

## Tapping into the Peaceful Joy of the Winter Season

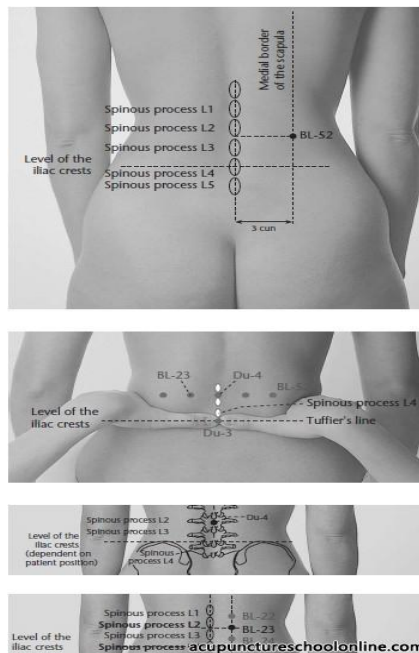
In Winter, nature shows us that rest rejuvenates our inner spirit. It is a time of contemplation. While Fall allowed us to cultivate and harvest the experiences of the year, the gift of Winter is a slower pace to reflect on these experiences. Like light reflects off water – the element of Winter – our inner spirit has time to transform as we use our imaginations to create new dreams for spring growth in the new year.

Allowing ourselves to match the pace of winter can create a sense of peaceful joy that abounds throughout our holiday season, as we take time for ourselves, family and friends.

Here are some ways to help you nourish yourself during the Winter season:

Acupressure using BL-52 and \*SP-6 (\*Forbidden in Pregnancy; if pregnant use SP-9 instead):

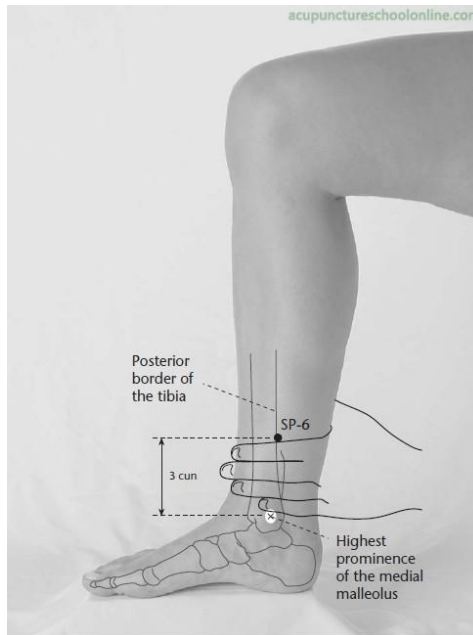
Locate BL-52, see image:



<http://acupuncture-school-online.com/wp-content/uploads/2010/03/BL-52-Residence-of-the-Will-ZHISHI-1.jpg>

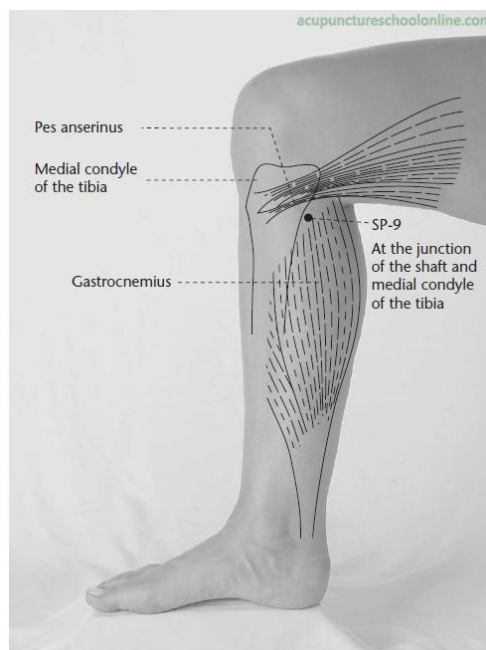
Either sitting or laying down, hold BL-52 (if treating self, you can hold this point with your middle finger or lay flat on a massage, golf, tennis ball, or hand towel knot).

Next, locate \*SP-6 (\*Forbidden in Pregnancy; if pregnant use SP-9 instead): (see p. 2)



<http://cgicm.ca/wp/wp-content/uploads/2012/05/SP-6a.jpg>

or, SP-9:



<http://acupunctureschoolonline.com/wp-content/uploads/2010/12/SP-9-Yin-Mound-Spring-YINLINGQUAN-Acupuncture-Points-1.jpg>

While holding BL-52, press gently into SP-6, or SP-9. If treating self, cross and rest one ankle/leg on the other and hold SP-6 and/or SP-9 with the opposite hand. Repeat on other side.

You can hold points combinations on same side or cross body.

Don't forget to drink enough water, and nourish yourself with good foods, good company, and the inspiration of Nature.

*Yours in well-being,*

The Canadian Acupressure College 