

VOLUME TWO

Heal from Within ~ Mia Anderson

IGM[®] Therapeutic Acupressure

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READING SUGGESTION

A client (Thank you, Carla!) recommended Christel Nani's *Diary of a Medical Intuitive: One Woman's Eye-Opening Journey from No-Nonsense E.R. Nurse to Open-Hearted Healer and Visionary* to me, and I truly value it.

Besides the book's being a riveting memoir, Nani, using lots of case histories of clients she's worked with, clearly explains many mind-body connections. A single example: she believes that "breast cancer victims often carry a heavy secret for which they have not forgiven themselves."

Because it affirms the understanding of death that I have gained from several other visionaries, I appreciate her wonderful description of a client's passing over. She writes, "How can I describe the experience of losing one's physical form and becoming pure spirit? What words can express floating in a bright, sweetly scented place without boundaries? ... At that moment I knew I would never fear death again."

Here, now, let me share her advice on physical ways to
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LIGHTENING OUR SPIRIT

This month, some wisdom about loving ourselves, one of the best – and often one of the most difficult – ways there is to lighten our spirit:

"We have the need to be accepted and to be loved by others, but we cannot accept and love ourselves. The more self-love we have, the less we will experience self-abuse. Self-abuse comes from self-rejection, and self-rejection comes from having an image of what it means to be perfect and never measuring up to that ideal. Our image of perfection is the reason we reject ourselves the way we are, and why we don't accept others the way they are." ~ Don Miguel Ruiz

"There is no freedom like seeing myself as I am and not losing heart." ~ Elizabeth J. Canham

"If we could learn to like ourselves, even a little, maybe our cruelties and angers might melt away." ~ John Steinbeck

"Close your eyes and imagine that everything you have and everything you are is enough. You don't need to be better or different – you're great just as you are. Can you experience the peace and contentment that owning that perspective brings? Moving into such total acceptance does not mean that we stop growing. When we can accept who we are now, we open the doors to our own inspiration to do and be our best." ~ Quick Mountain Dharma

QUESTIONS & ANSWERS CORNER

I often get the sense that people's questions circle around what they're *really* wondering about, which is: What results can I expect from an IGM[®] Therapeutic Acupressure session? I want to address that.

Simply put, the results can range from quite dramatic (after two sessions, a man was relieved of knee pain from which he'd suffered for 35 years) to extremely subtle (no result, at least none that is consciously perceptible).

Isabell always says that each session is like peeling a layer of the onion, and sometimes there are quite a number

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HELPING OURSELVES WITH ACUPRESSURE

For a variety of reasons, most of us suffer now and then – if not frequently – with sinus congestion, but there are acupressure points that you can work on to help relieve the congestion and the attendant pain AND to ward off sinus infections, which might require taking an antibiotic.

Isabell Gatto, founder of IGM[®] Therapeutic Acupressure, my modality, recommends that we hold two sets of points simultaneously, using both hands. With the pads of your thumbs, hook up under the cheekbones (in line with the pupil of each eye), and place the pads of the middle fingers on the center of the eyebrow where you feel a little dent. Hold these four points for a few minutes, closing your eyes and doing some deep breathing. If you are also experiencing a headache (more on those next issue), 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).

OTHER TIPS FOR SINUS ISSUES:

Michael Reed Gach, Acupressure Institute of America, recommends using the pads of your index fingers to press into

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HELPING OURSELVES WITH ACUPRESSURE – continued

the slight indentations at the base of the nostril (hold and breathe deeply for about a minute). From personal experience, I find that moving up from those points and finding and holding several additional little indentations in the facial bones near the nose also helps greatly, too. Also, I “accidentally” found that holding (I use the pads of both the index and middle fingers) the points that are about a half inch below the bottom edge of the skull in back and about a half inch out from the spine (on a long muscle) helps the sinuses open up.

