

VOLUME SEVEN

Heal from Within ~ Mia Anderson

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READING SUGGESTION

I have to suggest Eckhart Tolle's *A New Earth: Awakening to Your Life's Purpose*.

I know full well that some readers will find it not very accessible. And some will mistrust it simply because of the hoopla made over the book on *The Oprah Show*.

For me, *A New Earth* is easily one of the top five most important books among the hundreds that I've read in the "Spiritual Teachings" category. The book's greatest contribution is showing us how the ego operates so that we can recognize when it is working to make us miserable or angry or defensive or insatiable or whatever mood – and thus counter its destructive power over us.

For example, the ego always identifies with *things* and is *never* satisfied, at least not for long. Also, the ego loves to judge people and situations and to complain about them because it feels enhanced – we feel enhanced – when we feel better than or more "right" than other people or situations. And on and on. The ego is never happy because if at all times we were – if we chose to be – in a place of inner peace, the ego would cease to exist, and it doesn't want that to happen.

Turn page over

LIGHTENING OUR SPIRIT

“. . . This is the best piece of advice I can ever give you: **Cultivate the voice of self-love inside you.** Listen to the angels of acceptance. Listen to your Buddha Nature. Listen to the smallest golden leaf on the aspen tree, your Aunt Sadie who bakes oatmeal cookies, Jesus, and that rascal of forgiveness, your golden retriever. Listen to the exuberant river. Listen to Allah or Moses come down from the mountain with awe on his face. Listen to the poets Rumi or Kabir, Blake or Whitman. They are all saying one thing and one thing only: You are loved. You are loved. You have everything inside you. This moment will absolutely free you, if you free it from judgment. . . .”

Excerpted from Tama Kieves' *Trusting the Journey Times*, June 18, 2008. Visit www.awakeningartisty.com.

QUESTIONS & ANSWERS CORNER

“Why did I feel *worse* after my session?”

When that happens, we call it a “healing crisis,” although the term might sound a bit extreme for most cases. What happens is that when the session gets energy moving that has not been moving for some time (usually months or years), emotions and thoughts that have been repressed can rise up to the surface. The body and the spirit are wise way beyond our minds and hearts, and they know that healing requires that these “stuffed” emotions need to be acknowledged and felt – and thereby released.

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HELPING OURSELVES AND OTHERS WITH ACUPRESSURE

This issue: ways to resolve lung and breathing issues. Of course, always consult your physician when appropriate.

Throughout most of the day, most people breathe very shallowly, and it is vital that we simply become aware of our breathing so that we can return to a slower, deeper breathing pattern. I often tell clients – especially when giving tips for managing stress – to remember to *breathe*. A good practice is to identify one or more “triggers” for remembering. I use drinking water, going to the restroom, hanging up the telephone, and stopping at red lights as my primary reminders; at these moments, I do three “cleansing breaths,” the long, slow, deep breaths that fill the belly, the lower lungs, and the upper lungs.

Isabell Gatto, master practitioner/teacher of IGM[®] (Isabell Gatto Method of) Therapeutic Acupressure, my modality, recommends holding the IGM[®] #50 points, which are on the side of the chest wall a little ways below the armpit. Cross your arms and walk your fingers up and down the area on the chest wall between the armpits and the breasts, looking for tender spots – those are the ones. Then just hold them for a few minutes while you do some slow, easy breathing. This will open any blockages so the energy can flow again and will help your lungs to expand naturally.

Turn page over

Your playing small doesn't serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do.

Marianne Williamson
A Return to Love

READING SUGGESTION – continued

There is too much to say about this book, so I close with an excerpt that I hope will suggest its flavor:

. . . after two ducks get into a fight, which never lasts long, they will separate and float off in opposite directions. Then each duck will flap its wings vigorously a few times, thus releasing the surplus energy that built up during the fight. After they flap their wings, they float on peacefully, as if nothing had ever happened.

If the duck had a human mind, it would keep the fight alive by thinking, by story-making. This would probably be the duck's story: "I don't believe what he just did. He came to within five inches of me. He thinks he owns this pond. He has no consideration for my private space. I'll never trust him again. Next time he'll try something else just to annoy me. I'm sure he's plotting something already. But I'm not going to stand for this. I'll teach him a lesson he won't forget." And on and on the mind spins its tales, still thinking and talking about it for days, months, or years later. As far as the body is concerned, the fight is still continuing, and the energy it generates in response to all those thoughts is emotion, which in turn generates more thinking. This becomes the emotional thinking of the ego. You can see how problematic the duck's life would become if it had a human mind. But this is how most humans live all the time. No situation or event is ever really finished. The mind and the mind-made "me and my story" keep it going.

We are a species that has lost its way. Everything natural, every flower or tree, and every animal have important lessons to teach us if we would only stop, look, and listen. Our duck's lesson is this: Flap your wings – which translates as "let go of the story" – and return to the only place of power: the present moment.

I hope you'll want to give this book a chance. And for those of you who want more, you can download his ten conversations (one per chapter) with Oprah and a worldwide audience at www.oprah.com.

HELPING OURSELVES WITH ACUPRESSURE – continued

Isabell also recommends wrapping and holding the ring finger, where the lung meridian flows. Hold one for a few minutes and then hold the other.

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 taking a few minutes to hold the point that on the traditional Chinese charts is called Lung 1. It's on the outer chest wall about three finger-widths below the collar bone.

Finally, in the case of an asthma attack, Isabell finds that this combination can bring tremendous relief: in a sitting position, lean over, cross your arms, and place the fingertips of each hand deep into the back of the opposite knee. Then swing the thumbs **up** so they are on a point that is just off the large leg bone (on the front of the leg toward the inside). Hold this position for several minutes while doing quiet breathing.

Of course, we always want to explore the body/mind/heart/spirit issues that lie behind/underneath our physical issues. Louise Hay, author of the magnificent *Your Can Heal Your Life*, says of all lung issues (including matters like smoking and emphysema) that they originate in one or more of these thought patterns: *depression, grief, fear of taking in life, not feeling worthy of living life fully*. Of asthma, she cites *smother love, inability to breathe for one's self, feeling stifled, suppressed crying*. As always, if any of these resonates with you, it's an invitation, an opportunity, to explore them and to resolve them so that the body doesn't have to "speak" of them. If they do *not* resonate, simply dismiss them.

The only difficult thing about getting these amazing benefits from acupressure is remembering to do them! (If you have questions about the locations, ask me!)

QUESTIONS & ANSWERS CORNER – continued

It can be painful and scary to feel some of these emotions, but if you know that it is happening for a *healing* reason, you can trust the process and move forward.

If you have any concerns after your session, call me!

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