

Assistance with the MIR-Method

Sometimes the 9 steps cause physical or emotional reactions and in this case it can be very reassuring to have a MIR-Method therapist to work with you. This is also true for people who suffer from chronic health problems.

Each of the 9 steps can be fitted to suit your personal needs and situation. For example, if you are taking, or have been taking, a lot of medication, then step 2 (detox all toxicity) can be changed to “detox all medication” or “detox all chemicals”. It is also easy to track down and remove deep rooted emotions. By stroking your hand and repeating the steps, you create a unique remedy that fits your personal history. People often experience a feeling of relief at the end of the MIR-Method therapy.

MIR-Method Basic Course

For therapists who want to use this method to work with clients there is a course which handles the basics. During this course you learn how to perform a ‘muscle test’ and how to work from a Personal Protocol. This enables you to get to the root of the problem within 10 minutes. By working specifically with this ‘pijnpunt’ you can resolve the cause of the symptoms much more quickly. For example: this could be the removal of a trauma or the replenishing of a specific hormone or vitamin deficiency. Sometimes it’s necessary to work on making a persons journey or mission in life clear to them. Sometimes it’s as down to earth as helping them become conscious of their eating habits.

MIR-Method Advanced Course

Entrance requirement: MIR-Method Basic Course. In this advanced course a lot of work will be done with the Personal Protocol and the ‘muscle tests’ in order to improve your proficiency. You will also interact with fellow students to learn how to conduct a MIR-Method consultation. In this way you will receive individual treatment which will give your personal growth a great boost. Naturally there will be plenty of room to discuss and perfect the techniques used to treat your clients.



MIR-Method

**A unique self-healing method
that everyone can do
in the privacy of their own homes**

www.mirmethod.com

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Mireille Mettes developed the MIR-Method in 2009 in her practice "Allergy Free" in Apeldoorn, Holland. Once that was done, she closed her practice: everyone could now use the MIR-Method themselves. She published her book "Self-healing Method MIR: Mental and Intuitive Reset" in april 2010. Since then the MIR-Method has spread all over the Netherlands and many other countries and personal results have been pouring in.

The MIR-Method was originally meant to treat minor ailments such as allergies, but more and more people are using the MIR-Method to treat their more serious complaints and appear to be doing so successfully. Examples include: depression, burnout, sarcoidosis, thyroid problems, high blood pressure, psoriasis, anorexia etc.

These people are using the MIR-Method combined with the treatment and medication they receive from their doctor.

The effectiveness of the MIR-Method comes from combining physiological cause with chemical processes in the physical body. You can resolve a trauma but if there is also a serious vitamin or enzyme deficiency, the physical symptoms will remain.

Activating your body to heal itself

The name MIR means: Mental and Intuitive Reset. It's a self healing method developed for people who would like to work on their physical and emotional problems themselves. This is possible as the MIR-Method activates the body's self-healing potential. This can be done easily by you, in the privacy of your own home. It takes no more than 2 minutes a day. All you need is your two hands and the determination to persevere for 4 weeks. Most people don't find this difficult as they usually notice an improvement within the first weeks.

Spread the word

The MIR-Method is freely available to everyone. This means that, once you know how it works, you can then teach it to others. It is Mireille's wish that this wonderful discovery be passed on to as many people as possible. In her words: Let the MIR-Method do you good!

Instruction video

Mireille Mettes has placed a 15 minute video on the internet. In this video she explains the 9 steps of the MIR-Method and what you can do with them. You can find this video at : www.mirmethod.com/video

Children's MIR (www.mirmethode.nl/kindermir)

The children's MIR has been especially developed for children under 10 years old. Children enjoy doing this and it also has a positive, uplifting effect on grown-ups. The children's MIR is suitable for both young and old and it is fun to do together with your children. There is a video showing the movements on the website. The children's MIR is a dance performed with the entire body.

Workshops MIR-Method

Some people prefer a more personal demonstration/explanation. In this case it would be better to attend a workshop. During a MIR-Method workshop, the meaning and the effects of the 9 steps are explained very clearly. It is also possible to ask questions and receive personal advice. The workshops are held in the Netherlands, Belgium, Germany, Austria, Gambia, Singapore, Congo and Dubai. More countries will follow. For current dates visit the MIR-Method website.