



Points To Ponder

Healing, Health, & Well-being Through Acupuncture

Autumn time 2006

*With the past, I have nothing to do; nor with the future.
I live now. ~Ralph Waldo Emerson*



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Embrace the Lessons of Nature: Let Go

"I feel like I'm going to cry." That's what a lot of patients tell me this time of year and I reassure them, and you, that it will be okay.

You see, fall is a time of year when many consciously or unconsciously focus on the changes as negatives. Most notably, the days are getting shorter, and the leaves are changing color and falling. Technically, the leaves are dying; but is that a negative or does that just mean that now we are able to see more beauty in the dancing limbs and the awe of the greater view? Shorter days can translate to more restful evenings, which the body desperately needs after keeping a busier pace with work and play during the summer months.



You can see—it's a matter of perspective, and it once again reinforces that our bodies-mind-spirit really do parallel nature, so it's important we tune into what our body is trying to tell us, physically and emotionally. Fall is a time when our bodies are really trying to say, "Enough."

In the fall, nature's energy moves downward sharply, which is why people often feel sad. Yet, if we see this down-turn in energy as a positive, it really translates to fall being a time to let go...to clean out...to cleanse...to slow down and pause--reflecting on your life, giving thanks for your blessings, and resting a bit in the winter months, so you can embrace the coming spring.

Think about it in simple terms: if we didn't have any rainy days, would we be as excited and energized by the bright sunny ones? It's all a matter of balance and acknowledgement of the change of seasons outside our windows as well as inside our bodies.

Yes, our bodies change too with the seasons, as the elements (fire, wood, water, earth, and metal) within each of us realign themselves as well. Fall is the time when the large intestine and lungs are the officials associated with fall, and again are associated with the demand for cleansing in this season.

To do this in the simplest of terms, take lots of deep breaths as you embrace the beauty of the seasonal change and the accomplishments you make in your physical "cleaning out" activities (closets, desks, kitchen cabinets, etc.); and clean out your system by drinking extra amounts of water.

Also, be sure to get your seasonal acupuncture treatment. As Elise Hancock wrote in her "Seasons of Our Lives" article, "Treatment perturbs a person's energetic field so that more healthy patterns have a chance to emerge." Call me to make your appointment soon.

Autumnal Sensitivity

For those who have a loved one in the autumn of life, let autumn be a lesson. It's a time to acknowledge that person's impact on your life and to pause long enough in your care-giving to see what pleases this person most. For many older people, the chit-chat of a visit is exhausting yet they are too polite to tell you. Try this: arrive at your loved one's residence, take a deep breath as pause from the hub-bub of a busy day, greet your loved one, hold his or her hand, and do nothing. If he or she has something to say, it will be said, or vice versa; but leave room for silence. You will still have quality time together and may both feel better and rejuvenated from your visit by simply doing nothing.

Boost Your Immunity

With cold and flu season knocking on our door, now is the time to boost your immunity. Sambucol (aka Black Elderberry) is a natural syrup with Echinacea, propolis, zinc, & vitamin C. Visit www.LuckyVitamin.com or call 1-888-635-0474.

Happy Thanksgiving!

In the spirit of the Thanksgiving season, I would like to take this opportunity to thank each of you for your friendship, trust, and encouragement. I also appreciate your referrals. Without each of you, my dream of being an acupuncturist and sharing the benefits of a holistic approach to health, would not be possible. May you have a wonderful Thanksgiving and blessed holiday season.

Thank you!
Shannon



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5 Tips To Embrace The Fall

1. Make a list of 10 people who have positively affected your life or someone else's. Now put on the calendar each of their names as an "appointment" to acknowledge their efforts. You can send an email, a post card, a "thinking of you" card, or just pick up the phone. In our fast-paced life, this personal touch will make you and the recipient of your acknowledgement feel much better and the effort is minimal versus the reward.
2. Breathe deep. Make it a point that at least three times during the day, you can consciously inhale and exhale deeply at least 5 times. Whether you're driving down the road or sitting at your desk, it only takes seconds. And, assuming you're not driving, close your eyes and envision something that brings you joy or peace. For some, that's a mental picture of the ocean. Let it transform you and you'll let go of a lot of stress without even realizing it.
3. Drink a lot of water to offset the dryness of interior heat and to cleanse the body.
4. Clean out something that is cluttered—a closet, desk, your car, etc.—by November 20. And, if you can't get rid of whatever is "cluttering" your life, modify it so it's more positive.
5. Pause and give thanks for the beauty that surrounds you and the privilege to experience life. The very fact that we can experience a change of seasons, internally and externally, is a gift. Learn to embrace the change and live life. If you're in harmony with the seasons and accepting of fall's changes, you will experience greater harmony and an inner peace you may have never thought possible.

"Outside, at this time of year, Nature is doing the same dance I am, for autumn is the very season of letting go.

The Earth lets go what is no longer needed—dead leaves, for example—while conserving what is precious for the future. Sap moves downwards in trees, dropping beyond the line of frost, and the creatures put away food against winter's long hunger, just as our ancestors did." *Elise Hancock*
"Seasons of Our Lives"

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*"The one constant in life
is change."*

