

Is it possible to achieve *calmness* in the eye of the storm?

Is it possible to *strengthen the immune system* using your own mind?

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Can we use our minds to be both calm and healthy? Is it possible to be peaceful within ourselves in these times where we confront the unknown? Will it help us to find our way out of a maze of good information and mis-information? Can we use our minds to protect our bodies and experience new insights at the same time?

I believe the answer to these questions is **Yes**.

I find it a great relief that there is now evidence-based mind-body medicine. Mind-body medicine has become huge because advances in technology allow us to see and understand how the brain and the body, specifically the immune system interact in two different situations: Stress lowers/impairs immunity. Deep relaxation practices strengthen the immunity and your overall state of health. Both these responses have been made visible by technology. (If you want to learn more about the field of mind-body medicine please watch the excellent documentary by Australian journalist Shannon Harvey "The Connection – mind your body". It has a Wikipedia page and there are also free excerpts and interviews on the net.)

A state of deep relaxation can be achieved by self-hypnosis, mindfulness meditation, guided meditation. These states of focussed attention are **not hard to learn** but need to be practiced on a daily basis. *This needs a bit of time. At present, time is what we have.*

In the next weeks your personal contact with others outside your family circle will happen mostly by using technology. You may feel deprived of personal contact with others. You may feel afloat in a world of change, danger and uncertainty. It is easy to be sucked down into a downward spiral of anxiety and despair. But it is not hard to stop this.

Maybe take a moment now and focus on an opportunity to heal, like on a light which initially flickers a bit but then begins to burn steadily and reassuringly in the dark. One day in the future we will look back on this and know it is behind us. Changes may have happened but it will be behind us.

It may be hard to see the coming weeks as an opportunity, but there is one. We can use our time of self-isolation to make contact with ourselves. We can learn to be calm, have hope and help our bodies to remain healthy/regain health. From that position of strength we can be of help to others.

To get into healing relaxation (Alpha State 8-12 Hz) you can use any type of meditation or self-hypnosis. Many people like to have experienced it first in hypnosis and then learn "to go there by themselves".

There are two steps to this:

1. The way into the state
2. To personalize the experience, to give it meaning specifically for you.

Individual Skype sessions are available. Hypnosis. Self-hypnosis. Mindfulness meditation. Guided meditation.

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