

Whole Living

HOLISTIC HEALTH
ASSOCIATES

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*Touch
seems to
be as
essential
as
sunlight.*

—Diane Ackerman

IN THIS ISSUE

<i>Life Lessons on the Pillow</i>	2
<i>What is light?</i>	2
<i>HfA Update</i>	3
<i>Pose of the Month</i>	3
<i>Ask the Acupuncturist</i>	3
<i>Hot Cranberry Wine</i>	3
<i>Celebrate HfA Babies!</i>	4
<i>Our Friends</i>	4

Photo by Matt Sprague

As winter greets us and reminds us of candlelight, warm food, family and friends, it also reminds us how very lucky we all are to have people in our lives. Life is filled with so many experiences and moments that bring us to tears ... whether it is that moment where the wave of grief rushes over us to the sheer joy of seeing a child discover something for the first time, the rush of a great touchdown or simply an embrace, life is **filled with emotion**. One of the great things about winter is that it is a reflective time of year where perhaps we are a little more aware of what and who is around us. Thanksgiving brings us the reminder to appreciate life, the many blessings that we have and the importance of giving back. Winter brings us thoughts of our lives, pasts, present and what we want to embrace (and who) for our future. We at Holistic Health hope you take time out and practice some self-care with meditation, warm touch, piping hot tea, cookies (organic ones) and warm blankets.

"There is a privacy about it which no other season gives you ... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself." Ruth Stout

ALBUMS TO ENJOY WHILE BEING CONTEMPLATIVE or WITH SOMEONE

- 1) Nick Drake album **Pink Moon**
- 2) Miles Davis album **Kind of Blue**
- 3) Sarah McLachlan album **Winter Song**

***Pre-pay for 5 sessions at \$350 or 10 sessions at \$600 **NOW**, before our package increase on January 1st!

Meditation—Life Lessons on The Pillow

What would it take to live an evolving, engaged and purposeful life? Some people believe they might be living one now, but most people realize that how they could be living is far from the reality of their life. What exactly does this have to do with meditation? Well, as stated so boldly by my teacher, meditation is training for life. In meditation there are two main realizations that occur over time. The first one is that we are all part of an evolving process that has been going on since the beginning of time. Some traditions call this unity consciousness or the realization that we are all part of one movement, a movement that is affected by all of us in some way. Every time we act out of ignorance we affect not just ourselves, but those around us, and the example we set will carry from those closest to us, to those closest to them in a continuous momentum to eternity. In order to break this cycle of ignorance committed individuals who are willing to bear the burden of their own shadows for the sake of something greater; for the sake of developing the process they have the privilege to be a part of must *act* in the world. This only becomes possible when one realizes that life is not just for himself, herself, my family, my state, my country, but rather for something bigger than we can ever fathom – the development of the life process itself.

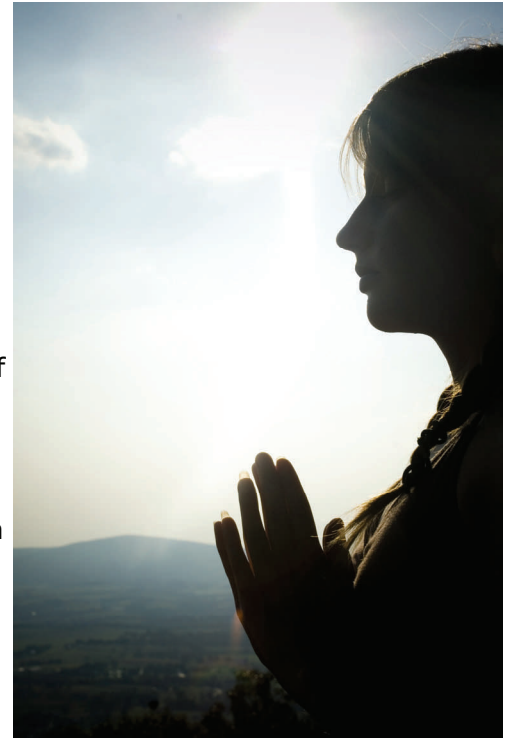


Photo by Matt Sprague

The second realization one gains in meditation is that meditation is a position in *relationship to life*; it is not an escape from life. The contents of one’s mind are not going anywhere, so the idea that we are going to somehow miraculously stop thinking is a spiritual myth. Most people believe that they are poor meditators because they cannot stop their mental thoughts and images when they sit in meditation. So for those of you who are in this camp this is an important realization, that no matter how many thoughts you are having, no matter how much you want to get up, no matter how much you want to move, you have the choice to stay perfectly still and if you make that choice the position you take in relationship to life is free. Free not in the sense of I can do whatever I want, whenever I want, but rather free in the sense of making the (see p. 3)

Peace begins with a smile. ~ Mother Teresa

What is the Light?

What is the light? It is the invisible force that responds to human interaction. Using the light is very easy. You simply ask that the light be sent somewhere for the highest good of all concerned.

