

The Five Graces Newsletter ~Spring/Wood Element~ May 2021

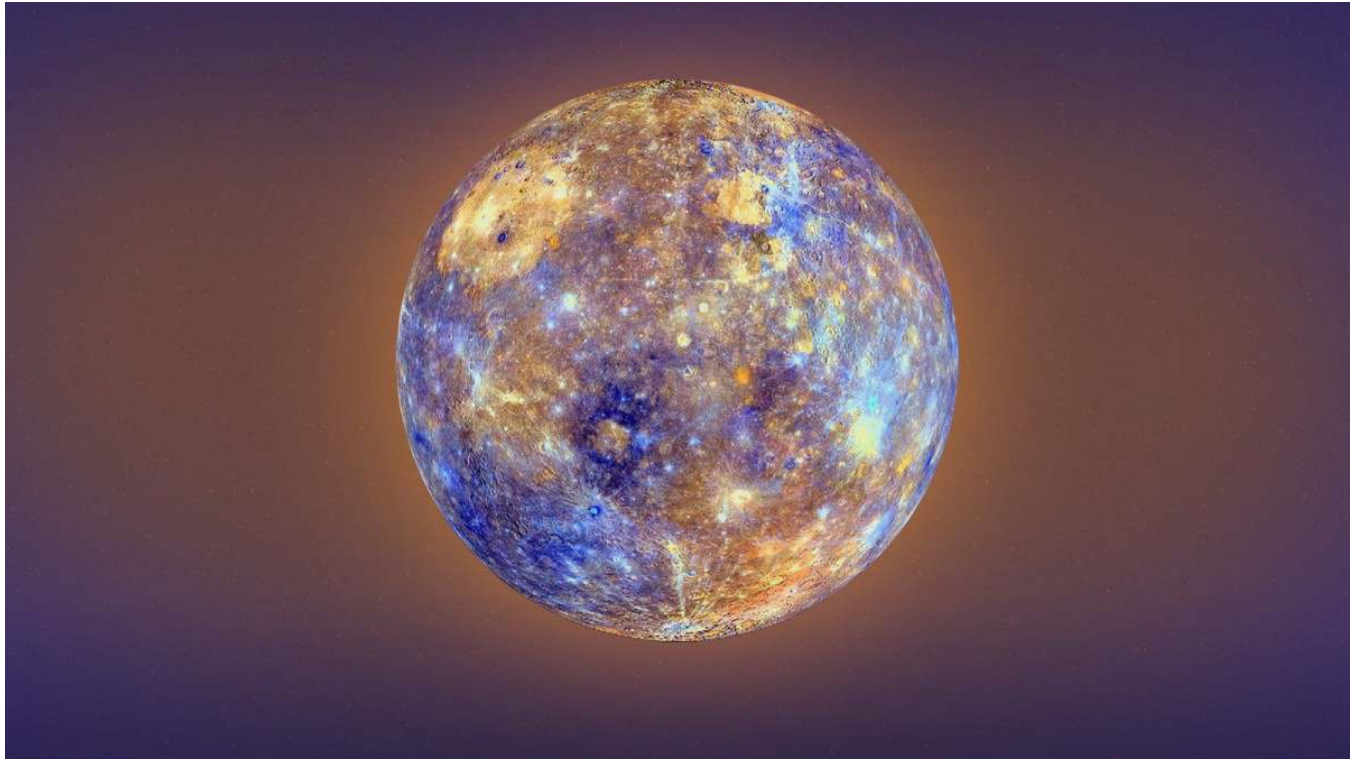


Image of Mercury (Photo Credit: science.thewire.in)

Hi Everyone and Welcome to Volume 26 of The Five Graces Newsletter

Included in this issue you will find

- ~ Mercury Retrograde
- ~ Essential Oils You'll Want to Know: Clary Sage, Ylang Ylang, Peppermint & Ginger
- ~ Stone Medicine ~ Blue Fluorite
- ~ Spring Recipes: Rhubarb Squares

