

# HOW CAN MEDITATION HELP?



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Meditation is probably not going to cure all of your physical ailments, whatever they may be.

Whether you clicked on the link for cancer, fatigue, diabetes, autoimmune disease or any other disease, meditation is not going to necessarily be the cure for your physical condition. I am sure you are already aware of this.

What meditation can do is, help you to have a calm approach to your physical condition, which may support you in healing.



It can support your condition's evolution  
within you.

Whether you're going to be healed of your  
disease, or whether you need to manage your  
disease, it is really in the realm of the gods.

**You may need to see a medical practitioner,  
alternative healer, or both.**

Do all of the things that are going to help you  
to: lower your cholesterol, lower your blood  
pressure, bring down your insulin levels,  
strengthen your immune system and support  
whichever disease it is that you  
happen to have.



What meditation can do is, help you to have a different relationship with your disease, where you're not pushing it away and wishing you didn't have it, resisting the symptoms and suffering as a result.

Your physical body may still suffer at times and you may need to do things to alleviate that physical suffering.

For example, asthma sufferers need to have a puff of their inhaler sometimes.

Diabetics need to take their insulin and watch their diet and so on and so forth.



Meditation can help you to change your relationship with the disease, which means, you have no resistance or less resistance to having it.

So it will cause you less psychological suffering. What I'm going to do is offer a short guided meditation, which you may like to participate in.

It may bring a certain amount of peace to your inner being, supporting you in how you will deal with your disease, how you will deal with your diagnosis. Let's not leave out miracles or possibilities, because we don't know everything.



Maybe there's a healing in there as well.

So what I'd like to do is, invite you to find a very comfortable position wherever you are right now, maybe you are at home, maybe you're in the park.

Wherever you are, find a really comfortable position, adjust your body, so that you can start to relax now.

Close your eyes, take a long deep breath and relax.



**Meditation is something you can practise daily. The more you practise meditation, the greater the benefits for you.**

So I'd like to invite you now to take a moment to get really comfortable where you are sitting.

Become very, very comfortable, check your body and make sure that there are no areas of tension.



So now let's just take a moment and close your eyes, take a deep breath and listen to the meditation from Pavitar. Look for the meditation that goes with this eBook under the audio section tab in the Global Healing Exchange membership.



**This Ebook is a collaboration between Pavitar Debra Turner, Meditation Teacher at lovelifeandlaughter & Global Healing Exchange**