That’s it. That’s using the light. How do we know the light worked? Sometimes the situation changes, sometimes our attitude about the situation changes, and sometimes both. Things may not change the way we want them to change. The light is not a bellhop in the sky. It will not do what you want at the expense of others – or yourself.

I’m going to turn on the light now, and we’ll be two people in a room looking at each other and wondering why we sat in the dark.

From “The Portable Life 101.”

**Sip hot tea,
listen to
calming
music and
browse our
holiday
boutique for
great gifts!**

**Candles,
Envirosax,
and more!**

Stop by!

Pose of the Month...

Gazing Warrior



During the upcoming winter months it is important to make time to strengthen the body and still the mind. Gazing Warrior brings awareness to the shoulders, legs and mind. Stand with your feet hips-width apart. Step your right foot back 2 feet keeping all toes pointed forward. With your hips squared to the front of your mat, bring your arms behind you grabbing opposite elbows; take some deep breaths opening your chest and relaxing your shoulders down your back. Leading with your heart, bend forward from the hips keeping your shoulder blades reaching together on your back. Root down into the ball of the front foot and big toe. Press your back heel into the earth. Bring your breath into your left hamstring as you softly gaze at your front big toe. Feel your shoulders, heart and hamstring open with each exhale. Repeat on other side.

Meditation (cont.)

choice not to listen to the insanity. This is a truly empowering and freeing position.

So an evolving, engaging and purposeful life relates to these two realizations in recognizing that one's duty is to life itself with the simultaneous understanding that one is inherently free if they so choose to do so, allows an individual to act in the world from an entirely different place than ever before possible.

This is the final piece of a 3 part series on meditation by Ryan Diener in which we have progressed from how to begin a meditation practice (Summer 2008), to the differences between certain types of meditation (Fall 2008), to the current piece on how meditation helps us grow as individuals.

HHA UPDATE

Massage, Acupuncture and Facial Happy Hour

All happening. Every month.

Detox your LIFE with Ryan coming in January!

HOT CRANBERRY WINE

1 pt. bottle cranberry juice cocktail
1 cup water, 3/4 cup sugar, 2 sticks of cinnamon, 6 whole cloves
1/4 lemon peel, 1/8 cup lemon juice plus 1 bottle of Burgundy or Claret .

Combine all ingredients but wine and lemon juice; bring to boil, stirring until sugar is dissolved. Simmer gently for 15 minutes, then strain. Combine syrup with wine and lemon juice; heat, but do not boil. Serve in preheated mugs or cups; serve with a sprinkling of nutmeg. Enjoy!

Ask the Acupuncturist

Jane: Usually in the winter I feel a slow or unmotivated and even a little down. Are Chinese herbs something I could explore for depression and maybe anxiety?

Ryan: Thanks for your question Jane. My experience is that many of us in the modern world feel overwhelmed, like we have forgotten how to **rest and restore**. We have to tend to so many things: Our kids, jobs, parents, etc. that we often feel like there is no time left for us. Many of my patients have found herbal therapy and acupuncture to be a wonderful resource for this trend, as it has a unique ability to deeply restore our bodies and minds. This allows us to feel refreshed and renewed as we take on life's challenges. This is a big reason why herbal therapy and acupuncture are so powerful for stress-related health issues like anxiety, insomnia, depression and even chronic pain. Many of my patients have even said that they feel like an entirely new person after receiving a series of treatments.

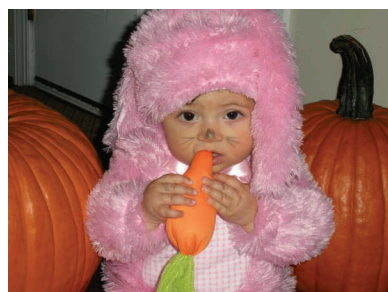
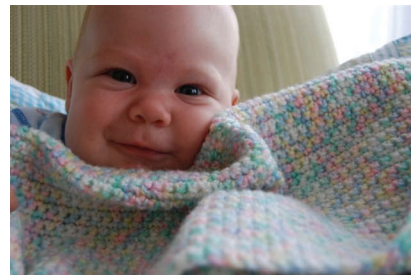
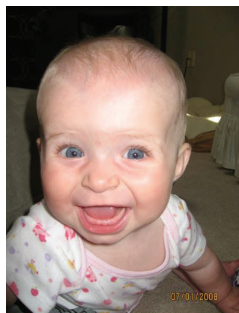


Another great resource:

Horizon Counseling located across the street next to Sol Yoga! 301-305-9110

Celebrate HHA Babies!

HHA would like to take this space to show off our little holistic friends that are out showing off their smiles to people.... We love all of our clients.....and their babies..



A smile is the universal welcome. ~Max Eastman

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



Fundamental Fitness

Personal Training with Eva Rosvold and others.

1205 N. East Street

Frederick, MD 21701

Mention HHA and receive a discount!

Fundamentalfitness.biz



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his E-Book at www.HHAmd.com**