

MY STORY 1

(July - August 2005)

Milada Hriankova

Michal Hrianka, son
Photo

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Ordinary Story

In April 2005 I was diagnosed with Kahler Syndrome – bone cancer. I accepted the illness with sadness but with humility. Immediately I surrounded myself with music and a large number of books in which I started to look for help.

I radically changed my diet. I now eat according the principles of macrobiotics, which is based on cereals and cooked vegetables. I rarely eat meat, milk products, fat and refined sugar. I have lost 12 kg and completely changed my image, which helped me a lot psychically. This physical change was very quickly followed by a psychological change. Prayers, meditations, sleepless nights, tearful nights, conversations with God and with my late mother brought me everyday solutions and opened alternative views. I chucked away lots of old stuff and clothes which had previously been all over the apartment.

Finally I discovered my roots in my mother's birthplace in Turiec. This, which for many people would be a hardship, became blessing for me and, thank God, changed my entire life for the good.

My family, friends and colleagues are at this time a big support for me.

Thanks & Dedication

I would like to thank my daughter, Katka, her husband, Anthony, and my two grand sons, Tommy and Daniel, for their blessed and peaceful home.

I would like to thank Denise, the Head of Drama, for the hospitality of her flat so much like a Harry Potter workshop. It was filled with creativity and lots of props (which, I am sorry to confess, I used without her knowing) and for all this I am grateful to her.

I would like to give thanks for Windlesham House School – for its beautiful, natural scenery full of colourful flowers, birdsong and charming rustic settings, for the environment which helped to heal my body and soul in the summer of 2005.

Dedicated to my husband Miro, my daughter Katarína and her husband Anthony, my son Michal and his wife Janka.

I want to thank you all.

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Narcissus

January



Actress

February



Victory

March



Jing Jang

April



The Theatre Entrance

May



Finley

June



In the Garden

July



The Princess with a Golden Star

August



Red Apple

September



Tibetan Therapy

October



Like Fish in the Water

November



Tommy & Daniel

December