



MONTHLY NEWSLETTER

With Tranquility



A Clinic Update



Aloha!

Welcoming and wishing you a blessed autumn, filled with new experiences, new perspectives, and new ways of being – releasing any or all unnecessary distractions. Wishing you a wonderful season rooted in truth and rewards from your exploration of the outer through spring and summer. Now is the natural time to dive into the inner worlds, to listen to the inner voice, and discover the newness of what now lies within.

As you can imagine, we love to focus on the inner. When in balance, it is a personal heaven. When out-of-balance, it can feel like a place that needs escaping, denying the very beauty of existence that lives with you.

Remember, you can reset your week at any time, by simply sparing a few hours to allow what your mind, body, and soul needs to do.

Thank you. We love you. We appreciate you.

Always.



Let's Explore:

Strengthening the Lungs & Large Intestine, Supplements for Fall, Finding Peace Within Change

Strengthening the Lungs & Large Intestine

In this potent season of Metal, as the Qi of autumn descends and the landscape transforms, we are invited to harmonize with the natural cycle of release. The Lung, governed by Metal, is our first line of defense, circulating Wei Qi to protect us from external pathogens like Wind-Cold. Just as the leaves fall from the trees, we must support the Lung's function of letting go. Keeping the nasal passages clear, the gateway to the Lung, with a neti-pot supports the free flow of Qi. The Lung governs grief, and unresolved sadness can stagnate Lung Qi. This is a time to consciously process and release stagnant emotions through deep, mindful breathing.

The Large Intestine, the Yang organ paired with the Lung, continues this process of elimination. Stagnation of Qi and emotions can directly impact the Large Intestine's ability to transform and transport. Just as the earth composts fallen leaves, we must actively release what no longer serves us – both physically and emotionally. Practices such as journaling, meditation, deep breathing exercises, connecting with supportive individuals, creative expression, and seeking the guidance of a TCM practitioner through acupuncture or herbal medicine can facilitate the smooth flow of Qi and the release of stagnation. By honoring the Metal element and supporting the Lung and Large Intestine, we cultivate resilience, strengthen our Wei Qi, and prepare ourselves for the inward journey of winter.



Supplements for Fall

Apples
Broccoli
Cabbage
Parsnips
Brussel Sprouts
Cauliflower
Celery
Garlic
Grapes
Carrots
Green Tea
Honey
Wild Rice
Spinach
Pears
Pumpkin
Yams
Sage
Rosemary
Squash
Leeks



Finding Peace Within Change

PEACEFUL SURRENDER

Times of change can feel discombobulating. You are different, experiencing life differently, and seeing things differently. It is uncomfortable, and at the same time, serene. For your world is open to the infinite possibility of creation that exists within you. The past is dissolved. The structures that you once followed true are different, and a deeper resonance for a different Way emerges.

As we know, autumn provides a natural rhythm of release. In the crispness of the air and the wind blowing through, we feel it all. A deep grief may unravel within the body and heart. In TCM, we see this as a result of imbalance – but rest assured that you have, and are, not doing anything wrong. It is simply a call from nature’s wisdom to nourish differently – to change and regain balance in a new way. For each season, it calls for a shift in focus.

As we know, fighting against something will only bring greater disharmony. Surrender. Surrender is a key. For when we allow the unfolding, when we allow Life to happen, when we allow our emotions, when we allow ourselves to shift, the wisdom of Self can show the way. The pressure and weight of “getting it right” is no longer, and we can relax into Being once again.

Surrender to the magic that stirs within you. Acknowledge that you are not the past versions of who you have been, what you have believed, and dreams perceived. For times of change is an in-between, no longer who you were nor who you are next to be. It is a soulful discovery.

Allow, allow, release, surrender, and dream. The great mystery unfolds.



Qi Gong Every Sunday

HAVE YOU JOINED THE MORNING FLOW?

Begin your slow Sunday with a moment for yourself. Join us for a rejuvenating Qi Gong session to cultivate mindfulness and energy movement.