



What is the MIR-Method®?

The MIR-Method is a unique self-healing method that Mireille Mettes developed in 2009. The name “MIR” stands for “Mental and Intuitive Reset”. “MIR” also means “Peace” in Russian. She wishes everyone peace in their minds, hearts and lives.

For whom is the MIR-Method® intended?

The MIR-Method is for people with **emotional and physical problems** who would like to do something about them themselves. The MIR-Method re-activates your body’s self-healing ability. It is simple to perform and can be done in your own home.

Doing the MIR-Method®

You can find everything you need to know on the website: www.mirmethod.com
Doing the MIR-Method takes only 2 x 2 minutes per day. Watch the instruction video at the website for more explanation. In addition, you need the perseverance to continue the method for at least 4 weeks. For support, register on the MIR-Method website for the free tip e-mails. You will also receive chapters 1 – 3 of the MIR-Method Handbook for free.

We enjoy helping you

A team of MIR-Method guides is ready to help you use the MIR-Method. They are trained to help the MIR-Method be even more effective and work more profoundly with respect to your specific needs. They can help you, for example, if you have a strong physical reaction, through a difficult period, or just because it seems to be taking too long.

Don’t believe in it, just do it

Mireille: “It’s not necessary to believe in it. The laws of nature involved in the MIR-Method work for everyone. It differs from one person to another how much you notice its effects. You can only really evaluate what the MIR-Method has done for you after 4 months.” You can use the MIR-Method also on children and animals.

Use common sense

The MIR-Method is never a replacement for medical or psychiatric help. Use your common sense and keep in touch with your doctor or specialist. Continue to use your medication(s) faithfully, for as long as your doctor or specialist deems necessary.

More information

Detailed information can be found on the website of the MIR-Method:
www.mirmethod.com