

Mindfulness and the Body in Acupuncture: Using Body Intelligence in Assessment and Treatment

With Kamala Quale, MSOM, LAc

April 24, 2010
Portland, OR

- Mindfulness cultivates presence
- How mindfulness is used as a therapeutic tool
- Benefits for practitioner and client
- Uses for acupuncture
- Looking below the surface of health concerns
- Experiential exercise and practical skill: explore tension to discover larger psycho-emotional pattern reflected there
- Questions
- Next step to learn more:
 - Three part webinar series: Keys to Healing: Discover Hidden Issues and Treasures in Physical and Emotional Pain
May 13 or 18, 2010 and June 1st and 8th, 2010

Summer Practice Retreat
June 25-27, 2010

Kamala Quale, MSOM, LAc, is the founder of HeartMind Solutions™, a training and retreat program for acupuncturists, Asian bodyworkers and other complementary healthcare practitioners. For twenty five years, Kamala has taught classes and mentored practitioners in the use of body-centered mindfulness methods to clarify assessment and take treatment to a new level. Her teaching style is personal and interactive. Kamala has written and published articles on her unique synthesis of mind and body integration methods with classical Chinese medicine, and is a contributing author in [A Complete Guide for Acupressure](#). She is a certified practitioner and teacher for the Hakomi Institute for Body-Centered Psychology and the Jin Shin Do® Foundation for Bodymind Acupressure™.

For more information and to receive notice of future workshops go to: www.moonandlotus.com/training, or contact her at kquale@moonandlotus.com, or in Eugene (541) 345-2220.

PRESENCE AND MINDFULNESS

“Through self-observation, more presence comes into your life automatically. The moment you realize you are not present, you are present. Whenever you are able to observe your mind, you are no longer trapped in it. Another factor has come in, something that is not of the mind: the witnessing presence.”

Eckhart Tolle

Present-centered awareness connects us with vast internal resources, and with each other. It quiets the mental restlessness of the thinking mind and opens the door to new understanding, intuition, and spirit. With present-centered awareness we find that we can observe the flow of our thoughts, actions, sensations, and emotions without being totally identified by them. We begin to realize that who we are is not synonymous with what we do, think, or believe. We use the word mindfulness to describe this practice of self-observing.

When we are in a state of mindfulness and presence, we have the opportunity to step out of habitual and reactive behavior and choose new ways of being and responding to life. These new choices appear to spring from a deeper part of the self. This leads to a personal freedom and spiritedness that brings health and vitality to body and mind.

Mindfulness has three main characteristics:

- Awareness is turned inward toward present experience
- We elect to observe our inner reality without being totally identified by it
- We slow the process and quiet the thinking mind to increase sensitivity to signals from our deeper self

In the clinic, we guide our clients, and ourselves, in using mindfulness to gather information about what is going on below the surface of health concerns and complaints. We can call this “managing consciousness.” The slower pace of mindfulness aids mental and physical relaxation, and presence increases our ability to focus. As we direct awareness to body tension, emotions, or mental activity, we gather information about their origins. This clarifies assessment and makes our healing work easier and more effective; it also engages the client’s intuition and resourcefulness.

Clients learn about core beliefs they have created, and they can let go of self-limiting patterns. They perceive other options, realities, and truths at the center of their being and they begin to heal from the inside out.

As practitioners, when we are in a state of mindfulness, we are able to step outside of our habitual ways of thinking about therapeutic interventions, and are not as limited by our internal need to fix problems or do a good job. We can hold an energetic vessel for the process and let the knowing about what to do come from the process naturally.

TRANSLATING THE LANGUAGE OF THE BODY

Tension Sequence

Here is a simple series of steps that can lead a person from merely feeling tension in their body to discovering the larger psycho-emotional pattern that is associated with it. Tension in one part of the body is often a component of a larger pattern that reflects an attitude, contained emotion, or belief. Once a person becomes aware of underlying mental and emotional issues, the associated tension often transforms into a relaxed state. Guide clients through the following steps to help them find deeper awareness:

- › Locate an area of bodily tension.
- › Stay with the tension and study its texture, size, and qualities.
- › Add a voluntary element by slightly increasing the tension, slowly and mindfully.
- › Observe other parts of the body that are involved and note their sequence, i.e. first the jaw, then the shoulders, then the legs.
- › Feel the pattern and notice if it reminds you of anything. What does the body seem to be doing?
- › Is there any mood or emotion present?
- › If there is a mood, stay with it and feel its qualities.
- › If there is not a mood, stay with the tension and ask, *If this body could talk, what would it say?*
- › Find out what this body needs in order to let go.
- › Place needles, or use touch, to speak to this need. Have the person bring breath, awareness, and acceptance to the area and notice what happens.
- › At the end of the session, ask the client to return to the original tension and notice any changes.
- › Have them describe the sensations of relaxation or expansion that they feel and allow these sensations to affect the whole body. Let them savor the experience.
- › Acknowledge their transformed state and ask the client what seems important about this experience and if there is any element from it which they want to integrate into their life.

