



## Unlock the Possibilities

### The Three Levels of Healing

Body, Mind, and Spirit, the Three Levels of Healing in acupuncture, can be symbolized by the different aspects of driving a car.

#### **Body**

Physical disease is like the white lines on the side of the road that tell us when we've gone astray. Although physical complaints can and often should be treated on the physical level alone, when approached through the integration of Body, Mind, and Spirit, higher, more comprehensive, and fulfilling levels of well-being can be attained.

#### **Mind**

The Mind either gives us a clear picture of the road ahead or, like a dirty windshield, just gets in the way. Habitual emotional reactions inhibit our normal response to situations. When these reactions are further entrenched in the subconscious, they become the limiting attitudes and beliefs that restrict one's fulfillment in life. Acupuncture from a skilled practitioner enables a person to heal these reactions so that one's natural spontaneous response is restored.

#### **Spirit**

Spirit is the intuitive guiding light—the driver of the car. It steers one's course without crashing by integrating instinct, responsive emotion, and clear thinking. Acupuncture reconnects us to this inner direction from Spirit, and keeps us happy, healthy, and safe regardless of the surrounding situations.

### The Four Stages of Treatment

In acupuncture, there are four integrated stages of treatment on the spectrum between well-being and disease.

#### **Prevention**

Acupuncture is the oldest of all preventive health-care systems. It effectively treats many imbalances months or years before they would otherwise lead to chronic disease. As the saying goes, "prevention is the best medicine."

#### **Relief**

Acupuncture provides symptomatic relief so you can feel better and stabilize the fundamental cause so that symptoms don't return.

#### **Correction**

In acupuncture, most of the treatments take place in order to stabilize the fundamental cause so that symptoms don't return.

#### **Maintenance**

The "Maintenance" stage supports and insures continued well-being through the stress of the changing seasons and cycles of life.

### Acupuncture Therapy

Acupuncture puts your Body, Mind, and Spirit in balance so that you can function smoothly and efficiently. When these three aspects of being are not strong, or don't work well together, we break down before our time. Acupuncture from a skilled practitioner brings these functions into congruency so that a person's True Nature can shine forth without interference. Good health is one of the valuable features of this radiance that acupuncture can bring.