

On Pins & Needles

Newsletter of Acumen Health Centers • Spring 2004

Acumen
health centers

On a Personal Note

Dear Clients and Friends;

The holiday season has come and gone. Harsh winter is giving way to beautiful spring. The air is perfumed, the hills are green and we are wearing shorts again. The feeling is of FREEDOM, EXCITEMENT AND JOY.

Traditionally, springtime is associated with the wood element in the five-element theory. Spring is growth, planning and structure. Spring is beginning and movement, the color GREEN and the influence of WIND

For me, this is the time of freedom. Passover is approaching quickly—the holiday also known as the “Celebration of Freedom”, symbolized by the story of a nation coming out of slavery to freedom in its promised land. During the retelling of the story, one sentence stands out and says: “In every year a person should feel as they themselves

have come out of Egypt”. (Egypt translating, not necessarily as the country but, as a state of tightness and bondage.) This time of the year, nature is supporting us in our quest for freedom by demonstrating how the contraction and the hibernation of winter ever so quickly transforms, in spring, to expansion and activity.

Freedom is more than the awe we feel through experiencing nature, it is reconnecting to our power and choosing to do what’s right. Freedom is remembering that it’s up to us to create our experience of our present and future. Freedom is letting go of the feeling of dread and doom, and to choose to believe and anticipate that great things are ahead for us.

In many traditions this period is a time of renewal and rebirth. Let’s use the energy of this season to enjoy our lives and make a difference with all we see. LET US ALL BE FREE. —Ilan

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CASE STUDY

SOUND HEALING—A personal experience

Over the last 15 years I have worked with patients using acupuncture and herbs. Occasionally, when acupuncture is not as easily accepted, as with babies and young children, I have used other healing methods; sound healing tuning forks and color therapy. I recently had the opportunity to deepen my understanding and awareness of sound healing by attending a class utilizing Acutonic Tuning Forks. With each fork activated, the teachers shared the sounds with the students. It was nothing like I had heard before. A deep resonance spread from my ears through my body and spoke to some place deep within me.

At the end of the class, I had a severe coughing fit (1 1/2 weeks into a flu virus that I couldn’t shift). The teacher, an acupuncturist and former Clinical Dean of Northwest Institute of Oriental Medicine and developer of the Acutonics healing system, gave me a 10-minute treatment to clear the dryness in my lungs. She placed two forks on the bottom of my feet—I could feel and hear it in my head! The first words out of my mouth were “wow—that’s fabulous” (not a word I use lightly). She continued to place forks of different tones at various acupuncture points (mainly for the lungs) throughout my body—it felt wonderful and I felt great. Two days later I was completely clear of whatever virus was attacking me. My whole energy shifted. The low level of depression that had been hovering over me since my father’s death last September had gone. It felt like a heaviness had been lifted from me. I feel excited about life and enthusiastic about the future.

Four days later I went to work out with a personal trainer for the first time. I was warned about the lactic acid/muscle ache that occurs by day two. The next evening I was already experiencing pain in my pectoral muscles and upper arms. I decided to try the forks. By the third activation of the forks on acupuncture points on the upper body and shoulders, the pain had gone—I slept peacefully and waited to see what the morning would be like. Next day—no pain in my

shoulders at all! Some pain in my left thigh. I placed a tuning fork on my thigh for 3 minutes—pain 50% better and off I went to my next workout. This time, hearing I was not in pain, the trainer worked me harder—that night more turning forks. I have had no muscle pain and I’m still feeling great.

Since taking the class, I have been using the forks on my patients before giving them their usual acupuncture treatment. The first “comment” I hear from everyone is, with a sigh and a big smile, “mmmmm” and “wow”. Here are some of their more verbal comments:

“I feel like inner pathways have opened up and connected.”

“It resonated to the core of my being.”

“I felt a calmness move through me.”

“The tension and hard knot in my shoulders has gone.”

One patient, who had severe trauma to the lower back resulting in nerve damage, had been unable to feel sensation in her feet for four years. After 10 minutes of balancing with the forks on various acupuncture points, she felt a vibration in her feet that made her wiggle her toes, and she mentioned that her feet felt different. I then proceeded with her regular acupuncture treatment. She was very excited when, after the treatment, she could “scratch feel” her toes and was able to feel the carpet as she moved her toes and heels on the office floor!

