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Chemotherapy

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn. Listen, live well, and thrive.

I'm Belleruth Naparstek, and this is guided imagery that I've designed for people who want to assist their bodies' natural tendency to repair and heal. It's not a substitute for medical treatment, but a complement to it. More and more people find that using their minds in this way helps them relax, feel stronger and get well faster. And it seems that when you take a more active role in your health, you generally feel better and do better.

In fact, recent research has shown that using imagery can produce some remarkable changes in the body: it can alleviate pain, reduce high blood pressure and boost the immune system, to name just a few.

The program weaves several mind-body healing principles into the story it tells. It begins by helping you to relax and clear the mind; then it calls upon your senses and memory to engage your imagination; and finally, it encourages you to experience a story that contains many healing images. All you need to do is settle in, relax, and let yourself listen.

Some of the images will be more meaningful to you than others. Let your mind change or edit them as it sees fit. And because imagery is more effective when it is felt in the body, there are many feeling images for you here.

You may find that as you use this over time, it has a stronger and stronger effect. Sometimes the images just naturally shift and change of their own accord. Don't get concerned about whether or not your listening attentively enough, relaxed concentration is best. But over time the words and images that are good for you will seep in anyway. If you notice your mind wandering, you can gently guide it back. And because the imagery encourages a dreamy kind of awareness, please don't play it while driving.

Every now and then, this will bring forth unexpected emotion. If this is the case with you, see if you can allow the feelings to just come up and move through you, seeing it as a necessary kind of rinsing that's taking place. It won't hurt you to do this, and it may in fact be very good for you.

The second segment has about twenty minutes of affirmations. These are positive statements that can be very useful in the healing process, a sort of reprogramming of your unconscious mind to combat negative thinking. For some people, affirmations are more effective than guided imagery.

With any of this, take what is useful and leave the rest. If there is an image or phrase that is especially meaningful to you, try to play it over in your mind several times a day—when you brush your teeth, stop for a red light, or, even better, just as you enter that twilight zone just before falling asleep, an especially powerful time to do this.

Listen to this as often as you like. Most people do well listening twice a day, morning and evening. After

several weeks you may want to put it aside for a while, try some others and then come back to it. Every now and then, you may want to review these instructions as a way of keeping yourself on track. So see if

you can take this next while, to commit yourself to this process of engaging the power of your imagination to help yourself heal. By gently immersing yourself in this safe and easy process.

To begin with, see if you can position yourself as comfortably as you can...Shifting your weight so you're allowing your body to be fully supported by the chair or the bed that you are in... and taking a couple of deep, full cleansing breaths... inhaling as fully as you comfortably can... sending the warm energy of your breath to any part of your body that is sore or tense or tight... and releasing the discomfort with the exhale... so that you can feel your breath going to all the tight, tense places, and loosening and softening them...and then gathering up all the tension and breathing it out.

So that more and more, you're feeling safe and comfortable, relaxed and easy, watching the cleansing action of the breath with friendly but detached awareness. And any unwelcome thoughts that come to mind those too can be sent out with the breath... released with the exhale, so that for just a moment the mind is empty, for just a split second it is free and clear space and you are blessed with stillness. And any emotions that are rocking around in there, those too are noted and acknowledged and sent out with the breath. So that your emotional self is still and quiet, like a lake with no ripples.

And now imagining a place, preferably outdoors, where you feel safe and peaceful and easy. A place either real or imaginary, a place you used to go to or somewhere you've always wanted to be... it doesn't matter, just so that it's a place that feels good and safe and peaceful to you.

And allowing the place to become more real to you in all of it's dimensions...looking around you, taking the place in with your eyes, enjoying the colors, the scenery, looking over to your right and over to your left and feeling whatever you're sitting against or lying upon whether it's sand or grass, a pine needle forest floor or a nice warm rock in the sun.

And listening to the sounds of the place, birds singing or leaves rustling...a girgling stream, crashing waves...letting your ears become tune to the wonderful sounds of this place that is so safe and peaceful to you. You might feel a breeze blowing...crisp and dry, or balmy and wet...so just letting your skin enjoy the wonderful presence of this place. And smelling it's rich scents..... fragrant flowers or salt sea air, sweet meadow grass...

And as you become more and more attune to the safety and beauty of this place...feeling thankful and happy to be there...you begin to feel a kind of a tingling...a pleasant, energizing something in the air all around you...something that contains expectancy and excitement...a sense that something wonderful is just about to happen...and you may even smile to yourself, because perhaps you haven't had that feeling in a while...but now you do know with some certainty that there is magic in this place and that something wonderful is just about to happen...

