



MIR-METHOD[®] FOR SELF-HEALING: MENTAL AND INTUITIVE RESET

CONDENSED KNOWLEDGE FROM ALTERNATIVE
HEALING METHODS TO BE USED AT HOME

MIREILLE METTES

COMMON SENSE

- Always use your common sense. Consult a doctor whenever you suspect something is seriously wrong.
- If you take medication, then keep taking it. Always seek advice from your doctor or specialist before reducing any medication.
- If you have serious health issues or if you are very sensitive to treatments, then begin slowly and safely: only perform steps 5 and 7 for 2 weeks. After that, you can start doing all 9 steps.
- If you have serious health issues, please consider being guided by a MIR-therapist or MIR-coach. They are specially trained to guide people with emotional or physical complaints in performing the MIR-Method. As a result of their guidance, the effect of the MIR-Method is often felt more quickly and more effectively. You can find MIR-therapists and MIR-coaches at www.mirmethod.com

ISBN/EAN 978-90-815341-1-6; NUR 873

Second edition, October 2010.

Keywords: Self-healing method.

Illustrations: Mireille Mettes, oil painting on canvas, 40 x 40 cm.

Photo back cover: Antien Grijseels, www.antien.nl

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Teach others how to do the MIR-Method. Do not copy the book.

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World Peace

This book is dedicated to everyone who is, consciously or subconsciously active in contributing to make this world a better place where we can live in Harmony and Freedom with each other.

"MIR: World Peace is just a handshake away"

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Word of Gratitude

Many people have supported me in my quest for the MIR-Method. Firstly I would like to thank the discoverers and pioneers who created absolutely fabulous alternative healing methods. One in particular is Dr. Devi Nambudripad who developed the very conscientiously built and very successful anti-allergy method NAET (Nambudripad's Allergy Elimination Techniques).

I thank Dr. Goodheart with all my heart. He developed Kinesiology ('muscle testing') 50 years ago when he began using it in his Chiropractic practice. In my view it has been the most beautiful discovery, to be able to communicate with the human body. Everybody can now communicate with their own body thanks to these muscle testing techniques. **Your body will show you the way to healing.** Thanks to Dr. Goodheart's discovery of Kinesiology I have been able to develop the MIR-Method.

Special thanks goes to my dearest husband Remco, who has always given me the space to go my own way. His scientific background and down-to-earth view of the world, always keeps me secure and within reason.

I thank everybody very kindly for their co-operation in making the MIR-Method® come to life. Thanks to the input and co-operation of clients, colleagues, friends and family the MIR-Method® has become what it is now: through and for people. May the MIR-Method bring you everything you wish for!



PREFACE

When I worked as a NAET-therapist, the treatments were very successful. I was thrilled about it. However, sometimes I had to let people go who had undertaken a number of treatments with little result. Because of these people I kept on searching and I asked myself: "Why is one person set free from his complaints, while another one isn't?"

I am convinced that health issues largely exist because of intensely negative emotional events. This thought has always been present in my quest.

I began searching for additional methods to get rid of traumas more easily. I had already learnt about EFT (Emotional Freedom Techniques), The Journey¹ (Brandon Bays) and Family Constellations². I studied courses in Kinesiology (Touch for Health, muscle testing), Body Talk Access, NLP (Neuro-Linguistic Programming), Time Line Therapy and EMDR (Eye Movement Desensitization Reprocessing). Besides that, many therapists showed me their healing methods, for example Theta DNA Healing and Vortex Healing.

In January 2009 I started my practice called 'Allergy Free' in the Netherlands. A few months later I started giving courses to teach people all the tools they need to treat themselves, thinking: 'If I can learn how to treat others, so can they!'.

¹ 'The Journey' – Brandon Bays. ISBN10-9022555836.

² 'The Art and practice of Family Constellations. Leading Family Constellations as Developed by Bert Hellinger.' – Bertold Ulsamer. ISBN-13: 978-3896703989.



It took me about 6 months to develop the MIR-Method. It entailed many brainstorming sessions, nightly enlightened moments, and continually testing every little detail of the method. My clients were the people I treated with the MIR-Method, testing them every time they came to the office. I taught them how to do the 9 steps twice a day. They were the ones who treated themselves. I merely monitored their progress and did not treat them at all. Finally, the last 50 clients who came to my office had experienced such consistent and positive results from their own treatment that I was convinced that the MIR-Method was a fact. That's how I developed the MIR-Method, the method for 'Mental and Intuitive Reset'.

Peace to you

The name 'MIR' came to my mind in the blink of an eye. At first I wanted to call it the 'Miracle Method', because of the wondrous results that people achieved all by themselves. But on the internet I found an anti-alcohol program called 'the Miracle Method' and a detergent for cleaning a bathtub, with the same name. Well, then I'll just shorten it to 'MIR'. At the same moment I realised MIR means 'Peace' in Russian: МИР. Wow, that was really great! And only shortly after that I realised the first three letters of my name are the same: Mireille. Many months later I was told that МИР also means 'World' in Russian. It felt like this was 'meant to be'. So, if MIR means World and Peace, then it is exactly what the MIR-Method brings you: inner peace. And that is what I wish you most of all: "Peace in your mind and peace in your heart!"



CHAPTER 1. INTRODUCTION

Our body is unbelievably wise. It is capable of giving signals for hunger or thirst, it maintains temperature at the right level, it is capable of enduring extraordinary hardships and still perform excellently and above all it can raise alarm if necessary. It is most admirable, our body. It is an unprecedentedly beautiful vehicle that allows us to experience all kinds of things. Besides that, our body is capable of healing itself. The body knows its own way of getting healed and cured. All we can do, is give the body reason to (re)activate its healing processes.

The MIR-Method® was developed in 2009. MIR stands for 'Mental and Intuitive Reset'. Your thoughts and feelings from the past are being discarded, so that you will be reset both physically and emotionally, back to your original blueprint, the way you were meant to be.

The body loves to co-operate but only if it is activated in the right way. In the MIR-Method® you will find out how to activate your body. Your body receives an impulse to detox both toxic matters and toxic emotions. This physical and emotional detox is very advantageous for your health.

The MIR-Method can be easily combined

The MIR-Method is a do-it-yourself-healing method that people use independently, without consultation. Those who are already receiving treatment from a therapist, coach or doctor can combine it with the MIR-Method. Please let your professional know that you want to begin the MIR-Method. Combining the MIR-Method with other methods is often very beneficial.



80% positive results

The results vary per person and depend on your undertakings prior to beginning the MIR-Method to loosen stuck emotions and to detox your body. About 80% of people gain positive results from the MIR-Method and 20% of people are still waiting for results, because they don't notice anything different. It is then a question whether they truly have no results or whether the results are too subtle for them to notice. They often feel some fatigue, but to them that is not a very clear signal from the body. At the end of this book you can read what you can expect when you start using the MIR-Method. On my website www.mirmethod.com you can read testimonials from people who have noticed results.

Results MIR-Method

The most common results of the MIR-Method are emotional clearances, through which fear, uncertainty, anger and sadness subside and disappear. Many physical complaints are caused by stuck emotions, so clearing those is beneficial to your health. Besides that MIR-Method has caused some quite spectacular results. The disappearance of:

- itching,
- sleeping disorders,
- intestinal problems,
- menopause issues,
- nettle-rash,
- Rosacea,
- eczema.

Children show results more quickly. They can respond more intensely than adults. Animals respond very well to the MIR-Method. At the moment (June 2010) people with the following diseases or ailments are using the MIR-Method.



Their improvements are closely watched: people who are extremely overweight (obesitas), people with Anorexia, Phobias, Diabetes, Cancer, addictions, Myalgic Encephalomyelitis (ME), Multiple Sclerosis (MS), Lichen Sclerosis (LS) and Sarcoidosis and animals with incontinence, bladder infections, eczema and Cushing's disease.

Tineke, owner of cat Perdue (8 years old).

"Five years ago my cat had a bladder infection. She received medication which helped. However, half a year later the symptoms returned. I went back to the vet who sent me home telling me with cats it can sometimes be a whim and that it would stop all by itself. He was right at that time.

Sadly, a few months ago my poor cat was on the litter box again very often, urinating only a few drops. Just a few days after using the MIR-Method the symptoms of the bladder infection disappeared completely.

Many thanks, also from my cat."

The MIR-Method is very easy to learn and it costs little time and little effort. The MIR-Method may be spread freely, so teach your children and the people around you. Please do not change anything in the MIR-Method. Every word and every step has been tested excessively. If you change anything about the MIR-Method you also change its effect which would be a shame.

Animals respond usually very well to the MIR-Method, so please think also about them. So far, many household pets have been successfully treated, but larger animals such as horses and cows also respond very well.

Finally, it leaves me to say that the MIR-Method is spreading all over the world. At the moment (June 2010) I have received messages from users in Belgium,



Germany, Italy, Spain, Surinam and Czech Republic. The MIR-book is being translated into German, French, Spanish, Polish and Russian.

Visual support

People who prefer to be visually supported can visit the website. On the website you can find a video in which I show you how to use the MIR-Method. Just visit my website: www.mirmethod.com/video
Watching the video takes about 15 minutes.



