

# Whole Living

HOLISTIC HEALTH  
ASSOCIATES

Volume 3, Issue 3  
Fall 2008

Holistic Health presents....

## *Evening In The Orchard*

Wander through our cherry orchard on an early fall evening, enjoying great wine and the sounds of live jazz, all to benefit:

The Arc of Frederick County.

Fabulous services, gifts & items available by silent auction during the event.

**Donors include:** Sol Yoga, The MET, The Parispa, Velvet Lounge, Café Nola, The Clinch Academy, The Muse, The Weinberg Center, Fundamental Fitness, The Kitchen Studio Cooking School, Robert Strasser Pottery, Art from The Blue Elephant, Fredericktowne Players, Structures Salon, and more...

## *Wine & Jazz and a Silent Auction*

*September 27th, 6-8pm*

*\$10 per person, \$15 per couple*

*Call for tickets 301.620.1414*

*Romance ... Jazz ... Wine ...*

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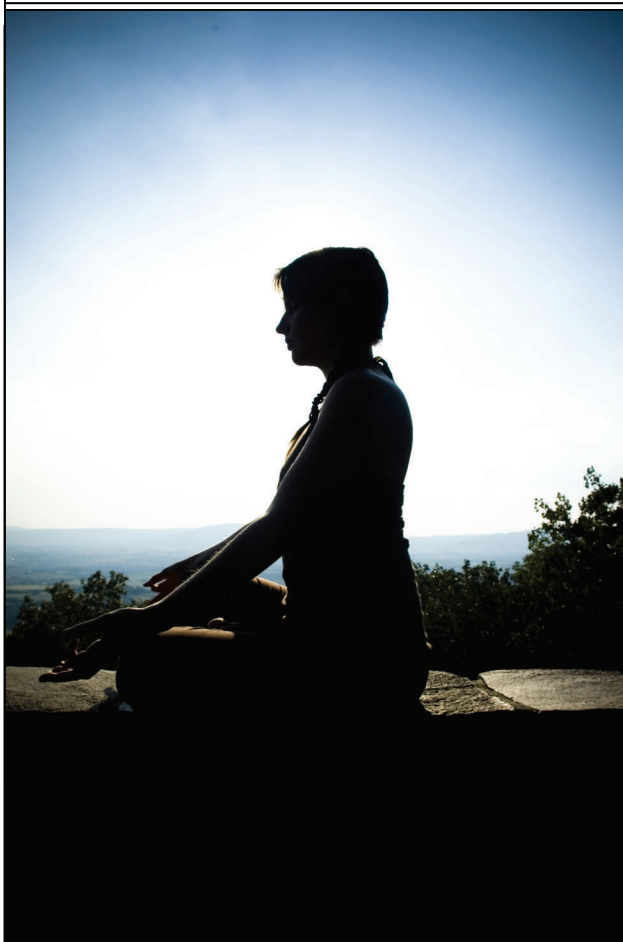


Photo by Matt Sprague

**Meditation is the tongue of our soul and  
the language of our spirit.**

-Jeremy Taylor

### *Meditation. ... Can We Go A Little Deeper?*

In the first section of this three part series on meditation we spoke about the benefits, potential pitfalls, and expectations of starting a meditation practice. Now let's look a little more deeply into what I mean by meditation. There are two basic types of meditation known as meditation "with seed" or meditation "without seed." This part of the series focuses on the difference between these two types.

Meditation with seed features a subject with a goal. For example, focusing on breath to limit external influences and provide a reference point, saying a mantra to create a repetitive phrase which allows one to stay focused or imagining a scene related to nature or a religious figure using the imagination to create a picture of one's devotion to focus on. The common theme throughout these examples is focus. In meditation we are much less interested in the experience of ultimate bliss and peace as most people assume is the goal, and much more about the PRACTICE of focusing the mind which slows down the rapid pace in which life is speeding by. We learn to concentrate on a subject at hand, we learn to slow down and steady the mind. It is through the practice of meditation "with seed" that we learn unwavering focus.

