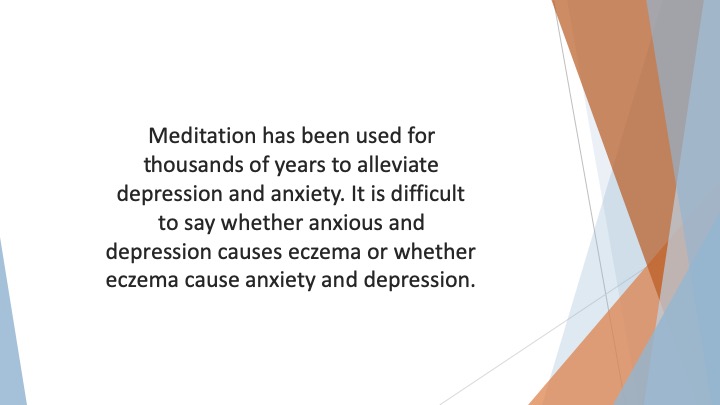
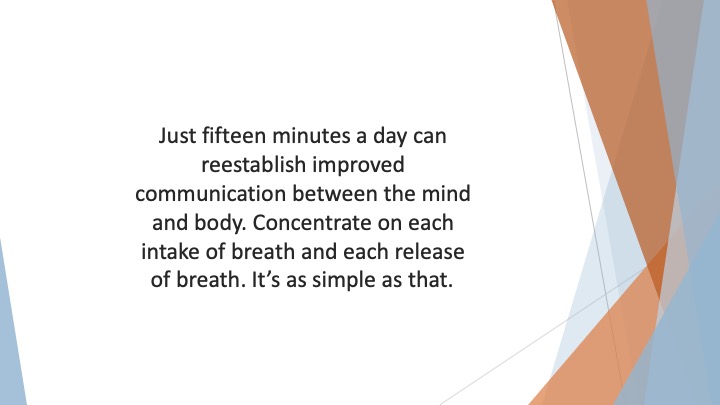
**Chapter 4: Eczema And Meditation**

****

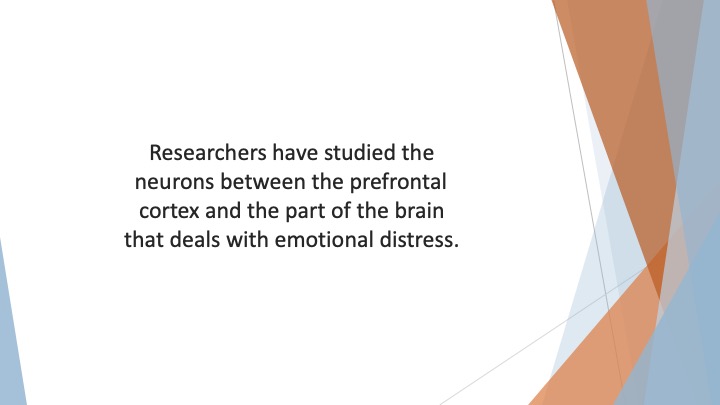
**S1** : In this video, we’ll learn about “Eczema And Meditation”



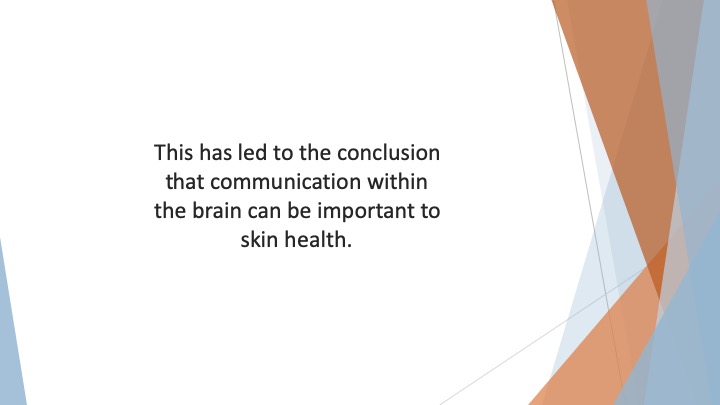
**S2** : Meditation has been used for thousands of years to alleviate depression and anxiety. With depression and anxiety being an active trigger for an eczema flareup, many people have found relief from itching through meditation. It is difficult to say whether anxious and depression causes eczema or whether eczema cause anxiety and depression. But the link has been unequivocally established.