CHAPTER 2. GROWING COOPERATION BETWEEN CONVENTIONAL HEALTH CARE AND ALTERNATIVE HEALING METHODS

Numerous people suffer from health issues, from lime nails or sleep disorders to brain disorders or heart complaints. Fortunately conventional western medicine is extremely capable of performing in life threatening situations. I used to be unimpressed with physicians and medics in general. Years ago I felt very misunderstood with my vague complaints until my mother was checked into a hospital with a life threatening heart condition. She can now, with four by-passes, still enjoy her grandchildren. Since then I have the greatest respect for doctors. They can help people in an extraordinarily great way and save many lives daily. The Western health science is an intense learning group of professionals who have presented us many huge solutions for health problems thanks to years of extensive research.

In Western health care people make mistakes. Just like when houses are built or in the fashion industry. In health care the mistakes have more severe consequences, because it deals with the lives of people.

For alternative health care it is just the same. Most therapists are educated in Eastern healing arts and/or have special healing powers through which many healing methods have come into existence. These alternative healing arts have made it possible to activate the self-healing powers of the body.

You can find numerous testimonials on the internet that show that people benefit from alternative healing.



In alternative healing people can make mistakes, just as in the Western health care. However, these mistakes are often less visible or traceable, because it isn't about clear medical actions.

The biggest mistake alternative therapists can make, is to think that they can do without the conventional Western health care.

Renate, physiotherapist (34 years old)

"After the birth of my eldest child I suffered from incontinence. Because I am a physiotherapist myself I started doing exercises straight away. Because the exercises didn't work I went to a physiotherapist who specialised in the pelvis. Together we intensified the exercises. At a certain point I was treated by an osteopath, who said he could fix my incontinence, and also by someone who gave me Reiki (healing energy). No results. Finally I visited my gynaecologist and he said straight away: the delivery caused damage to a muscle in your pelvis. The only thing that will help is an operation. And that helped."

It is easier said than done. I found it hard to draw the line as an alternative therapist. People with vague complaints had often had no result with Western medicine and gained so much confidence in me that they wouldn't return to hospital anymore. They kept on asking me to treat them, despite the fact that I wanted them to see a physician or specialist. Those were heavy moments. I wanted to help them, but it took a lot of energy and it was very hard to draw the line. When do you 'force' your client to go and see a doctor? The best I could do was to encourage them over and over to go to a physician or specialist. If they refused I asked for their reasons and tried to make them change their mind.



Dick (69 years old)

"For around thirty years I have suffered from rosacea, a condition that gives red dots on your face and for which there is no known cause. There is a connection between proctitis, which is also bothering me, and rosacea, but that connection hasn't been scientifically proven.

In the end there was only one remedy from allopathic (conventional) medicine for my rosacea: tetracycline (antibiotics). I'd been able to reduce the medication to 2 capsules a week, without any trouble. But these medicines were a burden to my body, especially my intestines.

At Mireille's practice I started doing the MIR-Method conscientiously, together with my partner. Quite soon after I dared to stop taking the tetracycline. Sometimes the rosacea came back, but it remained a shadow of what it had once been and it disappeared as soon as I intensified the MIR-Method (with added steps).

Meanwhile I have been off the allopathic medication for over half a year now and the rosacea is completely gone, and for the past 3 months I haven't done the MIR-Method at all. The proctitis has quietened down totally during that period. The next colonoscopy must prove if it has actually been cured."

In my practice it was a great advantage for me that I could take enough time to listen to my clients. Doctors don't have so much time, which makes most people feel as if they are not being listened to or are misunderstood.

That's why it often seems that you are better off with alternative therapies. Being listened to and feeling understood is so important to people that just this in itself can promote healing. But to actually cure a disease it takes a lot more.



Every professional health practitioner has his or her limits and it is always good to keep an open mind and be able to take the step to conventional health care.

My personal wish is that conventional and alternative health care will start to co-operate intensively.

All over the world there are many examples of co-operation between conventional and alternative health care professionals. Many specialists have a respectful attitude towards alternative healers and many healers have studied western medicine to have better communication tools to contact doctors and specialists.

In many hospitals doctors use acupuncture to give people anaesthetics, instead of using chemicals.

In the world of dental care the dentists often have assistance from a Kinesiologist (muscle testing). He/she can test which chemical substances may cause an allergic reaction for a patient and which don't. The dentist can then choose those chemicals that are most appropriate for the patient.

These co-operations will especially come into existence when many positive testimonials are made about one specific health practitioner or doctor and if it is supported by traceable, verifiable, constant and lasting results. Meanwhile more and more doctors are starting to take an interest in alternative paths to help people fight their diseases. The number of alternative healing professionals that can and dare to co-operate with doctors is also increasing. Both kinds of professionals will grow towards each other and their bonds of co-operation will become stronger; it is just a matter of time.



The MIR-Method is very well suited as a tool to be used next to conventional medicine and is a valuable addition to alternative healing methods. It shortens the period of treatment, because all redundancy (toxicity and stuck emotions) is being released from the body. That improves the success of the treatment by doctors and/or alternative therapists.



CHAPTER 3. INSPIRATION FROM OTHER METHODS

The MIR-Method was developed during the first half of 2009, in a period when I worked as a NAET-therapist. The clients came rolling in; in the first two months of my private practice I had over 80 new entrants.

Many of these clients were, strikingly enough, very intuitive, highly-sensitive and paranormally gifted. The clients guided me to change and adapt the methods I used. They encouraged me to use my new knowledge gained from health practitioner training straight away with them. They pointed out to me very explicitly what worked and what didn't work and I often used their feedback.

That is why the NAET test vials disappeared from my practice and how I learnt to treat by focusing. The acupressure on the back changed from hard and intensive to softly and lovingly. Diets and strict homework assignments disappeared and to my great joy and that of the clients, the periods of treatment became shorter. Those changes in my practice were extraordinary!

Meanwhile I took courses in several alternative healing methods, because I wanted to learn how the treatments for eliminating allergies could be performed as effectively as possible: the best possible effect with the least amount of treatments.

I took courses in:

- NLP (internationally certified trainer);
- Touch for Health (Kinesiology, muscle testing);
- NAET (Advanced);
- EFT (self study);
- Western Medical Basic knowledge.
- Reiki;



- EMDR;
- Shambala;
- Body Talk Access;
- Tachyon-energy.

Besides that I received treatments from therapists for my personal development. Through them I learnt about these methods:

- The Journey (Brandon Bays);
- Core Energetix;
- Matrix coaching;
- Massage therapy;
- Foot reflexology;
- CranioSacral Therapy (CST);
- Osteopathy;
- Pulsar technique;
- Vortex Healing;
- Jaffe-Mellor Technique (JMT);
- Biophoton therapy;
- Quantum Touch;
- Reconnection;
- Theta DNA healing.

The treatments I had with these methods made me experience from within what kind of effect they had on me and what was asked from me as a client. Many methods gave me immediate results. Others gave me more subtle results, but I always felt improvement in my wellbeing.

Throughout the months I taught my clients what they could do at home, so that part of their healing process was in their own hands, which made the results



arise quicker. My motivation to do this was twofold: as a child I had often had the feeling that I wasn't allowed to do what I was able to, that I wasn't allowed to experiment. From the age of three I always wanted to do everything 'by myself'. Whenever I become dependent on someone I start to feel a little bit cross. I believed what was important to me would be important to my clients: **The more people stand on their own two feet, the better.**

The other reason was quite the opposite: I created dependency with my clients. I was suffering from the 'Helper Syndrome'. A syndrome that makes you want to 'save' your clients, that you want to carry their problems for them. I was much too involved with them. That was something I would not be able to keep up. How then would I be able to make my clients become independent? By making them do the treatments themselves!

I taught mothers who came with small children how to treat them themselves. They returned with great success stories and I saw them glowing with happiness, how wonderful! This made me realise I was on the right track and had to keep on going with the development of a self-healing method.

The three similarities in alternative methods

Because I studied and/or experienced so many different alternative methods I started to see similarities between them. Finally I was able to pin point the three similarities that occur in every alternative method:



1. All methods assume the body can heal itself. All they have to do is activate it and healing will follow.
2. All methods start with **relaxation of the subconscious**, so that commands from the outside will be accepted by the body and the subconscious.
3. All methods give commands to the body, whether it be through eye movements, through affirmations (phrases with commands for your subconscious which you say out loud), or through touching specific points on the body, through music, etcetera.

These three similarities are also the basis for the MIR-Method: it works with the self-healing powers of the body, it relaxes the subconscious (via stroking the hand) and it gives commands in words to the body (the nine steps).



CHAPTER 4. THE NINE STEPS OF THE MIR-METHOD

The MIR-Method has been developed by using extensive logical thinking, testing and by using medical knowledge and intuition. It became more and more clear that the clients who were visiting my practice suffered from complaints caused by both physical disturbances, genetic predisposition, toxification of the body and unresolved emotions. As a result of all this time spent with my clients and from extensive testing I found the 4 activation processes that form the basis of the MIR-Method.

Four activation processes

The MIR-Method encompasses four processes that we activate in the body:

1. create space by cleaning and removing,
2. supplementing what is lacking,
3. restoring balance,
4. giving direction.

You can compare it to a house where the residents are no longer living happily. To get the house and those living in it back into shape, four steps are needed:

1. **Creating space** by tidying up, throwing out, cleaning and in addition thanking uninvited guests very much for coming and then gently directing them to the door (step 1. acidity, step 2. detox, step 3. father & mother).
2. **Supplementing what is lacking.** Filling the closets and the refrigerator (step 5. supplementing all shortages), so there is enough food. Turning up the heater or maybe resetting it, so that the house will have a nice temperature and warm water will be flowing (step 7. Fulfill basic needs).
3. **Restoring balance and harmony,** by implementing a clear structure. Every machine and every resident does what he/she is supposed to do, nothing more and nothing less. Every resident, human or animal, will have its own



space. By doing this, space and clarity will be created through which good energies can flow in the communication between the residents. (step 6. hormones, step 4. meridians, step 8. chakras).

