

VOLUME ONE

Heal from Within ~ Mia Anderson

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READING SUGGESTION

My favorite new-to-me book this month is Alan H. Cohen's *Why Your Life Sucks – And What You Can Do about It*. The back cover says it well: "When your life sucks, it's a wake-up call. ...With great humor, great examples, and exhilarating directness, *Why Your Life Sucks* doesn't just spell out the ways in which you undermine your power, purpose, and creativity – it shows you how to reverse the damage."

Here's one passage that I especially like because, while making a meaningful point about how our trying to fix other people contributes to making our life suck, Cohen reminds us of the pointlessness of judging others **or ourselves**:

"To think you know what is best for another person is an industrial-strength ego trip. When you try to play God, you overlook that God is playing the person you are trying to change. From your limited human perspective, you cannot understand all the factors why someone exhibits a certain behavior; why and on what level they have chosen it; its relation to their life purpose; what they are learning from it; where it is ultimately leading them; how it fits into the choices and lessons of others with whom they interact. All you see is one little piece in a multi-billion-piece jigsaw, and it would be presumptuous and preposterous to imagine you see the whole puzzle."

HELPING OURSELVES WITH ACUPRESSURE

All of us struggle with constipation at one time or another, but there are acupressure points that you can work on to help your body with the task of elimination.

- Isabell Gatto, founder of IGM[®] Therapeutic Acupressure, my modality, recommends that we hold – or even massage – the points on the tops of the hips in back.
- Michael Reed Gach, Acupressure Institute of America, recommends (1) that we hold the web of skin between the thumb and index finger (get up in there) using the thumb and index finger of the other hand (hold and breathe deeply for a few minutes, and then do the opposite web) and (2) that we press (gradually) into the point on our belly that lies about three finger widths below the belly button (hold and breathe deeply for a few minutes).

OTHER TIPS: It is vital, **of course**, to drink more water and eat more fresh fruits and vegetables. Eat three dried apricots and/or six raw almonds each day (chew thoroughly), take Fruit-Eze (www.fruit-eze.com), and try herbal-remedy teas like Traditional Medicinals' "Smooth Move" (available at natural food stores, including Whole Foods). On the mind/body-connection level, consider exploring your "letting-go" issues. What are you holding on to that isn't serving you?

LIGHTENING OUR SPIRIT

"A friend of mine, at the end of a retreat, offered a provocative reflection that intrigued and inspired me. After looking intensively at her inner experience for nine days of meditation and seeing many of her life choices in a brand new light, she commented, 'If you really want to be a rebel, **practice kindness**.'

"There could be many wonderful extrapolations: 'If you really want to be outrageous, **be ethical**.' 'If you want to go against the grain, **be kindhearted**.' 'If you want to live on your own terms, breaking out from expectation and external demands, **practice love**.' 'To be free, to be different, to be bold, **be compassionate**.'"

How wonderful it would be if each of us radiated **that** kind of energy into the Universe!

(from *The Force of Kindness* by Sharon Salzberg)

QUESTIONS & ANSWERS CORNER

People always ask, "How often do I need to come in for a session?" The answer is very simple: "When you start feeling not-yourself – but at least once every four or five weeks because we want to open any blockages **before** they manifest as noticeable adverse conditions." Some clients do well for two weeks before realizing that they are starting to feel the need for "a tune-up," as many call it; other clients do perfectly well at three- or four-week intervals. Remember, receiving regular sessions – even when you seem to be doing very well – is powerful **preventative** "medicine."

Still, individuals who have a pressing body/heart/mind/spirit out-of-harmony conditions and persons whose "dis-eases" have persisted over a period of months or years would be wise to follow the IGM[®] Protocol because the energy network needs to be retrained so that its **normal** status is open, flowing, and balanced:

- 3-4 sessions at 1-week intervals, followed by
- 3-4 sessions at 2-week intervals, followed by
- 3-4 sessions at 3-week intervals, followed by
- 3-4 sessions at 4-week intervals

Additional sessions should be scheduled immediately before and immediately after any surgeries and immediately after any radiation/chemotherapy.

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