

Find the Change in Your Garden

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After a long, wet winter, spring is finally upon us. Do you feel hopeful now that the harshness of winter has passed and the color green is prevalent? Do you like to garden? Have you begun to rototill the earth? Do you have a plan and a vision for which seeds and bulbs you would like to see flourish and beautifully blossom?

As an acupuncturist, I observe this same process in my clients. An individual arrives for treatment in physical pain or perhaps with a heavy heart having experienced a long and difficult winter. Their energy is depleted from a form of physical or perhaps emotional suffering. Acupuncture, an ancient Chinese medicine, helps cultivate awareness and mindfulness with the intention of supporting the person to blossom to their fullest potential.

Acupuncture is the practice of inserting small filaments along specific energetic pathways in the body. Through this process, the flow of energy, or Qi, is brought back into balance much like the resurgence of power observable in the natural world in spring. Through the course of acupuncture treatment, the individual is assisted in releasing what energetic blocks might be hampering their growth and development just as we rototill the garden in spring to unclod the soil so that new plantings will flourish.

What activities or life style choices may have contributed to a sense of imbalance in you after a long winter? Working too many hours at a stressful job? Working at a job that is spiritually unfulfilling and depleting? Engaging in poor nutritional habits? Going to bed late and consistently getting insufficient sleep? Are these practices sustainable? At what expense? Ones physical and mental presentation is a culmination of how we answer these and many other questions for ourselves.

When a gardener plans a garden, the question is, "What is possible?" Through a careful selection of acupuncture points along meridians, or pathways of energy, acupuncture similarly supports what is energetically possible for you. When awareness of possibilities occurs, conscious choices begin to emerge.

Thoughts can either act as nourishment and support energetic forward growth or thoughts can deplete energy. Our culture is keen on physical discipline, but does not as commonly, consider that our thoughts can also be disciplined. Acupuncture cultivates awareness. As an acupuncture practitioner, I frequently encourage my clients to ask of themselves: What thoughts am I planting to nourish my vision for the future? Are my actions in alignment with personal physical and mental health goals? The social company we keep can create vibrancy in our lives and support our intellectual and spiritual growth or they can be weeds which deplete the vitality of our existence. What weeds are in your energetic garden? We are meant to live our lives fully with joy and health. Acupuncture helps to discover energetically the depths of what is possible physically and emotionally in this lifetime. Do you feel as if you are merely surviving or are you actively participating in cultivating a life that is blossoming fully?

Leo Tolstoy once said, “Everyone thinks of changing the world, but no one thinks of changing themselves.” Spring is a time of growth and change. Let acupuncture help you cultivate the awareness of what if possible in your life.