4. **Giving direction:** Stepping outside. How do I, being a resident, want to leave my warm house and step into the outside world? Who am I and what do I want to contribute? On what do I want to spend my energy? (step 9. Clarify mission).

The nine steps of the MIR-Method

The MIR-Method is composed of 9 steps. Each step was added only after extensive and long term testing and exposure to clients. During my last 50 consultations I did not feel the need to change any of the 9 steps, which led me to conclude that the MIR-Method was complete.



The nine steps of the MIR-Method

1. Optimise acidity.
2. Detox all toxicity.
3. Detach father. Detach mother.
4. Clear meridians.
5. Supplement all shortages.
6. Balance hormone system.
7. Fulfill basic needs.
8. Optimise chakras and aura.
9. Clarify mission.

While doing the MIR-Method the nine affirmations/commands above are spoken out loud, while you stroke your hand lovingly. Further on in the book there is more information on *How* to use it. Firstly, each of the nine steps will be explained to you.



Step 1. Optimise acidity.

The acidity (pH-value) of the body is extremely important. In medical science there is extensive knowledge of it and alternative healing methods also pay a lot of attention to acidity. The following facts will give you an idea of the purpose of the acidity in our body. By reading these facts, you can get an idea of how important good acidity is to your health.

In the blood the acidity (the pH-value) must remain between 7.35 and 7.45. So called 'blood proteins' make sure the acidity remains between those limits. When the acidity increases or decreases outside those limits, due to circumstances, the body will start certain chemical processes to make the pH-value return to the correct level.

The body has two important ways of balancing the acidity: our breath and the functioning of the kidneys. If the acidity is out of balance our breath may change (faster, slower) and our kidneys can excrete more or fewer acids.

Serious consequences: acidosis

If the acidity gets out of balance the consequences can be very serious: acidosis. This is an increased acidity in the blood, caused by too many acids, or the loss of alkali (bases). This may occur within people with long term health problems (e.g. COPD) who can't transport sufficient acidity out of their lungs by their breath or within people whose kidneys aren't working properly (kidney deficiency). With hyperventilation, long lasting diarrhea or vomiting too often (e.g. in Bulimia) the opposite can happen: alkalosis which can lead to hospitalisation in serious cases.

Our organs all benefit from a balanced acidity: the heart, the brain, muscles, joints, eyes, etc. When the acidity is out of balance, all the organs will start to function less, which may lead to all kinds of physical complaints. Think for



example about skin conditions, problems with stomach acid or pains in tissues (tendons and muscles).

The step to optimise your acidity is extremely important for step 2.: Detox all toxicity. Without a good acidity it is very hard to get rid of toxicity, because none of the excreting organs can do their work properly.



1. Optimise acidity.





10.11.01

Step 2. Detox all toxicity.

It is known in almost all alternative therapies that toxicity affects the body. The cell membrane is literally less accessible to nutrients, which hinders the conversion of food into energy and so there is less energy won from food. Many complaints are caused by toxicity. Think about muscle complaints, painful joints, bad concentration, chronic fatigue or poor eye sight. Insufficient detoxification is the cause of decreasing health.

Getting rid of the toxicity in your body is a very important step. Many metabolism processes will be improved as a result. The body will be able to produce energy more easily and in particular the muscles and brain will function more efficiently.

Toxicity hinders the body's ability to perform normal chemical processes, which leads to loss of health. In the MIR-Method I have categorised the different kinds of toxicity. When you start using the MIR-Method your body will start to detoxify all of the various forms of toxicity stored within it.

Heavy metals: copper, aluminium, lead, mercury, etc. These heavy metals enter your body through exhaust fumes, unclean (swimming) water, fish, deodorant, make-up, creams, additives in vaccinations, paint, etc.

Pesticides and chemicals: herbicides and pesticides on vegetables and fruit. Chemicals used to exterminate insects, anti-mosquito lotions, etc.

Residue from medicines: with many medicines some residue is left within the body as it is not being transported out of the body. Instead this residue keeps circling within the body, remaining inside the kidneys and potentially leading to a reduction in their function.



Electricity and radiation: although these aren't really 'substances' many people react to electricity and radiation as if they are toxic matter. People start to have poor concentration, get annoyed more quickly, become very tired.

Vaccinations: almost all vaccinations contain additives that are not kind to the body and the body may respond to them as if they were toxic. The body is programmed to reject everything that is injected into it and this is the reason that the body starts reacting to it. The body responds to both the virus that is injected, but also to the additives. Some additives that are still used in vaccinations, are: mercury, glucose (sugar), formaldehyde, antibiotics, preservatives and stabilisers.



2. Detox all toxicity.





Step 3. Detach father. Detach mother.

Your father and mother are two of the most important people there are with regard to the forming of who you are. Problems on an emotional level can be assigned to a great extent to the situations that you have experienced with your parents. No matter how hard they tried, it is always possible that things have happened that were unpleasant for you and from which you (being a child) drew painful conclusions. That is obviously very clear in the case of physical assault (abuse) or incest, but smaller incidents can also play a big role. A simple example of this is from one man who writes:

Hank (65 years old)

"My father once gave me a plain dark chocolate bar (which was quite something in those days), but I didn't like them at all! Then my father gave my brother one of those delicious milk chocolate bars. I knew straight away: 'My father loves my brother more than me.' After that I weighed everything according to that insight. A new bicycle! My brother had a more beautiful one. Watching me play soccer! My father cheered louder for him. All the events I saw only as more proof that my father loved him better than me."

No matter how hard the father would have tried, he wouldn't have been able to change the strong belief system of his son.

In other cases people experience awful moments with their parents, but can forgive their father or mother. They can reach deep inside their hearts and understand that their father or mother wasn't able to do it any other way; they were merely acting upon their own awful experiences from their childhood.

It doesn't matter what your parents did. The important thing is what kind of conclusions you drew from it as a child.



When you are still burdened by the experiences you had with your parents, you are subconsciously still busy:

- gaining acknowledgement, affirmation, approval, appreciation;
- being seen and admired, proving yourself;
- getting attention, being loved, getting warmth;
- being comforted, cherished, taken care of, being touched lovingly or being reassured;
- being stimulated or encouraged;
- being understood and/or trusted.

When you are putting your energies into fulfilling the needs that weren't met by your parents you are neglecting to do the things that you really want the most. You are still guided by the need to fulfill what you missed from your parents. This is of course also applicable when your father and/or mother died young or when you never knew your biological father or mother. The circumstances are different, but the mechanisms are the same.

My method to treat people was to treat each client for the experiences they had had with their father and mother. Sometimes they even had their father or mother 'on their back'. The treatments usually gave great results and the clients showed a lot of progress, because it set them free.

In NLP³ (Neuro-Linguistic Programming) and Family constellations I learned how important it is to free yourself from your parents and how you can do that.

³ NLP, Neuro-Linguistic Programming. A method to learn new ways of thinking, learning and enjoying. www.nlp.com



Letting go of your parents is a very natural process and when you still value their opinion highly or act upon their demands, then you aren't fully standing on your own two feet and it is hard to fully live according to your inner strength. That's why detaching yourself from your father and mother has been added to the MIR-Method.

The beauty is that the detaching will soften the negative feelings you may have about your parents, whether they are there for you or not, even if they have already passed away. Being fully detached from your parents gives a lot of freedom and especially inner peace. You can then finally act, think and respond from within you and not from everything you have always lacked.

Sometimes people find it hard to use the word 'detach', for example when a mother strokes her child and has to say: 'Detach mother'. That may come across as awkward. Or you may have a very close relationship with your father or mother which you don't want to detach, or you don't feel it's necessary. It is then important to understand that it is about making yourself independent; that you are free to go your own way. Even if you have a very harmonious bond with your parents, it is important to do this step, because of the connection it has with the other eight steps.

Also for young children detaching is important, despite the fact that they are still dependant on their parents for a long time.

Finally the effect of detaching is that the relationship between you and your father and mother will improve.

Many people would want to detach themselves from their brother or sister, uncle or aunt, grandfather or grandmother, son or daughter or any other member of



the family or from any other social network (school teacher, friend of the family, neighbour, etc.).

You do not need to do them separately, because the command 'Detach father' is effective for all men that you may be tied to emotionally and 'Detach mother' is effective for all the women.



3. Detach father. Detach mother.





Step 4. Clear meridians.

Meridians are energy pathways that run through our body and stem from traditional Chinese medicine. The practice of acupuncture is where the concept of meridians is most known. Along the meridians there are acupuncture points that you can stimulate by massage (e.g. Shiatsu massage) and by placing needles (acupuncture). The meridians are now scientifically traceable and they can be measured by computers such as the StarLight computer which is used in biophoton therapy or the I-health computer.

The acupuncture points can be found in the outer muscle layer, under the skin. When we stimulate acupuncture points somewhere on the body, certain areas of the brain are activated. This is visible on MRI-scans.⁴ Acupuncture is applied in hospitals as a substitute for anaesthetics, so that sedation is no longer necessary.⁵

Disturbances in the meridians

When meridians are disturbed, you can experience physical complaints: cramps, pain, stiffening, thickening, etc. The meridians are also related to emotions. Disturbances in the meridians cause certain emotions, and vice versa: when you go through certain emotions, your meridians may get disturbed.

