

Heal/Breath

Consider the following focusing exercise which I heard about from a young cancer patient who used it very successfully during chemo. and periodically throughout her recovery period. I tried it out effectively on a walking holiday when I had a severely septic toe that had failed to respond over 4 days to sustained treatment!

The technique is designed to be used periodically across the day to activate the immune system to generate fast healing at a site of injury or disease. or to protect against the growth of infection.

My most recent use of this was with an agricultural worker injured in an RTA. He was referred following concern by the orthopaedic consultant that 9 months after the insertion of pins and a plate in his right arm, the site was failing to knit. Over three months he practiced this very focused exercise three or more times daily. Two months later, he made a successful and sustained return to work, once more able to use his arm to wield a shovel.

An archeologist who sustained a complex fracture to the elbow was similarly successful in enhancing recovery following a period of months where there was concern that there was no progress.

Focus attention very strongly on the part of the body causing concern - (throat & lungs for covid-9)

Acknowledge the injury or potential infection.

Let it be there- (Just the opposite of what you would like to do)

Then – and only then, take a deep breath in and strengthen the focus.

On the out breath , send a stream of healing from the immune system to surround and permeate the site.

Do this repeatedly with every breath over say a 3 - 5 minute period.

Visualise as you breath out - gently streaming in the healing cells from the immune system....and repeat throughout the day as often as you can remember.....

Pauline Fullam CPsychol AFBPsS
EMDR Europe Approved Consultant