

Zen Shiatsu

Asian Bodywork Therapy

Lucy Marsh

Dipl. ABT (NCCAOM)

Certified Practitioner

54 Harris Place, Suite 105
Brattleboro, VT 05301

www.lucymarsh.com

shiatsu@lucymarsh.com

Seasoned Reflections

One of the joys of being a student and practitioner of an Asian Bodywork Therapy is the opportunity to learn and work with another paradigm of health and healing.

Traditional Chinese Medicine understands our health as interconnected with the elements of the world around us. Winter is connected to the image of water. When in good health, there is smooth flow of fluid in our bodies, of qi in our systems, and flow in our lives.

The image of the steady,

deep and meandering river that continues to flow through the cold weather comes to mind. The smaller streams that leap along joyfully in spring and summer rains, freeze this time of year. It is the deeper, larger bodies of moving water that continue to flow along their banks even in winter.

May we each find our steady deep river of energy as we proceed into these shorter days of winter.

In Healing Light,

Lucy

From the Futon...

The meridians most affected by winter are the kidney and bladder. These are the organs that control water in our body. By treating the kidney and bladder meridians the flow of fluids through our system is strengthened, as are the back, neck, and knees. The nervous system, endocrine (hormones) system, and the adrenal glands (any increase of adrenaline this season?) are also treated.

On mental, emotional and spiritual levels, these meridians connect to having motivation and energy to move forward. Imbalances can present with elements of fear and insecurity holding us back.

Although these imbalances can be present during other seasons as well, they are often more common this time of year. ☯

Old Winter Healing

Winter holds a great place in our imagination. Some flee from it, others run to it. Its strength is undeniable. The North wind is understood in myth to be the strongest of the four winds and with it comes a most daunting face of Nature.

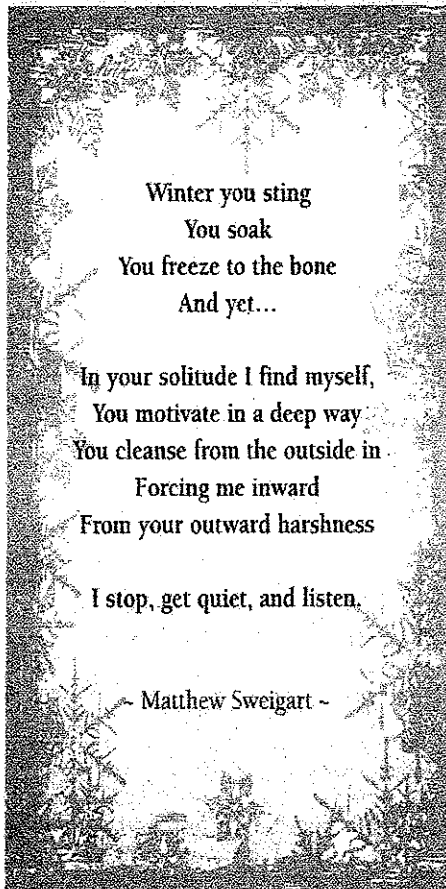
In the teachings of Traditional Chinese Medicine, winter is a face of the water element. Indeed, whenever we experience a winter storm, we know the part that water plays in the story. Water shows up in many storms throughout the year, but in winter, in frozen forms of snow and ice, it challenges us to dig deep into our resources to maintain balance.

It chills us to the bone. We shiver. We bundle up. We experience our deepest fear, or our greatest excitement. Remember your first snowfall? We take to the snow and ice with vigor, beating at it with our shovels, sliding and gliding over it with our boards and blades, rolling in it when we are hot from our exertion, and finally beating it off our clothing and bodies as we enter the house and cozy up to a warm fire, or collapse under the comforter into deep sleep.

Our innermost thoughts of life and death arise in this deepest of seasons. If you haven't contemplated them recently, winter suggests that it is time for a review. It is not the most pleasant part of life, but it is necessary. For just as winter howls and wails, and wipes the earth clean with wind, snow and hail, when we go down into the deep, dark inner recesses of our HeartMind with courage and compassion, we are cleansed at the deepest levels.

Stop, get quiet, listen, rest, for spring is now just around the corner and with those lengthening, warming days we're going to need all the energy we can muster.

~ Matthew Sweigart, AOBTA - CI



Winter you sting
You soak
You freeze to the bone
And yet...

In your solitude I find myself,
You motivate in a deep way
You cleanse from the outside in
Forcing me inward
From your outward harshness

I stop, get quiet, and listen.

~ Matthew Sweigart ~

visit www.lucymarsh.com
for more information about
Zen Shiatsu and links
to other useful sites!

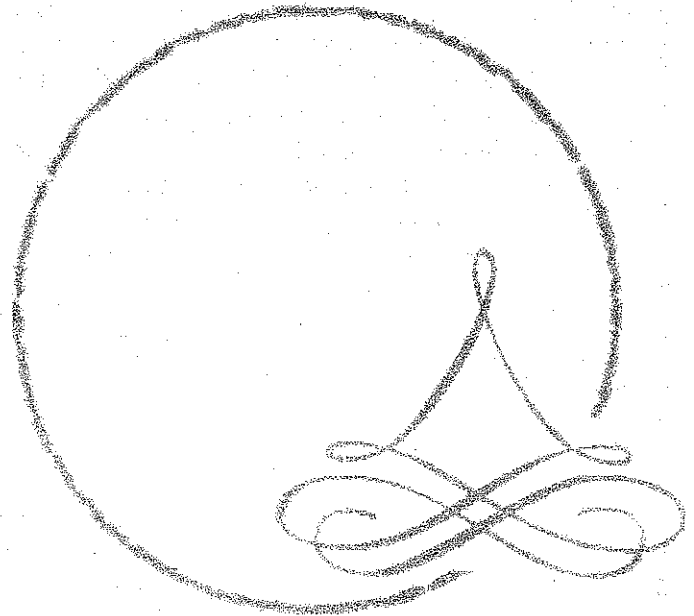
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