Some examples:

- When a meridian is cut during surgery it may cause complaints. This can also occur when having piercings or earrings.

⁴ See website of American acupuncture, on which you find scientific proof of the meridians: http://www.americanacupuncture.com/acupuncture_proof.html.

⁵ See website: www.medicalacupuncture.org, on which you can find the 'Medical acupuncture Journal' for physicians by physicians.



- Food allergies often cause blockages in the stomach meridian. This is often visible through skin disorders around the eyes.
- Much bitterness in someone's life may cause a blockage in the gallbladder meridian. This can lead to complaints somewhere along the route of this meridian: neck complaints, stiff neck, frozen shoulder, headaches, problems with the hips.
- Much sadness in your life may cause blockages in the lung meridian. Accompanying complaints are: frequent crying, chest tightness, but also constipation and skin disorders.





4. Clear Meridians.



The meridians in our body form an energetic circle that keeps on flowing. If there is a blockage somewhere within the circle then the entire meridian system can be affected. The meridians can get blocked by emotions. Clearing the meridians cleans out any blockages so that the energy in the entire meridian system can flow freely again.

Tonja (66 years old)

"This morning I did the MIR-self treatment for the third time. I have felt quite energetic these last few days. I have had a very busy, intense week. But to my surprise I coped with it quite well. Often those days are tough to get through, but this time it went smoothly and I enjoyed everything that happened. I also noticed that on these days the nettle-rash hardly bothered me. Besides that, I didn't notice any peculiar reactions. I did have quite thin faeces and my urine was also slightly darker than usual, but both phenomena are common to me."
8 months later: "The nettle-rash hardly ever comes up anymore."



Step 5. Supplement all shortages.

In NAET I learnt that it is very important to make sure that the body has enough of the valuable nutrients needed to enable healing. The body needs energy to recover. Supplementing the vitamins, minerals, enzymes, hormones and other nutrients or body chemicals, is an important link in the MIR-Method.

The body is continuously busy curing itself. It is constantly trying to rebalance the homeostasis of the body. (Homeostasis means: balance of the body, be it physically or chemically.)

During my education for 'Western Medical Basic Knowledge' I was taught that the medical definition of a cause for disease is:

"Loss of homeostasis is the root cause of more or less any disease." ⁶

So then, illness is nothing more than that the balance in the body is seriously disturbed. The name of the disease will then be determined according to the direction in which the disease has developed and which symptoms the patient shows or that can be measured. We can find at least five names for diseases that all stem from an imbalance in calcium in the body: Rickets, osteomalacia, osteoporosis, Paget's disease, hypocalcaemia, (not enough calcium in the blood) and hypocalcaemia (too much calcium in the blood).

⁶ Syllabus Western Medical Basic Knowledge – Academy for Chinese Medicine, Qing-Bai, Amsterdam, The Netherlands.



In America nutrients are energetically supplemented in NAET. For example, calcium: a lady was treated by a dental surgeon. After the treatment the jawbone didn't close up again. The lady was treated energetically with calcium, taking no calcium tablets, but her body was encouraged, using the NAET-method, to gain more calcium from her food and use it. The hole in her jawbone had visibly (on x-ray photos) closed up again.

Dr. Devi Nambudripad, NAET Advanced II-education, Brugges, Oct. 2006.

The body contains a supply of vitamins, minerals and other nutrients. These supplies do not always end up inside the cells, because of blocked passage-ways through the cell membrane. This is the case in diabetes, where sugars can't or insufficient amounts get inside the cell, because the cell doesn't open up for sugars. So although the body contains enough sugars, the sugars don't get into the cell and don't get burned up. The lack of burned up sugars causes fatigue. Also, the abundance of sugars outside the cells gives huge stores of sugars after being transformed into fats, which causes weight gain.

In addition, the body is capable of making its own chemicals. Proteins that are necessary for the immune system (immune globulins) consist of amino acids that are made by the cells. When the creation of chemicals is disturbed, we tend to supplement the chemicals from the outside, through good food or supplements or by compensating with medicines.

You may ask if this is the easiest, most logical way to supplement shortages. I think it is far easier to have the body synthesise (make) the shortage by itself and supplement them all by itself. All you need to do is activate your body. Above all, there must be chemicals in the body that have yet to be discovered by medical science, but maybe in about ten years time they will be. However, the body does know these chemicals and knows how to make them.



The body has a huge self-generating ability and through that a self-restoring capability. Considering that, we should have much more confidence in the enormous capacities of our body.

In my appointments at the practice I gave advice about nutrition, but over the years I learnt that you can activate the body to intake more necessary nutrition. As a consequence, it often happened that clients started to change their food habits.

Depressions are often caused by shortages of chemicals in the body that can be found in bananas or milk (tryptophan for sleep hormones). Strawberries contain a lot of zinc, a mineral that is necessary for thinking processes and helps in preventing depression.⁷ So don't be surprised if you start wanting different kinds of food from what you are used to.

⁷ Shari Lieberman -The Real Vitamin and Mineral Book, 4th edition: The Definitive Guide to Designing Your Personal Supplement. ISBN-13: 978-1583332740.



5. Supplement all shortages.





Step 6. Balancing the hormone system.

The hormone system and the nervous system are the two major control mechanisms that the body has to regain balance (homeostasis). The nervous system observes and reacts. The hormone system can initiate new chemical processes via clever messenger chemicals (hormones).

By testing both systems using muscle testing I was able to conclude that the healing which results from the MIR-Method works via the hormone system and not via the nervous system. The nervous system and hormone system are connected with each other in the Hypothalamus. So if you activate the hormone system, you work indirectly with the nervous system.

Hormones seem to be the carriers or causers of emotions. The intriguing film: "What the ~bleep~ do we know?"⁸ explains how this works in a wonderful way. From a scientific point of view scientists try to explain how the brain and emotions function.

Carla: *"Erik taught me the MIR-Method and recently I used it successfully to deal with hot flushes that had returned. Great, huh?"*

Medical science has discovered so much about and has extremely extensive knowledge about the body and yet at the same time there is still so much we don't know. For example, what is the main cause of hormones getting out of

⁸ "What the bleep do we know" by Marlee Matlin, Elaine Hendrix and Barry Newman, 2006. Film of 108 minutes. 14 scientists and mysticists explore the worlds of Quantum physics, neurology and molecular biology in relation to spirituality, metaphysics and Polish weddings. Partially documentary, partially dramatisation, partially animation. www.whatthebleep.com.



balance? Is it emotions, or is there another cause? How the body gets disrupted is for us humans still a big question. This becomes extra clear when you see the next overview about the hormone system. It is so tremendously complex that it is in fact a miracle that it works well so often!

The hormone system includes these organs and glands⁹:

- Pineal gland: influences sleep and growth of reproductive organs.
- Hypothalamus: regulates sleep, hunger, thirst, body temperature and maintains the homeostasis of the body. In addition, it is the area of the brain that connects the nervous system with the hormone system.
- Pituitary gland: hangs from a small stem under the base of the brain and is as small as a pea. The pituitary gland produces 6 hormones and is the 'master gland' that regulates all other hormone glands.
- Thyroid gland: regulates the metabolism and the energy management of the body. The thyroid gland makes hormones (Thyroxin) that influence every single cell in our body.
- Parathyroid glands: 4 tiny patches (just 4 mm. each) on the back of the thyroid gland. Regulate the concentration of calcium in the blood.
- Thymus: helps forming antibodies that operate within the immune system.
- Pancreas: regulates the concentration of sugar in the blood.
- Adrenal glands: these glands are located on top of the kidneys. They are triangular shaped and measure about 1 1/2 inch in height and 3 inches in length. These glands maintain balance in the body fluids and influence the metabolism and the reaction to stress.
- Ovaries or testicles: production of male and female hormones.

⁹ "Human Anatomy and Physiology", by Elaine N. Marieb and Katja Hoehn.
ISBN 10-1405841176.



6. Balance hormone system.





- These organs and glands produce hormones that all have a different function. All in all they have a great influence on the functioning of our body. They are closely and inextricably connected to each other. All these organs and their hormones form a unity, just like the meridians. If there is a disturbance in one of the organs, many other organs will start acting to solve that disturbance.

If the hormonal glands are unable to undo the disturbance, the balance will remain disturbed and diseases may occur. For example, you can find at least five diseases that are caused by disturbances in the hormone system: Addison's disease (adrenal insufficiency), Hypothyroidism (insufficient production of the Thyroid hormone) and Hyperthyroidism (Graves' disease, over production of the Thyroid hormone), Cushing's Syndrome (over production of the cortisol (hormone) in the adrenal glands and diabetes type 2 (insufficient production of insulin).

Medical science is working hard to gain more knowledge about the hormone system. It is an increasingly recognised fact that the hormone system is an enormously important factor in everybody's health.



Step 7. Fulfill basic needs.

Every basic need we missed out on as a child can be fulfilled again by the subconscious. As with nutrients the subconscious appears to be capable of supplementing the lack of, for example, Appreciation, Gentle Touching, Understanding and Encouragement. This results in a deep inner tranquillity, because the search for these basic needs has been completed.

Basic needs are: Encouragement, Touch, Acceptance, Understanding, Confirmation, Admiration, Honour, Recognition, Shelter/Sanctuary, Security, Reassurance, Approval, Listening, Love, Passion, Respect, Structure, Consolation, Security, Trust, Complete Dedication, Freedom, Appreciation, Warmth and Care.