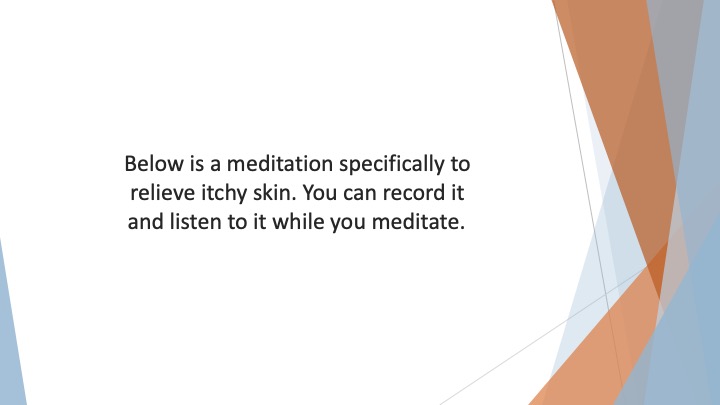
**S3** : Just fifteen minutes a day can reestablish improved communication between the mind and body. Find a comfortable place to sit and close your eyes. Inhale deeply and slowly, then exhale. Concentrate on each intake of breath and each release of breath. It’s as simple as that. Keep your focus on your breathing. When your mind wanders, and it will, simply bring it back into focus.



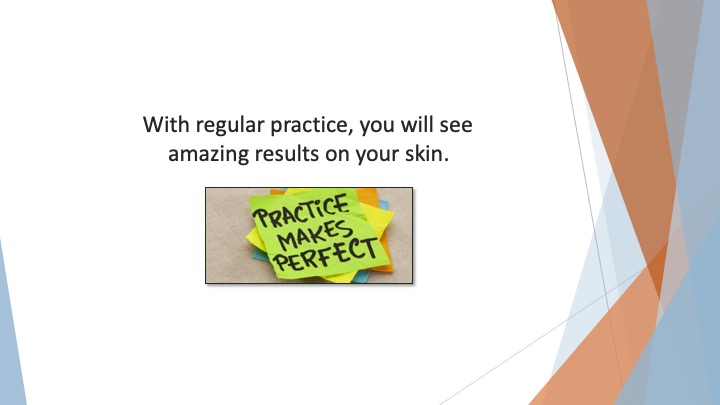
**S4** : Researchers have studied the neurons between the prefrontal cortex and the part of the brain that deals with emotional distress. They have found that increased activity on the left prefrontal heal helped patients heal more quickly from anxiety.



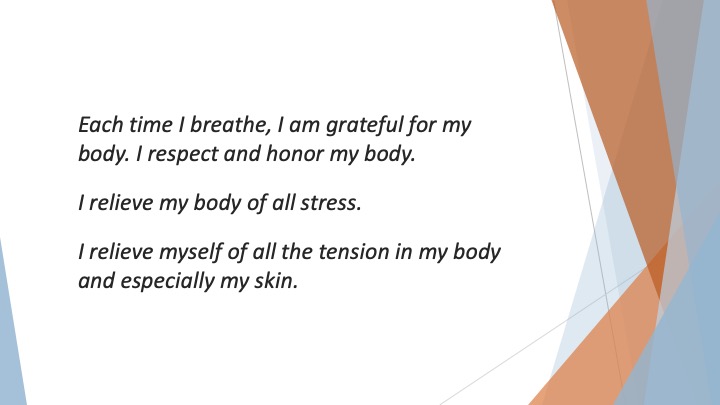
**S5 :** This has led to the conclusion that communication within the brain can be important to skin health.



**S6 :** Below is a meditation specifically to relieve itchy skin. You can record it and listen to it while you meditate. You might find it very helpful to listen to it before you go to sleep.



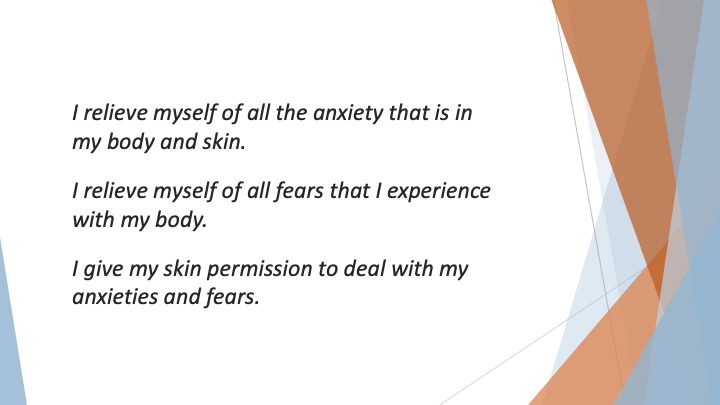
**S7 :** With regular practice, you will see amazing results on your skin.