And as that certainty settles around you, you notice that the tingling is taking on a kind of a glow... that the air is alive with vibrant energy...sending continuous waves of pleasant cool sensation all along your scalp a cap of cool tingling energy massaging your scalp and keeping you pleasantly alert. And just in front of you, maybe five or six feet, you can hear a kind of a bubbling sound...the musical sound of an underground brook or stream...getting stronger and stronger..... and the tingling in the air getting more and more palpable.....

You suddenly realize you are not alone...and you think to look around you and to your delight, you see wonderful beings appearing from all around you...gentle, loving beings, immediately

recognizable as allies...you can see from the way that they acknowledge you that they are here for you...loving and gentle friends with special gifts and powerful abilities...slowly coming closer to watch this tingling, bubbling spot before you...

And as you and your friends watch, a quite amazing thing happens...a fountain of beautiful liquid bursts through the surface and fills the air with its sparkling, shimmering light...and the air around it just glows and shines..... and you see your band of allies smile and nod...as this fountain of magical, healing liquid rises maybe five or six feet into the air...sending sparkling light all around...in a beautiful, loving shower before you...a fountain so beautiful, you are filled with it...utterly taken with its beauty...

And as you watch, entranced, a particularly wonderful-looking one...one who maybe looks a little familiar to you...possibly reminding you of someone who loved you very much...or guided you well in the past...or perhaps not...but clearly the leader of this magical troupe comes forward and with a wonderful, deep gentle warmth in its eyes, indicates to you that it is time to welcome this powerful healing liquid into your body, to allow it to heal you wherever healing is called for...

And still holding you with soft, loving eyes...it signals and a glowing ribbon appears in the air, sparkling and shining, flexible and strong...looping first to the fountain and then over to you...

You watch, surprised but not surprised, as the powerful healing liquid travels along the looping arc of the ribbon...shimmering with healing energy...and into your body...

Feeling it fill your body with wonderful, powerful, magic...seeing the loving smiles and nods, and hearing the pleased murmurs of your magical friends..... As the glowing liquid moves deeper and deeper into your body...penetrating layers of tissue...into each and every organ...all the way to the bone.... All the way to each and every cell...cleansing and clearing you, filling you with magic...wonderful, curative, potent magic.

You can feel it moving through your body...scouting and combing for any stray, confused cancer cells...deviant cells that may be about and perhaps there are none, but if there are any and most of us have some...feeling the liquid surround them, neutralize them and sweep them away...dissolving any traces of disease...smoothly and easily, and knowing that the powerful liquid is not just dissolving unhealthy tissue, but that it is seeping into pockets of painful feelings stored in the body and dissolving them too.

Old hurts and resentments melting away, ancient griefs and fears disintegrating, releasing all that old pain, beginning to forgive yourself and others for disappointments of the past...letting it all go...leaving the mind more open, the body more resilient than it has ever been with more room for joy and gratitude and peacefulness...more room for the generosity of your true nature. And feeling the body respond, sensing an actual shift occurring deep inside, a kind of a realignment of all of your cells as if your cells were saluting your health and strength...vibrating with the tingling energy of the fountain..... and you can feel those cells...full, revitalized, determined, an actual shift in cellular awareness, feeling all through your body the penetrating warmth and power of the fountain...and suddenly you are certain...you know with your whole heart, with your whole body, that you are healing, that you will continue to heal, that it is time to be fully well, to again share your gifts with the world to love and appreciate who you really are.....

And looking up, you can see that your whole circle of magical allies understands it too..... that you are healing that you will continue to heal...You know that they have been supporting you all along, you just hadn't seen it. And now you do. A constant ring of warm protection and support the shy ones salute you and leave others embrace you and go one by one and the leader, the special one says, remember we are always here...It is you who come and go, it is you who come and go, we are always at your service to help you heal, to help you better love yourself... .. return to your own peacefulness, call for us anytime and we will come...and with a powerful gesture the special one instructs the healing process to continue...as it disconnects the luminous ribbon..... and winds it up into a glowing ball of light...which it presents to you for safe keeping.....

And touching your brow with cool tingling energy that moves all around your scalp in a circular blessing with a very loving look filled with deep understanding...it too is gone and you watch very peacefully as the beautiful fountain subsides.....

And again becomes an underground rippling sound and that fades too...feeling peaceful and easy knowing that the potent healing fountain is yours to call forth whenever you wish to further the work that you have already done.

