

The Effects of Meditation in Cancer Treatment and Healing

The awareness of the positive effects of meditation in cancer treatment and recovery is increasing throughout the world. It is important to fight this problem at its root – at the subconscious and cellular level; this is precisely what meditation offers. The action of meditation goes well beyond wellbeing and the regulation of blood pressure and stress that it is usually used for. Practising meditation allows you to enter the deepest core of your body.

Heartfulness Meditation

Recent studies have demonstrated that Heartfulness meditation increases the length of the telomere, a small part of your chromosomes that is vital to protect your cells from aggression and is important in cancer and other chronic illnesses. Heartfulness proposes a very dynamic and personal approach to meditation for patients, with a practice that is easy to include in a busy life as well as adapted to age and activity.

Quality of Life

Meditation improves your quality of life as well: it helps you sleep better, increase your confidence in yourself, let go of fears and handle your treatment with a strong spirit as well as enjoy life in all its finest moments.

Dr. Bernie Siegel, a renowned Surgical Oncologist and a pioneer in the healing of cancer using mind-body integration methods describes the power of meditation in his book, *Love medicine and Miracles*: “I know of no other single activity that by itself can produce such a great improvement in the quality of life.”

1. Telomerase reverses ageing process, Even Calaway, 28 Nov 2010 (online edition), Nature
2. Short Telomere Length, Cancer Survival, and Cancer Risk in 47102 Individuals
3. Maren Weischer Børge G. Nordestgaard Richard M. Cawthon Jacob J. Freiberg Anne Tybjærg-Hansen Stig E. Bojesen - J Natl Cancer Inst (2013) 105 (7): 459-468. “Short telomere length is associated with reduced survival after cancer but not with cancer risk.”
4. Effect of Heartfulness Meditation on Burnout, Emotional Wellness and Salivary Telomere Length in Physicians, Residents and Nurses
5. Dr. Jayaram Thimmapuram, MD; MRCP, Academic Hospitalist, Internal Medicine York Hospital
6. “Love, Medicine and Miracles, Bernie Siegel