

Food For Thought

by Eleanor Niblock
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As the nights draw in around us it's only natural that our internal rhythm speaks to us of restoring balance to our systems before the hibernation of winter commences. With this in mind I worked with Five Element Acupuncture to restore balance to my mind body and spirit and looked to hypnotherapy to help me release some old and unhelpful patterns and habits.

Five Element Acupuncture

For a number of years the west has looked to eastern esoteric practices for spiritual enlightenment whilst probably secretly holding western medicine as the trump card in the pointlessly egotistical 'battle for world supremacy'.

So it comes as no surprise to learn that when acupuncture was brought to the united kingdom in the early seventies any elements of spirituality were stripped from the structure so that it could be presented as a scientific medical system in its own right without sceptics savaging its benefits on the grounds that no medical treatments should involve matters of the soul. Body was considered one thing, mind another and spirit an altogether and separate matter as far as western doctrine was concerned. However the more enlightened amongst us know that when we are ill, sad or depressed or things generally are not well in our world that we need to treat ourselves on all three levels.

So it was fascinating to be treated by and to talk with Michael Arnold who practices a lesser known form of acupuncture called Five Element Acupuncture. This practice adheres to the same premise as acupuncture to restore the flow of Chi through the body by stimulating precise points along the body's meridians – the internal pathways that carry chi around the body, but also incorporates the spiritual diagnosis of the five element system.

Michael explains: "The Five Elements, Wood, Fire, Earth, Metal and Water are the five basic movements of energy that govern all life. In us the elements manifest as physical organs such as the heart and lungs, as mental processes such as decision making, and as spiritual necessities such as hope and inspiration. Five Element Acupuncture works on the principle that we all have a weakness or "causative factor" in one of these Five Elements. The aim of treatment is to find out which element this is for you and then to strengthen it using corresponding acupuncture points. Once the cause of the imbalance is addressed, health and harmony can return to the body, mind and spirit"

The Five Element Acupuncture system was

bought to the UK by Prof. J.R. Worsley who along with his wife Judy Worsley founded the Worsley Institute of Classical Five Element Acupuncture over 50 years ago. Michael who was trained by Nora Franglen and then by Judy Worsley, learnt the system taught to Professor Worsley in Taiwan, Singapore and Korea (at the time it was not possible to study in China for political reasons) which is rooted in the ancient wisdom of Five Element Acupuncture.

The institute explains: "They (the elements) do not refer to physical elements alone, but to the flow of life giving energy throughout the creation. The restoration of balance in the flow of this energy within a person can help them overcome disease, even those apparently fixed in disturbances of physical matter. For a system of medicine to utilise the enormous strength of the human spirit, it must operate at a level deeper than physicality alone. Yet it must also influence the physical body in a very positive way. Classical Five-Element Acupuncture addresses the needs of the Body-Mind-Spirit as a whole."

My treatment with Michael involved both a long consultation to ascertain where I was at emotionally, spiritually and physically as well as the actual acupuncture treatment itself which commenced with a diagnostic test to see how my meridians were flowing and followed with more treatments to restore balance within my system.

I felt an immediate effect of the first treatment both physically in that I felt lighter and full of energy but also on a mental level in that I felt more clarity and focus. I can't wait to go back for more sessions based on this first experience, as acupuncturists will tell you it is important with acupuncture to have a course of the treatment in order to reap the full benefits and to completely restore harmony and balance to my whole!

Michael Works from his practice in Primrose Hill, North London. For more information visit www.michaelarnoldacupuncture.com Or Call 07930 371 103 or email info@michaelarnoldacupuncture.com

Hypnotherapy with Kate Surgey

"If there was one thing I could change about you that would be it." Those words spoken by my darling boyfriend, initially got me saddled firmly on my high horse. "Well I wouldn't change anything about you – I love you just the way you are" was my offended retort. But the more I thought about it the more I realised that actually his habit of biting his nails was pretty irritating and so was his penchant for scattering well worn socks in just about any room in our flat, oh and the wet towels on the floor and the empty bottles back in the cupboard, actually I could go on...

But it got me thinking, was it really wrong to try to change an annoying habit in someone? Was he so wrong to want me to change? I decided to embrace it – after all I could see his

point that constantly pulling at the skin on my lips was pretty off putting. So when I got in contact with Spiritual Counsellor Kate Surgey my initial reaction was to look at how hypnotherapy could help me overcome this life-long bad habit of lip picking.

I had never been hypnotized before and I was teetering between being totally open and slightly sceptical, maybe it worked on some people but it wouldn't work on me was my first thought, but I was interested to give it a try. So as I sat there with Kate's soft voice lulling me to a deep place of relaxation I was sure that I still wasn't hypnotized. I have to say that it was with both shock and awe that I realised that my subconscious mind was listening. Kate asked for a sign that my subconscious mind could hear her and a bolt of energy rushed down to my little finger on my right hand and almost like a reflex action it flicked up in the air. From that moment on I knew that I was hypnotized which is an odd thing to say as I was both conscious of what was happening and hypnotized at the same time, but apparently that is quite normal.

Kate then established a safe place for me to go in my trance, and we set about getting to the bottom of the lip picking phenomenon. We went back to the moment when my father had left the family when I was a child and how much hurt and upset that had caused me and my subconscious explained that I brought my arm up to my face to cover my heart chakra as I was fearful of being abandoned and hurt. Kate encouraged me to go back to this scene with the perspective of an adult to bring healing and understanding to this moment and I felt that a great weight had lifted from my shoulders and that I had my safe place that I knew I could go back to whenever I needed.

After coming back to consciousness since the session, although I haven't totally stopped my horrible habit (much to my partners dismay) I am at least now conscious of it – whereas before I could honestly say I didn't even notice that I was doing it. So it's a massive step in the right direction and with a couple more sessions I imagine there would be more improvements.

Kate and I shared an instant connection and I felt completely at ease letting her delve deep into the uncharted waters of my subconscious psyche through hypnosis. Kate also offers a myriad of alternative therapies from her serene therapy space in southwest London including past life regression, NLP, life coaching, interventions, energy work and soul contract work to name but a few strings to her bow. I look forward to working with Kate again on both the lip picking issue (so does my long suffering partner!) as well as involving myself in the numerous other elements of her work that fascinate me - and I encourage you to take a look too.

For more information spiritualcounselling.co.uk
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