

To the Fullest Possibilities of Life.



*Mending the Tattered Web of My
Heart, The World~ Jane Mara~*

I am mending the tattered web of my
heart, the world,
With plush emerald yarn of
compassion and generosity.
I darn holes torn by blame and
judgment
With soft and sturdy strands of
Kindness and understanding.
May I repair jagged rips
Torn by despair and grief
With braided grasses of gratitude
And deep purple reeds of
acceptance of things as they are.
And where anger and fear burn
gaping holes
May I reweave with golden threads
of forgiveness
Gleaming copper cords of courage,
And strong silver strands of trust
In the mysterious and holy unfolding
of what is greater than I can know
To strengthen the web of my heart,
the world,
I send out these healing threads
To anyone who needs them,
anyone at all
In this whole world.

Autumn in Chinese Medicine

***What are the correspondences
associated with the Autumn in Chinese
Medicine?***

In the Autumn nature's energy
moves inward and downward. The
trees sap draws into the trunk and
descends and thus the leaves fall.
This necessary decline allows the
nutrients and mineral to return to the
soil. Without the autumn there could
be no spring.

Autumn corresponds to the Metal
element in the Five Phase theory of
acupuncture. The preciousness of
metal, like gold and silver,
symbolizes our innate value, dignity,
and integrity.

Color: White

Sense: To Smell

Emotion: Sense of Awe

Organ Systems: Lungs, Large
Intestine

*The three months of Autumn are called
plentiful and balancing. The Chi of
heaven becomes pressing, the chi of earth
is resplendent.*

~Neijing Suwen Ch 2 translated by
Claude Laree~

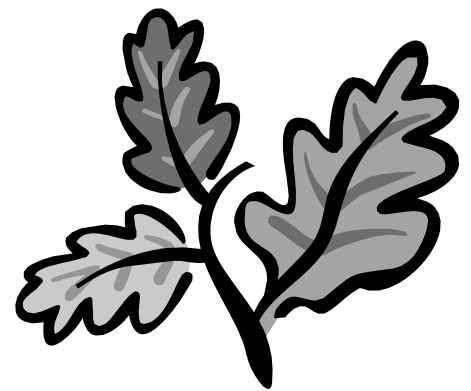
It is crucial to know when it is
appropriate to withdraw our attention
from things that disturb our mind.
However, if the only way we know
how to deal with certain objects is to
avoid them, there will be a severe
limit as to how far our spiritual
practice can take us.
-Lama Thubten Yeshe, "Introduction
to Tantra"

A Book for the Season Waking

By Matthew Sanford

The book begins when a thirteen year
old boy, Matthew, is in a devastating
car accident that kills his father and
sister and leaves him paralyzed from
the chest down. The book takes you
through his recovery in the hospital
to his journey of becoming a yoga
teacher. Along this journey Matthew
creates a deep understand of the
Mind, Body, Spirit connection. I
share this book with you now during
the season of the Autumn as it
embodies the gifts of this season.
There are many instances of letting
go as Matthew understands that he is
not going to be able to use his body in
the way that he could before the
accident. There are times of
transformation as he goes from being
bed ridden to a wheel chair, to
creating a connection to his paralyzed
body, to yoga, and to teaching yoga.
The book is filled with inspiration,
possibility and the understanding
that no matter what life brings we can
live life wholly.

www.matthewsanford.com



Practice For Autumn

Each autumn I pose the question of cleaning out your environment. I invite you to getting rid of old clothes and items that haven't been used in months or years. I tell you to go through your attic, basement, and sheds and let go of what you no longer need or use. This year I had a direct experience helping a couple go through boxes and boxes of old items as they prepared to move. We found items that had been pack for 20 plus years. I watched as the couple agonized over letting go of sentimental items that they hadn't seen, used or even known they had in over a decade. I invited them to look over each box carefully and pick out the items that they would display or use. This way they were keeping an item that meant something to them but could also be enjoyed. As a practitioner of Chinese Medicine it is easy for me to look back at this experience and see where this couple may have and imbalance energetically. In their inability to let go they were struggling and suffering. This created back pain, anxiety and insomnia. When treating patients I look to see how they respond to the energetic of each season. If there is a hiccup around one area this maybe a place of tending to create more ease in the patients life. Autumn is the time of letting go. When looking at nature we see the trees let go of their leaves and

draw the sap inward. This is to prepare for the winter and to assure that there will be blooms in the spring. If the trees never let go of their leaves then there would be no new possibilities in the springtime, no space for new growth.

During this process of helping this couple clean out the Olympics was going on. I began to think about China and the amount of people living there and the amount of space they have to dwell in. It is amazing to me that a family could be living with their parents and grandparent in one home. They don't have room to keep stuff. There are no basements filled with unused items, or closets filled with old clothes. They seem to be ok with this. No one is dieing from a lack of stuff!

