



Wu Hsing Tao Newsletter

Fall/Winter 2010/11

FIVE ELEMENT ACUPUNCTURE: TWO PATIENTS SHARE THEIR HEALING STORIES

While autumn leaves gently fell to the ground in the fall of 1998, a diagnosis of late Stage 4 breast cancer (after a ten year remission) came crashing into my world like a huge meteor leaving a crater of fear and hopelessness in its wake.

I wailed against the uncertainty of my future, I prayed to God for a miracle, and I listened to the hearts and words of those I loved and trusted. Their arms held me while I wept, their hands folded in prayer, and their words led me to the initial steps of my healing journey. Through diligent research and referrals, I discovered a new world of treatment options, both in traditional Western and ancient Eastern medicine.

A nugget of wisdom I continue to be grateful for was my referral to Dirk Hein at the Wu Hsing Tao Acupuncture Clinic. Dirk patiently explained how regular treatments would help control nausea while supporting my body in ways I could not understand. I confess to knowing nothing about acupuncture at that time, but I felt I was exactly where I needed to be.

While that year of rigorous chemotherapy was difficult, my energy remained strong, and I was spared many of the typical side effects of cancer drugs. It was a commitment of time and resources I was willing to make because of the powerful change I felt each time I left Dirk's office. I didn't have to understand the reason. I simply opened my heart and trusted his skilled approach to healing through Five Element acupuncture.

On an emotional and spiritual level, I reflect on that year as one blessed with community, a maturing faith in God, and a renewed hope of health and life. On a physical level, it is a miracle that I survived the statistical odds of Stage 4 cancer, and I believe that embracing both conventional and alternative therapies contributed to that positive outcome.

Sally Fairbank, Fall 2010

I am a 17-year long patient of Dirk Hein. I also have quite a travel trek across the country from Columbus, Ohio, to Seattle for my treatments. I make the commitment of time and effort because of the great return on investment I receive from my sessions with Dirk.

Five Element Acupuncture considers my whole physical, spiritual and mental being; my whole system.

Some time ago, I had severe pneumonia, and my chest was very constricted. Dirk's treatments dramatically opened my lungs so I could breathe. The great physical relief helped my spiritual senses and accelerated my recovery from sickness to health.

Five Element Acupuncture also helps me get aligned with daily life. I have a lot of pressure and work responsibility serving as President and CEO of a tri-state organization. Acupuncture helps me channel the great majority of that stress into positive energy, to achieve my business goals.

Sometimes my energy level is down, and due to my hectic schedule, I don't even realize it. When I have a treatment, Dirk aligns and raises my energy, which makes me feel healthy and whole again. I sleep better and simply remain calmer in the face of my challenges.

Dirk and Five Element Acupuncture have, and always will, provide one of the great enhancements to the quality of my life experience. I just plain *feel good*. I feel settled.

I hope many more people will, over the years, have the opportunity to be helped by this warm, wonderful man and his amazing art of acupuncture and natural healing.

*Susan McConnell
President & CEO
Make-A-Wish Foundation of
Greater Ohio, Kentucky & Indiana*

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This year's annual holiday program . . . MIRACLES: Past, Present, Future

Join us for an evening of MIRACLES. Enjoy stories of wonder through music, dance, poetry, and storytelling! We will explore miracles of science, art, religion, and medicine - all in one night. Rejoice in the spirit of the holidays and find your heart in everyday miracles.

December 17 & 18, 2010

Doors open/refreshments: 7:15pm

Performance: 8:00pm

\$20 advance tickets /\$25 at the door

5E Kundalini Yoga - Wednesdays 12:30-1:30pm

Join the Wu Hsing community every Wednesday for Kundalini Yoga! We go through a series of yoga exercises & meditation that will revitalize you for the rest of the day! Basic/Beginner level. FREE & open to the community.

5th Annual Chinese New Year Celebration: Year of the Rabbit! February 5, 2011

Bring the family and join us for a celebration to bring peace and prosperity into the New Year! There will be something for everyone!

FREE & Open to the Community. Please RSVP by calling (206) 324-7188 or email school@wuhsing.org.

Upcoming events:

Spring Fundraising Dinner & Auction, May 2011

Annual Wine Tasting Fundraiser, Summer 2011

Late Summer Potluck BBQ, August 2011



FROM FALL . . .

i will cultivate within
me scrupulously the Inimitable which
is loneliness, these unique dreams
never shall soil their raiment

with phenomena: such
being a conduct worthy of

more ponderous
wishes or
hopes less
tall than mine" (opening the windows)

"and there is a philosophy" strictly at
which instant (leaped
into the

street) this deep immediate mask and
expressing "as for myself, because i
am slender and fragile
i borrow contact from that you and from

this you sensations, imitating a few fatally

exquisite" (pulling its shawl carefully around
it) "things i mean the
Rain is no respecter of persons
the snow doesn't give a soft white
damn Whom it touches

ee cummings
(submitted by Kate Broderick)

. . . TO WINTER

I watch individual flakes;

I peer up through the snow and see the blank infinity
from which it comes;

I listen to the special silence it creates.