- ~ Announcements:
 - ~ Office Hours
 - ~ Classes in Sound Healing: Integrating Traditional Chinese Medicine & Five Elements

I hope you enjoy! *Samantha*



As you may know Mercury is going Retrograde beginning May 29th, TOMORROW! By appearance, the planet seems to be moving backward, hence the name. Mercury goes Retrograde three times a year. In 2021, we had the first cycle 30 Jan ~ 21 Feb, and the cycle we are approaching will be 29 May ~ 22 June, and the last cycle of the year will be 27 Sept ~ 23 October. There is generally a lead-up and a period after as well, so you can see Mercury has a pretty big influence on our lives. Some are hit pretty hard when this phenomena happens. I guess this one is “my turn” ~ tv not working, Alexa is no longer responding, miscommunications I’m not an astrologer, but I believe it depends on how Mercury is aspected in your astrological chart, how much and in which cycle, you’ll be affected.

To read more about, the illusion of a planet moving backward, (other planets do this as well), you can read an article here ... <https://www.almanac.com/content/mercury-retrograde-dates>.

Mercury rules communication & the Throat Chakra ~ Typical experiences during this time include miscommunications, and misunderstandings, electronic breakdowns (cars, computers, phones), travel ... I’ve even heard that police are busier during this time, as people can go a “little crazy”. Mercury likes to mess with your head! ... & it does rule the intellect. Mercury usually helps with these things, but in Retro, it’s like it’s gone on a little holiday and we’re all by ourselves! i.e. we’re not going to be communicating at our best.

This is not a time to be making agreements or signing contracts, unless you’re hyper aware of reading all the fine print. And you definitely don’t want to be purchasing new electronics, or make sure you understand the warranty & you don’t want to be too reliant on electronics either!

You may be wondering why I’m talking about Mercury during this season. Well, I follow the Ayurvedic system of the Elements relating to the Chakra’s. (You may find other beliefs around this)

That is

1st Chakra relates to Earth Element & the embodiment of the person in this incarnation

2nd Chakra ~ Water Element & accessing our resources & our commitment to take the journey

3rd Chakra ~ Fire Element & the acceptance of our personal power as an expression of the Divine

4th Chakra ~ Metal Element & extending our Spirit into the World.

5th Chakra ~ Wood Element & opening the voice to speak & sing our truth. COMMUNICATION!

6th Chakra ~ now we’re in the transpersonal, so no elemental association

~ The 3rd Eye ~ Vision piercing the veil of illusion

7th Chakra ~ the Crown ~ Higher Will, Wisdom & Self-Realization

Since the influence of Mercury Retrograde is long and has three yearly cycles, I thought I'd share some things I, and you, can do to ameliorate the negative aspects of Mercury or at least be ready when you start to feel that something "just ain't right".

So let's begin with some essential oils.

Essential Oils You'll Want to Know:

From Pure Plant Essential Oils, the best oil's for this time, useful for unstable or extreme mental states, are Clary Sage, Ylang Ylang and Peppermint. (If choosing only one, make it Clary Sage.)

Clary Sage *Salvia sclera*

Aroma: Sweet, Warm, Herbaceous

- ~ has a relaxing, soothing & calming influence promoting a deep release of tension, and calms the Mind. It can address nervous anxiety, depression, moodiness, indecision & emotional confusion.
- ~ can be used to balance the Fifth/Throat Chakra (associated with Wood Element)
- ~ promotes clarity & confidence while supporting calm & clear communication
- ~ in TCM Clary Sage strengthens Qi as well as relaxing & circulating Qi that is "stuck".
- ~ Divine Guidance: "It is time to let go and release situations from your past ... & find inner peace & happiness"

Ylang Ylang. *Cananga odorata*

Aroma: Sweet, Floral, Balsamic, Earthy

- ~ potent soothing & relaxing properties, relieving worry & anxiety. Helps you stay calm & relaxed under pressure. In TCM it is known to have a calming supportive action on the Heart.
- ~ has a balancing effect on the Mind & emotions; supports a more receptive, intuitive mindset
- ~ Divine Guidance: Make a clear decision to manifest the good now in this moment. Don't wait until tomorrow. You are being called to experience spirituality in everyday life. See all the love that is in everything."