So again this year as the Autumn season approaches I invite you to ask your self these questions. Is there a closet full of clothes you no longer wear? Is there a room filled with items that haven't been used in months or years? Do you have an attic, basement or shed that is over flowing with items? This is the perfect time of year to tackle these tasks. The energetic of the season is working with you. As the fullness of the Late Summer is let go of it helps you to let of what is no longer needed in your life. When we clean out and get rid of clutter or unused items we create space for the stillness of the winter and the possibility of new blossoms in the spring.

There is more space to breath, there is more space for you to create space for abundance to come into your life.

As our society becomes more conscious of the effects we have on the environment new question of were to get rid of these items arise. I have included a link to Women's Health Magazine on 22 ways to get rid of unwanted items. Some you can even get cash for!! Visit:

<http://www.womenshealthmag.com/life/recycle-your-castoffs>

Tao Te Ching

Chapter 25

There was something formless and perfect before the universe was born.

It is serene. Empty.

Solitary. Unchanging.

Infinite. Eternally present.

It is the mother of the universe.

For lack of a better name,

I call it the Tao.

It flows through all things,

inside and outside, and returns to the origin of all things.

The Tao is great.

The universe is great

Earth is great.

Man is great

These are the four great powers.

Man follows the earth.

Earth follows the universe

The universe follows the Tao

The Tao follow only itself.

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Contact me to find out more
about Acupuncture, Chinese Herbal
Medicine, and Yoga

Referrals are the greatest compliment.

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Acupuncture in the media

Since the 2008 Summer Olympics were in China acupuncture gained further interest with the media. The Olympic Village in Beijing offered free acupuncture to athletes and officials of the games. This created history by being the first Olympic Village in history to do so. With the presence of the Olympics in China, acupuncture gained recognition for its ability to remedy sports ailments.

On the flip side of things, a Chinese acupuncturist put 205 needles into his face, head and body. He did this to celebrate Beijing hosting the Olympic Games.

He then attached flags to each needle to represent all the countries participating in the Olympic Games.

Did you know that Martha Stewart gets regular acupuncture treatments? On her May 16, 2008 show she receives an acupuncture treatment. She had 2 guest acupuncturists share the benefits of acupuncture and how it works.

On E TV's show *What Is it Like To Be Denise Richards For A Day?* she has her acupuncturist share with you the benefits of acupuncture. The acupuncturist demonstrates what a typical treatment for Denise is like. To see this video search Denise Richards/Acupuncture on AOL TV.

There has been a lot of recent media about acupuncture and fertility. To learn more about how acupuncture and Chinese herbs can help you with fertility visit the Zen Living clip @ <http://www.truevo.com/Acupuncture-For-Fertility/id/2953510060>

Chinese Herbal Medicine for the Season

Are you looking to prevent or stop a cold in its tracks? If you are looking get through the fall and winter seasons healthy, Chinese Herbs may be for you. Western medicine is great at treating bacteria with antibiotics. Unfortunately, they don't have the medicine to treat virus like the cold and flu.

Good news! Chinese herbal medicine has the ability to treat viruses and also to help prevent them. When we become sick Chinese medicine see it as an invasion from the exterior that causes the body to become ill. By using the proper Chinese herbs you body is able to expel the pathogen from the body. To have these formulas work effectively they are taken at the first sign of illness. This means you need access to them when the cold or flu first begins.

To make sure you stay well through the colder seasons I have prepared a package of herbal formulas for you to have on hand. This package includes 8 formulas with extensive directions indicating the correct formula to take depending on your symptoms. The cost of the package is \$45 for the 6 formulas making it less than \$10 a bottle! Now that is a deal for staying healthy and well naturally through the fall and winter. If you are a current patient ask me about the package at your next visit.

Interested in taking Chinese Herbal Medicine to help with your area of concern?

Chinese herbology compliments acupuncture treatments or it can be used alone. Taking Chinese herbs can be seen as a way of giving your self a treatment every day. Chinese herbal medicine is a poly-pharmacy, meaning multiple herbs are combined in a formula. By using this form of medicine the herbs synergistically work together to heighten the effect of each other or counteract any undesirable effect. Patients find that results are achieved quicker when acupuncture and Chinese herbal medicine are combined. But Chinese herbs can be used alone. If you are interested in learning more about how Chinese herbal medicine can help you or to set up your initial consultation contact me by e-mail or phone.

info@jenacupuncture.com

(443) 562-1820

Question on how acupuncture can help with menopause, PMS, infertility, emotional disorders, headaches, or general health and well-being? Visit my web site www.jenacupuncture.com or call me at **443-562-1820**.
Until next season, Be Well!

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