**S8 :** *Each time I breathe, I am grateful for my body. I respect and honor my body.*

*I relieve my body of all stress.*

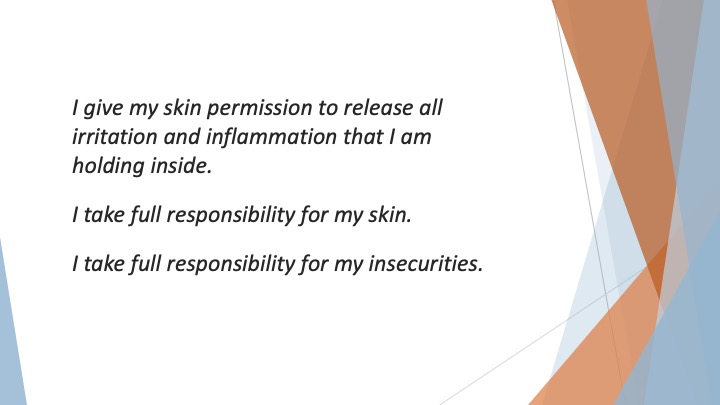
*I relieve myself of all the tension in my body and especially my skin.*



**S9 :** *I relieve myself of all the anxiety that is in my body and skin.*

*I relieve myself of all fears that I experience with my body.*

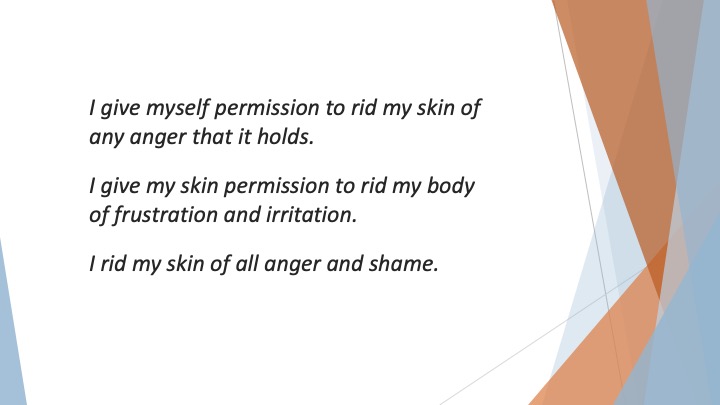
*I give my skin permission to deal with my anxieties and fears.*



**S10 :** *I give my skin permission to release all irritation and inflammation that I am holding inside.*

*I take full responsibility for my skin.*

*I take full responsibility for my insecurities.*

****

**S11 :** *I give myself permission to rid my skin of any anger that it holds.*

*I give my skin permission to rid my body of frustration and irritation.*

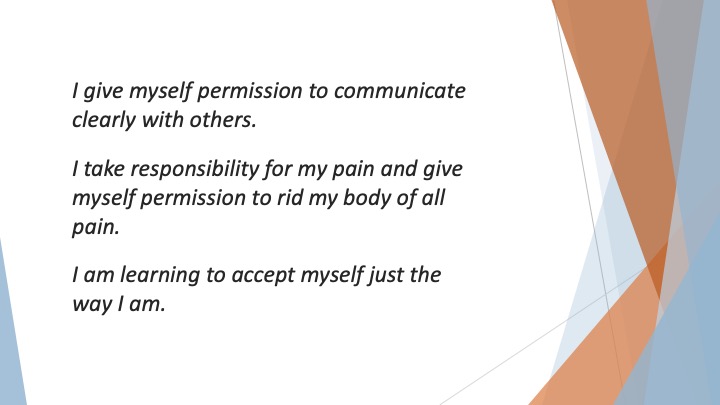
*I rid my skin of all anger and shame.*



**S12 :** *I take full responsibility for all of my emotions. I treasure my emotions.*

*I give my skin permission to feel confident.*

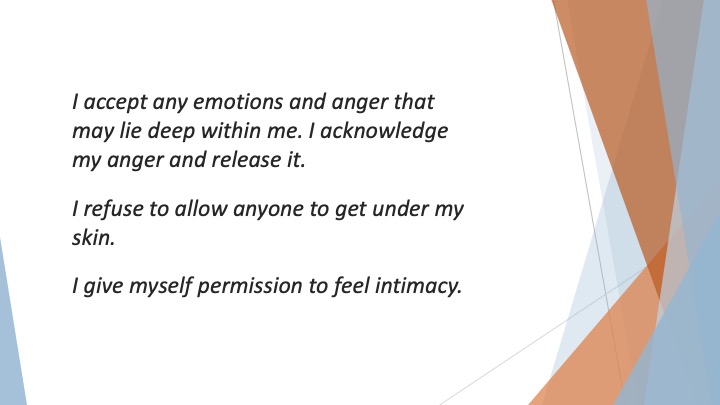
*I give myself permission to move forward with my life.*



