Heart - Thymus Meditation

I AM LOVE

This meditation is intended to stimulate the thymus gland and reconnect you with your heart. This is a powerful practice for anyone suffering with ANY kind of immune dysfunction, from lowered immunity to autoimmunity. This gentle exercise will boost the immune system and nurture the healing process, as you become more aware of the essence of who you are: Love

Know Your Thymus

Wisdom traditions have often identified the heart center (or heart chakra) as the energetic center of the heart, but nearby is another very important gland, the thymus. The wise thymus is located just behind the sternum and above the heart. It is often referred to as the “master gland of the immune system” because it not only converts lymphocytes into T-cells (which stands for thymus cells), but it also has the wisdom to “train” these cells to do their specific jobs. There is no doubt that in the early stages of our development, the thymus is responsible for “programming” the way we fight infections. This important gland contains the “code” that ensures that the immune system does not turn against itself. We don’t know exactly how the thymus does this; but one thing scientists have observed is that up to 95 percent of the lymphocytes that mature in the gland are
actually destroyed there. This may be how the thymus protects the body from cells that have heightened potential to attack the body’s own tissues.

Until very recently, scientists and medical schools taught that the thymus is only active up until puberty and then atrophies as we age. However a 2000 Duke University Study clearly demonstrated that the human thymus functions continuously throughout life, with new T-cell production well into our 40’s, 50’s and beyond\(^1\)

Dr. John Diamond, author of *Life Energy*, explains that the thymus gland controls the life energy of the body. In fact, the Greek word *thymos* literally means “life energy.”

> “The thymus gland serves as the link between mind and body. It is the first organ to be affected by mental attitudes and stress. Hence activation and stimulation of the thymus is an essential, primary foundation of achieving and maintaining positive health.” ~ Dr John Diamond

Dr. Amit Goswami, Theoretical Quantum Physicist, explains in the groundbreaking movie *The Quantum Activist*, “What is the heart chakra about? Why is associated with love? Think about it, there is always an organ there and the important organ is not so much the heart – the important organ is the thymus gland. The thymus gland is an important part of the immune system. And what does the thymus gland do? It helps to distinguish between me and not me. When you fall in love with someone what you are essentially saying is my immune system accepts you.”

Sadly, too many of us find ourselves in situations where “our heart is not in it.” Whether this is in relationship or career, a mismatch can cause major stress on the thymus gland and our immune system. Over time, this stress can result in chronic illnesses such as heart disease, autoimmunity and cancer.

> Imagine every negative event, exposure, and trauma as splinters that have been festering in your body and causing irritations. Your work will be to gently remove the splinters one by one and let your body heal.

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\(^1\) Barton F Haynes; Gregory D Sempowski; A F Wells; Laura P Hale. The human thymus during aging. Immunologic research 2000;22(2-3):253-61.
The good news is that it’s possible to stimulate the thymus and regulate the immune system by removing the “splinters” triggering your health condition. The healing process involves addressing every aspect of your mind, body and spirit.

One of most powerful tools for addressing the physical causes of stress and dysfunction is my *Sensitivity Discovery Nutrition Program* in which you eliminate potential dietary triggers and identify food sensitivities. You can begin to address the important emotional/spiritual causes of stress by spending 5 to 15 minutes a day simply focusing on the energy of your heart and your thymus gland.

*Your heart already knows the path to vibrant health.*

*Follow its wisdom and heal your life!*

**The Meditation**

- Get into a comfortable position, sit upright in a chair or lay flat on your back. Make sure your clothes are comfortable and not restricting your belly. Try to keep your back as straight as possible. If you’re sitting, make sure your shoulders are down and relaxed.

- Relax your jaw.

- Start by breathing in slowly and evenly through your nostrils. Take a deep breath in through your nostrils, and then release it through your mouth, making the sound “Ahh.” Gently contract your abdomen to expel the last bit of stale air.

- Focus your attention in the area of your heart-thymus center, which is located in the middle of your chest just behind your sternum. If you like, you can place your hand over your heart until you feel the energy.

- It helps to think of someone you love and appreciate unconditionally. Allow the feeling to of love and appreciation to fill your heart center. Gently keep your focus on the area of your heart. If your mind wanders, it’s ok. Just keep bringing your attention back to your heart.

- Now gently tap on up and down your sternum and repeat out loud or silently: “I AM Love.” “My immune system is healthy.” You can use your fingers or your fist. Continue for 30 seconds, and rest.
- You might feel a tingling sensation or movement of energy emanating from your heart. This is a good sign!

- Repeat 3 times or more. Practice for 5 – 15 minutes, as many times a day as you want. I suggest 3 times a day during acute illness.

It’s surprising how this simple exercise can empower a more heart-centered, immune boosting life. I hope this meditation gives you peace within. When you embrace the Love that you already are, your stress evaporates and balance is restored to the mind, body and spirit.