



Fall '08 ACU-Polarity Newsletter

3 Parts: 1-Commentaries on living, At the ACU-Polarity Office, In the Garden; 2-Energetics of Natural Healing - Facial Rejuvenation: 3-Philosopher's Corner - In Search of the Philosopher's Stone.

Commentaries on Living

At the Acu-Polarity Office

The fall semester of the 'Kiss the Sky' Yoga Class began on 6 September and will run for 15 weeks until December 20th. Class includes postures, breathing exercises, some Tai Chi and what can be referred to as 'Mental Sutras' (terse sayings with meaning). An example of a class sutra is "Aware, Observe, Witness and Detach." How this can be applied practically is 'aware,' 'observe', and 'witness' the political process polarize but by becoming 'detached' we do not become polarized. This also avoids polarizing the opposition. Ha! Ha! - this allows us to more easily laugh at life. The yoga class ends with 5 Ha breaths 5 times.

After this semester yoga class ends, a 3-hour seminar covering the basic Polarity session will be offered. A 3-hour seminar in Acu-Point manipulation will follow in early January.

The ACU-Polarity home-study course is also available for those

interested in this healing art of the future. Topics include: Polarity/ Ayurveda, Acupressure/Oriental Medicine, Tai Chi, Medicinal Herbs, the yoga class, and various other interesting and informative subjects.

Becky Hauck has placed some hand-painted cards in the office. They are very nice. You can check them out the next time you are in.

Two books of interest: The Tao Of Inner Peace, by Diane Dreher, offers some practical wisdom for those who are interested in saving the world; and A Comprehensive Handbook for Traditional Chinese Facial Rejuvenation, by Dr. Ping Zhang, describes acupuncture techniques for those who aren't as concerned with saving the world but just want to look good; or those would want to save the world and look good while doing it.

In the Garden

I was thinking that I tuned into the 'collective unconscious' in that I kept helplessly watching the squash bugs devastate the squash crop. One day I took an old vacuum cleaner that was rusting in storage and vacuumed up the bugs. I was

thinking this works pretty good. Then I read in the Tao of Inner Peace book that there is actually a company in California that advertises that their produce is vacuumed, avoiding the use of pesticides.

The Energetics of Natural Healing

Facial Rejuvenation

Paraphrasing from the book Handbook for Traditional Chinese Facial Rejuvenation: The Chinese theory for facial rejuvenation includes a description the 5 organs have on the face and visa versa. They are:

The Heart rules the blood, blood vessels, and spirit. As such, it is the king of emotions. Anxiety and stress contribute to the formation and maintenance of wrinkles.

Facial implication: if the heart is disturbed, sleep will be affected and restless sleep will cause dark eye circles and puffiness of the eyes.

The Lungs: The life energy connects by way of the lungs. The air breathed in combined with food essence spreads to the whole body ruling the chi (energy). The skin and face come under the control of lung chi.

Facial implications: Functional impairment in the lungs can lead to undernourishment of the

skin. This can lead to dryness, wrinkles and a withered looking complexion.

The Liver is the key to the anti-wrinkle effort. A disruption in liver function will disrupt chi and blood flow everywhere, including the face.

Facial Implications: The stagnation of liver chi often leads to wrinkles, dark spots, and a dusty complexion.

The Spleen is the postnatal sea of chi (energy developed after birth from diet and lifestyle). It dominates the function of converting food into chi and blood.

Facial Implications: When spleen chi is deficient, there can be a loss of skin tone, sagging and looseness. The face can look puffy, with the possible appearance of eye bags. The pooling of the unclean fluids may lead to brownish dark spots on the face.

The Kidneys regulate fluid balance and are a storage center for essence

(jing), giving the kidneys involvement with growth and reproduction.

Facial Implications:

Deficient kidney yin puts one at risk for developing dark eye circles and age spots. When kidney yang is low, puffiness around the eyes can occur. When kidney essence (jing) is insufficient, aging is accelerated affecting skin tautness, which in turn causes wrinkle formation as well as thinning of the hair.

