

Need Relaxation

NEWSLETTER



N.4 Spring 2009 • FREE ISSUE Helping your Body Relax and Heal, Naturally

Dealing with Stress During the Economic Crisis

Freedom from Stress

When you begin to feel stressed, worried, fearful, angry, or whatever emotion you are experiencing, here are 4 simple things that you can do to override those uncomfortable feelings:

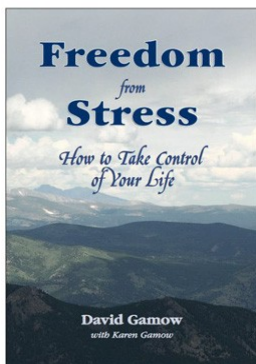
1 – Relax your abdomen, take some deep breaths, and begin by really watching your breath entering your nostrils and leaving your nostrils. Continue your belly breathing, and keep relaxing.

2 – Step back and take a look at what is happening, as if it is happening to someone else.

3 – At this point ask yourself, what advice you would give to that person, in order to make the change that is needed, to reduce the stress and move forward in a new direction.

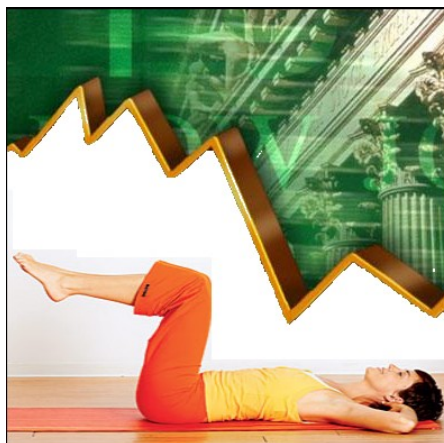
4 – Act accordingly.

Try the above exercise and experience for yourself how easy it is to see with clarity what needs to be done in a given situation when you are not personally and emotionally involved. If you would like to learn more about effective ways to deal with stress, I highly recommend "Freedom from Stress" by David and Karen Gamow.



http://www.clarityseminars.com/how_to_relieve_stress.html

Step Back and Watch the Movie



Lately many people are more and more stressed because of the global economic crisis. Some are finding themselves without enough clients, or even more challenging situations such as losing jobs, houses, or going out of business. These situations are very distressing to the energy of Liver. Stress, anger and frustration are factors that greatly influence and disrupt the smooth flow of energy within this organ network. Fear, worries, depression and anxiety kick in, and very soon our entire bodily system is in a state of shock, overwhelmed with all kinds of rising emotions.

How can we deal with this effectively?

David Gamow, a nationally-recognized corporate stress management trainer, and author of *Freedom from Stress*, describes stress as "created by the gap between how the world is and how we want it to be."

He writes "Every one faces difficulties every day, from enormous to trivial. But we have all observed humanity's tremendous range of responses to those difficulties....We might not always be able to change the circumstances into ones of our liking but we can, and must, embrace and improve what happens inside us when we are faced with them....Our uncertainty and confusion are a result of being personally and emotionally involved with whatever situation is puzzling us. In that state we simply don't see clearly. Stepping back and becoming an observer instead of an emotionally involved participant, results in clarity....Whenever you can't tell what to do in a given situation, you can be sure that it's because you are personally and emotionally involved."

IN THIS ISSUE

DEALING WITH STRESS DURING THE ECONOMIC CRISIS	PAGE 1	REMEDIES FOR THE ALLERGY	PAGE 3
FREEDOM FROM STRESS	PAGE 1	WELCOMING THE SEASON OF WINTER	PAGE 3
STEP BACK AND WATCH THE MOVIE	PAGE 1	SPRING DIET	PAGE 4
LESS GREED, MORE GREEN	PAGE 2	OTHER RECOMMENDATIONS	PAGE 4
HOW TO BE CREATIVE	PAGE 2	CLASSES AND EVENTS	PAGE 4
		SPECIAL OFFER	PAGE 4

As soon as you step back [and watch the movie of your life] you will clearly see what is happening and know what to do....We yell at the movie when we feel we desperately need the world to be different."

