

FINDING HARMONY IN THE HALL

Franc Micklem has some surprising things to say about the pursuit of happiness. With a first-class degree in philosophy and a natural healer's empathy, we'd all be well advised to listen to one so happy and confident. Understanding the conflicts and compromises that make up our lives is key to achieving peace, says Franc



AI SLING HURLEY



EVERYONE who meets healer Franc Micklem goes away with a spring in their step. It's rare to meet someone who is so full of energy for life and the world we live in.

The good news is that we can all feel as positive about life as Franc if we make some small changes in the way we think.

Franc grew up near Oxford in the UK. She moved to Kilkenny over 12 years ago

for a job in Foulksrath Hostel, Jenkinstown.

"I was working with homeless people in London and the job in Foulksrath Hostel came up and I thought it was a hostel for the homeless. It was only when I got here that I worked out it was a youth hostel," she laughs. "In the end I spent two and a half years there and I loved it."

She says she has always wanted to live in Ireland as she is very fond of Kerry and Belfast, where she studied her

degree. "Kilkenny is the ideal spot because it has beautiful countryside and the city is of the same era as Oxford. It's like a half-way spot between Kerry and Belfast," she says.

She now lives in Baurnafea, Castlewarren in a beautiful house that is aptly named 'Harmony Hall'. The house is built on the principals of sacred geometry which is a more fundamental design factor than Feng Shui.

"Every room and shape in the house reflects a shape in nature, therefore it promotes a completely healthy flow of energy. The golden spiral staircase represents resolution of conflict and the eye shapes throughout the house are the ultimate healing shapes. People who come here for a healing, or even a cup of tea, can't help but be drawn back into a peaceful realignment," she says.

Franc offers healing sessions from Harmony Hall or from a person's own home. "Healing takes the form of a consultation but what is actually happening is that I am acknowledging with them the memories and experiences that have brought them to where they are today. By releasing the emotional charge around those events, the body's natural healing system is able to kick back in and help

them to recover. There is nothing that can't be solved," she explains.

Franc also works alongside a number of local doctors and dentists who refer patients to her. "The success rate is 100% in the sense that whoever comes to me at whatever stage of their illness or crisis they receive almost instant peace of mind and an opportunity for change."

She says that in the long-term the process takes commitment. "What we are really learning to do is to receive information in a different way. Instead of getting upset or ill everyone gets to a stage where they process all experiences in a healthy way and just let go. It's a fantastically empowering way of life because you no longer repeat old patterns and you bring into play the vast potential of conscious choice."

FACTFILE FRANC MICKLEM

AGE 39
FROM Near Oxford, UK
LIVES Castlewarren, Co Kilkenny
LIVED HERE 12 years
OCCUPATION Healer
PARENTS Nathaniel and

Katherine
BROTHER Nat
SISTER Amy
ACHIEVEMENTS Playing all four movements of Beethoven's Sonata in D at a classical music festival



“ INSTEAD OF GETTING UPSET OR ILL, PEOPLE [AFTER TREATMENT] GET TO A STAGE WHERE THEY PROCESS ALL THEIR EXPERIENCES IN A HEALTHY WAY AND JUST LET GO... IT'S AN EMPOWERING WAY OF LIFE ”

Franc is the youngest of three siblings. Her sister Amy is a teacher who also reads all the new publications for Oxford University Press and picks out what words are used in a new context. She then relates them to her husband who works on compiling the Oxford Dictionary.

Her brother, Nat, works in Customer Care in British Telecom. "Many people ring just to speak to him because they say he sounds just like the late Barry White," laughs Franc.

Her mother, Katherine, who grew up on the Navan Road, Dublin, moved to the UK when she was younger to train as a nurse. "She is a very keen peace activist and chains herself to nuclear submarines and stuff," laughs Franc.

Her father Nathaniel is a retired High Court Judge who worked in the area of civil disputes and has also written a book on Christianity that is aimed at people who have doubts about their beliefs. "He is 82 now and puts a lot of time aside for what he calls "being not doing", she says.

Franc is also highly trained. She has a First Class Degree in Philosophy from Queen's, Belfast, a Diploma in Social Work from the College of London, BHS Riding Instructor qualifications 1, 2 and 3 from Grennan College, Thom-

astown, Horticulture FETAC 3 and 4 from CDCD Network and a Gold Medal in performance piano that she achieved while studying with Fionnula Lanigan in Clogh.

Beginning on Sunday, July 4 Franc, her 20-year-old horse Windy, her friend Susi Allen and her horse Rosie and Susi's rescue dog Sybil will set off on a trip through the 32 counties of Ireland to raise funds for the Kilkenny Society for the Prevention of Cruelty to Animals and PAWS animal rescue shelters.

The event will be launched with a party in Harmony Hall on Friday, July 2 and the trip is expected to take up to two months to complete.

They are looking for sponsorship and will also hold healing sessions for animals, table quizzes and will busk on the streets in all the towns and cities they visit.

"I have lots of songs ready like 'Wild Horses Wouldn't Drag Me Away' and 'Horse in the Country'. It will be great," laughs Franc.

Donations to the cause can be made to Permanent TSB, High Street, Kilkenny, account no. 17390223, sort code 99 06 36.

Franc can be contacted at 087 1370859, or simply by logging onto www.healingbyfranc.com