



# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

## Autumn 2005



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### *Being Present in the Moment: Thoughts for Autumn*

Lately I've had the challenging opportunity to cook for one of Baltimore's better chefs, Eric Huckleberry. Notice I used the word "challenging" as I am hardly an expert cook myself! However, I'm an eager student and am enjoying the experience of gaining new skills.

Although gourmet cooking is a new adventure for me, it does relate to my work. One of the reasons I fell in love with acupuncture was that it is an art in that individualized, creative approaches are used along with the theory. Likewise, cooking allows for artistic expression. I enjoy seeing the blend of colors, feeling the textures, smelling the aromas, and tasting the combinations I create.

One of the other discoveries that has emerged through my cooking is the beauty of being in the moment. I notice the vibrant green of the broccoli, the crisp sound of celery being chopped, the roughness of the parsley that I'm sprinkling, the inviting scent of simmering garlic and butter. When I take time to be fully present in the moment I experience food differently.

Likewise, when I take time to be fully present in the moment in other aspects of my life, I experience those aspects differently. For instance, when I treat patients I make a conscious effort to clear my mind of other matters and be attentive—fully present—with them. This enables me to sense things about patients beyond what has been expressed verbally. I am aware of their color, sounds, odors, and emotions, all of which assist in the diagnostic process. This guides me in planning a treatment that is best suited for them.

In being with my patients, I teach them how important it is to live in the present moment themselves. I explain to them that healing only occurs in the present and that acupuncture helps to bring the person present to life. When we are not living in the present, then we have more of a tendency to worry, complain, feel anxious etc. In essence, being in the *past* or the *future*, we lose ourselves and miss the fullness and preciousness of life just as it is. While it is wise to think and learn from the past as well as planning for the future it's not wise to live in either one. When one feels guilty about the past or anxious about the future then he/she experiences pain. Remember living in the present takes practice.



*Fall is the time for...*

**letting go.** Life all around us is changing. The leaves are changing colors and falling to the ground. The air is becoming crisp.

**harvest.** Animals gather food to store for the harsh winter months. We gather our resources to carry us through the harsh winter months.

**transition.** As the landscape of the environment changes so does our inner selves.

**tranquility.** Soul and spirit are gathered.



## Wellness Center

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## Autumn Cleansing

As the season has been changing to autumn this year I have been noticing that I am feeling refreshed and wanting to clean my house and get reorganized. It was strange because it felt similar to how I feel in the Springtime when I enjoy doing a good Spring cleaning. I decided to read what others have observed about this season and found that in the book *Staying Healthy with the Seasons* by Elson M. Hass, M.D. ; he writes about how this time of year is great for cleaning and letting go of what is no longer needed and that it is similar to the spring time in that way.

### *Some suggestions for Fall cleansings:*

Do things that nourish your soul and prune away those activities that no longer serve  
Start today living life with no regrets...live life to its fullest  
Get some exercise to cleanse your body...go for an autumn hike or camping  
Breathe deeply...it is an ideal way to quiet the mind



*“Live in each season as it passes: breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of each.”*

*Henry David Thoreau “Huckleberries”*

*Reaping your harvest...*

*“Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.”*

*Lao Tzu*