



## ***‘Vibrations of Truth’***

Welcome to edition 8 of ‘*Vibrations of Truth*’ the ‘Ezine’ 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)

# **Life is a Series of Moments**

*The more I give myself permission to live in the moment and enjoy it without feeling guilty or judgmental about any other time, the better I feel about the quality of my work."*

-- Dr Wayne Dyer

How much pleasure do you have in your life? How much fun do you have? Are you in touch with your passions or purposes?

Isn't it interesting that when you are unwell, especially if you have spent time in hospital, doctors and nurses will usually tell you to "*take things one day at a time*". Surely life is a series of moments? We know that the way our bodies work that emotions are just a flow of energy – a transfer from outside to in. So we also know that our bodies are responding to life on a moment to moment basis. Despite the temptation to generalise over periods of time, our bodies can be generating one emotion one minute and then another the next.

The problem is that so many of us, whether in good health or not, tend to spend an inordinate amount of time thinking about the future, be that the next 5 minutes or 5 years. This means that we are not attending to the now; rather we have already jumped ahead to the next activity and then the next. In fact the next 4 or 5 activities may be completed in our head so we then run on some sort of autopilot mode as we drift through our days.

We then seem to get trapped in endless cycles of drudgery, moving from one task to the next. Everything becomes about achievement and achieving the next thing. As our brain takes over and we lose the connection with our emotional-intuitive centre we lose a sense of who we are, a sense of identity. This means endless striving, we get caught up in achievement, and the sense that we must prove ourselves constantly; this is often coupled with having a need to get newer and better ‘stuff’. Even the things we do for ourselves are often driven by this achievement-focused brain. We can become obsessed with good diet, exercising, doing yoga, regardless of whether any of these things bring joy and pleasure. Even the gurus trying to sell us better life styles, stress reduction, positive thinking etc, are all coming from this brain-achievement driven focus – all of which neglect to tap into who we really are at our e-motional core.

So how is this a problem? Well, we would argue that it provides another piece of the health puzzle as to why there is such a proliferation of Energy Disorders.

Even the most conservative physicians and doctors concede that the underpinning causes of illness or healing remain largely unknown to medicine. Physician James McCormick, wrote in the respected journal *The Lancet*:

*“Physicians would do better to encourage people to live lives of modified hedonism so that they may be able to enjoy, to the full, the only life that they are likely to have”.*

Ultimately we all need more pleasure, joy and passion in our lives, and in order to find this we need to take a moment to allow ourselves to feel who we are. The first stage of this is to begin to allow oneself to experience life as a series of moments. Bring yourself back into the now because it is only when you are in the now that you can truly witness all you are feeling and experiencing.

As you catch your attention through the day, start by bringing it back to your breath. Allow yourself 3 deep cleansing breaths then bring your attention to your senses, what do you see, hear and feel right now. Feel life now. We like to think of this as walking meditation, where you don't have to sit for 20 minutes to connect with yourself, rather each step you take you are feeling a connection to yourself as well as everything around you.

*Why not concentrate on the now instead of hoping for better times in the future? Why not understand the now instead of forgetting it and hoping for the future? Isn't the future just another trap?”*

-- Anthony de Mello

*“Nothing is worth more than this day. You cannot relive yesterday. Tomorrow is still beyond your reach.”*

-- Johann Wolfgang Von Goethe

### ***Testimonial of the Week:***

I was diagnosed with M.E in 1996 but know now that I was suffering from the condition more mildly for at least 20 years before my final collapse. Over the past 10 years I made progress slowly, but was never symptom free, despite trying many alternative approaches.

Now after successfully completing a course of Mickel Therapy I feel really well (probably better than when I was in my 20's) and feel empowered to stay well. My debt to Dr Mickel, his very practical therapy and the skilful, caring therapists who treated me is immense. **AN 2007**

### ***Latest News***

Mickel Health Initiatives Ltd recently completed another successful Mickel Therapy practitioner training in London. We would like to welcome another 14 practitioners to our growing team. Participants came from England, Scotland, Ireland, Denmark, and Germany.

The next therapist training will take place in Auckland, New Zealand. A two-day Health Seminar and series of talks will also be given. For more details visit [www.mickeltherapy.co.nz](http://www.mickeltherapy.co.nz)

Due to scheduling difficulties the planned Australian Training is being reorganised for end of 2007/beginning of 2008. Those who are interested in training sooner are invited to consider attending the training in Auckland in May 2007. There is a 20% reduction in training fee for those travelling from Australia for this to help cover extra costs. Please contact us at [info@mickeltherapy.com](mailto:info@mickeltherapy.com) should you wish to take advantage of this offer.