**S13 :** *I give myself permission to communicate clearly with others.*

*I take responsibility for my pain and give myself permission to rid my body of all pain.*

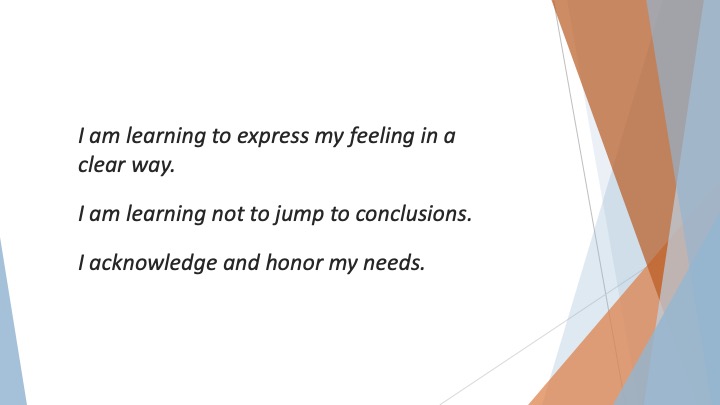
*I am learning to accept myself just the way I am.*



**S14 :** *I accept any emotions and anger that may lie deep within me. I acknowledge my anger and release it.*

*I refuse to allow anyone to get under my skin.*

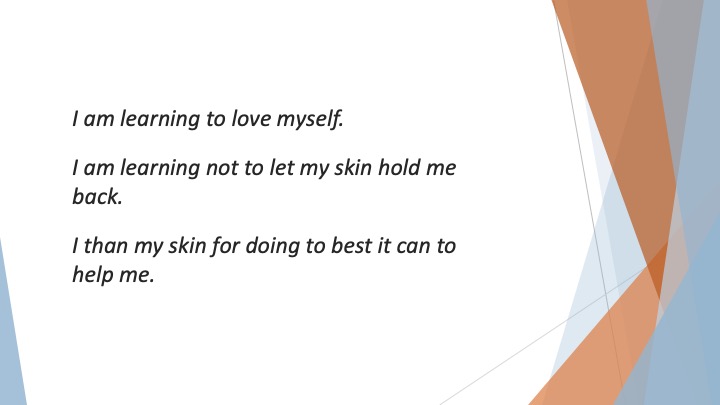
*I give myself permission to feel intimacy.*



**S15 :** *I am learning to express my feeling in a clear way.*

*I am learning not to jump to conclusions.*

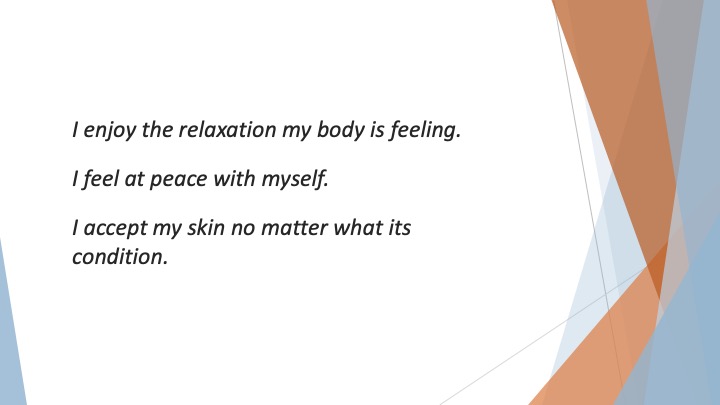
*I acknowledge and honor my needs.*



**S16 :**  *I am learning to love myself.*

*I am learning not to let my skin hold me back.*

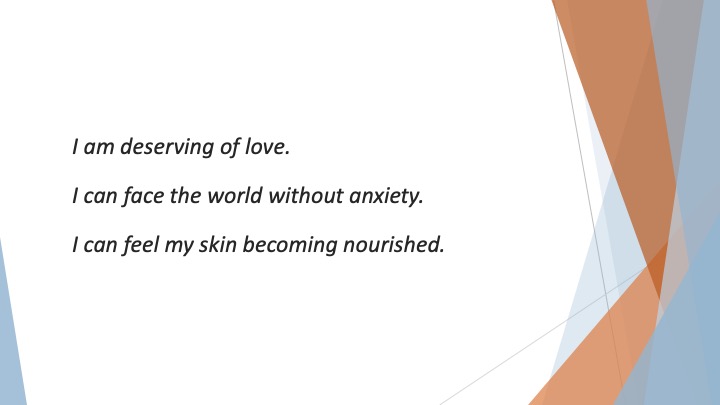
*I than my skin for doing to best it can to help me.*