The most disturbing thing about these unfulfilled basic needs is that they cannot be fulfilled by others. You are the only one who can fulfill your basic needs.

Everything you missed out on as a child cannot be replaced by others. Not by your parents, not by your brothers or sisters, not by your partner, not by your boss, your colleagues and not by your children. It is something that has remained unfulfilled from your childhood and cannot be fulfilled anymore. No matter how much Appreciation you may receive, it will just fall into a bottomless pit. Maybe the Recognition will linger for a while and gives you a temporary kick, but then it just fades away again.

The only thing you can do is fulfill these basic needs by yourself with help of the MIR-Method. Slowly but surely you will see and feel how precious you are, and that you are allowed to cherish yourself and give yourself all the warmth you need. You will get better at encouraging and confirming yourself. Only you can put back the bottom into that bottomless pit.



7. Fulfill basic needs.





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Step 8. Optimise Chakras and Aura

This step is a spiritual step that may take some time to get used to. If you are familiar with chakras and auras then you know what I am aiming at. If this is new to you, then you will find a more detailed explanation here.

What are chakras?

Chakras¹⁰ are basic energy centres in your body that can be observed by people who can feel energy with their hands or who can see your chakras. Numerous people have a natural ability to do this and if you can't naturally observe chakras you can develop the ability to do so. On the internet you can find a lot of information on how to do this.

Chakra means 'wheel' in Sanskrit. This name is used, because chakras turn around like energetic wheels. Chakras are positioned in seven places in your body and have a front- and a backside. The heart Chakra, for example, is positioned at your heart and opens to the front, from your chest and to the back, between your shoulder blades. The crown chakra and the root chakra, the highest and lowest chakra in your body are vertical chakras; they open towards the sky and towards the earth.

Through the chakras we receive energy that feeds us. We can use this energy for our physical, emotional, mental and spiritual processes. The chakras are connected to the nerve centres of the body. The chakras will not function sufficiently if they flow in the wrong direction or are opened up too far or are too closed up.

¹⁰ On the internet you can find a great deal of information about chakras. For example on the website www.chakra-balance.com



What is an aura?

Every human being and animal has an aura. For people who are gifted or who have trained themselves in seeing auras it is possible for them to actually see a person's aura. It looks like a light or egg shaped glow around somebody's body. This light will be a different colour depending on the emotional state of the person. The aura consists of different layers and can contain holes and denser areas. People that can heal auras can close up the holes and take away the denser areas.

Many people are affected by the energy of others. They can rapidly run out of energy when they are in a group. People with eczema seem to have their chakras and aura too far open, so all kinds of energies and impressions can come in.

By giving your subconscious an order to optimise the chakras and aura your chakras can work independently to strengthen and free themselves so that your energy can flow properly. This also gives you peace in your heart and mind. People who have always responded strongly to external stimuli (e.g. sounds, images, emotions, etc.) will notice a positive kind of immunity to those stimuli. They hold their ground, keep their balance and their energy level remains high.

What is quite extraordinary is that the chakras operate as totally independent units to clean and free themselves. This is a process that can go on for months and it is visible for people who can see or read chakras.



8. Optimise chakras and aura.





It is no use trying to close up your chakras. That works to the contrary. It is much more useful to strengthen yourself so that your chakras and aura radiate a powerful light which 'melts' all the negativity that is around you. That is much more efficient and is eventually more kind to you.

In the spiritual world there are so many things occurring, if I may believe those who understand it. We develop from a human being to a being that is more conscious and more sensitive. The programs on television about inexplicable phenomena make us feel less awkward about it all and give us the opportunity to communicate with each other about our intuitive abilities and to develop them.

The arrival of the internet has created worldwide the possibility of complete freedom of speech. As a result of this there is extensive information about spirituality available and there is much open communication between people who are spiritually minded. Also, many people offer their services to you to help you develop your intuition. This isn't fantasy at all, but just a logical step in the evolution of human kind.

Since people in Western society have a roof over their head, enough food and drink and sufficient money to live on, their attention is diverted more and more towards spiritual matters: there's got to be more to life than this! This stimulates the development of our intuition and spirituality.

Since people are evolving into more intuitive beings, it is important to support your chakras and aura in keeping up with the developments. Nobody knows exactly what changes are going on and how you can respond to it as an individual, so we leave the optimisation of your chakras and aura up to the infinite wisdom of our body.



Step 9. Clarify mission.

Numerous people feel that they are stuck in a tight harness, in which they feel miserable. If you find little satisfaction in your daily actions, then the chances are that you are not doing what you really want to do with your life. Most people feel the pressure of earning money and therefore are afraid to take steps into the direction they would prefer. People experience uncertainty, so they put away their deepest heart's wishes. It takes a lot of courage to take the steps that you would take if you would truly listen to your heart.

If the direction that your life path is taking you isn't clear and you feel you are wandering around aimlessly in your life then you will be losing energy and happiness as a result. The necessity of performing daily things that actually go against your inner most feelings can wear you out in the long run. It causes fatigue, dissatisfaction, negativity and a feeling of powerlessness.

People, who go through a burn-out or a depression, or who take time-out or a sabbatical, get the time and freedom to evaluate their work and life. People who experience such a period often make changes in their life. People who get fired can see that, when the first heartache is gone, it was a blessing after all, once they find a new way of living.

To give direction and leadership to your life you use the MIR-Method. It will give your subconscious the assignment of giving clarity to what is meant for you. Your body will clarify what gives you energy and what wears you out. You will gain insight and clarity about what you want and what you don't want. You will start to make decisions and make changes in your work or private life. It will be effortless.



9. Clarify mission.





In addition, your subconscious will start to attract signals that point you in the right direction. Your eyes will start to notice things, you will start to hear of possibilities, you will start to have 'accidental' encounters with people that will help you or you will be 'forced' to make decisions. It can be a very exciting journey!

Anna (57 years old) and daughter (19 years old)

"More than 4 weeks ago I started doing the MIR-Method and my daughter (19) joined in. In the second week I felt how we both were stronger and more independent from each other. Very healthy! Besides that, after 4 weeks, so many positive changes have taken place: my daughter had been looking for a room to live in the city where she is studying and now it has just fallen into her lap! She is so much more focused with her studies and can stay closer to what she wants. She has renewed her study goals. She knows so clearly now what she wants to do with it.

For myself I too experienced changes, just as if everything fell into place! (I had been looking for a music group with all kinds of different sized recorders (flutes), and it is suddenly there!) I too feel I've become stronger and closer to my true feelings.

Yesterday I passed on the MIR-Method to a lady of nearly 80, who was totally open to it. I also taught it to family and friends. I find it really very special and feel that it is true.....

I am a woman of 57 years old and my menopausal complaints are also diminishing! I thank you from the bottom of my heart for this gift to whoever wants to receive it!"



CHAPTER 5. THE INFINITE WISDOM OF OUR BODY

The body can do unbelievable things. It is extremely complex and cleverly built. When I experienced my education in Western Medical Basic Knowledge I sat very often with my mouth open, full of astonishment: how on earth is this possible! I gained enormous respect for the body and for the medical science that has brought together so much knowledge about the body. Some examples:

- Some messenger chemicals that the brains make determine whether you urinate or not (ADH Anti-Diuretic Hormone, made by the pituitary gland).
- In a single cell you will find an entire village of organisms: cleaning services for waste and for uninvited guests, RNA and DNA producing cores and power plants (energy inducing centres (mitochondria)).
- When your body detects an unknown bacteria the immune system will try to destroy it with large weapons (pus). If that doesn't kill the bacteria, then a great set of reactions will be activated by the body. The body will attack the bacteria with specific cleaning devices and will cause an inflammatory reaction. For example, bacteria can be destroyed with a high fever, so that they are no longer a threat to the body. For people who have never had a fever, you may wonder if their immune system is working properly. This explains why people may get a fever when they start using the MIR-Method: the body is destroying bacteria and other organisms that can make the body ill.

Tongue diagnosis

The tongue is a very strange muscle in our body that is worth a closer look. The tongue can taste, feel, move and excrete waste from the body as well as function as a diagnostic instrument. The tongue is a muscle with taste buds that enable you to distinguish sour, salt, sweet and bitter tastes. The tongue can, together with the brain, detect whether food is prepared in the right way, if food



is ripe or if something is rotten. The tongue is also a sensory organ, so you can feel if wine is 'dry' or 'sweet' and you can literally feel those tiny little bits of food caught between your teeth. Many (especially sensitive) children don't want to eat food that gives an awkward feeling on the tongue.

The tongue is a muscle that can make voluntary movements. You can actively direct your tongue in making movements (for example in speech lessons, kissing, singing or doing tricks with your tongue). With that you can actually strengthen your tongue and make it more controllable.

Within Chinese Medicine the tongue is a diagnostic instrument. By observing its colour, thickness and width together with its bumps and cracks you can determine whether:

- a person has a healthy digestive system
- there is any fungus in the body,
- there is an imbalance in one of the organs,
- a person eats too much sugar or dairy products.

Your tongue excretes waste products that remain on your tongue, the coating.

It can be interesting to look at your own tongue and see how it appears. A tongue should be red/raspberry coloured, like with most children, and it is supposed to be clean. If your tongue has a coating with a dark colour, it is wise to have it checked by someone who understands Chinese Medicine.

