

FALL and WINTER WEDDING WISDOM  
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The season of Autumn has fallen upon us like leaves to the earth and in this change comes the shift of energies both of the earth and of ourselves. We begin turning to the Yin (pronounced “een”) side of ourselves; that pronounced feminine energy that transforms what was once light and expansive, into inky blue darkness. The days grow shorter and colder as mother earth begins the process of Winter. We turn to our blankets and hot cider for comfort, and settle in for a good read before retiring to bed.

It is usually around this transformative period that many people begin the process of dread as Winter begins to creep in. While others enjoy the pumpkin patch, a good ghost story and a belly flop in the freshly raked leaves, others sit inside already overwhelmed with feelings of depression, anxiety and apathy at Fall’s arrival. Seasonal Affective Disorder (SAD) can have a negative impact on sufferer's who get more than just a case of the “Winter Blues.” It can be a time that is truly trying for not only the individual but those that surround them as well.

Besides medication and traditional light therapy, there are other methods used to treat SAD and other stress that accompanies any change in the earth’s energetic shift. We have clearly seen the effects that rain or a full moon can have on human behavior as well as human emotionality, so why should it be any different when there is a change in season? Because of the negative effects that depression and anxiety have on the human energy field (HEF), they in turn can also directly lower the immune system. The HEF is the subtle energy in and around the body. It is currently under great scrutiny by the western scientist and has been palpated by the healers for centuries, recorded as early as 15,000 B.C. Scientists are now beginning to measure how the HEF can be manipulated to produce the healing of diseases at a cellular level by boosting the immune system.

Stress, at any level causes changes to our energy system, thus affecting all other body systems, resulting in lowered immunity. This time of year, when the flu and cold season hit, the last thing any one wants is lowered immunity. To all of the brides out there, who are currently under the pressure cooker to get the final arrangements done to make your Fall/Winter wedding a success, this message is for you:

- 1) Get plenty of sleep. Studies have shown that when you get less than 8 hours of sleep, you lower your immune system by almost half of its full functional capacity, making you vulnerable to a multitude of communicable diseases and cellular structure changes that over time may lead to chronic illness.
  
- 2) Despite the weather, get as much exercise as you can. Exercise not only reduces stress and anxiety levels, helps maintain healthy weight and strengthens bones, but because of its positive effects on moods, you are directly affecting your immune system. Studies show that people with positive attitudes who had a terminal illness lived an average of 3 years longer than those who adopted a poor attitude over their illnesses. Those who had a more positive outlook, also lived those years with quality, unlike their cohorts who did experience more suffering in the dying process. Exercise also moves

around your life's vital force, called Qi, Chi, Ki, Prana, Pneuma, Spirit, etc....The saying is, "Where blood flows, Qi goes!", So get your heart pumping, because the heart is also the organ that produces the largest amount of energy for the HEF!

3) Eat properly, not only to stay fit, but also to feed your Qi! There are various forms of nutrition that you can utilize to help alleviate physical and psychological symptoms as well as boost your energy. Some forms of nutrition are considered medicine, like Macrobiotic and whole food eating. Traditional Chinese Medicine (TCM) incorporates the use of herbs and other botanicals into the diet to promote healing and well-being. *It is wise to consult with a professional before ever starting a new diet or using herbs due to the contraindications of certain combined therapies and conditions.*

4) Speaking of light therapy, did you know that other therapies like Reiki, Polarity, Craniosacral, Bowen, Therapeutic Touch, and Healing Touch therapies also use light? It is true; like lasers, a healer who specializes in energy medicine directs universal energy through their hearts and out their hands to the person that is seeking care. This transference of energy directly affects your cells. What makes up each cell? Why, DNA of course! And what is DNA made up of? Right again, amino acids that are coded and specifically linked up-and what makes up the amino acids? Good job, protons, neutrons, electrons, and photons. Photons are the essential components of life because they are a direct source for photosynthesis, a process that occurs in plants in order for them to make their own food (that's why we call them producers and you usually buy them in the produce aisle), and since photons come from the sun, and consequentially they make up the basis of our DNA, then well we are also essentially light! Einstein's  $E=mc^2$  explains it as energy turns into mass, just as mass can turn into energy. SO...by receiving energy from a healer you are effecting your cells, or source of light to facilitate a healing process. These types of healing modalities have been successful in treating dis-ease and disease in the realms of the mind-body-spirit, helping to cure, physical, psychological, emotional and spiritual pains. One of the best things about using energy medicine is that there are virtually no contra indications over its usage as a medicinal therapy.

So if you are looking for something to stoke your fire (Qi), this Fall and Winter season, try treating yourself to a different form of light therapy, other than a tanning booth or an expensive vacation. You can have the light of the sun right at your fingertips, or literally in the palm of your hands.

Healing Is Possible!

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