Peppermint. *Mentha x piperita*

Aroma: Sweet, Minty, Fresh

- ~ regulating effect that can be relaxing or invigorating depending on the circumstances; helpful in relieving tension & stress.
- ~ may help alleviate confusion & over-thinking
- ~ Peppermint is considered a Visionary Herb enhancing receptivity on the mental & spiritual levels, so can offer inspiration & insight, similar to Clary Sage.
- ~ Divine Guidance: "It's time to clear away any unhealthy repetitive patterns. Use your talents & focus instead on establishing peace & fellowship, starting with yourself, family, friends, and to extend your community."

In lieu of Peppermint in the following blend, you could substitute Ginger.

Ginger.

Aroma: Spicy, Warm, slightly Sweet

- ~ offers strength during times of depletion or loss of motivation
- ~ promotes clarity by clearing negative, toxic, thoughts or energy
- ~ grounding & provides the strength to move forward, boosting confidence & morale
- ~ Divine Guidance: "Allow the old to be released & let the new in."

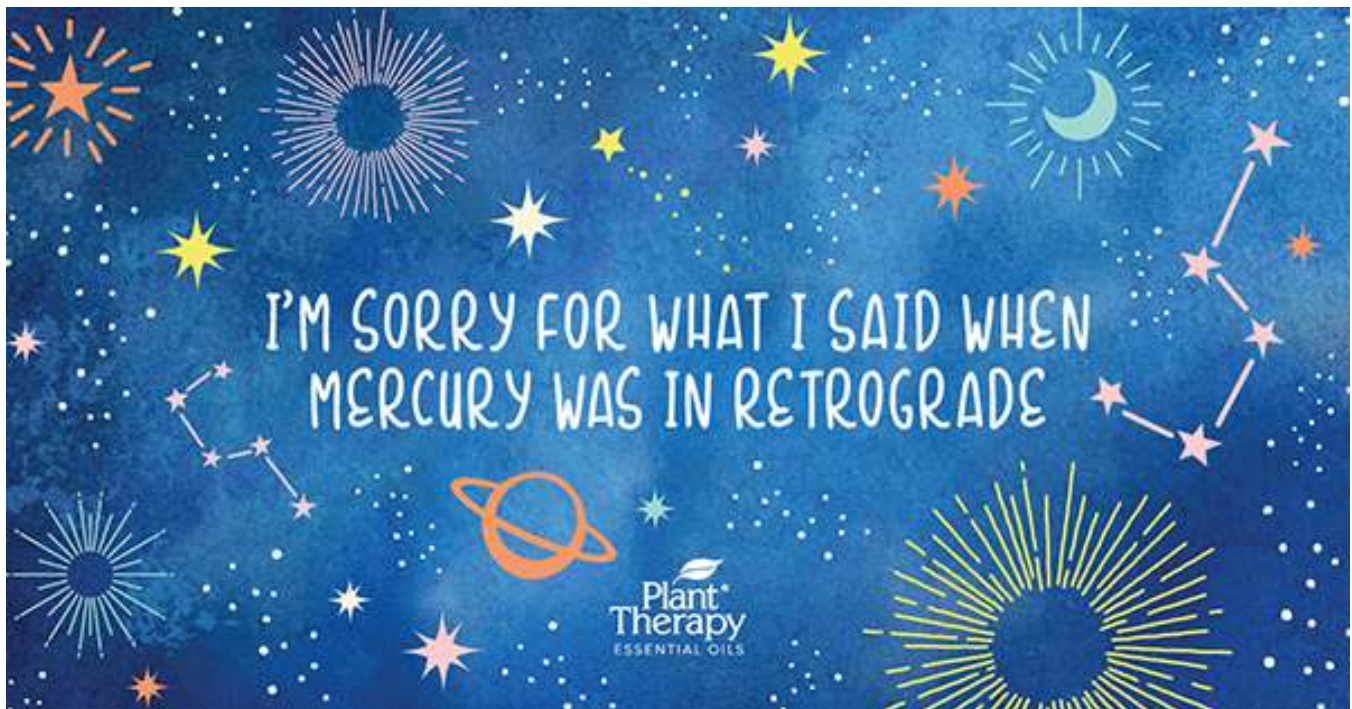
Divine Guidance quotes come from The Essential Guide to Aromatherapy and Vibrational Healing by Margaret Ann Lembo