The MIR-Method also has effect on the tongue. Sometimes people first get a layer on their tongue which will slowly reduce again. That can be a sign that your body is excreting waste through your tongue. So go ahead and check what your tongue looks like now, before you start doing the MIR-Method.



Self-healing power of the body

The self-healing power of the body is enormous. It can heal wounds and mend broken bones within six weeks. It can regenerate after a stroke. The healing process of a cut on your finger is a nice example to demonstrate what goes on inside your body when it is healing a wound and what an amazingly clever process it is¹¹: the blood is first held back because blood vessels squeeze together. Then, blood platelets form a 'plug' that prevents the blood from streaming out and – very cleverly – the blood clots, but only in the area where it is needed: near the wound! When the skin has built its first protective layer, the blood will start to flow in that area again. Isn't that great work?

During this process of blood management, many chemicals are involved. I mention some of them, just to get a picture of what the body uses when 'only healing a cut on your finger'. It uses serotonin, thrombin, Adenosine Di Phosphate, Thromboxane A₂, Prostacyclin, Prothrombin and Plasmin.

¹¹ "Human Anatomy and Physiology", by Elaine N. Marieb and Katja Hoehn.
ISBN 10-1405841176.



The body is capable of reactivating inactive parts of the brain, so called 'cold spots' (which was determined with MRI-scans during investigation in to the effects of the Body Talk System). Kris Carr (a.o. Body Talk-instructor) talks about this on her website.¹²

The NAET-method¹³ for clearing allergies has delivered great and extraordinary results in children with Autism. In August 1999 Dr. Devi Nambudripad experienced mind blowing results during a clinical study about the effect of NAET on a group of non-talking children who had complaints in the autistic spectrum. After eliminating 25 food allergies 13 out of 14 children started talking again!

Interesting detail, told by Dr. Nambudripad during one of her seminars in Europe: originally the group of children was much larger, but four parents withdrew their child from the study because their child improved far too quickly. Those parents had a lawsuit against the pharmaceutical industry, claiming for the negative effects of medications or vaccinations on their child.

¹² Kris Carr: "Crazy Sexy Cancer.": <http://crazysexylife.com/2009/balancing-the-brain-with-bodytalk/>. "Thursday, June 11th, 2009: ... all disease is reflected in the brain at some level. Images of the brain show that there are 'cold spots' or inactive areas of the brain, which correspond to areas of the body where there is disease. We have found that balancing the brain with BodyTalk, and particularly tapping out the cortices (which is one of the best ways to balance out the brain) the cold spots either diminish or totally disappear and so does the corresponding illness."

¹³ For more information, visit the website of Dr. Devi Nambudripad: www.naet.com



CHAPTER 6. THE POWER OF THE LOVING TOUCH

The MIR-Method uses a very powerful instrument: the touch of the skin. The skin has an enormous number of nerve endings right beneath its surface. In anatomy the number of nerves in the skin is expressed in centimetres, not by number: on 1 square centimetre of skin there are 3.5 meters of nerves! If the skin is touched, the nerve endings will notice the touch and pass that information onto the brain. This information can be: pain, temperature or touch (pressure).

The skin is sensitive to touch and can pass on information by sensing what is touching it. The skin on the fingers, feet, lips and tongue is especially sensitive as it has many nerve endings in these areas. That is why you can feel so much detail from these body parts. This is also the reason why babies put so much in their mouths: they are on an expedition in discovery land.

Little children are the biggest huggers we know. They climb onto your lap, prefer to hang onto you all day like little monkeys and give you kisses and hugs without asking. Many grandparents cheer up whenever a grandchild comes to visit them with its many kisses and hugs.

To be gently touched is heavenly. It is healing at the same time. Many scientific studies have been done about this, but you also notice it yourself, for example when you go to a hairdresser's or for a masseur. The touch of their hands makes you relax and makes you release the tension in your body and your body opens up to this good experience. You start yawning as a sign of relaxation and your skin will start to radiate, because of the improved blood circulation underneath it. Professionals who work with their hands and who are successful, give you this special feeling, because they touch you in a health improving way.



The power of touch

Why does touch make us feel so good? Scientists have been able to determine that through the touch of the skin the hormone oxytocin is released by the pituitary gland (in the brain). Oxytocin makes blood pressure drop and reduces the stress in the body. Through hugging even more oxytocin is being released.¹⁴

Being touched is a basic need. When children aren't touched enough they don't grow as well, or are more often ill, their learning ability is less, they have less body consciousness (often stumbling and bumping), are less sociable and find communicating with others more difficult. They have trouble feeling good inside their own skin.¹⁵ Fortunately there are initiatives in many western countries¹⁶ to stimulate touching in schools, instead of being against touching, because of the enormous hype around sexual harassment.

¹⁴ 'The oxytocin factor, tapping the hormone of calm, love and healing.' - Uvnäs Moberg. Da Capo Press, 2003. ISBN-13: 978-0738207483.

¹⁵ 'The touch of healing: Energizing the Body, Mind and Spirit with Jin Shin Jyutsu. Alice Burmeister. ISBN-13: 978-0553377842.

¹⁶ For inspiration, look at the website: <http://www.messageinschools.com/>



The Touch Research Institute in Miami, United States of America¹⁷, has carried out scientific research on the effects of massage in all age groups, from newly born to seniors. They were able to conclude from their studies that massage has many positive effects. Amongst these were:

1. massage stimulates growth in premature babies. They could leave hospital on average 6 weeks earlier, they grew faster and the digestion of food worked better than with premature babies who didn't receive massages.¹⁸;
2. massage enhances concentration;
3. massage reduces symptoms of depression;
4. massage lessens pain;
5. massage reduces stress hormones;
6. massage improves the functioning of the immune system.

During the MIR-Method you treat yourself by stroking yourself on your hand. It is of course not the same as a massage, but the intention is the same. Being touched is essential for good health. Feeling loved is essential for good health. Touching yourself lovingly is essentially loving yourself.

¹⁷ Website of the Touch Research Institute of the University of Miami, United States of America: www6.miami.edu/touch-research/

¹⁸ <http://www.school-of-touch.nl/symposium> of the School of Touch, Netherlands.



Disturbances in touching

Children who maintain a distance from others or whose only way of displaying touch is by hitting and kicking are incapable of receiving a lovable touch. Being touched is unpleasant to them, they are not used to it or they experience it as pain. For these children the MIR-Method is a way to change the feeling they experience when being touched into a cherishing experience.

Numerous adults find the experience of being touched disturbing because they either haven't been touched enough or they were touched unpleasantly. For them it's not possible to enjoy the loving touch. Their bodies respond negatively, because it is remembering the unpleasant experiences. If you accept that being touched lovingly is a basic need, just as food or a roof over your head is, then it is quite logical to conclude that these people are lacking in essential nutrients. To be precise: touch-nutrients. The solution to this is simple: touching yourself and slowly but surely getting used to being touched in a loving manner.

In the MIR-Method the receiving of loving touch is a set part of the method. You need to stroke yourself on your hand for each step. People who are not used to being touched lovingly, find it 'strange' and 'uncomfortable' to touch their own hand, but after several weeks these people start to feel that they are getting used to the touch and are even starting to like it again. Some people have noticed that even the skin on their hands has become softer, warmer and more moisturised.

Other people have noticed that their attitude towards touch has changed and that they feel more comfortable in touching the people who are close to them in a loving way.



CHAPTER 7. HOW TO DO THE MIR-METHOD

The MIR-Method is simple to do. Since it is so simple it is important that it is done correctly so that the effect is as strong as possible. There are two steps that enable you to present the commands to your subconscious as effectively as possible:

1. To relax the body (comfort the subconscious).
2. Give short and clear commands (steps).

The MIR-Method consists of nine commands that we give our subconscious. The commands are given 3 times in a row, so that we are absolutely sure that the subconscious has received them through hearing and through touch.

1. To relax the body (comfort the subconscious).

To start with the MIR-Method you need to know how to comfort the subconscious, so that it is in a relaxed state. Only when your subconscious is relaxed, can it implement the commands it is given. One of the most powerful ways of doing this is to softly touch your skin. The skin is our largest organ and when you touch it, your subconscious will start to feel relaxed.

Instructions about touching

You stroke with one hand in circles on the back of the other hand. That is all. So to comfort your subconscious you give yourself a loving, slow circling stroke on your hand. It really is that simple!

You can choose which hand to stroke. You can choose whether it is the inside or outside of the hand you want to stroke. Find out what feels good for you. One 6-year-old girl strokes herself on the cheek when doing the MIR-Method and the parents of another girl stroke her bare back every night when doing the MIR-Method. As long as the stroking is skin on skin, it's working.



2. Short clear commands (steps).

Now you know how to touch yourself, all you need to know is the commands. In the previous chapters all the steps have been explained. In total the MIR-Method contains nine special steps. You say these steps out loud and repeat them 3 times. Every time you say a step, you stroke your hand. If you have any doubts about how to do it, watch the video at www.mirmethod.com/video

The nine steps of the MIR-Method.

1. Optimise acidity.
2. Detox all toxification.
3. Detach father. Detach mother.
4. Clear meridians.
5. Supplement all shortages.
6. Balance hormone system.
7. Fulfill basic needs.
8. Optimise chakras and aura.
9. Clarify mission.

