



# Points To Ponder

Healing, Health, & Well-being Through Acupuncture

## Autumn Time 2007

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



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### *Gifts of the Autumn Phase: Awe and Inspiration, the ease of letting go*

ENOUGH!

Enough tomatoes. Enough heat. Enough long days packed with work and play. Just plain—enough.

That is the feeling many people express during the transition between late summer and fall.

The emotion associated with this time of year is translated through the Chinese as grief, but is also looked at as sadness, melancholy, disappointment and regret. A sense of tiredness is associated with this time of year—just part of the normal cycle. Knowing this sense is natural makes it easier for us to acknowledge the decline in earth's (and our own) energy and to accept these changes as part of nature, seeing fall's gift as "acceptance" and the ability to treasure what we've had.



*"Nature's energy moves sharply downward, like an axe blade falling.... Fall's losses are not arbitrary. For something new to come, space must be made."*

—Seasons of our Lives, Elise Hancock, Meridians 8/2000.

Take fading flowers for instance. You can sit in your garden and lament the passage of their peak bloom, or you can sit there and be grateful for yet another day of beauty and be okay with the fact that they will need to go away in order to come back full and beautiful in the spring after storing up energy all winter long.

Now look at your own life. Fall is a time to slow down, clean out mental and physical clutter to make room for more space, and to channel their feeling of sadness or grief into treasure. Yes, it's the time to recognize that change is inevitable, so treasure the opportunity you have to *really* live, rather than lamenting loss and trying to hold onto sameness for too long. Grief and sadness is natural, so accept it; but let go and allow gratefulness prevail.

*Continued on reverse side...*

### *Steps to Embrace Fall & Turn Grief To Acknowledgement*

- Drink plenty of water to cleanse your body
- Practice deep breathing exercises
- Write a list of things or people for which you are grateful and acknowledge them
- Free yourself of obligations, situations, or people who are pulling you down
- Cook harvest foods (carrots, sweet potatoes, and squash) and eat more spices
- Make a list of three things to "let go" and do it and keep what is of value and precious
- Get an acupuncture treatment to restore your natural cycle
- Watch "The Secret" or "The Peaceful Warrior"

### *Are Your Lungs & Large Intestine In Balance?*

The lungs and large intestine are the dominant officials of this time of year. As taking in the beauty of nature, deep breathe in, being thankful we have breath at all.

It's a good time of year to get an acupuncture treatment, especially if you have a tendency to get frequent colds, pneumonia, bronchitis, asthma, anything associated with the lungs.

The large intestine has to do with letting go emotionally and physically. Any imbalances associated with the colon can show up more at this time of year or if you go through a significant trauma, such as a death. Acupuncture can rebalance you.



## Wellness Center

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*The seasons are the  
reflection of the  
movement of the energy  
of the year.*

—Jack M. Daniel

### ***Gifts of the Autumn Phase: Awe and Inspiration, the ease of letting go*** *(Continued)*

In letting go, we must make space for something new to arrive. So, don't be surprised if you feel a strange motivation to clean out a closet that you've been putting off! And remember the awe of this time of year, the beauty of the crisp bright blue day, the beautiful October moons and the colorful leaves. And, then, the trees let go, too, to expose the beauty of their branches and to store up energy for the inevitable coming of winter.

Reflect on your life, give thanks for your blessings and welcome the coming of winter for a time to recuperate and restore yourself. Take a deep breath to fill your lungs (officials of the season), close your eyes as you face the sun and soak up the warmth, and reflect on how good life really is. Cherish what is, and also remember, sometimes we don't know what we value or love till we lose it or are about to lose it.

Embrace change. Experience awe. And cherish every day you are privileged to experience life. That's what fall invites you to do. Now... accept the invitation.

### ***Let Go & Move Forward... Fulfill Yourself***

In this season of letting go and acknowledgement, one practice you could do is to make a list of obligations, situations, or people who are pulling you down.

With acknowledgement being the first step in making change, now take your self-reflection and natural inclination for cleansing to another level by proactively freeing yourself from the negatives in your life.

For many, one complaint on that list is their job or career. How about you?

If you feel like you are dying on the vine, commit to making a change.

Mary Garland is a professional coach who works in our office with individuals and teams. She encourages people to enhance their lives by exploring their creativity and finding what they love to do by discovering their gifts and talents. Ask the question, "How do I create my world in a way that brings meaning and joy?"

In that same vein, ask yourself, "What do you love doing so much, you would do it even if you don't get paid?"

If the answers to these soul-searching questions are different from what you

are currently doing, address your fear of change head on and resist the easy path of continuing the same 'ol, same 'ol just because it's "safe."

***Life is too short to be safe,  
if it's leaving you unfulfilled.***



In the spirit of fall—in the spirit of saying "enough" to a mediocre existence-- recognize the fact that *you* can create *your* world and cleanse yourself of the things that are impeding that spirit. Then give yourself a deadline, and do it.

And, if having someone help you devise and implement your new "life plan" will keep you on task, get a treatment to balance your energies for optimal performance, and seek the assistance of a coach, such as Mary Garland, to take your life from ordinary to extraordinary...from ho-hum to wonderful. It works, and you will see and feel the difference in no time.