



# The Well



*drawing on deep sources of nourishment*

Volume 26, Issue 2

## Greetings ~

Welcome Autumn! The sharp edge of summer softens slightly. The quality of light turns less glaring, more golden. The air has a different feel, too. Cleaner.

After a lovely summer season, fall beckons in the natural cycle of change. The garden harvest is full. The wood pile grows. The leaves begin their transformational dance. I love this place.

That is the subject of the feature article this issue. *I love this place*. It has become home. I feel at home. It has been an unfolding into finding home. And, not just this place as home, also this body as home. The words only barely describe the experience.

There will be a slight departure from the regular Sunday meditation/potluck on Fall Equinox. Since equinox occurs mid-week, we'll have a meditation on Thursday, Sept. 21 at 7-8:30 pm, no potluck. There will be a short guided meditation followed by silent sitting. Let me know if you would like to attend.

A new series of meditation & chi kung classes begins in September with the six healing sounds. Class meets on Mondays 7-8:30 pm.; fee is \$40, 50% discount to review a previously taken class. The subjects rotate each month, schedule is below. More information at [SimplyTao.com](http://SimplyTao.com).

- ☉ Sept. - Six Healing Sounds
- ☉ Sept. 21 - Fall Equinox Meditation 7pm
- ☉ Oct. - Inner Smile
- ☉ Nov. - Iron Shirt
- ☉ Dec. - Tai Chi

With much appreciation & gratitude,

Cheers!

*Kyle Chiu, LMT*  
  
 541-575-1011

## Finding Home

It's been over three years since my move to John Day. Reflecting on this time here, continual ways of gratitude arise. People have been very appreciative and accepting. The land, mountains, river, forest, continually provide deep nourishment.

It feels like I am practicing Chinese medicine in the way I originally envisioned over 40 years ago. The connections with Doc Hay and Kam Wah Chung are exquisite.

Altogether these reflections combine into a sense of home. It feels like, finally, finding home.

After most of my life being a small-town kid stuck in the big city, this beautiful place has become home in ways not experienced before. Along with this sense of home there are concurrent energies of content, settled, even happy. hmmm... *happy*.

This process of finding home may include several layers or levels. There is a tendency to think of home as where we grew up, our current house or location. There can also be a sense of home in our body. There is a natural sense of connection, peace, balance in a certain place. This can also be true in the body, with the various physical structures, organs, emotions and energies. The balance encountered in place as home is also available with body as home. Finding home in a place can support finding home in the body. Or, finding home in the body can facilitate finding home in place.

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## Finding Home in the Body

Chinese medicine provides a way of exploring and reconnecting with a sense of home in the body.

The Western medical approach primarily views the body in mechanical terms, like a vehicle. The heart is a pump that circulates fluids (blood) through plumbing (vessels). The Chinese medical approach adds to this with an energetic perspective of how this body/mind functions. In addition to being an exquisitely designed pump, the heart has many energetic aspects that expand its nature and functions beyond a mechanical pump. There are emotions related to the heart. There are subtle energies of the heart that facilitate connection with other people, animals, plants, nature. There are memories stored within the heart. The heart can also provide guidance, insight, as in the saying, *follow your heart*. This is more than following a pump.



Chinese energetic theory recognizes different energies and qualities for each of the organ systems. For example: heart-fire; kidney-water; spleen-earth; liver-wood; lung-metal. These elements are all symbolic types of energy i.e., fire = creativity.

These energies are also have interrelated, they mutually support each other.

This synergetic perspective of organs and structures, is another perspective to understanding these bodies we inhabit and leads to insight about its nature.

As we become more in tune with this body, energy - the nature of it all - it leads to a sense of calm, centered, balance. It leads to being home in the body.

There is not a set formula for how to do this process. The beauty of Chinese medicine is that it has evolved many ways to explore this body as home over 5000 years. The three major treatment modalities, acupuncture, herbs and bodywork, offer different approaches: needles use points on energy pathways; herbs influence through plants/food; bodywork utilizes touch. One approach may resonate more for

one person.

In addition to these treatments, there are other classical Chinese arts that can facilitate finding home in the body: meditation, martial arts, diet, tai chi, yoga, poetry, feng shui. Each of these arts can be a gateway to exploring the nature of body, mind and spirit. And, they are mutually supportive.

The Chinese energetic and medical perspective is not the only way to do this process of finding home in the body. It does offer a number of perspectives and methods to balance a predominantly Western



mechanical view. And, we are learning that these two perspectives of the body do not have to be mutually exclusive. Our learning edge in healthcare today is combining complementary medicines to guide us in this process of finding home in the body. We are learning that not being home in the body leads to disease, which could eventually lead to disease - in all its various forms. Western medicine has excelled at treating diseases once they have manifested. Finding home in the body supports qualities of balance, harmony, contentment. These address the generation of dis-ease, before it manifests as disease.

## Finding Home

I never imagined writing this article, much less living this experience. It's been a challenging article to write, over four months, because words can't quite match the depth of feeling. That's why "finding home" fits so well. The sense of home. The energy of home. The subtleness of being relaxed and content at home. I look out over the John Day river valley and see/feel home. I look inwardly to body, mind and spirit and see/feel home.

*with much appreciation and gratitude  
thanks for being here*