

immune system information

this is a vast category to explore, yet here are some places to start and expand outward.

one excellent book that is a fun and very in-depth view of the human immune system and related systems, their function and healthy ways to activate your immune system. the book is:

"why zebras don't get ulcers" by robert sapolsky. look on amazon for paperback copies.

here is a breakfast that has good immune strengthening properties, plus 40% protein from quinoa and a deep green vegetable boost from kale. the deep greens assist in deconstructing cravings for sugar etc. Cravings are critical pieces of information that tell us what our body needs. either intuitively follow your body's messages or seek the aid of an expert at helping you trust your body's information that contribute to uncontrollable cravings or habits. Once healing information surfaces and is applied, moods and energy levels can shift into an integrative state whereby we continually create a self-healing body.

the garlic is a natural antibiotic: http://invisionwellness.com/library/great_breakfast.pdf

various supplements such as echinacea, zink, vitamins C, E and various B's can assist as well. typically do not overindulge in echinacea. take it or several days then let it rest. it is typically best to utilize it to boost the immune system then allow the immune system to start 'firing' on it's own so that it does not become dependent on externals. always follow your own intuition to construct the right recipe for what is right for you right now.

the vagus nerve is also a valuable aspect of the nervous system and to learn more about it and how to give it a job to reduce internal pressure, thus activating the parasympathic nervous system (PNS), which is the part of the autonomic nervous system.

the parasympathic assists in lowering blood pressure, boosting the immune system, achieving healthy weight, moving out of fear-based perceptions and into more intuitive, calm states. so the vagus nerve, being the largest nerve in the body, is a great access point to activate the PNS. the access point for the vagus nerve is essentially between the shoulder blades in your upper back and the nerve extends down to the base of the spine.

a sample program for the vagus nerve that can be installed while in meditation looks something like this:

"i now give permission for the vagus nerve to continually safely regulate my blood pressure to (120/80-which is normal), an my blood sugar level to 100. my immune system is being strengthened to easily do its job effectively to keep me healthy and vibrant, while also looking forward to new opportunities for self discovery and spiritual expansion. i am now maintaining a self-healing body, mind and soul...all with the safety and comfort of my entire body, mind, soul and spirit."

one can add individual aspects into the program, such as adding warm healing oil to all of your joints and entire skeletal structure as needed. or if one is healing from a sprain or whatever, you can ask the PNS to assist in comfortably healing at up to 3x the 'normal' rate.

the key to any programming is to keep everything solution-focused. so rather than address the presenting problem as a problem, know that there is a positive intention behind the *presenting problem*. thus by embracing the story one creates around the problem, one can then navigate with spiritual tools or the assistance of a healer to help one navigate amid and through the problem to allow the positive intention to present itself in its perfect timing. the positive intention will then lead one to the next right spiritually evolving step, whether it relates to work, recreation, relationship, devotional practices, physical/emotional/mental/or spiritual aspect(s).

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when the PSN is activated it also sends signals to the limbic system to relax. one might think of the limbic system as the fight or flight center, the part of our nervous system that activates the sympathetic nervous system (SNS). when the SNS is activated, it does a number of things such as increasing production of adrenaline, cortisol, etc. of course adrenaline provides short-term energy which is produced in the adrenal glands that rest on top of the kidneys. cortisol also is produced in the adrenals and it is a hormone that assists in addressing stress. too much cortisol production typically shows up as extra belly fat. this can be a sign that the person's SNS has been activated in excess, thus chronic stress patterns need to be considered, combined with more exercise. the SNS also activates fear, so straight-away one's intuitive abilities become compromised, thus limited vision on physical and spiritual levels. the naturally curious facets of being human are decreased. one then is typically in their assignment, rather than doing their assignment.

keep in mind that when the PSN is activated, the body decreases production of adrenalin and cortisol. key here is the body's natural morphine called endorphins are then produced.

endorphins not only provide a natural mood altering 'high,' but they also provide healing for pain. so to direct endorphins to areas of pain while in meditation, increased healing etc, blood circulation, are all effective ways to heal from within. again finishing a meditation up with a thought form of "all with the safety and comfort of your entire body, mind, soul and spirit allows for complete freedom. no other part of the body, mind soul or spirit needs to be compromised in any manner. this increases one's 'free agent' status, thus doing away with sacrificial thought forms and certainly old Piscean era win-lose paradigms.

so to activate the vagus nerve, one good way is to use the breath while in meditation. breathe into the area between the shoulder blades and one can use color to tone down the heat or intensity level of the nerve. for example, light blue or white light colors are calmer than red, orange or even yellow colors related to the vagus nerve. so do your research by googling the vagus nerve, the PSN, SNS etc, and if led get the why Zebras book.

a simple and effective yoga head stand pose is also very effective in boosting the immune system. there are some inexpensive apparatuses that can assist in maintaining a head stand for 15 minutes for example. one needs to work up to the full 15 minute cycle, but every yoga teacher i have ever run into prescribes the head stand for boosting the immune system via the lymphatic system and sinus flushing.

finally here is a hand-out that i go over with clients after laying groundwork. it shows the spiritual levels referenced by many teachers, the place within the causal where brain chatter stops and we no longer engage the operation of the synapses-hence intuition becomes the operational standard. so one can see where the PNS is activated and when this is combined with meditation and/or simply the management of a continual state of mind, we then continually create a self-healing body, mind, soul and spirit. our lives also become more vital yet unpredictable per the brain/ego interpretation, and we are then coupling with a much higher spiritual standard of living. We also live with more integrity, internal and external integration and alignment with our deeper soulful needs and desires. We are then doing what we came here to do, having fun doing those things that bring us joy, and continually living within innocence and remaining naturally curious. One can equate this way of living as being on *vacation* as it were, regardless of what type of work, recreation, relationship or devotional practices we choose to engage in.

this hand-out stems from years of working with clients and various addictive behaviors, whether it be addiction to food, various substances, sex, money/gambling, self-sabotaging thoughts/emotions et al. once clients transcend the cycle of abuse, I found that they needed something to then set their sites on as it were.

Even though the handout incorporates a rather vast amount of information, the invitation is to utilize the information as a road map and utilize what resonates with you.

http://invisionwellness.com/library/beyond_cycle.pdf

As I tell all clients I work with, question everything I say. Put all information you come across to the test. Nature contains the most truth of anything within the manifested universe. Thus allow nature, its symbols that you draw to yourself etc to provide you with the purest form of information, guidance and wisdom. Remember life is about self-discovery. Do your best to remain in child-like learning mode, coupled with integrity, maturity and wisdom.