

# VOLUME FOUR

## Heal from Within ~ Mia Anderson

IGM® Therapeutic Acupressure

17 S. Franklin Turnpike, Suite 1, Ramsey, New Jersey 07446

(201) 310-8616 / miaanderson@optonline.net / www.mia-acupressure.com

### LIGHTENING OUR SPIRIT

Yuni Words of Wisdom

A man found the cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. And we could never fly. So have a nice day... and struggle a little.

from <http://www.yuni.com/library/docs/218.html>

### QUESTIONS & ANSWERS CORNER

I'm often told by clients, "I know what to do. I just don't do it." Ah, the old head/heart split. You're asking the right person: as a student and then a teacher for decades – working with my **mind** – I am continually faced with this challenge.

The answer, I believe, is to stop struggling! "What you resist persists." "What you focus on expands." So stop telling yourself that you're hopeless, that you're pathetic, that you'll never make the changes in your life that you think you know you need to make.

Surrender. Hand the problem over to the Universe. Ask only to see the situation in a new, clearer light. Focus not on the change you want to make but on the feeling you'll have once it's made. Lighten up – raise your level of vibration.

This isn't about letting yourself off the hook! It's about opening yourself to letting the Universe help you release the fear and start to take baby steps that will expand into strides.

### HELPING OURSELVES WITH ACUPRESSURE

Several of you have asked for more information on the energetic significance of each of the fingers. Indeed, in the course of your sessions, specifically when I "sweep" your fingers, I have mentioned to many of you that a knuckle that "gives" is an acupressure point that is blocked. And depending on which finger it is, the body is revealing more information about what your mind/heart/spirit issues are. Because holding a particular finger is so helpful for self-care (I hold my index/fear finger when I'm at the dentist and when I'm flying, for example, and it helps in calming me), I'm providing the full chart of the reverse side.

The only hard part about this self-care-through-acupressure is remembering to use it!

### READING SUGGESTION

Charlotte Davis Kasl's *Finding Joy: 101 Ways to Free Your Spirit and Dance with Life* is a delightful and helpful little book. Kasl begins by reminding us that joy is good for us, that it "has the power to open our hearts, remove fear, instill hope, and foster healing," which is another way of saying what I've said many times before: joy (and other positive emotions) raises our energetic vibrational frequency, and the higher our vibrational frequency, the healthier – physically, mentally, emotionally, and spiritually.

She also points out that "joy is our natural birthright," something that is so hard for many of us to embrace "because we have been taught repeatedly that growth comes through struggle and suffering," that "joy and happiness are suspect in our culture, often regarded as childlike, indulgent, or immature." Her final introductory point is that "joy is good for the planet" because "a truly joyful person transmits healing energy to all around them."

Then Kasl gives us 101 ways to experience joy, and her wisdom shines through as she explores the how-to and the reward of each. In one section, called "Loving Yourself, No Matter What," the pearls are "You Are Perfectly Imperfect Right This Minute," "Look for the Positive Intention," "Bless Today: It Will Never Come Again," "A Belief Is a Belief Is a Belief...But It's Not Necessarily So," and "Whatever Anyone Say or Does Means Nothing About Your Worth," among others. Another Section is called "Lighten Up: Finding Balance in a Crazy World." Another is "When You're Sinking, Grab a Life Line," which includes "First Aid for Hard Times" and "You Get to Make Mistakes."

Read it! It's so wise and refreshing!

Holding the appropriate finger can help to alleviate a physical or mental/emotional problem and/or can help to strengthen the associated organs – by stimulating and smoothing the life-force energy flow through those organs. Hold for several minutes whenever you think of it.

	<b>BODY ORGAN</b>	<b>MIND/EMOTION ATTITUDE</b>	<b>PHYSICAL SYMPTOMS</b>	<b>OTHER NOTES</b>
<b>THUMB</b>	Stomach Spleen	WORRY Depression Obsessiveness Anxiety Preoccupation	Stomach aches Headaches Nervousness Surface skin problems	Immune-booster... so hold when cold is coming on, when allergies are acting up, etc.
<b>INDEX FINGER</b>	Bladder Kidneys	FEAR Frustration Perfectionism Criticism Timidity Mental confusion	Digestive problems Muscle problems, including arthritis, back-ache, etc.	Low, mid, and upper back; neck; and bladder problems are often related to buried fears.
<b>MIDDLE FINGER</b>	Liver Gall Bladder	ANGER Irritability Indecisiveness Instability Rage	Eye and vision problems Vascular (blood and circulation) problems Constant fatigue	Anger held in the body invariably leads to physical manifestations and thus needs to be released!
<b>RING FINGER</b>	Large Intestines Lungs	SADNESS Grief, as over a loss Negativity Fear of rejection	Digestive problems Breathing problems Deep skin problems	Can help allergies and emphysema and can ease sadness. (Long-held, deep grief can lay the ground for cancer.)
<b>LITTLE FINGER</b>	Heart Small Intestines	“TRYING TO” Always trying to do, help, take care, win, etc.—instead of just <i>being</i> , just <i>letting go</i> .	Bone problems Nerve problems Sore throat	Always “trying to” is often related to feelings of insecurity, lack of love, etc.