

# ***'Vibrations of Truth'***

***January 2008***

Welcome this month's edition of '*Vibrations of Truth*' the 'E-zine' from Mickel Health Initiatives Ltd (MHI). If you feel there are articles you would like to see in *Vibrations of Truth* please email us at [info@mickeltherapy.com](mailto:info@mickeltherapy.com)

If you know anyone that might find this e-zine interesting or informative then please forward them a copy and invite them to sign up with us through the website [www.mickeltherapy.com](http://www.mickeltherapy.com). Our mission is to help individuals, families and organisations achieve health, happiness, abundance and success in their lives, so help us help others by sending this around.

## **Main Article**

This month's newsletter will answer the following question sent in by one of the subscribers:

***" As a parent, what can I do to protect my children from developing one of these 'energy disorders' such as CFS/M.E?"***

This is an excellent question which we are sure resonates with all parents and indeed hopefully our children's teachers. Before we look at this question in some detail we should remind ourselves about the Mickel Therapy hypothesis on what leads to the '*energy disorders*' such as CFS/M.E and Fibromyalgia. In simple terms it is the mishandling/denial and therefore suppression of primary e-motions that leads to this type of 'dis-ease'. Primary e-motions according to Mickel Therapy arise without any thought processes so they are unaffected by 'thinking positively' or any other cognitive shifts in perception. They are truthful for us all...including our children.

These e-motions arise and pass spontaneously into our physical cells at which point they alter the function of those cells. Specifically, over a period of time, these e-motions have their effect on the hypothalamus gland and gradually rewire it (from an early age) until at some point symptoms of one of the '*energy disorders*' kick in. Quite shockingly we now know that this is starting to happen at worryingly young ages in childhood.

So returning to the question above we can see that from an MT perspective the 'simple' answer is - "by showing them from an early age how to constructively handle their e-motions (that are just as valid as us adults)". It is by doing so that we prevent the build up of them in their cells and the subsequent effects on their well-being.

Now let's be honest, this sounds simple on paper but is far from that. This is due to the fact that it really means e-motionally empowering our children before our culture is either

ready or safe to do it in. However we have some tips that may make the steps towards this easier. It is such a vast subject that we can only start to brush the surface here. It is for this reason that we at Mickel Health Initiatives Ltd are working on a short book on child raising to be released this year called ***Permission To Feel – the best gift we can ever give our children.***

For the purposes of looking at some tips, we could separate our children's stages in life into 'pre-school', 'school' and 'beyond school' but since most of the problems arise early on then we will look at that time.

### **Pre-school**

These are scary times as a parent as this is really where we make our mark. We lead by example in terms of our own e-motional handling as well as influencing our children's understanding of their e-motions and how they are viewed by us adults. Key tips include:

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Teach them right and wrong but **not** at the expense of their feelings about this. This is an age when we teach very specific boundaries in terms of what our society allows and can lead to frustration so make space to allow this e-motion to be both voiced and validated. Gone are the days whereby we just lay down the law unilaterally – if we want our child's health to not be compromised.

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Be patient and allow full **expression** of feelings – especially frustration. Remember they have exactly the same e-motions as we do but without the gift of expanded choices in terms of action.

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Make every effort to be a '**safe ear**' for a child to approach with their e-motions. This is done without judgement regarding the content or context of the latter because remember their e-motions too arise spontaneously and cannot be altered by thought. This just leads to denial and suppression.

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Always allow the flow of **tears**. These are an essential part of existence. Too often we are taught that they are awkward and not to be welcomed. It is at this age that you can change this potential mistake.

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**Never** try and **talk** a child out of their e-motional reality this teaches them the wrong lesson – that their e-motions are errors. This is the complete opposite of the truth.

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Be very aware of the signs of **boredom**. Whether we like the fact or not our children suffer more from this than we can ever imagine. In fact we would suggest that the biggest piece of ADHD (as we treat it at MT) is just mishandled boredom...a bold statement indeed. So if a child is playing up, restless or destructive etc - just explore the possibility with them of boredom.

In summary our children have an equal right to the flow of e-motions in their life but culture somewhere along the line has removed their 'permission to feel'. This probably peaked in Victorian times when the coined phrase was 'children should be seen but not heard!' This leads to a silently e-motionally suppressed child who will inevitably suffer some form of ill health whether that just be recurrent colds, sore throats, stomach ache, headache or indeed a full 'energy disorder'.

We are very keen to point out however that the above must not be read to lead to parental self-reproach and blame – especially if your child has developed an 'energy disorder'. This is not about blame as we all do the best that we can. As well as the above there are many other factors involved that lead to an 'energy disorder' so please do not make the mistake of thinking that parents are to blame. It is not parents' fault but a cultural one. Thankfully with increasing awareness it is one that we can now start to correct. We will be producing the book on this subject this year and then rolling out one-day seminars for families for those interested.

### **FREE VIDEO ABOUT MICKEL THERAPY**

A reminder that the video of Dr Mickel explaining the symptoms of CFS/M.E and FMA through the hypothalamus model is now available for free on Youtube.