

Awakening To Life's Joy With Acupuncture



By Anne C. Crowley, MAc, LAc,
Licensed Acupuncturist

Acupuncture is a 5,000-year old system of healing designed to move the natural energy in your body. When doing this, possibilities open for movement on all levels—body, mind and spirit. Where you want to go with this is really up to you. Some people are only interested in relieving pain. Since everyone is an individual with different life experiences, it's hard to say how long it may take a pain to subside

or if it will at all. Many people have been able to live more peacefully even if the pain is not completely gone.

Others feel their overall feeling of well being is awakened and they gladly welcome this. Another group of people still, may choose to move more deeply in awakening the spirit within them. Since you are in the driver's seat, it is really up to you.

Yes, acupuncture may be able to relieve pain, but don't be surprised if there are side effects, like feeling more energy, more vibrant and more alive.

Life will always present its challenges. I see acupuncture as guiding us through the obstacles of life and helping us to really live joyfully throughout each moment. The movement of life is like the movement of the rice pot. When fire is lit under a rice pot with water, steam is created. This steam is likened to chi, the life force within us. When the chi is in excess, the rice pot flies off. When chi is deficient, the lid is slammed shut. The trick is to have the lid moving smoothly up and down above the pot. Acupuncture is really about moving that which is stuck and calming that which