And so once again, seeing yourself in your safe and comfortable outdoor surroundings...feeling relaxed and easy.....although perhaps the colors around you are brighter...maybe the sounds more vivid...the air more alive...you may feel that something powerful has happened that a major shift has occurred and will continue to occur with or without your conscious working on it.

So once again, feeling yourself sitting in your chair or lying down...breathing in and out very rhythmically and easily...gently and with soft eyes...coming back into the room whenever you are ready...Knowing in a deep place that you have done important, healing work...that you are better for this, and so you are.

Chemotherapy Affirmations

Affirmations are positive statements designed to counter negative thinking that you may have. See if you can listen to each statement, take it in, and maybe even repeat it to yourself. For some, affirmations are more effective than guided imagery.

So, once again, taking a couple of deep, cleansing breaths, see if you can settle in comfortably, and just let yourself absorb what you are about to hear....

I know there are times when I become worried, fearful, despairing, sad or angry, and I acknowledge and accept what I feel as my inner truth of the moment.

I know that the more I can acknowledge and accept what I truly feel, without criticism or blame, the more I assist my body's natural tendency to be well.

More and more, I can soften and release unwanted emotions, once they are acknowledged. I can send them out with the breath, in the interest of my own well-being.

More and more, I can consider the possibility that my body is teaching me something useful, that it has been challenging me to learn, and change and grow.

I thank my body for teaching me to love myself, express myself, stick up for myself and accept myself.

More and more, I can see that when I can soften toward myself, when I can accept who I am without criticism or blame, I allow my body to heal.

More and more, I can see that when I can soften and let go of harsh expectations, release rigid demands on myself and others, I allow my body to heal.

I know that when I can forgive myself and others for errors of the past, I allow my body to heal.

I thank my body for teaching me to always remember the beauty of my own being.

More and more, I know that when I can love and appreciate myself, take time to care for myself, I am fortifying my immune system and giving my body a powerful message to be well.

More and more, I can understand that the time to be motivated by guilt and resentment is over. Now is the time to do things out of love and celebration and the joy of self-expression.

I call upon my intention to heal myself and to stay well. I engage my powerful will to assist my body in doing this.

The blueprint that I hold in my mind's eye, that I instruct my body to follow, is the picture of a strong, vital, healthy body. I can see it and I can feel it as I hear these words: strong, vital, healthy.

I invite assistance from my friends and loved ones, past, present and future, to lend me their support and strength. I see myself surrounded by their love and caring, and I feel it all over my body like a warm wave.

I look inside my body and see vigilant, loyal white blood cells, fierce and determined, scouting for cancer cells, surrounding them, penetrating them, and destroying them with their powerful toxins. I can see this and I can feel this.

I look inside my body and see the clean-up crew of feeding cells, engulfing the thread-like, skeletal remains of the dead cancer cells, leaving only open space and healthy tissue. I can see this and I can feel this.

I look inside my body and see the rebuilding of new cells, perfect, vital, healthy, aligned with the original blue print. I can see this and I can feel this.

I look inside my body and see a powerful blue-green wave of pure healing, washing through it from head to toe, clearing out any unwanted debris and taking it out with the tide.

I can see and feel radiant sunlight, entering and warming my body, nourishing the healthy cells and shriveling up the unhealthy cells.

When I eat, I instruct my body to make use of what it needs and to reject whatever is unhealthy to me. I sense my body following these instructions.

When I go to sleep, I instruct my body to continue its healing at an even higher intensity than in my waking state. And I sense my body following these instructions.

I thank the medicine and these procedures designed to help my body's natural tendency to heal itself, and I join my strength and purpose to theirs.

I tell this cancer these things: thank you for teaching me to stop and listen. Thank you for reminding me of what is truly important. You can go now.

I know that I have things to do, gifts to give, purposes to accomplish. I require a healthy, working body for this.

More and more I can understand that I can heal myself and live or I can heal myself and die; my physical condition is not an indication of my wholeness.

I know there are times when I become worried, fearful, despairing, sad or angry. And I acknowledge and accept what I feel as my inner truth of the moment.

I know that the more I can acknowledge and accept what I truly feel, with out criticism or blame, the more I assist my body's natural tendency to be well.

More and more, I can soften and release unwanted emotions, once they are acknowledged. I can send them out with the breath, in the interest of my own well-being.

More and more, I can consider the possibility that my body is teaching me something useful, that it has been challenging me to learn, and change and grow.

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More and more I can understand that I can heal myself and live or I can heal myself and die; my physical condition is not an indication of my wholeness.

More and more, I know that I will get well, not out of fear of dying. I will get well out of the joy of living.

More and more, I know that I am perfectly, utterly safe.

And so you are.