



**SELF-HEALING METHOD MIR®
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

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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 two videos in which I show you how to use the MIR-Method. Just visit my website: www.mirmethod.com/video/. Watching the two videos takes about 15 minutes.



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