How do we step back and watch the movie, when we are in the midst of a crisis? The main thing is to practice remaining centered and calm before the crisis comes, so that when it does come, you are prepared. However, if the crisis comes and finds you unprepared, instead of worrying, pointing fingers, and being problem-oriented, accept what it is, and put out more energy to face the challenge. Analyze and learn from what caused the problem in the first place, Then stop focusing on the problem, and start focusing on the solution.

The trouble comes when we do not want things to change, as David Gamow says "*we want the world to be different*". But the truth is that change is the only certainty in life. You know that you are not going to live forever, you know that you are not going to be always happy, and you know that you are not going to be always sad. Things constantly change. They go up and they go down, all the time. If you understand and accept that and learn to live your life even-minded, you are a free person.

If we resist change and difficulties, because we do not want to lose our comfortable life, we do not want to put out the energy to change our old habits and old ways of thinking, we do not want to let go of certain attachments towards things and people, then we are bound to suffer. As Yogananda (a self-realized Master of yoga) said, "*Suffering is the greatest teacher; if you learn from it; a curse, if you don't. When suffering comes you must learn from it immediately, so that it won't have to repeat.*"

Less Greed, More Green

One of the flaws in our economic system is that it is based on the need for incessant growth through the use of natural resources and the exploitation of people around the world where products are manufactured. This contributed to the recent melt down as we, as a country, have been living beyond our means, with little or no respect for protecting the earth's environment and its people. If we continue to support businesses that operate irresponsibly this way, we will go deeper into the hole of economic difficulties. This crisis is calling us. It is time for a transformation in how we think about the economy.



One key to recover from the crisis is to support businesses that operate from a moral perspective, with integrity, not only focusing on growth, but also paying attention to and protecting the vital ecosystems, the working people, and the people like me and you that use their products.

If you would like to learn more, read the article on Green America entitled "7 Fixes from Green Economy" by Alisa Gravit, by clicking on the following link: <http://www.greenamericatoday.org/pubs/realmoney/articles/7fixes.cfm>.

How to Be Creative

Most people tend to underestimate their inherent creativity, saying they are no poet, artist, nor inventor, and therefore they are not creative. The seed of creativity is planted within each one of us. To be creative you do not have to invent or write anything. Creativity is really just being true to yourself. It is being able to make decisions and to act from that stand point, based on your own understanding of truth, instead of being influenced by what other people might think. The process of

creativity is more important than the results, because you become attuned to your higher self, instead of attuning to your ego and the opinions that you believe others have of you.

Being creative is to live in the present moment, completely, with its ups and downs of life, while remaining joyful and centered in your heart. That is the highest expression of creativity.

If you think you are not creative, take someone else's creative idea and train your ability to improve on it. That is one way to develop your creativity.

Another way is to express in your own way someone else's work, just as musicians do when they play a famous piece of music that they did not write.

A third way to develop creativity is to practice going with the flow. When change knocks at your door and barges in, step back, pretend like you are watching a movie about someone else, analyze the conditions prior to what happened, learn from what happened, and act with new ideas and interests.

Observe what kind of expectations you had before things happened, what you did that lead to the situation, and what you can do to transform it into something positive. Without being judgmental or critical of yourself or others, with no blame or shame, ask yourself "How could I have it have it done it differently?"

Then stop focusing on the problem and become solution-oriented; let go of whatever old likes and dislikes are preventing you from achieving what you need in life, and learn to go with the opportunity that is presented. Be open to change, learn to adapt, create and laugh inwardly, no matter how difficult the challenge is. Wherever you are, whoever you are and whatever you do, do not get discouraged by difficulties and failures; trust your own inner creative power, and let it be guided by your own higher virtues: joy, truth, kindness, service, etc.