Order and connection within the nine steps

By giving commands to your body you make it go through a set of routines. The order is important. It has a logic that I was able to determine through muscle testing: these are the steps the body wants to receive and this is the order in which it wants to receive them. All of the nine steps must be completed. They are connected to each other and work together. So don't leave out any steps. For example: detaching mother has everything to do with disharmony in the hormone system. Detaching father has effects on the acidity of the body. If you skip steps, you will lose the power of the MIR-Method.



All nine steps are necessary so do not skip any of them

It is important that you do all nine steps. When people first began using the MIR-Method some of them thought it wasn't necessary to do all of the steps, so they skipped some of them. In consequence they were out of balance for weeks and felt worse than before. 'I wish I had never started the MIR-Method.' they then told me. When they managed to begin again with the whole MIR-Method, completing all nine steps, their complaints gradually lessened and their balance returned.

Summary of each step

Below I have given a brief summary of every step of the MIR-Method to help you remember what it is about. A more detailed explanation has been given in the previous chapters. It is not vitally important that you completely understand what is meant by every step. People who just use the MIR-Method methodically still notice many positive effects. This is also proven by the positive effects on children and animals.

Step 1. Optimise acidity. First of all you command your body to optimise its acidity. Different parts of your body need to have a particular acid level in order to function effectively. If the acidity level is not ideal then many chemical processes in the body aren't performed correctly. It is then, for example, very difficult for the body to release toxicity.

Step 2. Detox all toxicity. Secondly you command your body to detox all toxicity. This command causes your body to begin to purge itself of all kinds of toxins that disturb its many chemical processes. By toxins I mean heavy metals, pesticides, residues from medication, electricity and radiation and vaccinations.



Step 3. Detach father. Detach mother. The third step is to detach yourself completely from your parents. Everything that isn't yours, but theirs, you will let go. Their expectations, their guilt, manipulation, strong emotions, the experiences you had with them, the guilt you still carry around, the sorrow, the things that were never fulfilled and that you still, subconsciously, try to get from your parents. All this is supporting you in becoming your total self. You will be able to completely stand on your own two feet.

Step 4. Clear meridians. The fourth step is the command to clear all your energy pathways (meridians) and to free it from emotions and blockages. The meridians will then flow freely and will maintain a good energy management in the body.

Step 5. Supplement all shortages. The fifth step is to supplement all shortages in your body. The shortages I refer to are the chemicals you need to recover your body. Those chemicals can be vitamins, minerals, enzymes, hormones, immune globulins, anti-oxidants, blood proteins and so on. The body is capable of supplementing those shortages by itself. All you have to do is give the command to your body to start supplementing.

Step 6. Balance hormone system. The sixth step consists of balancing the greatest management system in the body: the hormone system. By naming it, the subconscious knows that all organs and glands of the hormone system need to work together in order to regain balance again. Because in the previous steps you optimise the acidity, detox all toxicity and take away unnecessary emotions, the hormone system actually gets the CHANCE to regain its balance. Step 6 can be a mega task for the body. This is one of the reasons why people get tired when they start doing the MIR-Method and start to sleep longer and more deeply.



Step 7. Fulfill basic needs. After the previous steps the subconscious needs fulfillment. Continuing to chase basic needs that will never be fulfilled can cause some distress. By giving the subconscious the command to fulfill all basic needs, a deep inner peace will come to the fore and your self confidence and love for yourself will grow.

Step 8. Optimise chakras and aura. Your chakras and aura are very important when it comes to energy-exchange between you and others, but also to maintain your own energy level. Many people receive far too much input and pick up the negative energy from others. For those people it is very handy to enhance the functioning of the chakras and the aura. And the body can do that! Besides, good functioning chakras and an aura that is fully optimised are very beneficial for your health.

Step 9. Clarify mission. After stimulating your body's health, it is vital to aim all your energy and actions towards what is most essential to you in your life: your life path. It will draw all your energies towards what is most important to you in your life. Deep down inside you already know what it is, but because of all the distraction and detours in life, it is sometimes hard to find.

Stroke your hand and say the step simultaneously

You perform the MIR-Method by stroking yourself continuously circling on your hand and meanwhile you say a MIR-Method step (out loud, if possible). So you stroke your hand and at the same time you say: "Optimise acidity." Keep stroking and say: "Optimise acidity." And keep stroking and say a third time: "Optimise acidity."

Then you do the same with step 2. through to step 9. You can say the words silently in your head, but saying them out loud will be more effective. If you want to see how I do the MIR-Method myself, visit the website and watch the video www.mirmethod.com/video



Time efficiency

When I have timed how long it takes to do the MIR-Method, I have seen that it takes less than two minutes. It is therefore very easy for most people to fit the MIR-Method in between their other daily activities.

Twice a day, for four weeks

To do the MIR-Method properly one more thing is important. It helps if you do the MIR-Method twice a day for four weeks. Then your whole system will be activated in cleaning, rebalancing, supplementing, and fulfilling. The whole process of the MIR-Method will continue independently for another 19 months!

After 4 weeks it is no longer necessary to do the MIR-Method every day. If you feel you need to pick up the MIR-Method after those 4 weeks just do it. The MIR-Method will then be used as a way of maintaining the positive effects it has given you. Meanwhile your body will continue its work all by itself.

Hilda: *"The other day Jeffrey had some eczema in his inner knee. After a week of MIR it was gone."*



CHAPTER 8. WHAT DOES THE MIR-METHOD DO?

What happens at the moment you start using the MIR-Method? The answer to that is non-scientific and based on my muscle testing abilities combined with my intuition and experience with clients. Through gathering information in questionnaires I support the results with percentages. See the website www.mirmethod.com

When you start using the MIR-Method, you activate your body to heal itself in nine areas at the same time. Every command demands a lot of work from your body. That is why you may feel tired or endure physical reactions.

How the body performs the command can be partially understood, but mainly it remains a mystery of the body. The same as how the body has the fantastic capability to just heal wounds it is (still) unclear how the body implements most of the MIR-commands. However, it is clear how toxicity is being expelled from the body. Through increased intestinal activity, adding or releasing fluids and by the extra excretion of perspiration with waste products the body gets rid of toxicity. Through the kidneys and the breath the body can rebalance its acidity. Releasing emotions is much more vague. People who can see energy or auras can observe what happens when people use the MIR-Method and get rid of redundant emotions: chakras open up and heal themselves and auras become clean and strong again.

The MIR-Method always works. That is what I was able to determine through muscle testing (Kinesiology), but since the results aren't always visible or noticeable, I will have to state that the MIR-Method doesn't give any noticeable effect with about 20% of its users. If you want to follow the process, you can



have yourself measured with computers that can measure energy and/or meridians. Then how your body is progressing will become visible.

The power of affirmations

Affirmations are short sentences that you say to yourself for example to enhance your motivation. All nine steps of the MIR-Method are in effect affirmations.

What is clear is that affirmations do work. Many methods are based on affirmations. From my experience with the NLP I know that the body, the subconscious, only wants to accept affirmations when it feels relaxed and secure.

That is the reason why the MIR-Method and other methods work: they take the body into an optimal state through touch, which makes the body listen. Nothing is worse than looking at your reflection in the mirror and shouting: "You are great!" Whilst your whole system thinks: "Yeah, right!" Only when your system is comforted, calm, relaxed and secure will the subconscious want to listen to new affirmations and be able to respond positively to it.

Physical reactions

Last but not least: realise that when you start the MIR-Method, you may experience physical reactions. Your body will start to detox and clean which you can tell by your urine (darker, stronger smell), your defecation (more often and differing in substance, stomach aches), fatigue, itching, headaches and so on.

So the first weeks may be quite unpleasant. But please continue, because your body is responding well to it. You help your body by continuing the nine steps. It will speed up the cleaning process. If you find it's too heavy, go back to just step 5 and 7. Many people become tired from doing the MIR-Method. They don't use the MIR-Method in the morning, but only do it at night before falling asleep so it isn't such a burden for them.



I have collected the reactions that I have received to date from people who have used or are using the MIR-Method. It may be that you can recognise some of these complaints and maybe not. Everyone is unique, just like the disturbances in your body. Your body knows best where your problems lay and works totally independently in healing itself using its infinite wisdom.

The most common reactions are:

- being confused;
- headaches;
- muscle cramps;
- tiredness, fatigue, sleeping a lot;
- restless sleeping;
- being edgy, unreasonable, emotionally unstable, lots of old anger, sorrow;
- stronger smell of sweat in the armpits, more perspiration;
- hot flushes;
- dirty layer on the tongue, bad breath, bad taste in the mouth;
- nausea;
- more urinating, more defecation, going to the toilet more often;
- stomach cramps;
- runny nose;
- menstruation in between periods;
- falling ill, fever, sore throat, coughing;
- no reaction at all.

When you haven't experienced one single reaction in your body then that can often be disappointing. However it doesn't mean it's not working. Your body may be working really hard in the background without you noticing anything. Try then to observe which subtle changes take place. Think about tiredness, irritability or more positive changes: starting to clean your house or throwing away old stuff, maybe less fear or suddenly setting your boundaries with people.



Maybe you want to cuddle more or your feeding habits are changing: more drinking, eating more fruit or vegetables, eating less.

If you have hardly any reactions in the body, it is good to have some guidance. Many therapists and doctors can measure processes in your body with computers, through muscle testing (Kinesiology) or having your body checked by psychic people. It supports your process. You can also just decide that you are so lucky not to have any annoying reactions in the body and trust that your body is doing its work.

