

VOLUME EIGHT

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

Let Yourself Be Carried: *The Flow of the Universe*

“The flow of the universe moves through everything. It is in the rocks that form, get pounded into dust, and are blown away. It is in the blossoming of a flower born from a seed planted in the spring. The growth cycle that every human being goes through is part of this natural flow, which is also the current that takes us down life’s paths. When we move with it rather than resisting it, we are riding on the universal wave that allows us to flow with life.

“Many people live struggling against this current. They try to use force or resistance to will their lives into happening in the way they think it should. Others move with it like a sailor, using the wind, trusting that the universe is taking them exactly where they need to be at all times. This flow is accessible to everyone because it travels through and around us. We are always riding it – it is just a matter of whether we are willing to go with it or we resist it. Choosing to go with the flow is often a matter of relinquishing the notion that we need to be in control at all times.

“The flow is always transporting you where you need to go. It is merely a question of deciding whether you plan on accepting the ride or having it take you there with your feet dragging. Learning to step into it can help you feel a connection to a force that is greater than you and is always there to support you. The decision to go with the flow takes courage because you are surrendering the belief that you need to do everything by yourself. Riding the flow of the universe can be effortless, exhilarating, and unlike anything you ever expected. When you are receptive to being in it, you open yourself to possibilities that exist beyond the grasp of your control.

“As a child, you were naturally swept by the flow. Tears of sadness falling down your face could just as quickly turn to tears of laughter. The mere tiniest wave carrying you forward off the shores of the ocean could transport you into peals of delight.

“Our souls feel good when we go with the flow of the universe. All we have to do is make the choice to ride its currents.”

From www.dailyom.com, April 9, 2008

QUESTIONS & ANSWERS CORNER

“Why do you say that an IGM[®] Therapeutic Acupressure session is better than a traditional massage?”

Traditional massage absolutely has its place. To be sure, some people love them. However, massage works primarily on your muscle system, and if your energy system is blocked, any benefit you might receive from a massage is going to be very superficial and very short-lived. An IGM[®] acupressure session leaves your muscles and every other part of your body – along with your thoughts, emotions, and spirit – even more deeply relaxed.

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HELPING OURSELVES AND OTHERS WITH ACUPRESSURE

This issue: ways to relieve lower back pain. Of course, always consult your physician when appropriate.

Isabell Gatto, master practitioner/teacher of IGM[®] (Isabell Gatto Method of) Therapeutic Acupressure, my modality, based on her 35 years of practice, is in full agreement with Dr. John Sarno that *nearly all* lower back pain originates in thoughts and feelings. The evidence is in the fact that two people with the exact same lower spine condition (herniated or compressed disks, etc.) – one will experience pain and another won’t. Isabell cites three problems that underlie the pain: 1) feelings of non-support, 2) concerns about money, and/or 3) anger turned inward (the anger might be at a person, at a situation, at God, at yourself, etc., and you’re stuffing it down rather than expressing it, hopefully appropriately). So the first course of action is to resolve the situation that is at the root of your pain so your body doesn’t have to “speak” of it.

For addressing your pain with acupressure, it is best, of course, to get an IGM[®] session. Still, there are things you can do for yourself and others. Hold your *right* hand over your lower belly, just above the pubic bone, and hold your *left* hand (palm to body if

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Angels are the thoughts of God, and in Heaven, humans think like angels. Angels light the way. Angels do not begrudge anyone anything, angels do not tear down, angels do not compete, angels do not constrict their hearts, angels do not fear. That's why they sing and that's how they fly. We, of course, are only angels in disguise.

Marianne Williamson
A Return to Love Reflections on the Principles of A Course in Miracles

READING SUGGESTION

I really enjoyed the little book titled *The Zen Commandments: Ten Suggestions for a Life of Inner Freedom*. The book jacket says it well: "Drawing on sources from Zen stories and the Bible to jazz and rock 'n' roll, from American movies to Tibetan meditative techniques, Dean Sluyter steers clear of dogma and emphasizes what *works* – a sort of spiritual street smarts."

The *Ten Suggestions* are these, but read the book to get a clear and thorough understanding of them: 1) Rest in Openness, 2) Act with Kindness, 3) Notice the Moment, 4) Recognize Teachers, 5) Keep It Simple, 6) Be Devoted, 7) No Appointment, No Disappointment, 8) Bless Everyone, 9) Disconnect the Dots, and 10) Be a Mensch and Enjoy the Joke.

Here's a single excerpt from Chapter 10 to give you the flavor of the book:

"Yet mensches don't make unreasonable demands on anyone, including themselves. They know they're human. They don't necessarily get rid of all their little foibles, but they acknowledge them and devise strategies to compensate for them.... Rather than fixate on their weaknesses, Mensches take the attitude I once saw written on a T-shirt: I may not be perfect, but parts of me are excellent."

The trick is in what one emphasizes. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.

Carlos Castaneda

TIDBIT

I'm looking more and more into nutritional matters, and will share here a single finding. According to Dr. Andrew Weil (Integrative Medicine, University of Arizona) and many other highly reputable sources, we should all be consuming more tumeric, ginger, and cayenne – all powerful anti-inflammatories. Buy only good-quality products, fresh or in capsules (follow capsule-package directions).

HELPING OURSELVES WITH ACUPRESSURE – continued

possible) over your lower back so you are "sandwiching" the lower spine. Just close your eyes and breathe slowly and deeply for a few minutes, "washing" the troubled area with energy. ... Isabell also recommends placing your fingertips up into the very backs of the knees, closing your eyes, and breathing slowly and deeply for a few minutes.

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 holding four points at the waistline. These are hard to do on yourself, so have someone help you. Lean over the back of a couch, a table, or such, and have them hold (one at a time) the points that are about one and two inches out from the spine on those ropey vertical muscles. They're to press their *right-hand* thumb on one of these points – and with the *left* hand, hold into the *opposite* Achilles tendon. Hold each combination for at least a minute. The other set of points that he recommends is right in the middle of each buttock; have your helper place her/his *right-hand* three middle fingers on one point and with her/his *left* hand hold the *same-side* Achilles tendon for at least a minute. Then repeat on the other buttock.

Louise Hay, author of the magnificent *Your Can Heal Your Life*, says that *upper* back issues include (one of more of these) "Lack of emotional support. Feeling unloved. Holding back." Of *middle* back issues, she cites (one of more of these) "Guilt. Stuck in all that *stuff* back there. 'Get off my back.'" Again, 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

And, of course, the acupressure session also provides what massage *doesn't* provide – many health benefits on the physical, mental, emotional, and spiritual levels!

**Gift certificates for yourself and others
are available ~ 10-30% discounts applied
to multiple purchases.**