Anything I'm guilty of is forgiven when the snow falls. I
feel powerful.

In cities I feel weak and wasted away, but out in the
field, in snow, I am like an animal-

-not in control of my emotions, my happiness and furies,
but in charge of loving the snow,

standing with my arms spread out, as if calling it down,
the way it shifts and sweeps past in slants and furies of
its own,

the way it erases things until it is neither day nor night-
that kind of light all through the day-

dusk, several hours early, and lingering, lingering
forever.

Rick Bass, Winter, Notes from Montana
(submitted by Amy Budke)



CLASS UPDATES!

Congratulations to Class XIV for graduating this fall!
Class XV & XVI are near the end of their Clinical Internship and are diligently studying for their national boards.
Class XVII & XVIII are finished with their 2nd year and will be starting their Clinical Internship in early 2011.
Class XIX are about to start their Observation phase.
Class XX are mid-way through their 1st year.
New Class XXI will be starting this winter 2010.

WINTER: THE SEASON TO REPLENISH

By Jenny Vires, Wu Hsing Tao Clinical Intern, Class XVI

As the earth's angle veers away from the sun, nature sinks into the deep sleep of winter. Life draws itself inward, quieting this world into a stillness that can only be felt in the dormancy of winter. Winter is the yin time of year where darkness rules and dominates even during the day. The sun is not as strong; the hues of colors are muted in the shades of grey, pastels, and softened light. The water seems to sink deep within itself. Lakes and streams no longer carry the reflective energy of the sun, but rather serve as a bottomless container holding the still darkness within. The energy of yin draws itself inward, down into the earth, into the darkness, into the depths of creation.

We see this in the change of the season from fall to winter. Life quiets itself. Trees appear dead and lifeless, but we all know is that the energy has withdrawn to build storage reserves and rejuvenating energy. We see this energy that has been built over the season of winter burst forth in the spring. It is the exuberate energy that we see in the spring that must be built and replenished during the winter. If this energy weren't renewed, there would be no ability for life to continually flourish and prosper on this earth for thousands of years.

Most people say they hate winter. To the psyche, it is an experience of death and a resistance to the natural laws of this earth. They often resist this natural time for rest, reflection, and rejuvenation to try to maintain the lifestyle to which they are accustomed. If one is not always on the go, then how are they moving forward in this society? Some people view their body like the Energizer bunny; they can keep going and going and going. Without time for rest, however, the body cannot replenish the reserves necessary for new growth in their life and for longevity. It is no wonder this society is so exhausted, and the complaint of fatigue is becoming such an epidemic. We have lost site of honoring the natural dormancy that exists in every living creature, including ourselves.

It is no wonder energy drinks are becoming the tool to help maintain this lifestyle. It is the equivalent of harvesting all of the crops early to try to get a second crop in on a field that has exhausted all of its nutrients. We wonder why the second crop isn't as good, so we remedy that with synthetic fertilizer just to get that second crop to flourish. The next year, though, there wouldn't be anything left to give future crops. If the earth functioned this way, we wouldn't be here.

Water is the element of Winter. The industrial revolution may have come up with ingenious ways to control nature, but water is the most elusive, destructive, and impenetrable of all of the elements. When Winter comes, water is everywhere. It sits on the trees in the form of ice, soaks the earth and stays in the form of rain and snow. Water singses the nose when the

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THE ROLE OF AN ACUPUNCTURIST

By Amber Schey, Class XVIII

Imagine yourself in a scene thousands of years ago, a field worker just as your father and his father before. You work hard, plowing, planting; you know the curves of the land like the back of your hand, and at night, after a full day's work, you return to a little hut that trembles in the wind. The luxury of proper protection and clothing are not even ideas in your mind. Your only concern is survival, and your experience has proven to you that survival is intrinsically linked to living a right way, a way where the code of conduct is dictated by the spirits. Please the spirits, and you and your family will prosper; displease them, and you will suffer. To you this isn't a belief, it is the only explanation for the extremes of brutality and beauty that you embrace every day; it is your reality. Which is why, when one day you wake with severe pain in your gut, you seek the help of a Shaman, a medicine man, who straddles heaven and earth and works to bring you back into a right relationship with life, so that you will be healed and work again, thus fulfilling your destiny.

Back then, the distinction between medicine and spirit didn't exist. There was no scientific method or evidence; the intellectual capacity for such had not yet emerged. However, as we know, over time this capacity grew at an exponential rate and rapidly birthed Western medicine, the first medicine to split from spirit and fully embrace science.