**S17 :** *I enjoy the relaxation my body is feeling.*

*I feel at peace with myself.*

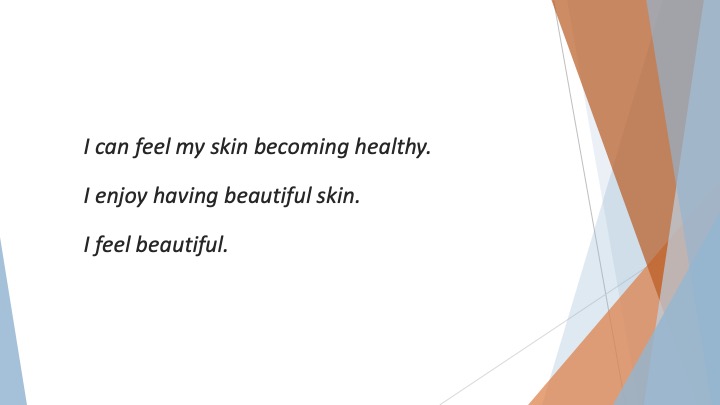
*I accept my skin no matter what its condition.*



**S18 :** *I am deserving of love.*

*I can face the world without anxiety.*

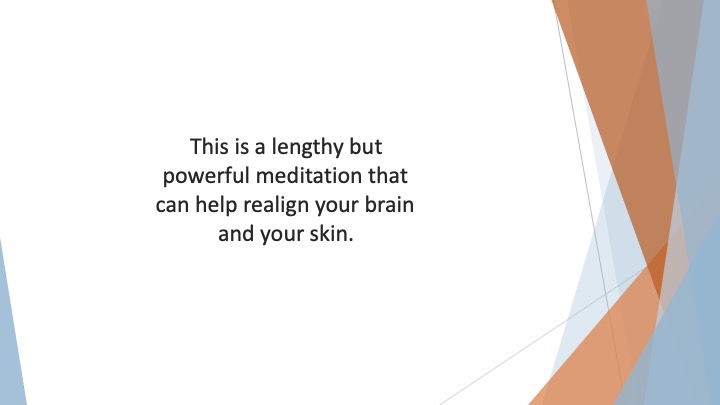
*I can feel my skin becoming nourished*



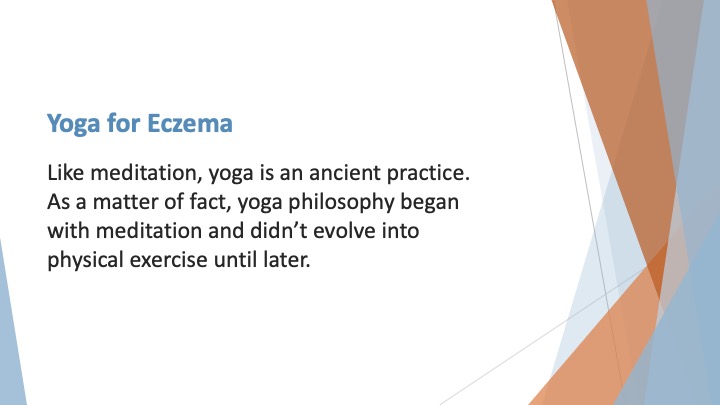
**S19 :** *I can feel my skin becoming healthy.*

