

## **SAMIKSHA YOGA MEDITATION PRESENTATION -21.2.10**

THEORY BEHIND THE PRACTICE-SAMIKSHA YOGA MEDITATION PROGRAM AT KIDWAI

Presentation by Swami Yogaratna at Samiksha Foundation, 21.2.10, Gateway Hotel, Bangalore

### **“Cancer Miracles**

*By Robert Langreth (Forbes Magazine, 03 Feb 09)*

*Ole Nielsen Schou also looked like a goner. In 2002 the Danish pharmaceutical production manager (now 69 and retired) found out that his melanoma had spread to his liver, abdomen, lungs, bones and ten spots in his brain. The abdominal tumor was surgically removed, but doctors at Rigshospitalet in Copenhagen had no treatment for his other tumors. He took a strange cocktail of 17 vitamins and supplements, including shark cartilage pills, and imagined the metastases were rats and he was chasing them with a club.*

*Four months later he went back for a new scan and found that 90% of his tumors had melted away. Soon they were gone. Co-workers hugged and kissed him when they heard the news. Plastic surgeon Vennegaard Kalialis, who detailed his case last year in Melanoma Research, doubts it was the vitamins. "It is a complete mystery," she says. "Nobody has seen anything like this."*

*Why do some patients get lucky? Scientists are finding tantalizing evidence that the immune system, the body's defense against disease-causing microbes, kicks in to play a critical role in combating cancer. If that's the case, then Schou and Burrows are more than just lucky patients. They are clues to how doctors may someday save thousands of lives.*

*The evidence includes the fact that some unexplained remissions have occurred after infections, which may propel the immune system into high gear--possibly attacking the cancer tumor as well as the infection. Burrows' remission seemed to begin after his strange illness. Schou's abdominal tumor when removed was swarming with white blood cells, the lead weapon in the body's immune system.*

*It's also possible that ordinary cancer survivors, people who beat the disease after getting radiation, chemotherapy or surgery, get an assist from their own immune systems.*

*"It is all about educating the patients' natural defenses against cancer," says Glaxo Smithkline's Vincent Brichard. Easier said than done, of course. Some patients, apparently, need only a small trigger to propel a massive anticancer attack. With nearly all others, however, the cancer cells fight back successfully and even co-opt immune cells to aid their growth.*

*A spontaneous remission, he says, is "either divine intervention or the immune system." While few researchers directly study such cases--they are far too rare--they provide hints of what the immune system might be able to do if we could harness it.*

*Schreiber theorizes that many early cancers arising in the body are killed off by the immune system. Over time, however, some develop mutations that allow them to thwart the immune system, and a long stalemate ensues. Eventually some tumors escape the control of the immune system entirely.*

*Moreover, a 2006 study by the University of Paris Descartes' Wolf H. Fridman found that the number of certain kinds of white blood cells inside colon tumors is a stronger predictor of a relapse. Others are finding that the immune system may play a crucial role in how patients react to bestselling antibody drugs."*

The immune system has trouble recognising the cancer cells as enemy cells because they are the same as the body cells. The trick is to get the white blood cells to recognise the cancer cells as abnormal and to attack and eliminate them.

YOGA MEDITATION CANCER THERAPY aims to augment the wonderful and necessary treatments given by the doctors and staff at the Kidwai hospital to the lucky children in their wards.

Apart from the conventional treatments given by the hospital, for speedy recovery it is very important for the cancer patients, both adults and children to take an active part in their own recovery and self healing.

There are many excellent books on how to do this, including world famous GETTING WELL AGAIN by Carl Simonton. The alternative therapy in this book has been so successful that they now have a Simonton Centre for cancer  
<http://www.simontoncenter.com/default.asp>

It's good to keep the body fit and healthy while recuperating from cancer but not to strain it or promote healthy multiplication of cancer cells. Thus gentle movements that tone up the nerves and muscles and stimulate all systems, especially the immune system, are recommended such as the PM1 joint loosening series as seen on the handouts entitled: **SAMIKSHA YOGA MEDITATION PROGRAMME FOR KIDWAI KIDS Units 1-3**

This program is also important to generate as much pranic (life force) energy as possible to provide much needed pranic energy for the healing process.

*The Art of Visualization and Imagination for Self-Healing*

Wednesday, January 23rd, 2008

By Dr. Aretoula Fullam

*“Visualization and guided imagery are two of the most powerful healing powers of your mind.*

*Imagination is creating something with your mind that does not exist or existed before.*

*Imagination is the beginning of the creative process. In creation, all you need to do is to use your imagination for some astonishing results*

*These need to be done every day and, with your mind you are living your new reality. Your desire, belief and expectancy of the desired end result, which you already created in your mind, will channel the creative force at the quantum level of energy to guide and direct the creative force to attract the thing you want. This is what Dr. Jose Silva called self-mind control, or self mind discipline.*

*Numerous studies have also shown creative visualization, such as guided imagery, to have positive health outcomes. Cancer patients who, in addition to medical treatment, visualize their bodies successfully destroying cancer cells have higher remission rates and life expectancies. Creative visualization is also effective in pain-management.*

*In her book Creative Visualization, personal development guru Shakti Gawain explains, “Creative visualization is magic in the truest and highest meaning of the word. It involves understanding and aligning yourself with the natural principles that govern the workings of our universe, and learning to use these principles in the most conscious and creative way.”*

