

MESHE, HESHE,
MISON & ORBIT



*What My Grandmother Taught Me
About the Universe*

KAREN DEBORAH FARRIS

AUTHOR INFORMATION

Karen Deborah Farris is a successful counselor, healer, and bodyworker who for twenty years has taught extensive workshops based on MESHE, HESHE, MISON & ORBIT™ as well as many other self-discovery topics. A trained actor, mediagenic and articulate, she is comfortable speaking about her work anywhere.

Farris began developing her integrated bodywork and counseling techniques in 1983 under the tutelage of many prominent doctors and healers throughout the United States. Her education into the spiritual and physical aspects of the human experience served as the foundation for her own private practice and the development of a new philosophy. She combined her techniques into four guiding principles, which she shares in her book, *MESHE, HESHE, MISON & ORBIT: What My Grandmother Taught Me About the Universe*.

MESHE (mee-shee) addresses our relationship with ourselves; HESHE (hee-shee) speaks to our relationship with others; MISON (my-sahn) illuminates our relationship to life itself; and ORBIT (or-bit) identifies circular and counter-productive mental, emotional, and physical patterns which result when we fall out of relationship with ourselves, others and life.

Through individual counseling and group workshops, she has taught her results-oriented programs to many different types of people. Included among those she has worked with are individuals confined to mental institutions, substance and food abusers, youth and teens, as well as people in life transitions who may be struggling with intimate relationships or lacking direction in their lives. She is currently touring with a companion workshop series, where she creates an interactive environment demonstrating the material from her book with tangible, life altering effects. In these workshops, individuals discover a deepening of their relationship to self, others and the world around them. Farris also authors, *Being Present*, a column for award winning online magazine, *SoulfulLiving.com*.

Warm, caring, funny and wise, Karen Deborah Farris makes four seemingly complex principles of life accessible and poignant for both men and woman alike.

