

Notes From Aculand

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To your physical, mental, and spiritual health!

by Karen Johnson L.Ac., R.N.



Happy New Year

Here's wishing you big things in 2007. I'm starting my new year with an exploration of BELIEF, QI, and CHANGE. Lofty, I know, but it is something I see quite a lot of during treatment. "It" is the personal growth and change that can accompany acupuncture treatment. It can come in the form of a new job, a new relationship, a new level of health, a different attitude, emotional state or new found creativity. It doesn't happen to everybody, but it happens to a lot of people. It can't be explained by the needle. There is

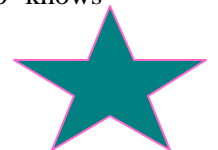
nothing on it. It has nothing to do with a person's belief system or expectation. In fact, it may surprise a person's belief system.

The only way I can explain this is that acupuncture stimulates something that already exists inside of us. The analogy that comes to mind is something like what happens when you water a seed. The water activates the potential already in the seed. The seed then grows into the plant it should be. The whole nature of the plant already exists. When it grows it grows in its entirety, it can't favor its roots and ignore its

leaves. An acupuncture treatment similarly affects a whole person, not just a part. That "whole" includes the body, the mind or emotions and the "spirit," the animating or guiding principle. What acupuncture does is stimulate "qi" which could be likened to watering the plant. The whole thing grows. While people usually walk in the door with a specific concern, some kind of physical or emotional discomfort, they usually walk out noticing that they feel different all over. Acupuncture affects the whole person. The "symptom" is embedded in the context of the person's life. We may believe that things are somehow separate, or divisible until that qi comes along...and who knows what might change!

And to follow-up to last month's article on Why I Needle On the Left...I learned what some people "believed" about what they saw and experienced. *"I thought you needled*

on the left because your supplies were on that side"..."I thought it was my weak side"..."I knew you leaned to the left politically and couldn't possibly concentrate on the right!"



AutoBiography in 5 Short Chapters

I

**I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost...I am helpless.
It isn't my fault.
It takes forever to find a way out.**

II

**I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in, again.
I can't believe I am in the same place.
But, It isn't my fault.
It still takes a long time to get out.**

III

**I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in... It's a habit...
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.**

IV

**I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.**

V

I walk down another street.

written in the Tibetan Book of Living and Dying