Healthy Tips



Remedies for the Allergies

After the cold and wet season of winter, many people look forward to the warmer, colorful, sprouting season of spring. On the other hand, for those who suffer from allergies, spring is one of the worst seasons because of the increasing amount of pollen present in the air. Chest congestion, shortness of breath, sneezing, runny nose, itchy eyes, rib pain and distention, stomach swelling, and low appetite are amongst some of the most common symptoms. Here are some suggestions that will help you relieve the symptoms of allergies.

Reduce consumption of mucus producing foods

Sweets, dairy products, and cold foods increase production of mucus in the body. Reduce or avoid consumption of such foods, especially ice cream and yogurt.

Quercetin Supplement

In addition to eating enough raw fruits and slightly steamed vegetables, try quercetin in supplemental form. Quercetin is a phytochemical found in the skins of apples and red onions. Its antihistamine action may help to relieve allergic symptoms and asthma symptoms.

Drink plenty of water

Water is often the solution to many of our health issues. Stay hydrated, by drinking plenty of pure water.

Self-Help Acupressure

Place your fingers lightly on the sides of your nose, right between your cheek bones and the nostrils. Hold for 5 minutes or until you feel relief of nasal congestion and sneezing.

Welcoming the Season of Spring

The spring is the greenest season of the year. It is the time of transition, development and growth, when the quiet and cold yin energy of the winter becomes yang, alive and ready to bloom, sprout and give birth. The official beginning of spring is March 21st; however, the actual time varies from region to region. Generally, the spring starts at the end of February or beginning of March, and goes to mid-May.

The spring is ruled by the Wood element, which is associated with creativity, initiative, vision of our potential, and ability to grow, change, and achieve our goals. When in balance with the energy of spring, people have new sparks and creative ideas, they can easily make plans and decide which direction to go. Detox diets, acting on delayed new year resolutions, and spring cleanings are example of this type of energy. It gives us the opportunity to take a look at our lives, getting rid of the old, and creating space to embrace the new in our outer environment (home, work, etc.), as well as our inner one (body, mind, habits, etc.).

Spring is a time to be expansive, creative, and flexible in body and mind. When we are in balance with the season of spring, we adapt to situations and "go with the flow." Our minds are adaptable, open and able to face challenges. We have clear vision about our direction in life. Physically, we have good eye sight, our joints are open, and our nails, tendons and ligaments are strong.

The season of spring is characterized by a windy climate. Just like dryness in the fall and

cold in the winter, wind in the spring can also injure the body. Wind in the body can manifest in symptoms such as muscle tightness of the neck and upper shoulders, migraine headaches, tremors and shaking of the hands, limbs and head, and pain that travels from joint to joint.

The spring is related to two organ systems – Liver, which is in charge of detoxification and ensuring a smooth flow of energy and blood throughout the body, and Gall Bladder, which keeps the body in balance by regulating many functions, such as bile secretion, blood clotting, and hormone release.

There are signs when the rhythms of the body, especially Liver and Gall Bladder, are not in balance with the season of spring. Physically, the person might wake up at night between 1 and 3 am, have issues with joints, tendons and ligaments, and/or problems with the eyes and vision.



Psychologically, the person might feel irritable, frustrated, angry, and susceptible to stress. The person might be unable to plan and make decisions, or experience the opposite, where he or she is making plans and deciding for everyone else. The person might be timid, have low self esteem, and lack assertion, or the opposite, being very assertive and controlling, with the tendency to impose his or her will on others.

These signs tells us that the wood element is off and it needs to get back in balance. Following you will find recommendations to help you stay in balance during the season of spring.

Spring Diet



One way to align with the rhythms of nature is to eat according to the season, consuming the foods that are currently available. In our case we will be following a spring diet.

First, take a look at your diet. From a Chinese Medicine point of view, leafy green vegetables are excellent foods in the spring because they cleanse and soothe the liver, one of the spring organ systems.