Most students of meditation are taught meditation "with seed" and never go any further. This is primarily for two reasons. First, most people who teach meditation have never reached a point where they could focus on the central figure long enough to begin to drop even that thought and so therefore don't teach any other way. Second, most people don't stick with meditation long enough to experience meditation "without seed." Meditation without seed involves dropping the reference point (breath, mantra, image), letting everything go, and maintaining an alert awareness. Drifting and falling asleep are not the goals of any serious meditation practice. Alert awareness during meditation leads to a realization of who we are at the deepest possible level.

*Look for part 3 of the series in our winter '08 newsletter on development through meditation and how it helps us grow as individuals.*

### *Gardener's Corner with Virginia...*

Now is the time to sit back and relax (a little) and enjoy the fruits and vegetables of your labor! YUM TOMATOES! And, it's time to perk things up with a bit of autumn color. Nothing does this better than adding chrysanthemums to your garden. Mums are simple and easy to grow, will come back every year and are in the nurseries now in an abundance of **wonderful colors!** Last year, I also planted some stonecrop sedums and was treated to fall and winter color and they come back year after year. Some chores, of course, are inevitable:

**Watering:** One important job in the early fall garden is to continue to water your plants, especially your evergreens and trees and shrubs if it isn't raining enough. Going into the winter well hydrated will help keep your plants thriving.

**Think spring bulbs:** Buy spring-flowering bulbs while they're in plentiful supply, but *don't* plant them too early! Check out the flower catalogs as well as the nurseries.

**Fall is a great time to plant perennials, trees and shrubs:** Container plants and balled and burlapped specimens usually have well-developed root systems. Because roots don't have to supply nutrients and water to growing stems and new leaves, they can concentrate on getting established. Roots grow--although slowly--even when soil temperature is as low as 40 degrees. **Barberry** is an easy to grow, stunning colored shrub for fall color.

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**Pose of the Month...**

Goddess Pose



The word Chakra translates to “wheel” in Sanskrit. We have 7 Chakras or “energy wheels” in our body that run along our spine. Imagine a spinning ball of energy about 2 inches below your navel and you’ve located 2<sup>nd</sup> Chakra or **The Sexual Chakra (Svadhithana)**. This Chakra controls sexuality, desire, passion, imagination, creativity and procreation! During the romantic Fall season, try opening this Chakra by squatting in Goddess Pose (pictured). Think about drawing your tailbone down to the earth as your knees open to the back of your body, all the while BREATHING with a calm gaze. Another way to spark this Chakra is swimming in open water under the moonlight OR wearing the color **Orange!** ~Kristina

Curious about yoga? Talk to Kristina about what you are looking for and let her direct you to a class at:

Sol Yoga

**Ask the Acupuncturist...**

**Jane:** Can acupuncture improve my sex life?

**Alice:** Jane, Acupuncture can often be very helpful in this area. In Chinese medicine sexual desire and/or ability relates to having enough Kidney substance (Yin and Essence) and Kidney energy (or “Qi”). If the Kidneys are weak then desire will be low and if it is weak enough sexual functioning will be effected. Acupuncture along with lifestyle changes can effectively address Kidney weaknesses. Your acupuncturist can evaluate your individual situation and help you understand what changes you may need, along with treatment to help your system build strong Kidneys and hence a lively, healthy sex life. In some cases, herbal treatment may also be needed. Areas that can effect Kidney strength include overworking, exercise, sleep patterns, diet and mental stress. Good luck Jane!

**HHA UPDATE**

**Welcome Louise VanGilder-Martin and Alice Macwha who join our front desk team! Also welcome our Hood College intern Kristin Eacho!**

**Alice McCormick and Ryan Diener are both accepting Blue Cross Blue Shield insurance, just bring in your insurance card so we can check your benefits.**

**Merrideth is engaged!**

**A Yogi’s Take On Needles**

It was a minor yoga injury that brought me to acupuncture, but I have continued on long since the injury has healed. I loved acupuncture from the first time I tried it and must admit to being a fairly obnoxious “patient”. I’ve been fascinated by pulse reading, my predominant elements and the emotional and physical purpose of every needle that is stuck in my body. I am constantly stopping my acupuncturist to ask questions about the meaning behind what he is doing.