NEW AGE THERAPIES ARTICLE FROM LIFE POSITIVE.COM

<http://www.lifepositive.com/Mind/psychology/stress/stress-reduction.asp>

Sound therapy, including singing and listening to desirable music is also a marvellous healing tool. *“This therapy employs sound in an organized or rhythmic form to disentangle the stressed out nerves and brain, relaxing the mind-body as a whole. Certain sounds have telling effect upon the state of our brain. Most of the sounds heard in the world today are ‘dis-charging’ sounds, draining the brain of its vital energy. Sound therapy is a method of beneficially recharging the cortex of the brain and distributing the latent energy throughout the nervous system. Usually, the effect of therapeutic sound upon a person is one of vitalizing, harmonizing and healing at almost every level of being. Sound therapy is one of the most preferred techniques for relieving negative effects of stress.*

Sounds of Nature

*Apart from these specially created sounds, we can access and utilize the natural sounds all around us. Nature has a vast repertoire of soothing and rhythmic sounds. We seem to overlook*

the sounds of ocean, breeze, rustling of leaves, bubbling sounds of a cascade and even the sound of silence (anahata sabda in yoga). Listen to the note they transmit, then go deeper into the sounds and listen to the note behind them. Then let the sounds resonate through your entire body washing tensions and worries.

In 1970's, Carl Simonton developed a visualization technique that helped individuals with cancer and other tumors to contribute to their own healing. Since then, many other self-healing visualization techniques have been developed. This system constitutes visualizing nerve relaxing imageries such as beautiful and peaceful places—a beach, a placid lake, a garden full of blossoms or chirping birds in boughs.

Creative Visualization for Children Dr. Thomas D. Yarnell, American clinical psychologist, has created three short visualizations for children 6 years to 14 years old. These methods effectively help children build self-esteem and self-confidence, learn self-control and release their anger and fear, positively. They could become better behaved, better students, happier and healthier.

According to Dr Yarnell, The Rainbow Visualization is designed to build a child's self-esteem and self-confidence in many different areas.

The Tree Visualization is designed to help a child become grounded and become less hyperactive and more in control of his own behavior. Children with ADHD problems respond well to this visualization. The Waterfall Visualization is designed to help a child get rid of negative feelings such as fear anger, anxiety, resentment, jealousy and depression.”

We could do well by researching more into further in how drawing and art therapy can help our Kidwai Kids.

Health Administrator Vol: XVII, Number 1: 151-157,pg.

#### **CANCER TREATMENT:**

#### **ROLE OF YOGA, NATUROPATHY AND PRAYER**

Manju Sengar, Manisha Bhutani,  
Dhiraj Aggarwal and Vinod Kochupillai\*

Natural Killer (NK) cells are the White Blood Cells of the body's immune system.

“NK cell activity has been demonstrated to increase by many researchers(10, 11) with the help of relaxation techniques. Those patients with malignant melanoma (skin cancer) who underwent relaxation program for six weeks had significant increase in the percentage of NK cells, as well as increase in NK cell cytotoxicity as also lower rates of recurrence and deaths related to their cancer compared to those, who did not undertake this program(11). Weekly supportive group therapy with selfhypnosis led to longer survival(12) and/or better quality of life(13).

Yoga, meditation and pranayam are centuries old, time tested processes; these are known to relax the mind and energize the body.

Meditation can play a useful role for cancer patients. It can relieve the stress and the physical and emotional pain. Meditation can be helpful to some people in dealing with side effects of treatment and in overcoming the sense of loss of control and to gain mastery over their lives. It may be most useful when treatments have ended and the person is attempting to return to normal activities as a survivor. It can also help the people to change lifestyle to promote health and reduce the risk of recurrence (19).

All these techniques can be helpful to patients with cancer. Their practice enhances the coping ability of patients. These measures change the hopeless and helpless attitude to the active fighting spirit. They reduce the stress associated with the diagnosis as well as treatment of cancer. By reducing the stress they may alter the treatment outcome. On account of the positive effect of meditation on NK cell cytotoxicity and consequent up regulation of immune system, meditation can lead to prevention as well as remission of cancer.”

I personally have seen this in our Kidwai Kids. I think it's a good idea to give the parents of the children to be discharged, the Samiksha contact details so that they can contact

us if they want either personalized, individual help or on going help with Healing Visualization.

### **Cancer Immune Therapies Finally Working**

By MARILYNN MARCHIONE (The Huffington Post, May 31, 2009)

*"First there was surgery, then chemotherapy and radiation. Now, doctors have a fourth way to fight cancer: using the body's natural defender, the immune system.*

*A big problem has been getting the immune system to "see" cancer as a threat, said Dr. Patrick*

*"But cancer comes from our own cells. And so it's more like guerrilla warfare \_ the immune system has trouble distinguishing the normal cells from the cancer cells," he said.*

*To make the attack as strong as possible we have get the immune system on high alert."*

Apart from Yoga Meditation helping the kids to self heal, the side effects are also beneficial, to help them improve their health, relax, and to be happy. These things themselves help the immune system to strengthen and to thus fight the cancer cells.

In self healing, what children, especially children with cancer, need to boost the immune system. Research has shown the most important ways to boost and strengthen the immune system is for the individual to be

1. Be happy
2. Be able to express and release emotional tensions
3. Be able to help the immune system by visualising the White Blood Corpuscles as able to attack and eliminate the cancer cells.

All aspects, activities and volunteers of Samiksha Foundation can help in this.

Let's see what other activities, apart from Yoga Meditation is being carried out by Samiksha, and how we can incorporate the Yoga Mediation and cancer research findings into our activities in helping the Kidwai Kids to

- Be happy
- Express themselves and their pent up emotions
- Visualize the victory of the battle between the white blood corpuscles and the cancer cells
- As well as catching up on their education, socialization and normal childhood growth –which is the primary aim of samiksha foundation