Sign up for the FREE Webinar "Keys to Healing: Discover Hidden Issues and Treasures in Physical and Emotional Pain"

Part one: Make Ideas and Concepts a Felt Experience in
the Body
with Kamala Quale, MSOM, LAc

Thursday, May 13th 2010, 6:30pm - 7:30pm PST
OR
Tuesday, May 18th 2010, 6:30pm - 7:30pm PST



Everyday in the clinic you see people who are in physical pain and also feel stuck, indecisive, worried, anxious, and out of touch with themselves and their feelings. Some people are easy and inspiring to work with, and others seem contained and resistant. Maintaining rapport, discovering hidden issues that manifest physically, and supporting inner resources are often the keys to healing chronic pain, stress and trauma.

In this FREE webinar I will introduce you to a unique mindfulness based approach that can help you do this. You will learn the following practical skills that you can use right away in your practice:

- Use curiosity and an experimental attitude with clients to encourage self study and collaboration in their healthcare.
- Turn concepts and ideas clients have about their health into felt experience in the body. This quiets the thinking mind, focuses awareness on underlying conflicts and resources, and gives direction to the session right away.
- Help clients learn to relax around pain and discover new options for self care.

These skills can be used with any style of acupuncture and Asian bodywork.

To Register go to www.moonandlotus.com/webinar

CEU: (in progress)

HeartMind Solutions™

Keys to Healing: Discover Hidden Issues and Treasures in Physical and Emotional Pain

Three Part Skill Building Webinars Series
With Kamala Quale, MSOM, LAc

1. Make Ideas and Concepts a Felt Experience in the Body (Free Webinar)

Thursday May 13, 2010 <or> Tuesday May 18, 2010
6:30pm - 7:30pm

2. Sort Through the Story: Listen, Communicate, Direct Awareness

Tuesday, June 1, 2010
6:30pm - 7:30pm PST

3. Get Unstuck: Working with Resistance and Ambivalence

Tuesday, June 8, 2010
6:30pm - 7:30pm PST



CONTENT:

Make Ideas and Concepts a Felt Experience in the Body

- Create an environment of mindfulness to encourage self study
- Turn statements and concepts into felt experience to discover stuck mental patterns and inner resources.
- Use body wisdom to clarify assessment, focus the session and encourage self care

Sort Through the Story: Listen, Communicate, Direct Awareness

- Listen and observe on multiple tracks to get to the heart of the matter quickly
- Create an energetic container to establish collaboration and take pressure off you
- Bring unconscious processes to light

Get Unstuck: Working With Resistance and Ambivalence

- Maintain rapport when clients seem stuck
- Acknowledge inner conflict and study it
- Recognize systems you are in with clients and learn to get out
- Help resolve ambivalence and fear of change

Fee: \$59 (\$50 if taken with Summer Practice Retreat, June 25-27, 2010)

Register, www.moonandlotus.com/training, kquale@moonandlotus.com, or call (541) 345-2220

HeartMind Solutions™
SUMMER PRACTICE RETREAT
June 25-27, 2010 Eugene, Oregon
With Kamala Quale, MSOM, LAc

Your task is not to seek for love, but to find the barriers in yourself that you have build against it.
Course in Miracles

Summer-fire is the season of Shen, and the time to emphasize the spiritual side of healing. This summer retreat& practice workshop will have two themes; removing obstacles to love, and being vs. doing, in the clinic and in the self.

Obstacles to love manifest as hurt, fear, control, anxiety, the need for approval, etc. These feelings are often hidden under the patterns of physical and emotional pain you see daily in your practice. Imbalance in being vs doing can result in working too hard, burnout, hesitation, procrastination.

- Learn to recognize and resolve obstacles to love in clients and yourself, with mindfulness and intentional compassion.
- Practice methods that calm anxiety and promote the joy of being.
- Adjust your work to balance being and doing. Let go of limiting patterns, like the need to fix problems or do a good job.
- Relax the lens of thought and analysis and become aware of the movement of *qi* and *shen* to guide your pace and interventions.
- Connect to the spirit within through activities in nature, qigong and meditation



Location: Moon and Lotus yurt, 30 minutes southwest of Eugene, OR. The setting is quiet, forested and private with abundant wild life and creative energy.

Times: Friday, 6pm-9pm, Saturday 9:30am-5pm, Sunday, 9:30am-1:00pm

Prerequisite: A previous workshop with Kamala or Keys to Healing webinar series.

Fee: \$295 for webinars and retreat. Discount for previous students.

\$270 for retreat and webinars if you sign up before May 19th

CEU's: 12 - NCCAOM, OBNE

Register: www.moonandlotus.com/training, kquale@moonandlotus.com,
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