

Feeling Stuck? Try Acupuncture

What does it mean to be stuck in a rut? We often find ourselves following a routine of thoughts and habits that are comfortably uncomfortable, safely leading to the same vaguely unsatisfying result. A simple example is feeling tired, grabbing a cup of coffee to wake up and then feeling tired again as the coffee wears off, and having another cup. Or we feel irritable, snap at a loved one and then feel even more irritable, setting off a spiral of crankiness. Someone said that the height of insanity is to repeat the same action and expect a different result. I think the only difference is that the rut becomes deeper and harder to get out of when we do the same thing over and over and over again.

What are ruts made out of? They are formed by habit and repetition, but what are they actually made out of? Just dirt, the same thing the path is made out of. The difference is that while the path is a way toward health, the rut is a reliable method of suffering.

The gift of acupuncture and the conversations surrounding it is often an expanded sense of possibility for the patient. The patient often describes as much emotional pain as physical discomfort, and has a sense that the two are related. Our conversation provides a framework to consider how the body and mind are part of the pattern of energy in each person. The treatment, calling as it does on the body's own wisdom and ability to balance and heal itself, reminds the person that other choices are available. So the muscles and joints loosen, the breath becomes deeper and the mind stiller. Over time, I see my patients responding more peacefully to stress, and making choices that support their happiness and wellbeing. Together, we see the path become more even.