

General suggestions for improving immune functions

By: Adrienn K. Szilágyi and Katalin Varga

Make yourself comfortable. [Sit or lie comfortably] in a manner that allows you to pay complete attention to my word. If you are comfortable, you can now close your eyes.

The noises that may be coming in from outside are there to remind you that not everything is about you, not everything is directed towards you. But these noises are irrelevant now, and you can ignore them, so that you can focus on what IS important NOW: you, yourself, and your own peace [of mind].

Commit / devote / dedicate these few minutes to yourself and allow yourself to pay / afford special attention to your body and your soul in this special / unique moment.

You might already be feeling quite relaxed. If you would like to relieve yourself of a little bit more tension, then flex all your muscles, clench your fists as tight as you can. Flex the muscles in your arms, your legs, your shoulders, your whole body, and flex all your muscles as hard as you can. When you've flexed all your muscles hold then tight, even tighter, for a little bit more. That's good. Very good, [don't let go].

(Pause for 5-10 sec)

And now release. Let go, release [the tension]. That's it... and just enjoy the [wonderful] feeling of relaxation as relief flows through your whole / entire body

The more you let yourself immerse into this state of relaxation, the more you will be able to allow the (my) words, thoughts of strength and support that assist your recovery enter your mind and body that assist you. Your attention might wander away for a moment, and that is okay / alright as well. In any case, your body will [continuously] allow itself to remain in this relaxed state / state of relaxation.

The more you relax, the more effective these assisting / supportive / helpful words will become for your body and mind. The more [these words] will assist your recovery, through your immune system, strengthening your body's defence system.

The more you allow yourself to rest [relax] the more you are able to turn your attention inwards. And the more you turn your attention inwards, the more you can relax and follow the path towards [your path towards] regaining your inner strength. Just let your eyes close – if you haven't closed them already – and turn your attention completely inwards, where only you exist, where you are listening to my words, where you are comfortable, where you are resting comfortably. That's it. Very good.

And now take a comfortable deep breath and let it out slooooooowly. As you pay attention to your breathing, consider that this function, the function of breathing, that has been with you ever since your first breath, your first breath of life. As you reach more and more easily and reliably [confidently] into the most comfortable depth of relaxation and rest, where you will receive those supportive words that [will] aid you on your path towards strengthening your immune system. Just pay attention as you breathe in and your chest rises and expands a little, as your lungs fill with fresh oxygen. And the oxygen is spreading out all over your body, first in your lungs, then along with your breathing and circulation it reaches every cell in your body. Every single cell is now filled with invigorating, fresh oxygen. All your cells are filled with life, and with energy.

And with every exhalation, remove / expel all the things that are unhealthy, and not needed from your cells anymore. That's what breathing is all about: inhale and exhale, charging [your body and cells] with life [and] energy, clearing and cleansing. This is not only for your body but also for your mind and your soul. Every single breath. Every single exhalation, every single inhalation. This is the rhythm of breathing, the harmony of inhalation and exhalation, the rhythm of life, and health itself. And this rhythm, this one-ness [wholeness] leads you safely and harmoniously on your way [your path].

The rhythm of your breath is always helping you [is always there to help you]. And you will notice that is [will become] more and more effortless to find and follow the /your most suitable pace / tempo and depth of breathing. Gradually you can feel the pleasant calmness, relaxation and harmony spread all over your body, the inner strength and security continuously and safely leading you forward.

Your toes and feet are relaxing... your calves and knees and thighs are resting. And with every breath you become more relaxed and more comfortable. Your hips become relaxed... warmth spreads over / fills up your tummy. Your chest becomes relaxed [your chest relaxes], your shoulders, your arms, right up to the tips of your fingers relax. Your neck, the name of your neck are relaxed. Your forehead loosens. The tiny muscles around your nose are relaxed. Around your mouth... All of your body is nicely relaxed. Your body is comfortably heavy and calm. Pleasant warmth and heaviness spreads all over your body.

And as you are now so comfortably and pleasantly relaxed to pay attention inwards, to yourself, it is easier to notice the inner, pulsing force, that has been there for you, and as your attention becomes even more powerful and active, this force, awakened by your attention is working better and better, recharging itself, multiplying / increasing its power.

This inner, automatic and reliable force has been with you since your conception and has already [successfully] defended you against so many dangers. Many times, you didn't even notice when you're your immune system helped protect your health. Your health, A sneeze, a scab, a blink, a cough, our skin, our intestines, have been protecting / have protected your health so many times. And what's more, this force has eliminated and continues to eliminate pathogens daily... without us even being aware that it does so.

We preserve the pattern of perfect, well-functioning selves, and we are striving to follow that pattern every time. Always to the best possibility in any given condition. It is surprisingly easy to get back to this pattern of perfect functioning, which is preserved in your nervous system. And when we need to eliminate some harmful cells, or in the case of a viral attack, bad bacteria: you can ask your inner defence system to pay special attention to, and to mobilize available resources and target whatever is needed at that given moment. Everything has its own rhythm, and in its own perfect rhythm, (it focuses attention) in the most efficient way. Everything becoming more and more easy and more natural.

And you will realise that it is the most natural thing, to ask your body for help, because the collaboration of your cells is for you. You are not simply just part of this system, but you are the reason for its existence. Everything is about you. It is but the most natural thing to do: to ask from this complex system - with billions of cells working for you, asking (this) from your body. You have already experienced so many things. So just focus on the things you want to advance. Think of your body as a perfectly functioning unit. And with this you already gave out the orders to find the best possible directions. Just look at it... how is it working, This is a team-effort, it requires

teamwork. With various persons, feelings, memories, and goals, just like a bigger team, the countless coordinated, harmoniously cooperating cells within your body are working for you. For your health, for your safety.

Your body knows this. Every single cell knows its role. Every cell receives the message: I want to get strength! I need effective defence! And as you are listening to these words, perhaps you also receive more and more responses from your cells: here we are! We are for you! We support you! And we thank you that you are strengthening us with your thoughts, to get more strength, to get stronger.

Just listen to what I say and feel better and better, that this inner strength is working for you. It is with you in at every moment. It has helped you so many times, and it will help you now as well.

In the meantime, together with this team, as part of this teamwork, you also get / enjoy outside help and support from everyone who is working for your body, on your body, with your body. From everyone who is supporting you with their attention, care and love. Even from those that don't seem to give you enough attention, or those that may appear to abandon you. Because as you think of them, it strengthens your will to help yourself, to strengthen your inner defence system. Just as you / your body is doing right now, being pleasantly relaxed and listening to my words. In the meantime all the inner and external supportive forces are providing a possibility for your body to get closer and closer to its perfect functioning, repairing everything that has to be repaired, ... eliminating everything that has to be eliminated... refreshing everything that has to be refreshed... recharging everything that has to be recharged... healthily, with joy... inside and outside...

As every single breath is re-creating, the Inside and the outside. Each breath Fills us with life and helps to get rid of bad material. It Refreshes and reduces tension, Automatically and naturally. With pleasure and reliably. Your inner wisdom, with its continuous care. That is right... very good....

All right... I will soon stop speaking. And you can reflect and think about on how you are feeling: how was it now to devote yourself to having a rest and to relax.

And reserve along this moment of reflection. Reserve the knowledge that you have an easy way of accessing your inner potentials, your pleasant, good feelings, to your curing strengths, to your health.

And in this moment just slowly re-orientate yourself to the moment and return to the here and now. Arrange what needs to be arranged in your body, and in your mind... So that you can come back here, refreshed, rested, energized.

Take a deep breath, stretch your muscles, open your eyes.

All the best to you.