

Event: "Coming Back To Life: A Weekend Seminar on the Wood Element

with Lorie Dechar, M.Ac."

Date: March 17 & 18, 2012

Time: 9:00 am - 5:30 pm (Sat & Sun)

Location: Asheville (directions to be provided)

Cost: \$300 for L.Ac.s (14 NCCAOM PDAs)*
(\$250 for students with a current school ID)

Checks can be made payable to:

Healing Spirit Acupuncture

612 Wilson St

Asheville, NC 28803

(Please include your email address & phone # with your check.)

RSVP Date: Register by **February 1, 2012** (space will be limited to 20 people,
so register soon)

*Due to the NCCAOM fees, which doesn't apply to current students, we are able to offer them this discount. For participants needing to cancel, they will get a 75% refund, up until two weeks before the workshop. In the event that the workshop is canceled, participants will get a 100% refund.

Lorie Dechar, M.Ac., is the author of *Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing* (www.fivespirits.com). She returns to Asheville this March to share with us her exploration of the WOOD element and the HUN spirit. Below you'll find Lorie's more detailed description of the weekend, which is open to current licensed acupuncturists and also to students.

**"Coming Back To Life:
A Weekend Seminar on the Wood Element
with Lorie Dechar, M.Ac."**

The Wood Element marks the return of the life force. It is related to the season of spring and the spontaneous upsurging of yang energy from the depths of winter and the yin. The spirit of this Element can be seen in the first blade of green grass that pushes up through the hard, cold ground in late March – resolute, vigorous, directed. Like that first blade of grass, the Wood Element expresses the quality of vision, hope, future possibilities and renewal.

During this weekend intensive, we will honor the Wood Element and the vital energies it represents, providing ways for students and practitioners to develop theoretical understanding and clinical expertise, while at the same time offering an opportunity for personal discovery and growth. The rising qi that is the hallmark of the spring season will support us, individually and as a group, in envisioning new possibilities, decoding the messages of the spirits that come to us through our dreams and bringing our bodies and souls back to life after the dormancy of winter.

*Come broaden your understanding of the physical, emotional and spiritual symptoms related to Wood, including insomnia, menstrual disturbances, physical and emotional toxicity, addiction, chronic resentment, anger, and depression, as well as the psychic functions of imagination, planning and vision.

*Discuss the clinical implications of Wood archetypes like the Celtic Green Man, the Divine Fool of the Tarot sequence and the Taoist Green Dragon.

*Spend time in the realm of the Hun soul as you learn to incorporate dream work into your practice of Chinese medicine.

*The weekend offers ways for practitioners to deepen their clinical expertise, while supporting their own personal discovery and growth.

The Wood Element endows us with:

- *Clear vision and direction for our life
- *Decisiveness and discernment
- *The capacity to dream and imagine in creative ways
- *The ability to plan and organize our time in order to manifest our vision
- *The ability to express our life purpose and vision through each decision we make and action we take
- *The ability to go to our own edge and stay on track

*Knowledge of where we begin and end – to know our own boundaries and to appropriately affirm them

Workshop goals include:

*To support practitioners in deepening their capacity to work with both acute and chronic psychosomatic, psychological and emotional symptoms

*To support practitioners in differentiating emotional and psychological symptoms, which can and cannot be treated within the scope of Chinese Medicine. Review of when and how to refer to other professionals if necessary.

*To deepen understanding of the Five Elements and the Five Spirits as well as the Taoist understanding of the Hun and the clinical significance of the Wood element, including Five Element treatment protocols including Akabane and Entry/Exit Blocks.

*To develop practitioners' ability to work with Five Element diagnostic and treatment skills, including color, sound, odor and emotion as well as pulse diagnosis with particular emphasis on the Wood Element and the Hun.

*To review basic Jungian concepts and practice of Active Imagination to cultivate the perception and presence that is necessary in order to effectively work with spirit-level issues, shen disturbance and stress-related symptoms.