



The Summer Solstice

Dear Friends,

Five element acupuncture is a medicine that is based in the energy of nature. As the earth passes through each station around the sun, the axis of the earth shifts and we experience a change of season. There are five seasons that are recognized in traditional acupuncture: Winter, Spring, Summer, Harvest, and Autumn. Now we have arrived in summer. Here in Seattle, it is now light out at 10 pm. At 4:30 in the morning, the first light of dawn can be seen. We are in a season of light.

Summer is a time of fire and heat. It is a time of joy as flowers become fruit. It is a time of maturation and reproduction. In acupuncture, the color associated with summer is red. The sound is laughter. Because it is warm, we wear less clothing and swim in streams and lakes. It is a time for more relaxation and recreation outside in nature. As children we learn to appreciate summer as the time when we take a break from our studies and go to camp or play with our friends. We roast hotdogs and marshmallows on the fire. For me, it is also the time of my birthday and summer has always been my favorite time of year. And I know that this is not true for everyone. For some people, summer may be a time of allergies, mosquitoes and too much free time. Summer heat can be oppressive.

We each have our own season that resonates optimally within us. Each time

there is a shift in season, a shift in the energy of our relationship to the sun, there is a potential to have our internal equilibrium disturbed. Some seasons may bring a more noticeable force of being out of balance. For me, I feel a great tug in the late fall as winter begins to set in. For some people that is the time of cozy sweaters and family, the time of candles, of Thanksgiving and festivals of Light.

I am starting a news letter for my friends in acupuncture and I am hoping that this can also become a forum of expression. Since we each experience the seasons differently, it is my hope that there will be contributions that we can share regarding the seasons and how the shift of seasons manifests for us.

My practice of medicine is to help others as well as myself, to become more equilibrated in the natural process of the seasons of the sun as well as the seasons of our individual lives. My hope is that this news letter is a process that can assist in bringing balance and harmony. This is the way that nature heals.

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