

The

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He's Not A Mediocre Guy

by Doug Greenway, Staff Writer

Michael Rebel of Leesburg, FL (near Orlando) has been there and done it all and he was in Booneville over the weekend to help several Northeast Mississippi residents with their personal journeys.

Mike has been a crewman on a fishing vessel, a landscape designer, a geologist's assistant, a substitute teacher at a Montessori school, etc., etc.

And for many years, he has been an accomplished licensed mental health professional and commercial fisherman.

And he'll dare you to follow your dreams, too.

At least one weekend a month, Mike leads his "Natural Awakening" weekends somewhere around the Southeastern United States.

For roughly \$300, 12-15 participants are led through various activities to learn to reconnect with nature, release what "baggage" they carry in their mind and life and ask their higher power to let them know some desired qualities.

And those weekends have helped many people on their journey toward a happier life.

"My job in life is to be spontaneous and free-spirited," Mike says.

"I don't even wear a watch or intend to plan the rest of my morning. I try to live every day in the present and repre-

sent in the flesh a polar end toward which my clients can move.

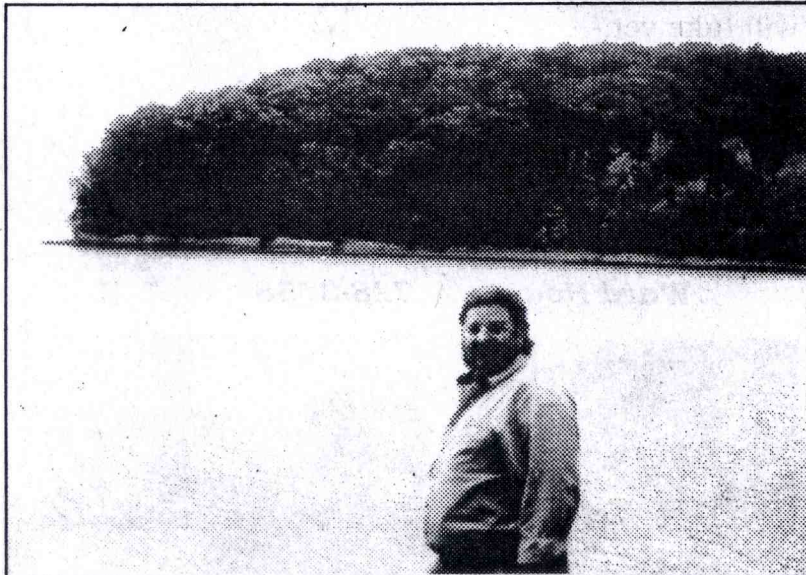
"How fast they move and how far is up to them," he said.

"The key to a happier life is a 'natural awakening.'"

"What's this "Natural Awakening" all about? Mike explains.

"With over half the people that come to see me as a client, if I can teach them to appreciate any single feature of the environment and incorporate it into a sense of a favorite,

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Mediocre

"We're not a bunch of aliens that landed on this earth," Mike said. "We've got to appreciate it, and each other, in order to survive.

"To many of us, the only love we see involves taking care of needs, obeying rules, etc. -- a childish love," he said.

"But, an adult love is based on trust, acceptance, freedom and understanding. A childish love causes us to distrust and destroy the people we love, controlling and seeking to be controlled," Mike said.

"But we need to grow into a mode where two independent beings can truly appreciate and accept the other one, and that's a tough transition to make.

"We've got to learn to reconnect with a appreciate nature, because, guess what -- we're nature, too.

"We don't have to have air conditioning. It's like a war against God," Mike said.

"We don't have to go in and cut down trees simply to clear the spot of land we want cleared. We can take the natural clearing in the woods and build our house there.

"We have all these rules and wants that are connected to societal ego. And we don't really have all that many needs after all," he said.

Mike Rebel is trying to get people to reconnect with nature, then transfer that connectedness to their interpersonal relationships.

And he asks that we really be who God made us to be.

"Who do you really remember in your workplace or from school?" he asks.

It is some character who's not trying to fit somebody else's mold -- a free spirit. I don't intend to be a mediocre guy," Mike says.

The brave souls who attended this "Natural Awakening" at J.P. Coleman State Park this past weekend should be commended.

Who could you be?

"These participants have gotten serious about moving in the right direction.

This was the first such workshop in our area, but all four therapists who led this one would be anxious to come back.

If you'd be interested in contacting Mike Rebel about a future workshop, get in touch with this writer.