*I enjoy having beautiful skin.*

*I feel beautiful.*

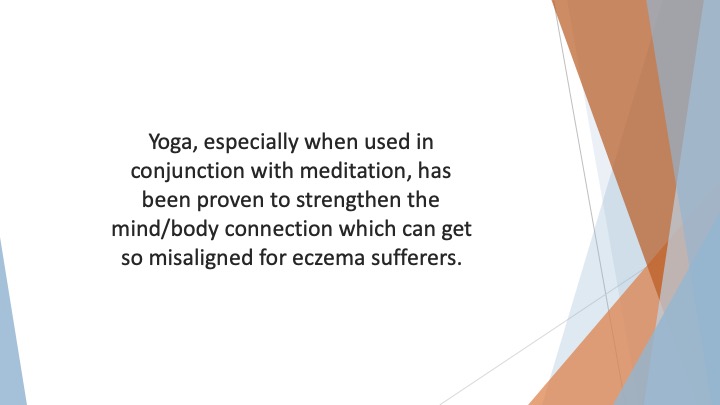


**S20 :** This is a lengthy but powerful meditation that can help realign your brain and your skin.

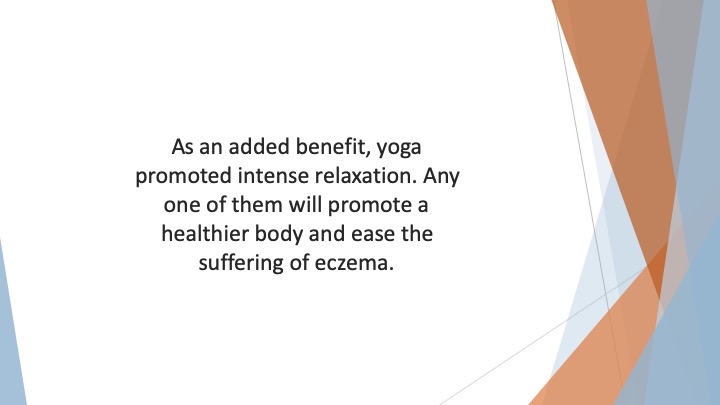
****

**S21 : Yoga for Eczema**

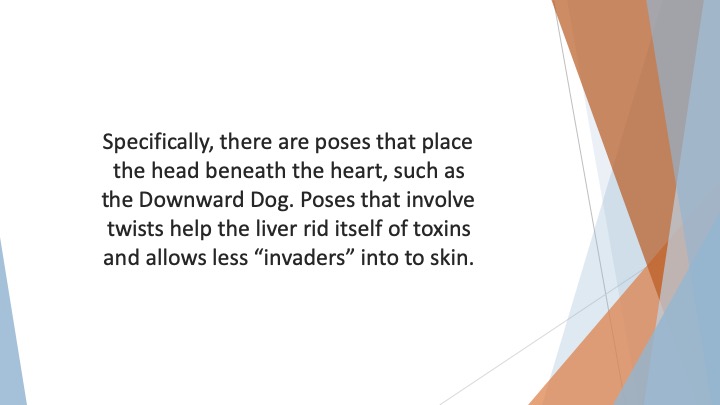
Like meditation, yoga is an ancient practice. As a matter of fact, yoga philosophy began with meditation and didn’t evolve into physical exercise until later.



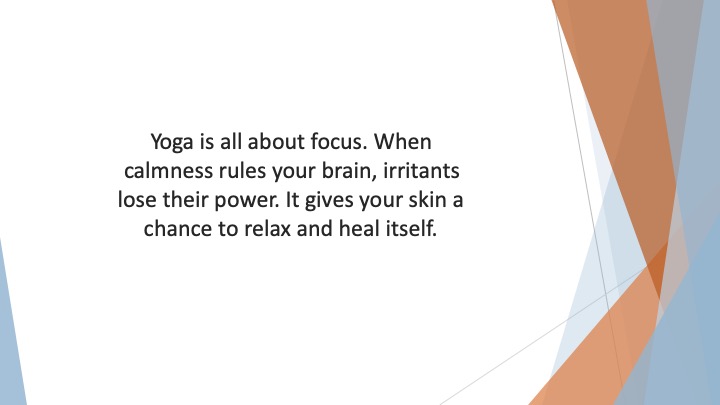
**S22 :** Yoga, especially when used in conjunction with meditation, has been proven to strengthen the mind/body connection which can get so misaligned for eczema sufferers.



**S23 :** As an added benefit, yoga promoted intense relaxation. This helps calm the mind and the body, which includes the skin. There are a number of yoga disciplines. Any one of them will promote a healthier body and ease the suffering of eczema.

****

**S24 :** Specifically, there are poses that place the head beneath the heart, such as the Downward Dog. These poses boost the flow of blood to the head to reduce red, patchy skin. Poses that involve twists help the liver rid itself of toxins and allows less “invaders” into to skin.

****

**S25 :** Yoga is all about focus. When you focus on the various poses, your mind is less focused on your struggling immune system that is irritating your skin. When calmness rules your brain, irritants lose their power. It gives your skin a chance to relax and heal itself.