and our sons grew up together.

How could she be diagnosed with pancreatic cancer, too?

Some questions we'll never know the answers to in this lifetime.

Kim was fit, athletic, an avid cyclist, and beautifully stylish. She often rode her bike up our local mountain (Mount Diablo, elevation 3806 feet) for fun and thought nothing of cycling a hundred miles.

We had the same oncologist and the Whipple procedure at the same facility. Despite those similarities, everyone's journey with cancer is different.

She lived three years post-diagnosis, and now the survival rate is 13%. Still woefully low.

The last time I saw Kim was two days before she passed away. Her family called another friend and me to her bedside so we could say goodbye.

I was so honored, and it was one of the most challenging things I've ever had to do. I prayed for strength and the ability to be a beacon of love and light for her and her family.

I walked into that hospital room where she was lying there looking beautiful amidst the blinking machines and the hushed voices of nurses and doctors nearby. Soon, she opened her eyes and, with a smile, asked, "How are you doing?"

I lied and said, "I'm doing great now that I'm seeing you." But I was thinking: My heart is breaking. How can I go on without her?

My survivor's guilt was kicking into high gear, and I thought:

Why her?

Why does she have to suffer?

Why does she have to die?

Why did I survive?

I held her hand and softly caressed her hair and face for the last time, sharing what a wonderful friend she was and our great times over the years.

Her husband whispered to us that Kim told him she was at peace with transitioning because she could again see her beloved dad, who passed away the year before. This news helped ease my sorrow a bit at losing her.

I drove home those 40 miles in a fog of grief. As I shakily put my key in the front door, I thought: My head is killing me. I'm going to throw up.

I went straight to the couch, stretched out, and let the tears come.

My husband came home shortly afterward and knew I needed tender, loving care. He covered me with a weighted blanket, and I didn't move all afternoon.

The following day was our 40th anniversary, and we planned to celebrate by hosting a small family gathering at a local restaurant.

Will I feel well enough to have the party, or will we cancel?

How can I celebrate when my best friend was on her deathbed?

I felt nauseous, and my head throbbed the rest of the evening. I went to bed thinking I could cancel in the morning if I still felt awful.

I prayed. "Please, God, get me, my friend, and her family through this time of sacred passage. Please help me feel better for tomorrow."

My stomach and head felt much better when I woke up the next day. Although my heart still ached for my friend and her family, I felt good enough to proceed with our anniversary event.

Kim would want me to move forward with our anniversary party and celebrate the gift of my life. She'd be the first to tell me that life is for the living and to enjoy it all.

She was a master connector, always arranging for us to stay in touch, plan outings, and celebrate life's special occasions.

She was also an avid scrapbooker, carefully documenting and archiving each year. Her scrapbooks were works of art and often a source of remembrance, joy, and walking down memory lane together.

I will honor the precious gift of her life (and mine) by fully embracing and living every moment of my life to the utmost, bidding adieu with love to any survivor's guilt that may bubble up to the surface.

It's now five years post-surgery, and I'm happy, healthy, and thriving. I'm so grateful for the miracle of my healing and share my journey to give others hope. Yes, I miss her every day.

There are many ways survivor's guilt can strike. It doesn't just have to be a life-or-death situation. It could be surviving a downsizing at work or a natural disaster affecting your neighbors but leaving your home unscathed. It could be bringing a healthy baby to term while your friend miscarried or any other type of trauma you survived and someone else didn't.

We've participated in two pancreatic cancer walks in Kim's honor since her passing. It's a time of gathering in remembrance and honoring the gift of her in our lives.

At the event, the survivors are also called to the stage to honor and celebrate the gift of our lives. I walk proudly to that stage, honoring my miracle and knowing my friend is looking down on me with love and gratitude.

For me, this is how to be brave—release survivor's guilt, and thrive.

I have nothing to feel guilty about. Kim would be the first one to cheer me on.

If my story resonated with you, I'd love to hear from you. You can bravely reach out to me via email at janette@angel-angles.com or visit my website at <https://www.angel-angles.com/> to learn more.

Blessings of love, joy, and peace to you always, dear reader.

THE TOOL

Healing Journey Map, Meditation, and Affirmations

I received angelic guidance to create a healing journey map before my surgery (Operation Hope), and it gave me lots of positive reinforcement for healing. It included feelings I experienced, how I wanted to feel, steps or milestones along the way, several affirmations, gratitudes, and my final focal point of vibrant health.

Below, I've listed plenty of affirmations to assist in your healing journey, which you may want to include on your healing journey map. An affirmation is a short, positive proclamation of the truth you want to call forward. It needs to feel at least 50% believable.

Affirmations beginning with the words "I Am" are the most powerful. Speaking affirmations out loud magnifies their potency.

Gather your supplies to create your powerful healing tool, and allow yourself a few minutes to get still and centered so that you can create from your heart.

Supplies Needed:

Paper or journal

Colored pens, markers, or crayons

Candle and lighter

Water to drink

Sacred space

An open mind and open heart

To create your healing journey map, allow yourself the gift of quiet solitude, light your candle, take a few deep breaths, in and out, in and out, place your hand on your heart, and visualize a map materializing before you.