Reflexology, which also works with the body’s energy and relates to acupressure, offers another strategy. The pads of the fingers, very near the tips, are sinus points. Firmly rub/massage these pads on all ten fingers for about thirty seconds each. You will feel movement in your sinuses, and soon you’ll begin to notice them draining!

It is vital, **of course**, to drink more water so that your sinuses don’t dry out. In the winter, humidify your home! Avoid polluted air. Avoid all dairy products for a few weeks when you’re experiencing sinus congestion.

On the mind/body-connection level, consider exploring your unresolved strong feelings, such as worry, grief, or guilt. And, according to Louise Hay, check in with your emotions. Are you angry at one person who is close to you, even yourself. Resolve that anger – appropriately.

QUESTIONS & ANSWERS CORNER – continued

of layers to be gone through before we get to the one where the source of the problem lies. *Especially* when the condition is severe and/or has been around for months or years, the benefit of the first several sessions might be “off the radar”: progress is being made but is not yet showing an obvious physical manifestation. Or it might be that the disorder’s further development is being slowed or even halted as a result of receiving sessions, and while this is happening, the client thinks there is no “improvement” in the condition.

It can take months, even years, in some instances, for blocked energy flow to show up, to manifest, as a physical condition. As Donna Eden, author of the 1998 book *Energy Medicine*, writes, “It is much easier and much wiser to treat the imbalance while it is still only a disturbance in the energy field than to wait until it has progressed into a physical symptom that is far more traumatic,

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The answers to our questions and the solutions to our perceived problems are always on their way. The answers and solutions might not be what we wanted, expected, or imagined, but Faith is knowing that the universe is on our side and that the universe knows what it’s doing.

entrenched, and difficult to reverse.”

This I know: Opening blocked energy flow and balancing the energy can only help one’s physical, mental, emotional, and spiritual health. When a client tells me, “I feel great,” I know the sessions are doing what they’re supposed to be doing. My reply is always, “Fabulous! Let’s keep it that way. Get on the table.”

“It’s best not to get too excited or too depressed by the ups and downs of life.”

~ Dalai Lama

MUSIC TO RELAX TO

A number of you who have been to the office for a session have asked me about the background music that I play. There are two, though you might not notice when the first flows into the second: *Balance* and *Slow World*. The albums are from the Liquid Mind series (there are about eight CDs in the series), and my understanding is that because the compositions in the series have no recurring patterns, no particular sustained rhythm, no jarring movement (or space) from one piece to the next, the mind “goes liquid” – it stops looking for patterns, rhythms, etc. and just relaxes.

Because they’re so relaxing, these are excellent choices as background music for going to sleep, meditating, practicing yoga, unwinding from stress, and so on. Just don’t play them while you’re driving or operating machinery!

The composer and performer is Chuck Wild, who began writing ultra-slow music to help himself recover from clinical anxiety and panic disorder in 1987. Check out the www.liquidmindmusic.com website for interesting information about Chuck Wild, music therapy, and more – and, if you wish, to order CDs.

READING SUGGESTION – continued

raise our vibration (remember, we’re all energy, and the higher the vibration, the healthier – on physical, mental, emotional, and spiritual levels):

“Have great sex. Play sports you love. Get plenty of sleep. Dance! Eat healthy *and* delicious foods. Play with your pet.”

Physically *lowering* your vibration happens when you “Watch TV instead of making love. Never get out-of-doors. Eat mostly fast food. Never move your body just for the pleasure of it. Drink heavily or smoke at least a half a pack a day. Take ‘recreational’ drugs.”

Nani goes on to detail the thoughts and feelings that can raise our vibration: “Expect the best. Love someone. Laugh. Don’t hold grudges. Be generous. Accept people as they are. Act with kindness.”

How to *lower* our vibration with thoughts and feelings? “Be cynical. Resent someone. Complain. Get mad and stay mad. Be selfish. Be intolerant and prejudiced. Be rude to someone.”

There’s so much wonderful guidance here!