

# THE 10 DAY MEDITATION CHALLENGE

## DAY 5 – A MINDFUL PRESCRIPTION

Our bodies were intelligently designed with a natural healing capacity. It acts as your defense system against dangerous pathogens like viruses, bacteria, toxins and cancer cells. Like any machine, however, it doesn't always work the way it was intended and sometimes things can go wrong. One of the biggest influencers to interrupt our body's natural healing ability is stress. In order for the body to find homeostasis, it must be relaxed. Is this even possible in today's hectic and chaotic lifestyle? Studies now confirm that our mind and emotions are directly related to our physical health. Meditation is a powerful tool to calm the nervous system and deactivate the impact of stress. So, while meditation alone won't cure what ails you, it is the perfect aid to helping your body get there.

### HELPING YOUR BODY HEAL

**Step 1:** Sit comfortably. Use a backrest to help maintain an erect posture while feeling relaxed. Focus your attention on the breath.

**Step 2:** Visualize your breath like a beaming ray of light moving through your body. This ray of light is going to spread healing energy throughout your body with each exhale.

**Step 3:** Keep your eyes closed and slowly sweep the breath around your body.

**Step 4:** Bring awareness to your heart. As you breathe in, direct healing energy to your heart. As you breathe out, allow the healing energy to flow from your heart to every part of your body. Visualize it moving into your arms, your hands, your fingertips, your abdomen, and through your legs to the toes. Bringing your awareness to different parts of your body will bring about consciousness, which is healing.

**Step 5:** Continue to do this for as many breaths as you would like.

**Step 6:** When you are ready, bring the focus back to the heart. Repeat Step 4 and 5 focussing on specific areas that need healing. Feel the energy nourishing these areas. You may wish to repeat a mantra or affirmation such as "I release all pain and inflammation from every area of my body" or "I move with ease and my joints are flexible and strong." Alternatively, you may repeat healing words like "peace, love, harmony" with each breath.

**Step 7:** Return awareness to your heart and repeat the chosen words or affirmation for one minute.

**Step 8:** Keep awareness in your heart for one minute and experience gratitude for your body and its healing abilities. Relax into your body and slowly open your eyes.

**Take a few moments to reflect on your meditation. Positive energy can be an antidote to physical and emotional pain. Be gentle and kind with yourself and allow your heart and mind to open over time as you build your healing meditation practice.**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156028/>  
<https://www.drkoop.com/loving-kindness-meditation-6-steps-healing/>