

## **Meditation Exercise; Illuminate Your Third Eye**

Try and believe me when I say, your spirit needs just as much mending as your body. With this in mind, I suggest you take the opportunity every morning to spend 20 minutes in silent meditation. The practice of quieting our busy mind, of allowing our self to draw down into our core, to our heartspace and belly, pulls us away from the chatter of the analytical, reasoning left brain hemisphere and permits us to open to the receptivity and creativity of the sensing, intuitive right brain hemisphere. In this posture of receptivity, we are allowing our yin energy to flourish. Yin permits nurturance and nourishment, which are healing energy states for us, allowing the parasympathetic portion of the nervous system to gain ground versus the hyper reflexive Yang energy of the sympathetic portion of the nervous system, which becomes so high-wired by Lyme and co-infections, viruses, faulty diet and electromagnetic bombardment.

Chronic disease insists that we nurture our own self. We must honor our unique beauty, our innate gifts and love our own self from within, not just be propped up, medicated or fed from outside sources. I want to help you honor your true self- your very dear heart and your courageous spirit. It is not a whim or an accident you have found your way here, but an act of both curiosity and commitment to your healing and personal growth.

Let us practice for your meditation. If you are new to this do not be harsh with yourself, if sitting still makes you fidgety or your mind wanders off. That is normal and a matter of conditioning to learn to focus inwardly. Our goal is 20 minutes, but if 5 or 6 is all you can manage at first, start there. Here is the simplest method

Sit upright, shoulders square, feet flat on the floor if you can comfortably. Allow your hands to lie, palms upward and open, in your lap in a posture of receptivity. Close your eyes. Imagine a cocoon of white light bathing you, protecting and reviving you. Bring your mental focus and mind's eye down into your chest. Place your attention on your heart. Breathe slowly and deeply into your core. Just follow your breathing in and out with each inhale and exhale. That is all you need to do for 20 minutes. If a random thought or to-do item pops in your mind, just gently push it out to the sky and return your attention to your breathing. Keep breathing. Follow the inhale and exhale with your mind's eye.

If you feel too restless add a sound or humming. OM is the universal chant. Just keep repeating this with each exhale and feel the resonance in your chest and throat. Stay with it. Soon you will get more comfortable and eventually crave your stillness and meditation time. I find that keeping a notebook at my side is lovely, as afterwards I spend 20 minutes journally- the most amazing discoveries rush onto my paper!

You can add a mantra- which is a positive statement to your chanting. Many other extensive chants exist. Websites, yoga classes, chanting CDs abound. Or you can craft one that is your own deep essence, like- *“I am love”*. Or, *“Lyme disease no longer runs my body or my life. I am open to full spectrum healing; body, mind & spirit.”*

Mine is this:

*“Let me be guided and protected now in these minutes and throughout the hours of my life. Let only the highest good work through me. I am open to receiving love and healing.”*

By meditating you are opening the “third eye”, the fifth chakra in our forehead, our wise vision-keeper and conductor of our endocrine system. Meditation is healing, restorative and helps us align with higher Source. The act of remaining open in life creates luminosity and eventually enlightenment. Healing happens on the inside. You actually embody innate healing intelligence. We just have to remember how to TURN ON the inner healing codes. Meditations like this are a lovely way to start.

My books and workshops instruct you more thoroughly on how we ignite these healing powers. For now, start with this meditation exercise. Yes, it really is this easy. Just take the time daily and practice. Like any sport or art, practice is essential. This work is for you. You deserve the time, attention and loving self care. I bring this to you, for you.

Blessings,

Katina Makris, CCH, CIH

[www.KatinaMakris.com](http://www.KatinaMakris.com)



"You will find yourself resonating with Katina's honest, vivid, and beautifully written prose. *Out of the Woods* reaches into the core of what true healing fully entails."

—Neil Nathan, MD, Gordon Medical Associates

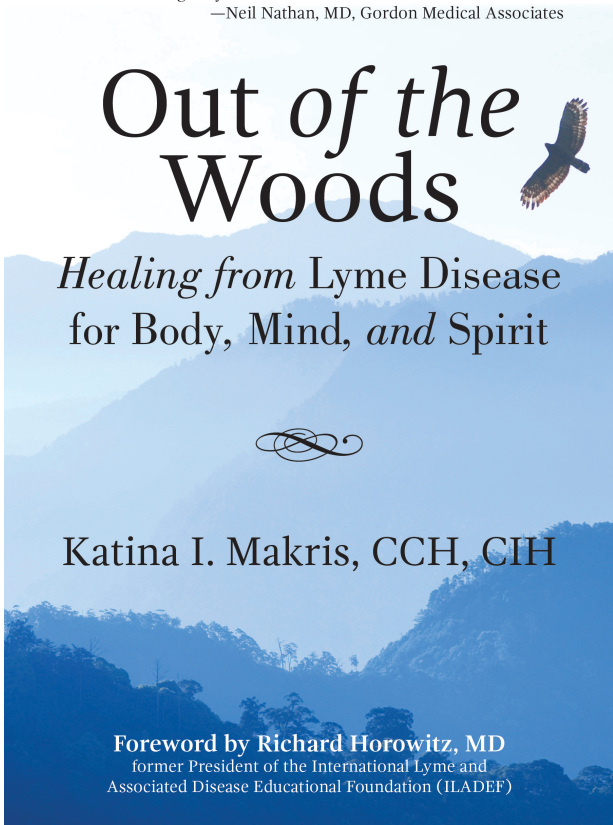
# Out of the Woods

*Healing from Lyme Disease for Body, Mind, and Spirit*



Katina I. Makris, CCH, CIH

Foreword by **Richard Horowitz, MD**  
former President of the International Lyme and Associated Disease Educational Foundation (ILADEF)



"A profound and comprehensive book reaching into the root cause of disease and optimal recovery." —MICHAEL ANDREW ARATA, MD, FC

**KATINA I. MAKRIS, CCH, CIH**  
FOREWORD BY MEREDITH YOUNG-SOWERS, DDC

# AUTOIMMUNE ILLNESS AND LYME DISEASE RECOVERY GUIDE



MENDING  
THE **BODY,**  
**MIND,** AND  
**SPIRIT**