Wishing you all Happy, Healing Vibrations.

Lesley Migdali

How it Works

In sound healing, a vibrating tuning fork is activated, vibrates, and is then applied to the body. The body will then vibrate or resonate to that particular tone as the sound is taken in. By applying sound directly to the energetic gateways, or acupuncture points, on the body’s meridian systems, it allows us to communicate with the deeper cellular intelligence of the body. By

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LifeStyle

HOW AND WHY TO MEDITATE

Meditation is an ancient technique that quiets and stills the mind.

In the core of each of us a state of calmness, wisdom, kindness and unconditional love exists. Through meditation we gradually live more and more in this awareness.

In order to meditate you need your body (eyes to close, breath to follow and buttocks to sit on) and a timer. That's all!

Instructions for first time meditators:

- Set a timer for 7 minutes.
- Sit down on a comfortable chair with both feet on the ground, your hands on your thighs, and your back straight.
- Close your eyes.
- Follow your breath coming in and out.
- If your mind starts thinking about anything focus again on your breath.
- Repeat until timer rings.

Helpful suggestions.

- Chose a quiet place.
- Wear comfortable clothes.
- Keep pets and telephone away.
- Practice everyday at the same time.
- Increase your meditation time every several weeks until you meditate 30 minutes a day.
- As you follow your breath, imagine it going through your heart on the way in (inhalation) and through the heart on its way out (exhalation).
- Ask internally for help on your journey.
- Enjoy your practice—you are uniting with divinity inside yourself.

A constant meditation practice is the best gift you may give yourself, your loved ones and the rest of us.

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utilizing highly transformational points, the resonance of the forks can help balance physical manifestations as well as deeper emotional and spiritual issues.

The fork tone used most frequently in the Acutonic system is the Ohm tone. In Hindu cosmology it is said that the sound, Ohm is the primordial vibration, the original mantra and sacred sound. In Tibet, the singing bowls carry the vibration of Ohm in their sound and chanting with them can produce a peaceful state of meditation. The ancient Tantric Buddhist scriptures say that Ohm is the most powerful vibration. The Judeo-

Keeping You Posted

Moshe is now a Grandpa! MAZAL TOV to him and to his daughter Debbie and her husband Rosie and their little baby girl, Thea. (Many of you remember Debbie working the front desk in Hollywood.)

On December 14th, of last year, H.B. and his fiance Heejung were married in Korea. Congratulations and best wishes for a lifetime of joyful years together.

In our last newsletter we notified you that we have become approved providers for the Cedar Sinai Medical Group. As a result several physicians in the Group have referred their patients to our clinic and the collaboration has been beneficial to all concerned. Doctors now have an insurance covered alternative option to recommend to their patients. Last week Moshe was invited to give a presentation on Acupuncture to Doctors in the Cedar Sinai Medical Group.

Ilan is traveling to Israel in the end of March to fulfill a dream he has had for a long time. He was invited by a complementary Medicine school there to teach his unique and effective style of acupuncture to the students. He hopes that this will become an annual opportunity to share his knowledge with his countrymen and women.

Our collaboration with Dr. Beavers in Beverly Hills continues to be a success for both of us. It is a joy to see a truly integrated model working so well.

Those of you that visit the Hollywood clinic have seen the beautiful new facility that we now occupy. The new colors and the layout are welcoming to the patients and make our work easier and enjoyable. We celebrated the move to the new offices with a well-attended reception for the neighbors and our clients in the building. Thank you to all that came.

Our offices in Simi have a new coat of paint for spring. The treatment rooms are painted lilac and pink, adding to the serenity of the office. Thank you to all that participated and thank you, Simi, for your patience. We are planning a big party with music and food in May/June to be held under the big sycamore trees, on the lawn, in front of the office. We will keep you posted.

Christian prayer "amen", which means, "as it is" also has its roots in Ohm.

The animal kingdom also has a mystical alliance with the primordial Ohm tone. When musician Paul Winter went into the wild to listen to eagles, whales, and wolves, he discovered that they begin and end their songs with the tone of Ohm.

(Adapted from "Acutonics: There's No Place Like Ohm" by Donna Carey, Phd, Lac and Marjorie de Muynck, MA, LMP)

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