You may want to call on your angels, guides, teachers of light, or Archangel Raphael, whose name means "God heals." Archangel Raphael is associated with green, so you can focus on the color green or place a green crystal nearby.

When you're ready, draw a meandering healing stream across the width of your paper.

At the beginning of the healing stream, write about your feelings as you begin your healing journey. List your starting point. Mine started with the diagnosis.

Chart important milestones or steps along the way, and list how you want to feel at each one. List affirmations to assist with your healing process. Some of my milestones along the way were chemo, surgery, and being cancer-free.

List your goal or focal point at the end of your healing stream. Add how you want to feel when you complete the journey upon your healing stream. My goal or focal point was vibrant health.

When you've completed your healing journey map, color it as desired and place it on your altar or another prominent spot where you can see it regularly.

Give yourself plenty of time to integrate back into your day. Drink your water. You may need extra rest and hydration. Please be easy, gentle, and loving with yourself afterward.

Sign up for a free copy of my Healing Journey Map and audio meditation here.

<https://bit.ly/HealingJourneyMap>

Affirmations for Healing

I am loved.

I am supported.

I am protected.

I am healing now.

The angels have my back.

Hope is the conduit for miracles.

Only skilled and loving hands touch me.

My friends and family support me, and I am not alone.

I anticipate the future with so much love and gratitude.

I receive the Divine Love and Light to heal.

I am steeping in Divine goodness and grace.

I surrender in trust, knowing that all is well.

I am getting the care and support I need.

My heart is full of love and gratitude.

I am vibrant and healthy.

I move forward in faith.

My every need is met.

I am whole.

I am healed.

I am complete.

BIO

Janette Stuart is a beacon of hope and joy who shines brightly in a world often clouded by uncertainty and challenges. As the Emissary of Joy at Angel Angles and Well-Being and Wonder, she's a best-selling author, angelic practitioner, and triumphant survivor of pancreatic cancer.

Through the thousands of angel card readings she has conducted, her gentle approach helps clients find clarity, direction, and divine guidance.

As the Angelic Practitioner Expert Guide at The Wellness Universe for the past several years, her monthly angel affirmations are one of the most popular blogs there.

Her courses, books, card decks, and events are gateways to peace, inspiration, and transformation, empowering you to shine as only you can.

Janette knew she'd be an author at age eight. She credits this to a great Christmas gift she received: a feathered pen and a locking diary. She shared her feelings, dreams, and desires within that sacred space. She has now self-published five of her own books and participated in nine amazing collaborations.

Janette is a native Californian who lives with her husband of 41 years in the Bay Area. Their love story includes eloping during a blizzard on a Greyhound bus, a grown son, and two grandchildren.

She's passionate about self-care because she used to put herself last for far too long, which left her depleted, resentful, and sick.

Get your gift: Self-Care Strategies, a 37-page booklet delivered to your inbox to enhance or begin your self-care practice. It's full of tips, tools, and techniques to help you treat yourself like a beloved.

Visit <https://bit.ly/SelfCareStrategies4U>

Connect with Janette Stuart:

Website: <https://www.angel-angles.com>

Email: janette@angel-angles.com

Instagram: https://www.instagram.com/angel_angles_101/

Facebook <https://www.facebook.com/AngelAngles11>

Pause in the Garden

Take a breath. Let the words settle gently.

- Where have you experienced guilt for surviving, succeeding, healing, or moving forward?

- What might your loved one say to you about embracing the precious gift of your life?

- What would it look like to honor the past without dimming your own light?

- What seed of hope are you ready to plant today?

A Prayer for Releasing Survivor's Guilt

Heavenly Father,

Thank You for the precious gift of life and for the love that continues
even after loss.

Help me release the guilt, questions, and sorrow I was never meant to
carry alone. Remind me that embracing my life does not diminish the
life of anyone I have loved and lost.

May I honor them by living fully, loving deeply, and receiving joy
without apology.

Guide my steps. Steady my heart. Let hope take root within me once
again.

May my life become a living tribute to love.

Amen.

Continue the Journey

You are warmly invited to continue walking with me through Angel Angles, where we cultivate beautiful places where hope feels at home.

Visit my Wellness Universe profile to read Healing with the Angels and explore additional resources for hope, healing, and sacred self-care.

My newest chapter, Life in the Rock Tumbler of Compounded Grief: How to Find Your Footing with Faith, will appear in Book 7 of The Wellness Universe Guide to Complete Self-Care, expected around September 15, 2026.

Website: www.angel-angles.com

Wellness Universe: www.thewellnessuniverse.com/world-changers/janettestuart/

Instagram: www.instagram.com/angel_angles_101/

Facebook: www.facebook.com/AngelAngles11

Email: janette@angel-angles.com

Until We Meet Again...

May peace prepare the soil beneath your feet.

May hope take root within your heart.

May joy bloom in every season.

May you always know that you are deeply loved.

The gate is always open.

You have a place here.

With love, joy, and angel blessings,

Janette Stuart

Angel  *Angles*
with janette stuart

www.angel-angles.com