

CANCER CURE AND MYSTERIES OF YOGA - Dr. Nitin Unkule

Meditation for Strengthening the Immune System

Another benefit of the practice of Meditation with Pranayama in the physical realm is a great strengthening of the immune system which occurs when you inhabit the body. The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing. Your body is like a small child playing in the garden, the moment he notices his mother is not around, he becomes restless and cannot enjoy the pleasure of the garden.

Most illnesses creep in when you are not present in the body. To remain present in the body or to make yourself available to your own body within, is nothing but Meditation advocated by our ancient Shastra (the science of wisdom). If the master is not present in the house, all kinds of shady characters will take up residence there. When you inhabit your body, it will be hard for unwanted guests to enter, say for example, cancerous cells.

It is not only your physical immune system that becomes strengthened; your psyche immune system is greatly enhanced as well. The latter protects you from the negative mental-emotional force fields of others, which are highly contagious. Inhabiting the body protects you not by putting up a shield, but by raising the frequency vibration of your total energy field, so that anything that vibrates at a lower frequency, such as fear, anger, depression, and so on, now exists in what is virtually a different order of reality.

There is a simple but powerful self-healing meditation that you can do whenever you feel the need to boost your immune system. It is particularly effective if used when you feel the first symptoms of an illness, but also works with illnesses that are already entrenched if you use it at frequent intervals and with an intense focus. It will also counteract any disruption of your energy field by some form of negativity.

When you are unoccupied for a few minutes, and especially last thing at night before falling asleep and first thing in the morning before getting up, "flood" your body with consciousness. Close your eyes. Lie flat on your back. Choose different parts of your body to focus your attention on, briefly at first: hands, feet, arms, legs, abdomen, chest, head and so on. Feel the life energy inside those parts as intensely as you can. Stay with each part for fifteen seconds or so. Then let your attention run through the body like a wave a few times, from top to toe and back again. This need only take a minute or so. After that, feel the inner body in its totality, as a single field of energy. Hold that feeling for a few minutes. Be intensely present during that time, present in every cell of your body. Don't be concerned if the mind occasionally succeeds in drawing your attention out of the body and you lose yourself in some thought. As soon as you notice that this has happened, just return your attention to the inner body.