

# VOLUME FIVE

## Heal from Within ~ Mia Anderson

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### READING SUGGESTION

The first book that I read when, in 1998, I began my spiritual journey was Neale Donald Walsch's *Conversations with God, I*. An energy practitioner asked if I had read it, and I replied that I hadn't but that my daughter had given it to me a few years prior. Instinctively recognizing an important synchronicity, I read the book – and was launched.

Here was the Higher Power that I had known in my heart was there but had never heard about in all of the years growing up as a "PK," a preacher's kid. I left the church in my earlier twenties and pretty much didn't even think about God (even today, that name can trigger some negative connotations, connotations that I must regularly stop and find it in me to dismiss as an "outgrown script"). But *this* God made my heart sing.

Here the difference between religious/church teaching and spirituality is clearly explained. The inherent *magnificence* of humans is described (thus our challenge is to embrace – rather than deny – our divinity and the divinity of all others). The highest nature of human relationships is detailed. The process by which we create our lives is laid out.

If you can get past any discomfort with the notion of God's being the speaker of all these truths (in a "conversation" with Walsch), you'll learn how you can make your life "take off," why there is so much "bad" in the world,

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### LIGHTENING OUR SPIRIT

An elderly Cherokee man was teaching his grandchildren about life.

He said to them, "A fight is going on inside me. It is a terrible fight, and it is between two wolves.

"One wolf is evil. He is fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego.

"The other is good. He is joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

"The same fight is going on inside you – and inside every other person, too."

They thought about it for a minute, and then one child asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

<http://wholyground.com/healing.html>

### QUESTIONS & ANSWERS CORNER

I've been asked this question often enough that it's time to provide an answer for those who might be wondering but *haven't* asked: *Why do I sometimes feel no better and sometimes even worse after a session?*

First, we find that more often than not – though certainly not *always* – there will be a *delayed* reaction in the body for "dis-eases" that involve muscles or the sinuses. In the case of neck, shoulder, and back pain, for example, it seems the muscles need to be nourished by the restored energy flow for several hours or overnight before relief is

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### HELPING OURSELVES AND OTHERS WITH ACUPRESSURE

This issue: quick tips from Isabell Gatto, master practitioner/teacher of IGM<sup>®</sup> (Isabell Gatto Method of) Therapeutic Acupressure, my modality. Of course, these are meant as complements to – never substitutes for – appropriate medical care.

*When a woman is pregnant or trying to get pregnant:* Be absolutely certain to avoid any pressure on the shoulders and on the pinkie toes, and that includes massages and pedicures. These acupressure points *can* cause the uterus to "drop," which in turn *could* interrupt an egg's attempt to attach or *could* promote contractions. On the other hand, when she is in labor, someone with her in the delivery room should press on these points to greatly assist delivery!

*When you or someone else is experiencing heart issues:* For irregular heartbeats and palpitations, simply wrap and hold the left pinkie finger (along which the heart meridian lies) with the right hand. Close your eyes and do some deep breathing, visualizing the Life Force Energy entering through the top of your head, flowing down through your arms and hands and into the finger. ... If you or someone else thinks a heart attack might be coming on, first, call 911; second, chew on several aspirin (unless there's a known allergy to aspirin); third, pinch the sides of the left pinkie finger at the base of the nail (there are little indentations there between the nail and the first joint), pinching as hard as you can.

*When you come upon someone who is unconscious:* Take off his or her shoes and press your thumbs *very* firmly into the center of the foot, right below the "pad" area.

*When someone is bleeding from a wound:* If possible, cover the wound with sterile gauze, fabric, or paper, and

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## QUESTIONS & ANSWERS CORNER – continued

experienced. The sinuses often seem to require a period of time before they begin to flow and the pressure and any related headaches are released.

Cold and flu symptoms can be “drawn out” by a session, but they always emerge hard and fast and then are gone much more quickly than if the body had been left to heal on its own time.

Finally, yes, there are individuals who experience what we practitioners refer to as a “healing crisis.” When blocked points along the meridians are opened during a session and the energy begins to flow, so too do *many* things in the body begin to flow. Among these are repressed memories and emotions that in some instances can be very painful to experience. What we practitioners know – and what most of us have personally experienced – is that the body, in its infinite wisdom, knows that this is what is needed for healing to occur. Knowing this and trusting in the healing process, it is wise to welcome the painful emotions, acknowledge and embrace them, and then, at long last, find yourself able to release them. Only then can we be freed from what has hurt us.

If you experience a healing crisis, reach out to family, close friends, or your practitioner so they can help you stay centered on the great good that will come from it.

## MORE SPIRIT LIGHTENING

One day the father of a very wealthy family from Chicago took his son on a trip to Conover, Wisconsin, with the express purpose of showing him how poor people live. They spent a couple of days and nights on a farm of what would be considered a very poor family. On their return from the trip, the father asked his son, “How was the trip?” “It was great, Dad.” “Did you see how poor people live?” the father asked. “Oh, yeah,” said the son. “So tell me, what did you learn from the trip?” asked the father.

The son answered, “I saw that we have one dog, and they have four. We have a pool that reaches to the middle of our garden, and they have a creek that has no end. We have imported lanterns in our garden, and they have the stars at night. Our patio reaches to the front yard, and they have the whole horizon. We have a small piece of land to live on, and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them.”

The boy’s father was speechless. Then his son added, “Thanks, Dad, for showing me how poor we are.”

Isn’t perspective a wonderful thing? What if we were all to focus on being thankful for everything we *do* have instead of lamenting and worrying about what we *don’t* have.

Thanks to Jim Miller, Janesville, Wisconsin

## HELPING OURSELVES WITH ACUPRESSURE – continued

Then place your right hand over the “dressing,” your left hand over your right hand, and press firmly. Visualize Life Force Energy entering through the top of your head, flowing down through your arms and hands and into the wound.

*When you need a boost of energy:* Seated on a soft or cushioned chair, sofa, etc., place the tips of your three middle fingers under your buttocks so that they under the v-shaped bone that touches the chair when you’re sitting (we call them the “sit-bones”). Close your eyes and visualize Life Force Energy entering through the top of your head, flowing down through your arms and hands and into the sit-bones.

*When you’re in the presence of someone with very negative energy or in the presence of an “energy vampire”:* To protect yourself from taking in the negative energy or from “leaking” your energy to the “energy vampire,” hold something – anything (even just your crossed arms) – in front of the area of your abdomen that lies between the bottom end of the sternum (chest bone) and your navel.

## READING SUGGESTION – continued

what the meaning of prayer is, how we can heal ourselves from our “dis-eases,” how we can release the fear that has been conditioned into us, what it means to be “immortal,” and so much more.

If you’ve ever wondered about these things and more, start with this book.

## INSTANT STRESS-BUSTER

When you are feeling particularly stressed and/or are having a panic attack, try “Square Breathing”! A client (Thank you, Maureen!) mentioned it, I researched it and tried it, and it works!

Close your eyes and picture in your mind’s eye a big square. As you take a long, deep inhale – starting with filling the belly and then the lower lungs and finally the upper lungs – let your eyes start in the lower left corner and move up the vertical side to the slow count of four.

Hold your breath, letting your eyes move across the top of the square from left to right, again to the count of four.

To the count of four, do your exhale as your eyes move down the right-side vertical, pressing the air *completely* out from the top of the lungs, the bottom of the lungs, and the belly.

Finally, once again to the count of four, hold the “emptiness” as your eyes move right to left across the bottom of the square.

Do this for several minutes or for as long as necessary until you feel your calm return.

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