Categories of risk factors vary and can be listed as external and internal.

External environmental conditions include wind, cold, summer heat, dampness, dryness and fire.

Internal factors include the seven emotions: anger, over excitement, worry, excess thinking, sadness, fear and shock.

Acupuncture and acupressure benefit the face and body by manipulating the flow of chi (energy) and blood. It does this by activating certain energy points along the channels.

Benefits include: regulating the free flow of chi and blood; harmonizing yin and yang, encouraging lymph drainage, facilitating nutrient absorption; Enhances the skin's ability to "breathe", promoting normal secretion from the sweat and oil glands, stimulating the skin's own ability for collagen production, (softening the skin and smoothing wrinkles), regulating and stimulating internal organ system function, and promotes muscle contraction.

Stimulation of the internal organs is the key to its benefits. By restoring organ balance, it eliminates the root cause of facial skin problems. Specifically, it promotes blood flow to the skin's surface so more nutrients reach skin cells. Also, it has an affect on muscle contraction, reducing muscle fatigue and increasing elasticity, which in turn helps prevent sagging skin and wrinkle formation.



The Philosopher's Corner

In Search of the Philosopher's Stone

You know the philosopher's stone is said to change base metals into gold. The base metal is the negative mind, and the gold is the Light of higher consciousness and real life.

It is the search for that experience, or knowledge and understanding, which transforms one into that higher life - permanently. □

Searching for this type of knowledge, a few questions and observations present themselves: □

What is the energy that powers the universe and makes the planets spin in their orbits? What makes the seasons change according to certain patterns and carry on the processes of birth, living, and dying? Is this energy an imitation from a conscious being, or is it simply an inert force?

Since these powers of nature seem to behave according to apparent laws, are these laws an accident or was there a pre arrangement - a blueprint before the manifestation? How are we, as humans, related to these powers and laws found in Nature? □

If there was an accident, a big bang or a blue print, when and how did it happen? Can we, as meager humans, know the answers to these questions? This in

itself is another question. □

In order to prepare ourselves to 'experience' this type of knowledge, do we have to understand what is good? Is there evil? If there is, is it to be avoided to live a life of truth? These questions face every individual, whether we consciously address them or not.

Many a man and woman have addressed these issues, and truck loads of books have been written. So many people have had their day on the planet and departed. And still these fundamental issues remain fresh - demanding resolution if one is to live a conscious existence. □

What has been referred to as a horizontal movement, where there is greater understanding of the physical universe, has apparently increased in recent times. But a vertical movement, where one can answer the questions of ultimate reality, the origins of time and space and the problem of death, seem to be right where they were in the beginning. □

In fact, much of the apparent progress in human understanding to make life more comfortable and promote convenience has taken our understanding into a deep forest, lost and distracted

in intellectualism and materialism. Invention, theoretical proposals and imagination take great flights, but doubt remains.

□

Our on-line server is working well. Invention and technology have produced insights into the physical environment. But, ultimately physical instruments can only perceive physical objects no matter how subtle the instrument.

□

This has lead many to believe that nothing exists beyond the physical. They believe that the idea of a solution to ultimate reality is simply a device to explain the unknowable.

Even those who have considered the issues and established or accepted a belief system about a subtle and more real life beyond the physical still might not be completely happy.

□ Along with the experience of time and space, one basic law of the universe seems obvious. That is of cause and effect. This law happens not only in the cosmos but also individually. □

Cause and effect, the law of karma, reaping and sowing, translates into the law of life on an individual level. □

Whatever action has been performed by body, mind and consciousness can send we individuals into various regions and life experiences to harvest those actions.

□ First thing, when we recognize the situation, we take steps to terminate our attachment, conditioning, ignorance and bondage. For this we try to move vertically to the source of existence, which is our destination.

□

From the source, we might then answer these questions, or they may not be relevant any more.

At This End,
Patrick