

Acupuncture is...

Acupuncture is healing
Flowing, freeing,
Fleeting change,
Releasing tension
Creating waves and ripples
That align my soul
And every cell
Riding high frequency
VIBRATIONS

Acupuncture is the great ONENESS of the universe
 flowing through heart and hand
Through healing needles channeling goodness & compassion,
 love & light
into human beings who need
<a reset, rebalance, reboot>
nourishment & relief from excess

Acupuncture is deep caring
of a provider who truly
wants to help
-to heal-
on multiple levels
through supporting, checking in, stability,
continuity
needles and body work individualized for me
answering questions about my whole self
that light up my brain and help me know myself better
both of us understanding
all life & cosmos connected.

Acupuncture is empowerment
It is self-advocacy in healthcare
at its best
It is everything missing in western medicine
 - the perfect complement to it
that actually makes a difference
In the moment
And can treat every condition under the
sun and moon
in harmony with planetary cycles,
and with the water, rain, trees, and stars,
animals, and other humans.

Acupuncture is feeling good in my body
It is endogenous opioids
And stimulation of connective tissue
It is pain management
It is needles, and cupping, and gua sha
It is shiatsu and tuina
Qigong and taiji

Acupuncture is getting quiet within
The deep silence of centuries, found only within,
that aids the healing process
It is cultivating myself to the highest of
My physical-spiritual-mental potential
To be of service to others,
And to do more good than damage
 (do no harm)
in this one short life.

Acupuncture is amazing
I wouldn't live a day without it
And am ever so grateful for it
Blessed from the highest echelons
Of the universe to have this healing
From universe-to heart-to hands.

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