

# Abundant Splendor

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*Abundant Splendor* is a publication of Center Point Healing.

It is also the name of an acupuncture point on the stomach meridian. One source says this point can give a glimpse of the abundance of the universe, a connection to a plentiful reservoir, and the possibility that we can receive what we need.

It is about the vitality that comes from feeling full and nourished by our lives. My hope is that the information in this newsletter will help you take a step closer to living a juicy, delicious life!



## Faith and Power

In traditional cultures where people were dependent upon the sun for light, warmth and growing food, winter could be a fearful time. The longer hours of darkness, the cold and not knowing whether there would be enough food to last until spring ó it was a season of really being in touch with ñknowingø Thatø why there are traditional celebrations at the time of the solstice, which is the longest night of the year, to celebrate the return of the light. Once we pass the darkest night, each day has a minute or two more of light as we move closer to spring.

Among the gifts of winter are faith and power. Our ancestors needed faith to reassure themselves and their communities that the light would return, that spring would come again. And the long rest of winter allows every part of nature to conserve and store energy for the burst needed to create spring. And although we have electricity to light and heat our houses, grocery stores that are stocked with food all year, many of us feel sad or depressed this time of year.

Understanding that this is a natural response to the darkness might help. Using this time of dark and cold as a season of rest can also help. Know that the spring will come, and you are like the tulip bulbs resting beneath the frozen ground ó storing up your energy for the bursting forth of spring.

## Attitudes are contagious . . . What are you spreading?

Itø cold and ñflu season ó the time of year to be especially vigilant about hand-washing, avoiding situations where you will be in contact with people who are sick, and taking care of self (plenty of fluids, rest and proper nourishment). You can catch more than a cold from other people.

Have you ever found yourself drawn to a person because you feel so good when youøre with them? Conversely, have you ever felt there were

some people youøve wanted to avoid because you feel depressed or down when youøre with them? Thatø because attitudes are even more contagious than cold and ñflu bugs. Studies have shown that something as subtle as facial expression and body language ñinfectsø the viewer with the mood being expressed.

Many of us believe that we have no control over our mood ó it is a result of the various things, good



and bad, that happen to us each day over the course of our lives. Nothing could be further from the truth. No matter what happens to you, your response is a choice you make. The goal is for that choice to be a conscious one.

Ask the people around you what mood you are

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# WEIGHT LOSS GROUPS NOW FORMING!

Was one of your New Year's resolutions to finally lose that extra weight? Have you joined millions of other Americans now crowding health clubs and exercise equipment stores, spending hundreds of dollars once again in hopes of getting in shape for spring and summer?

Well, if you've ever tried losing weight in the past and who among us hasn't? you may now realize that it is incredibly difficult to do on your own. Further, dieting only works as long as you stick to the diet. Once you start eating on your own again, those pounds seem to magically reappear.



Center Point Healing is offering something different. It is NOT a diet. It is NOT a magical weight loss supplement. It IS:

- ✓ a 6-month holistic program that allows you to discover what really works for you
- ✓ administered in a confidential, caring group setting that provides you with support, encouragement, and a kick in the pants (when needed)
- ✓ 14 counseling sessions
- ✓ 2 cooking classes and a grocery store tour
- ✓ evening and weekend classes available
- ✓ informational handouts, exercises to do at home, recipes, an online discussion forum for additional support from group members and your counselor, meditation instruction, healthy snacks, and MORE...

YOU are the only expert on your-



self. What is it that you need to achieve your ideal body weight? How can you feel completely nourished and full of vitality every day? Join now to discover the answers to these questions!

**Cost: \$10 per session,  
for a total of \$160.**

If you pay for all sessions in advance, you'll get a 10% discount (total would be \$144).

**Call now to register.  
Space is LIMITED.**

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spreading around the house or the office. If it isn't one of positivism, joy, and gratitude, consider making a conscious change. When you wake each day, before you get out of bed, choose your mood. It takes only seconds, and the results will last all day long. If that seems difficult for you, consider that you could decide to be grateful just for waking up or are you aware that it could have been otherwise?

How much difference can this make in the world? Think of all of the people you come into contact with. Think of your mood as a contagious bug (hopefully one people want to catch!) or you spread it to your coworkers. They take it home with them and spread it around to their fellow commuters, their families, and people in their communities.

Peace, love and harmonious understanding don't just happen or they come about as the conscious effort of thoughtful people. Today you have an opportunity to be one of those people!

## Winter News at Center Point Healing

I am happy to announce that I now accept the following health **insurance** plans as a Preferred Provider:  
**Aetna, Carefirst, Blue Cross/Blue Shield, Cigna, Great West, and Kaiser Permanente.**

## Recipe Corner: Stout and Tempeh Casserole

A hearty stew for a cold damp winter's night

### Ingredients:

3 lbs. potatoes  
1 Tbsp. butter  
Salt and pepper  
2 medium onions  
1 tsp. vegetable oil  
3/4 lb. parsnips  
1Tbsp. fresh ginger  
1/2 lb. celery root\*  
1/2 lb. rutabaga  
1/2 lb. carrots  
6 oz. mushrooms  
1 lb. tempeh\*\*  
1 tsp. ground coriander  
1/4 pint vegetable stock  
1 pint stout (or dark beer)  
4 tsp. mustard

### Method:

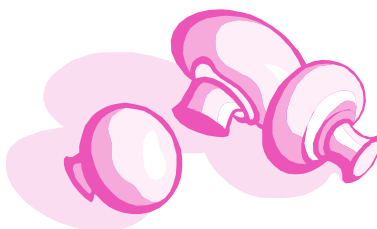
1. Preheat oven to 400°F.
2. Boil the potatoes separately and mash with the butter and salt and pepper.
3. Slice the onions roughly and fry slowly in oil on medium heat for about 10 minutes. While the onion is cooking, chop all the other vegetables into 1/2 inch pieces and the tempeh into 1 inch cubes.
4. After 10 minutes, add the

- parsnip and ginger to the onions, stirring occasionally for another 10 minutes.
5. Add the coriander and all other vegetables. Stir occasionally for 5 minutes.
  6. Add the stock, stout, and mustard. Bring to a boil and simmer until vegetables just start to soften.
  7. Turn off heat; transfer to an ovenproof casserole dish, spread the mashed potatoes over the top and put in the oven.
  8. Bake for 40-60 minutes.
  9. Serve with dark leafy greens (a salad, perhaps?)

*From Recipes for Self Healing,  
Daverick Leggett*

*Serves 6 to 8*

Enjoy!!



\* Celery root is also known as ðceleriaco, a root vegetable in season during the late fall and winter. This vegetable tastes of celery and parsley, and adds a rich flavor to the stew. Look for a root-like bulb in your local produce section.

\*\* Tempeh is a fermented soy product. The fermentation process makes it easier to digest (less gas-producing) than other soy products. In addition, it is a complete protein, and thus, quite suitable as a meat substitute.

**For more recipes, a six-month plan to learn what foods and lifestyle habits will have you feeling and looking GREAT, and how to have fun cooking and eating — contact me!**



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Wellness for body, mind and spirit

Contact me to find out how  
acupuncture, food and lifestyle changes  
can help you feel great!

## Our Deepest Fear

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you *not* to be?

You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Excerpted from *A Return to Love: Reflections on the Principles of A Course in Miracles* by Marianne Williamson,



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