Veggies in the green and leafy category include dandelion, kale, chard, collard greens, mustard greens, water crest, arugula, lettuce, and wheat grass. Other wonderful spring veggies are asparagus, carrot, celery, cabbage, Brussels sprouts, broccoli, string beans, sauerkraut and zucchini. Sprouted beans, seeds and grains are great during the spring, especially alfalfa, clover, radish and mung bean sprouts, green lentils, split peas, wheat, rye, and oats.

When cooking, use spices such as parsley, basil, bay leaf, caraway, chives, dill, fennel,

marjoram, and rosemary. The best way to prepare foods is to lightly steam them, or to cook them briefly over high heat, so that most of the nutrients are preserved. Cooked food is also easier to digest than food eaten raw.

Amongst fruits, green apples and pears, sour cherries, and citrus fruits such as lemon, limes, oranges and grapefruits, are considered to be beneficial to the liver.

Foods to avoid or reduce in the spring include heavy or fatty meats (especially red meat), greasy, oily, deep fried foods, and foods that are high in salt, such as processed foods and salty snacks.

Since the liver is the main organ in charge of detoxifying the blood and body, it make sense that many traditions emphasize the importance of a spring cleanse, through a liver-detoxifying diet. The following is a well-written article that you can read to learn more about detox diets (<http://altmedicine.about.com/cs/dietarytherapy/a/DetoxBasics.htm>). Before attempting any drastic change in your diet, or if you do not know what to do, always consult your primary health care provider.

Other Recommendations

Be More Outdoors – Hiking, or just being in nature, helps smooth out the Liver energy that tends to get stuck and congested when we spend too much time inside, or away from nature.

Stretching Exercises - The tendons are the tissues controlled by Liver energy, so when we stretch we keep the tendons healthy and flexible, which nurtures the Liver. Yoga or Tai Chi are great for this.

Get Acupressure treatments - Acupressure can help improve the overall health of your body by strengthening the function of your internal organs, including the liver. The internal organs are too often attacked and weakened by incorrect diet, an intense lifestyle, stress, and strong emotions. Acupressure helps the body's natural ability to bring balance and strength to the entire system (body, mind, and spirit).

Regular acupressure treatments (weekly, monthly or even seasonally, four or five times a year) can help tonify, relax, and balance the whole bodily system, correcting and redirecting energetic disharmonies, before they become visible in the physical body. Call Luca at 650-279-0531 and see how together we can help you stay healthy this spring.

Classes & Events

Ongoing Guided Meditation

Every Tuesday from 9:15 to 9:45 am.
127 Main Street, Los Alto, CA. **FREE.**
April 7 - NO meditation class

Living with More Energy

June 6 from 9 am to 4 pm
3031 Tisch Way, San Jose, CA. **\$.72.**

Introduction to Acupressure

August 1 & 2 from 9 am to 4 pm
3031 Tisch Way, San Jose, CA. **\$.144.**

For updates, please visit the web page
NeedRelaxation.com/class_schedule.html

Special Offer

\$10 OFF First-Time Clients

New clients receive a \$10 discount on their first acupressure appointment.

To schedule or for more information, please call Luca at 650-279-0531.

DIRECTOR Luca Moschini
EDITORS Lauri Moschini
ADDRESS 4153-B El Camino Way, Palo Alto, CA 94306
PHONE 650-279-0531 **EMAIL** moschiniluca@yahoo.com
WEBSITE www.NeedRelaxation.com

RESOURCES Freedom from Stress by David and Karen Gamow, Integrative Acupressure by Sam McClellan, Five Element Constitutional Acupuncture by Angela and John Hicks, and Peter Mole, Staying Healthy with the Seasons by Elson Haas, Removing all Suffering and Sorrow talk by Paramhansa Yogananda, www.coopamerica.org, www.healingwell.com, www.nutrition.about.com

DISCLAIMER The purpose of this newsletter is merely to inform you. The information you find in this newsletter is not intended to prescribe, diagnose, treat, cure or prevent any disease, and it is not meant to be a substitute for the advice and care of a qualified health professional.

If you would like to receive Need Relaxation Newsletter on line, please sign up at NeedRelaxation.com/newsletter.htm