Results from the MIR-Method

The MIR-Method has brought many positive changes in the physical or emotional health of many people. The results vary enormously, depending on the state of the person's health and depending on what trouble that person has encountered during his or her life. It is interesting to read how it has worked with others. It doesn't mean it will be the same with you. Your body is unique and you have your own unique process of optimisation. Now that you understand that the MIR-Method is a universal method that can be used for any kind of complaint, I would say: just give it a try.

Peace in your heart and mind

It leaves me only to say that I wish you all the best with the MIR-Method. I hope it will bring you the peace in your heart and mind that is so welcome for everybody! Please feel free to pass the MIR-Method on to others. Thank you for reading this book. I wish you all the best.

Mireille Mettes.



CHAPTER 9: FREQUENTLY ASKED QUESTIONS

1. For how long do I have to do the MIR-Method?

It is best if you do the MIR-Method for 4 weeks, 2x a day.

2. What happens after I have done the MIR-Method for 4 weeks?

After the 4 weeks your body will continue the work independently. It will continue detoxing, supplementing, balancing and clarifying your mission. However, some people feel the need to continue to use the MIR-Method. They feel they want to use the method for a shorter period as a way of maintaining the positive results the method has given them. If you have a lot of physical complaints it is even recommended that you use the MIR-Method as a maintenance-method, for example one week per month, or 1 day per week.

3. Is it a problem if I forget to do it for a day or more?

No, that isn't a problem. Just start it back up, even if you forget to do it for more than one day. If you completely forget to do the MIR-Method you may be entirely ready to stop using it. Trust your intuition.

4. Is it best to do the MIR-Method in the morning and in the evening?

Fortunately, that doesn't matter. You can spread it throughout the day, but you can also do it twice in a row. Be kind to yourself. You may get very tired after doing all 9 steps, so it may be more convenient to do it at night in bed, so that you can fall asleep straight away afterwards.

5. Can I do the MIR-Method more than 2x a day?

Yes, you can, but it's just not very useful. If you activate your body 2x a day with the MIR-Method that is more than enough. Using it more often has little effect. Keep it simple and easy.



6. Can I do the MIR-Method 1x a day?

Yes you can. Some people have noticed that doing the MIR-Method 1x a day was less heavy for them, particularly if they had strong physical reactions. Be gentle on yourself.

7. Can I also stroke the inside of my hand?

Yes, you will get the same results when you stroke the inside of your hand. One 6-year-old girl strokes her cheek when doing the MIR-Method. That works as well. Always stroke skin to skin with no clothes in between.

8. Does it matter in which direction I stroke?

No, that doesn't matter. It is just the touch that counts. By touching yourself in a caring way you will gain a relaxed state. As a result of this relaxed state your subconscious is prepared to follow the 9 commands.

9. Does it matter if you use your left or your right hand?

No, that doesn't matter.

10. Do I have to say the 9 phrases out loud, or can I say them quietly?

You don't have to say the 9 phrases out loud. You can do that quietly inside your head. However, it is a little more powerful if you vocalise it, because then it is also transferred back to your subconscious through your hearing. If you are alone, do it out loud.

11. I don't think I need to do all 9 steps. Is that possible?

The parts of the MIR-Method are connected to each other and it is important that you treat them as a whole. Some people focus on a few of the steps. By doing that, you tear apart the MIR-Method and the method will 'tilt'. For example you activate the hormone system (step 6), but you don't tell your body



to synthesise new hormones with step 5 (Supplement all shortages). Then the MIR-Method won't work in the way it is supposed to. Some people think they have detached themselves from their father or mother and skip that step, or they don't feel like doing it, because it doesn't sound nice. The consequence is that your body will activate all the other steps, solving many things, balancing many things and supplementing what is short, through which the attachment to father or mother will present itself *extra strong*. This may give an intense irritability towards your partner or a colleague, because they subconsciously remind you of your father or mother. So to be sure, always do all 9 steps.

12. Can I add steps to the MIR-Method?

Yes, you can, but it is not necessary. The MIR-Method contains all the commands you need to reactivate the selfhealing powers of your body.

Many aspects of your health are already incorporated in the MIR-Method, e.g. the immune system and the way your body deals with water.

13. I have many complaints now, is that normal?

Yes, it is quite normal for you to start having complaints. Your body is activating many processes at the same time and you may feel that. If you find the complaints overwhelming, please go back to performing steps 5 and 7 only. If that is still too much, find yourself some support from a therapist or doctor who is familiar with the MIR-Method.

14. Since I started the MIR-Method, I am tired all the time. Is that normal?

Yes, that is normal. I have treated people who have had a tiredness that has been within them for years, but which has always been ignored. The MIR-Method then unleashes the fatigue. It may be that you have been working far too hard for too many years and your body is telling this to you now. Just keep on doing



the MIR-Method for 4 weeks. Listen to your body. If it cries for rest, all you have to do is allow your body to rest.

15. Nothing is happening. Doesn't the MIR-Method work for me?

About 20% of people notice hardly any reaction from doing the MIR-Method. It can mean one of two things: you have either done a lot of previous work in personal development or have taken good care of your health which explains why you have hardly any noticeable reactions. Or it could be that the changes are very subtle, which causes you not to recognize them. If that is the case then please focus on any small changes in your temper, in how you respond to your partner, children or the people around you. Notice the small, short headaches, the changes in your sleeping pattern or in your stool.

A number of people don't notice anything from using the MIR-Method and will have to get help from either a Kinesiologist, a therapist that can observe energetic changes, or that uses computers to measure results, or doctors who can take blood tests. In principle the MIR-Method works always.

16. How do I treat my pet or large animal?

Stroke your pet on his back, while you say the phrases out loud. If your animal moves away, it is a sign that it doesn't want the MIR-Method at that time. Please respect that and try again at another time. (Most animals love it and even lie down to receive the MIR-Method.) If you want to treat your animal, but can't touch it, just stroke your own hand as a substitute for your animal. First say the name of your animal and then the phrase you have to do: 'Spot, optimize acidity, Spot, optimize acidity, Spot, optimize acidity.' Animals also need to do all 9 steps. Father and mother often stand for the keepers of the animal. And animals also have a mission.



17. Can I treat from a distance with the MIR-Method?

Yes, you can. On one condition: you previously asked that person's permission. People may respond strongly to the MIR-Method and it is important that a person takes that into account when he or she is being treated from a distance. You treat the other by first saying his or her name, then the step while stroking your own hand at the same time (read the previous question about treating animals). After the distance-treatment you might want to do the MIR-Method to see if you notice yourself responding to the other person's energy with yawning or a sad mood.

Best of all is being able to *teach the other people to do the MIR-Method themselves!* There is nothing like being able to heal yourself!

18. Can you do the MIR-Method if you are pregnant?

Yes, you can, but please wait until after the first 12 weeks of pregnancy.

19. I usually respond very strongly to treatments or medication. Can I handle the MIR-Method?

If you respond very strongly to treatments or medication then it is important that you take that into account when beginning the MIR-Method and start carefully. The best way is to start with only step 5 (Supplement all shortages) and 7 (Fulfil basic needs). Do these 2 steps for 2 weeks, 2x a day. After that you can begin with all 9 steps. By performing those two steps first you activate your body to first add everything that is missing, before you make your body work with all the other steps, which takes a lot of energy. This preface has made the MIR-Method much more comfortable for sensitive people.



20. At the moment I am being supervised by a specialist. Is it wise to start the MIR-Method?

The MIR-Method is suitable for anybody, even if you are being supervised by specialists. Make sure you start safely (read the previous question about sensitive people) and keep in close contact with your specialist. The specialist may need to supervise you more intensively during the MIR-Method. You may also need extra guidance from a therapist for the emotional part of your complaints.

21. Can I overcome addictions with the MIR-Method?

Yes, in the end you will, but you have to be patient. People told me they had quit smoking with help of the MIR-Method and didn't have any detoxification processes or mood swings.



MIR-Method®

Stroke your hand 3 times. Say every sentence out loud while stroking.

1. Optimise acidity.
2. Detox all toxicity.
3. a. Detach father.
 b. Detach mother.
4. Clear meridians.
5. Supplement all shortages.
6. Balance hormone system.
7. Fulfill basic needs.
8. Optimise chakras and aura.
9. Clarify mission.

- ➔ Do the MIR-Method 2x a day, for 4 weeks.
- ➔ Serious complaints? First, do only step 5 and 7 for 2 weeks, followed by all 9 steps for 4 weeks.

MIR-METHOD[®], SELF-HEALING METHOD



Mireille Mettes (born 1967), teacher of English, bachelor in Educational Sciences (Innovation and Management), Internationally certified NLP-trainer and Holistic health therapist.

In addition, she was educated in, and studied many alternative healing methods: Touch for Health, NAET, Body Talk Access, EMDR, EFT, etc. and she was educated in Basic Medical Knowledge.

In 2009 she started her own practice in Apeldoorn, The Netherlands: 'Allergy Free'. Together with her clients she developed the MIR-Method. Since then she no longer works as a therapist, but as the spokesperson of the MIR-Method.

"It is with a great feeling of happiness that I have been able to develop the MIR-Method. People can now, in a very simple way, activate the self-healing powers of their body."

"Mireille is an extraordinary and energetic woman who has the unique gift of being able to capture a great deal of widespread information and see into the core of what it is truly all about. The MIR-Method is easily accessible and works quickly and efficiently!"

Medical clairvoyant Hyacintha Kraidy – Practice Claritas essentiae, Apeldoorn, The Netherlands.

For more information: www.mirmethod.com