Now let's fast-forward, zooming through the mythic, traditional and modern eras, we find ourselves immersed in the fruits and flaws of all these and in the raw heart of post modernity: a culture whose weighty history has swung her against the industrial and scientific driven mentality of modernity and poised her to embrace the renewed interest in spirit. Here we find ourselves, looking back over our shoulder to a time in the past where spirit was embedded in its cultural lifeline, while at the same time happily embracing the luxurious lifestyle, increased intellect and emotional capacities given of our time. This has indeed caused quite a strain. What made sense at one point in history doesn't make sense to most of us now, leaving us tormented by existential doubt and frustrated with the vast expanse of our own experiences and no way to make sense of them. While our culture acknowledges the beauty of spirituality, there seems to be an overarching lack of reverence for living a spiritual life, leaving it to those interested and driven enough to commit social suicide. However, there is a back door, an opening into spiritual inquiries that allows those dabbling in such interests to quietly explore: natural medicine.

The approach of natural medicine, in all its various forms, aims to accomplish what ancient Shamans strived for long ago: a re-establishment of balance. Not only does this method

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One-a-Month Club!

This club was started as a student fundraising campaign. Members donate the amount of one of their services (whether it be a massage, acupuncture, or a portion of their earnings) to the school once a month. If you are interested in being a member, don't hesitate. Join now!

Thank you to the following members for your generous contributions:

Patricia Baird
Teresa Bell
Lori Blythe (founding member!)
Kate Broderick
Ivonne Brown
Maria Cook
Dirk Hein
Laurie MacMillan
Theresa MacMillan

Taunya Mattson
Drew Perdichizzi
Deborah Stewart
Duncan Stewart
Konnie Suther

WINTER: THE SEASON TO REPLENISH, CONT.

temperature drops and forms ice crystals. It blankets the earth as if tucking its children into bed. All other creatures recognize the innate feeling of water covering and protecting, but to many humans it is seen as invasive and out of their control. With this lack of control, the feeling of death, and the pressure to go deep within the emotion of fear wells up in the element of water.

Fear is the emotion of this element. Water is essential for life, and the mere thought of it being in excess or depletion can bring great anxiety and fear for our very survival. When water is not in balance, the fear of our survival becomes very grave. Winter brings this realization to the threshold of our psyche and can seem overwhelming. Fear is existential with a pressure and stress, just like water feels when a force is backing it. It is connected with the fight or flight mechanism and with death.

In the book *The Five Elements and The Officials*, J.R. Worsley discusses the important roles water plays on this Earth and in the body. The water reserves, the flow, and the cleansing power that water has on this Earth and within the body, mind, and spirit are essential for maintaining balance on all levels. Winter is a time to build those reserves through the act of rest, reflection, reading, and meditation. All of these acts serve the purpose of nurturing the yin within and building the reservoirs of our body, mind, and spirit.

Water makes up roughly 75-90% of our body. It is essential for life on many levels. Water serves to transport indispensable nutrients, hormones, and waste to and from the cells of the body. Without a proper reservoir of water, all of these functions would become compromised. If the water is stagnant, impurities cannot be removed, hormones cannot get to their proper location, and cells cannot function. If there is too much water, the delicate balance that these chemicals in the body maintain become imbalanced and the body becomes edematous. In either extreme water is life threatening.

Winter allows the water element within us to replenish, cleanse, and fill the reserves of our body, mind, and spirit. Not allowing this time for rest and reflection is setting us up for such imbalances. Connecting with the deep, quiet of yin serves as a reminder to connect with the deep, quiet side of our self. It is in this place that we can build what we need to grow in the coming years ahead.

THE ROLE OF AN ACUPUNCTURIST, CONT.

of medicine give us options for healthcare that simply aren't addressed through Western modalities, it also quietly embraces spirituality. Striving to look at the whole being, many natural health providers express an acknowledgement and respect for the spiritual dimension of our being.

It has been my experience and repeated observation that acupuncture can certainly act as a catalyst for spiritual experiences. It often induces a state of consciousness that resonates with clarity, insights, and intuition of deep truth. However, one thing I've noticed is the danger in equating our ability to have spiritual experiences with living a spiritual life. This is something that, as a soon-to-be-practicing acupuncturist, I like to consider. Because I feel responsible for setting context, reasonable boundaries and expectations with my future patients for their own sake of development, I want to be clear on what my own understanding of spirit, spiritual practice, and spiritual experience is and how it all relates to the experience that my patients may have as a result of their treatments. It has been my experience and observation that personal development is not a given from spiritual experience, and acupuncture does not replace spiritual practice.

I know that my conclusion from such contemplations will transmit through my work and undoubtedly have an effect on my engagement with patients and my understanding of the medicine and contribution to it. Being able to hold the full weight of my own life experience, including my own spiritual insights and endeavors, while not compromising the boundaries of the medical field by entering the realm of spiritual authority, is something I think everyone in natural medicine should consider, because as mentioned above, even if we don't see ourselves as spiritual leaders, it might be a pedestal our patients quietly put us on.

As I move forward in my studies and into the field of practice, I like to reflect back on the roots of medicine and see how its trails have accumulated forming our understanding and experience of medicine in present day. From the Shaman, to white lab coats, to post-modern acupuncturists, I know that how I approach the medicine and the depth to which I understand its history, application, and potential, contributes to the moving trajectory that continues to expand, just as it has in the past, presenting more opportunities and greater capacity to bring a little bit more of heaven to earth.



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