



## May 2008 2<sup>nd</sup> Newsletter

### "Vibrations of Truth"

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#### *Feel the Pull*

"To know how to choose a path with heart is to learn how to follow intuitive feeling. Logic can tell you superficially where a path might lead to, but it cannot judge whether your heart will be in it."

Jean Shinoda Bolen

In the last newsletter we talked about avoiding analysing the past and how the best option for regaining health and moving towards happiness was facing forward and being present in the now.

In this edition, we would like to talk a little bit more about moving into the future in directions that are right for us.

For those unfamiliar with Mickel Therapy, a general principle is a move away from the 'mental-body' towards the 'emotional-body'. This means a move away from analysis towards awareness. We do this by quite literally reorientating our attention from our head into our body - around the heart/ solar plexus region of our abdomen.

When it comes to the future, setting specific goals and rigidly adhering to them tends to be a mental exercise requiring an almost complete focus on thinking and the absence of feeling. This very often can result in large amounts of frustration.

We suggest that there is a part of you that knows in which direction to be going. Of course this is in conflict with the idea that we need to think very hard to work things out looking at pros and cons and the like. In order to do this then let go of the shackles of analysis and thinking and let yourself be guided by e-motions only.

To put this into action we start by reverting attention into the body and reviewing potential futures and options, you can begin to feel yourself being pulled towards certain things and nudged away from others. Without analysis, allow yourself to flow where you feel these gentle 'pulls' and 'nudges'. Your body will let you know whether you need to change direction. This makes life effortless in that energy need not be expended on mental analysis and complicated thinking.

"If moment by moment you can keep your mind clear then nothing will confuse you."

Sheng Yen

## Q's & A's

**Q: I have fibromyalgia and severe multiple chemical sensitivities to everything. I'm on disability and it would be hard for me to afford MT. But, I would like to know more of how exactly it works, and if it helps people who are environmentally ill like me?**

A: Thank you for your question. If you look at the past editions of the newsletters then it will answer most of your question. Briefly the sensitivities that you describe are a common secondary effect in conditions such as Fibromyalgia. Mickel Therapy is successful in treating this problem not by addressing the sensitivities (as they are effects and not cause) directly but teaching you the Mickel Therapy tools to correct the underlying hypothesized cause - namely a dysfunction of the hypothalamus. If you are interested in treatment then you could contact your nearest Practitioner to see if they are in a position to offer a reduced rate as many of them do this.

**Q: My daughter has been diagnosed with chronic ME but I am not sure that is what she has. She has days when she is so bad that she cannot hold her up and has to be helped to dress. She also has some muscle wasting and difficulty forming words sometimes. Is this normal for ME? I am a nurse and know others with ME but none of them have been as bad as my daughter. Thank you for your help.**

A: Thank you for your question. The nature of ME is that of a large spectrum of severity of symptoms and it does sound like your daughter has a severe form. Your doctor should have performed the series of blood tests to exclude other illnesses and if these are negative then he can then confidently diagnose ME. In the severe forms of these conditions the symptoms and signs that you describe are not atypical. Mickel Therapy has treated people with this severe form successfully but if you would like more specifics about what this may involve then it is probably best to e-mail Dr Mickel directly on [askdoctor@mickeltherapy.com](mailto:askdoctor@mickeltherapy.com) and he will advise you?

## Latest News

**Dr Mickel's talk in Glasgow at the Royal Concert Hall** on Saturday the 17th of May was very well attended and has been made into video for distribution through the website and 'youtube'. Thanks to all of you who attended and for asking very good questions - this will help many understand better.

### **Glasgow Health Seminar**

On the back of the above and due to demand we are now offering places at the June, one day health seminar in Mickel Therapy. Places will be limited so please e-mail [info@mickeltherapy.com](mailto:info@mickeltherapy.com) for details and to book a place. These seminars are designed as starter treatments for those wishing to embark on a course of Mickel Therapy. They translate into approximately 3-4 sessions of Mickel Therapy and so at £175pp they are very cost effective.