

VOLUME NINE

Heal from Within ~ Mia Anderson

IGM® Therapeutic Acupressure

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LIGHTENING OUR SPIRIT

Living Lightly

I (Mia) often encourage clients to step back and look at a human-drama situation in the bigger picture because that perspective is undoubtedly the wiser/healthier one. I like the way Egan Sanders makes essentially the same point.

“Things can look pretty serious. It seems that every five minutes, there is a new sensational problem that we are told by the mass media means life or death for us all! Is this true?

“It is also very easy to get heavily wrapped up in our own personal challenges. Does that feel good? In some ways, if you step back, you might see the absurdity of it all.

“There is a time to be serious and a time to be light-hearted. Here are some questions to ask yourself the next time you find yourself getting concerned about something in your own life: Why is this so serious to me? Why is this so seemingly important? Is it really as bad as it seems? Is there a simple solution? Can I do anything about it? How could this be insignificant in the bigger scheme of things? What could be humorous about this?

“When we have the awareness to step back, many things are funny. Like slipping on a banana peel or splitting our pants, our challenges and embarrassing social predicaments can be very comical indeed.”

Visit this Intuitive Counselor, Coach, and Spiritual Development Teacher at http://www.egansanders.com/archives/path_of_joy_

“You can see the glass half empty, or you can see it half full.” You can focus on what’s wrong in your life, or you can focus on what’s right. But whatever you focus on, you’re going to get more of. Creation is an extension of thought. Think lack, and you get lack. Think abundance, and you get more.

Marianne Williamson
A Return to Love: Reflections on the Principles of A Course in Miracles

HELPING OURSELVES AND OTHERS WITH ACUPRESSURE

This issue: ways to relieve symptoms of colds and flu. Of course, getting a full session is best, but there *are* do-it-for-yourself points that will help! And, of course, always consult your physician when appropriate.

Isabell Gatto, master practitioner/teacher of IGM® (Isabell Gatto Method of) Therapeutic Acupressure, my modality, based on her 35+ years of practice, recommends that we lightly place the three middle fingers of our right hand on our upper sternum (breast bone) to relieve chest congestion; close your eyes and breathe quietly for a minute or two. For nose congestion, place the middle finger of each hand up under the cheekbones in line with the pupil of the eye, using firm pressure; again, close your eyes and breathe quietly for a minute or two.

Michael Reed Gach, author of *Acupressure’s Potent Points: A Guide to Self-Care for Common Ailments*, a book that I consider the best one on acupressure out there (until a book about IGM® comes out!), recommends, for coughing, taking a few minutes to hold the points that on the traditional Chinese charts are Kidney 27. They’re in the hollows below the collarbone next to the breastbone.

For head congestion and stuffy nose, Gach recommends

Turn page over

MIA’S NEW OFFICE HOURS

Starting February 1st, 2009:

Mondays, Tuesdays, Thursdays, and Saturdays – 9:00 a.m. until 7:30 p.m. (latest starting time, 5:30)

I will not be available on Wednesdays, Fridays, or Sundays. I will have a list of alternative practitioners – whom I’ve selected very carefully – should you need a session on those days or, for example, have an emergency need for a session at a time when I am booked.

If a particular day or hour of the day is important to you and your schedule, please consider booking your appointments for each of several months in advance!

The trick is in what one emphasizes.
We either make ourselves miserable,
or we make ourselves happy.
The amount of work is the same.

Carlos Castaneda

READING SUGGESTION

I've yet to review Louise Hay's *You Can Heal Your Life*, and I should. Louise Hay is the "grandmother" in the area of mind-body connections, and this book started it all in terms of widespread thinking about alternative approaches to healing. It's in this book that the chart appears in which all the possible physical conditions are listed along with the likely energetic thought patterns that have led to the condition – and the thought patterns that can lead to healing the condition.

One of her main points is that most people believe – at some level of thought and/or feeling – that they are "not good enough" and that this prevents them from living their best life. What she wants us to know – really, really know – is that we are at all times perfect in that at every moment, each of us is doing the very best that we can *given the amount of knowledge, awareness, and understanding we have at that moment*. If at some future moment we come to understand that what we said or did in a past moment was not the wisest choice, well, there's something there for us to learn – and quite possibly some damage to repair. But to beat ourselves up is a waste because at that past moment we were not capable of the wiser words or actions; at that moment we *hadn't* the knowledge, awareness, or understanding that we have now.

There's something for everyone in this inspiring book, and there are lots of affirmations to help you begin your healing journey.

NUTRITION TIDBIT

For boosting our immune systems during the colds and flu season: consume more garlic (increases the body's production of white blood cells) (chop or crush garlic 10 minutes before eating or cooking with it!), Shiitake mushrooms (stimulates production of interferon, which is antiviral/antibacterial), Brazil nuts (high in selenium, for strong antibody response), and avocado (neutralizes free radicals, promotes antibody production, helps against inflammation).

HELPING OURSELVES WITH ACUPRESSURE – continued

holding the Third Eye point (in the middle of the forehead right between the eyebrows); use the three middle fingers of the right hand, and as always, close your eyes and breathe quietly for a few minutes.

The best point for relieving severe coughing is one that we really can't reach by ourselves, but you can back up against an "outside" (the kind that gives you a projecting hard right angle) wall corner and press in to get at it! Find the point at the vertical middle of the scapula (shoulder blade) and halfway between the scapula and the spine (Chinese chart: Bladder 38). Press on both sides – or have someone do it for you – for a few minutes.

QUESTIONS & ANSWERS CORNER

"What was it that you said about acupressure and pregnant women?"

Two acupressure points must be avoided by women who are pregnant or trying to get pregnant because they can cause the pelvic floor to drop and/or can cause premature uterine contractions. They are 1) in the skin web between the pinkie and ring toes and 2) on the tops of the shoulders. So, no pedicures, no well-meaning upper back and shoulder rubs, etc.

Now, when a pregnant woman is in the hospital and/or has her midwife present, her husband, her partner, her mother, or whoever is there can hold these points – and *greatly* assist and speed her delivery!

There are several recommendations for maximizing a couple's efforts to get pregnant. If you are interested, ask me about them.

THOUGHTS FOR THE NEW YEAR FROM ALAN COHEN

- *The closer you are to awe and wonder, the closer you are to reality.
- *How many times have you laughed today?
- *You are never finished – but always complete.
- *What you find tells you what you are looking for.
- *Work is healthy and productive only if you know when to stop.

**Gift certificates for yourself and others
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to multiple purchases.**