My intention is never to be self-indulgent (or take up more time than my appointment allots), but I am forever fascinated by complex harmonious, interconnected nature of body knowledge that my acupuncturist knows how to interpret and respond to. I remember getting my pulse read for the first time and feeling like someone was looking directly into my body and mind. I left my appointment that afternoon feeling light, airy and open - as if I had received exactly what (cont’d p. 4)

**APPLE BROWN BETTY**

- 4 medium apples, sliced
- 1 cup bread crumbs
- 3 tablespoons butter
- 1 teaspoon grated orange peel
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 3 to 4 tablespoons fruit juice

Mix bread crumbs, butter, orange peel, sugar and cinnamon. Place 1/2 the sliced apples in a buttered baking dish. Cover with 1/2 of the bread crumb mixture. Add remaining apple slices and cover with crumb mixture. Moisten w/fruit juice and bake at 375 for 45min. Serve with whipped topping or ice cream.

## Autumn-Proof Your Skin!

With the change in seasons, it's time to repair any summer sun damage and nourish your skin for cooler temperatures! Many of us suffer bouts of skin sensitivity, redness, and irritation when the seasons change. Over-exposure of the skin during the summer may mean that it's suffering from dehydration, even nails need TLC. Regular, daily moisturizing is essential. Make an appointment with Merrideth for a facial and advice on products that will improve and gently nourish your skin. HHA carries Naturopathica products. Naturopathica represents the avant-garde of natural beauty care by combining the finest botanical ingredients with the latest skin care technologies in dermatology. Naturopathica's success stems from a simple formula:

**Pure Ingredients:** Clinical-Grade Aromatherapy Oils, 100% Clean Ingredients. For fun at home, try a bath water cure using Naturopathica bath and body oils designed to detox, rest or renew the body – **especially after your healing massage at HHA!**



## A Yogi's Take on Needles (cont.)

I needed. And the amazing thing is - I had. An acupuncturist responds directly to what the body is deficient or abundant in and then tries to bring you closer into balance. How incredible! A physical therapy developed specifically for your needs on that day, in that room, at that moment.

I love acupuncture for the same reason I love yoga. Because it taps into the wisdom of our bodies that so many of us are disconnected from. Many people describe their first few months of yoga as the feeling of "coming home" to their bodies. Acupuncture simply deepens that experience by bringing you below the surface and accessing the message of your nerves, veins and organs.

Like the liberation that comes when you are able to let go and create your yoga practice from your own intuitive space, acupuncture brings us closer to a harmonious flow state with our body and our mind. For me, I believe the excitement comes from knowing that the magic of our bodies is not something that we have to create, it's just something we have to become aware of that is always waiting there for us to access. With an acupuncturist as my guide, it has been my experience that the mysteries begin to unravel in a wave effect with more to learn at every corner. So this fall, whether it's physical pain, emotional angst or just plain curiosity that leads you to an acupuncturist's office, rest confidently in the knowledge your body will lead you and your acupuncturist in the right direction. And remember, if you ever feel hesitant or unsure ... you can always ask questions!

*Autumn, the year's last, loveliest smile.*

-William Cullen

### Our Friends

#### SOL YOGA

The purchase of a package from **HHA** will include a \$5 certificate for 1 class gift card (regular price \$15)

256 W. Patrick Street  
Frederick, MD 21701

[solyoga.org](http://solyoga.org)



#### Fundamental Fitness

Personal Training with Eva Rosvold and others.

1205 N. East Street

Frederick, MD 21701

Mention HHA and receive a discount!

[Fundamentalfitness.biz](http://Fundamentalfitness.biz)



#### Structures Salon

Urban Hair & Cosmetics

38 S. Market Street

STE 6

Frederick, MD 21701

[structuressalon.com](http://structuressalon.com)



#### HHA

315 W. Patrick St

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