



Points to Ponder

Healing, Health, & Well-being Through Acupuncture



Shannon Considine
Licensed Acupuncturist

Fall: The Season for Letting Go

Watching the colorful leaves fall to the ground can cause us to regret that Summer is over. Despite how we may enjoy all the Summer activities, we need to accept that this change is part of nature's cycle that enables new growth and beauty in the future.

Just as nature has its cycles which include the season for letting go, we have the need to let go. This can involve releasing the unwanted things that clutter our physical space. It also can entail letting go of feelings that have weighed us down.

Imagine what trees would look like and what their future would be if they never released the leaves that were produced that year. Our lives could suffer the same limitations and burdens if we fail to let go of that which serves no useful purpose.

Granted, it is hard to let go of the anger we feel at the friend who excluded us from an important social event or to release the frustration of a spouse who continues to engage in an annoying behavior. Yet, what purpose does it serve to hold on to these feelings? It only weighs us down and fills emotional space that could be used for more positive, productive feelings. It is important to consider what opportunities and great things are being blocked from entering our lives because of the energy invested in not letting go of that which no longer serves a purpose.

So, let go of possessions that are no longer useful and only cluttering your life and release the unpleasant memories that are depleting your emotional energy. Sit still, take a deep breath, and think about that which is most important to you, the blessings your life has experienced, and the things that excite you about the future. Like the trees that have shed their leaves, make space for new growth.

Journaling

You needn't be a skilled writer or have an abundance of time to engage in journaling. You can invest just a few minutes each day to journal. But, why bother?

Journaling yields several health benefits. It can enable us to make sense of the things that cause us stress and manage them better. There is evidence that journaling can improve our memory and enhance our immune system. Anxiety and depression can be better coped with, and our focus improved. You'll also get to know yourself a little better.

Schedule time (it doesn't have to be a lot!) each day to write. Write down anything you are thinking or feeling without worrying about grammar or spelling.

Periodically read your entries. You may be able to gain insights into patterns that are and aren't healthy. For example, you may discover that every time a particular friend visits you feel shabby about yourself, or on days that you took some "me time" things seemed to go more smoothly. In addition, your self-esteem may get a boost by seeing things that you did do well.

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(410) 598-9836

Great Quotes...

Autumn is the season of change.

—Taoist proverb

Autumn carries more gold in its pocket than all the other seasons.

—Jim Bishop

Autumn is the mellower season, and what we lose in flowers we more than gain in fruits.

—Samuel Butler



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. - Shannon

5 Tips To Embrace The Fall

1. Make a list of ten 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 five 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.

"The one constant in life is change."

"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"

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.

Fall Room Spray



Supplies

- + 2 ounce Glass Spray Bottle
- + Witch Hazel
- + Water
- + 6 drops Cinnamon Bark
- + 5 drops Nutmeg
- + 5 drops Orange

Instructions

- + Fill half of spray bottle with witch hazel.
- + Add essential oils.
- + Fill remainder of spray bottle with water.
- + Shake well before spraying into the air.



Cold weather is here! **Bi Yan Pian** is used in Traditional Chinese medicine to "dispel wind and remove toxic heat from the nose."

Thieves Oil is great to diffuse to build your immune system and apply topically.

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