Your Mercury Retrograde Blend:

Diffuse 2 drops Clary Sage, 2 drops Ylang Ylang, and 1 drop Peppermint (or Ginger)

Depending on the amount of water in your diffuser, you can double the amount of oils.

You may also find a ready made Mercury Retrograde blend at www.planttherapy.com. They're in the US but will ship to Canada. From their website.....



Stone Medicine ~ Blue Fluorite

In Judy Hall's book, *The Crystal Companion*, she calls Fluorite "The Organizer", and it's in the category of crystals that have a strong influence on the Mind. Fluorite enhances mental function on all levels, clarifying our thoughts, encouraging our thinking to become orderly & coherent. It's excellent for processing information so the Mind becomes sharper, overcoming any dis-organization or stress, physical or mental. It helps to dissolve fixed ideas & illusions, and reveals the truth behind a situation.

Worn as a pendant or near the Throat Chakra, Fluorite supports communication, including the ability to understand what other people are saying. Mercury Retrograde is also about our ability to listen & understand more deeply what other people are trying to communicate.

It's affinity is with the Lung, Liver & Gall Bladder and especially affects the trajectory of the Gall Bladder Channel on the head and so treats conditions of the sensory organs such as sinusitis, tinnitus & glaucoma, and for the Throat Chakra ~ goitre and thyroid conditions. Blue Fluorite is used for conditions related to the bones & teeth and sensory organs.

Image & quoted text from www.crystalvaults.com

**Blue
Fluorite ~**



“Fluorite is an extraordinary creation of Nature, beautiful and luminous, soft and glassy, often vibrant in colour, with an internal structure of order and perfection that resonates with the human mind like no other crystal. It carries a calm, stable frequency that brings order to chaos, and scattered and discordant energies into cohesion and harmony. Fluorite supports spirituality and thought, focus and concentration, and balance in all aspects of one’s life.”

Key Descriptions: mental enhancement & clarity, being more decisive, clearing energy fields

In The Book of Stones, Fluorite is described as a ‘psychic vacuum cleaner’, clearing the atmosphere of confusion, cluttered thoughts, negativity and any sort of astral “hangers on” who are making mischief in one’s environment. That mischief maker can definitely be Mercury ~ he has that reputation! When you need assistance in making clear-headed choices, then Fluorite can be a great ally.

A Spring Recipe: Rhubarb Squares

~ a family favourite from days on Lasqueti Isle

5-6 cups chopped rhubarb

3/4 c water. (1/2 cup and 1/4 cup)

Honey to taste or 2/3 c sugar

3 T cornstarch

1 c whole wheat flour or a mix of 1/2 and 1/2 with unbleached white flour

1 c quick oats

1/2 c demerara sugar

1/2 c melted butter

1/4 t salt

1/4 t nutmeg

1/2 t cinnamon

Cook the rhubarb in 1/2 c water with honey to taste or about 2/3 c sugar instead. Mix the cornstarch with the 1/4 c water, add to the rhubarb and simmer till thickened. Set aside and let cool.

Mix the remaining ingredients and put half in an 8x8 square pan, pat down, then fill with the rhubarb mixture. Top with the rest of the crumble mixture. Bake @ 350 for 35 minutes. Allow to cool for 30 minutes before serving.

My dear friend, Genevieve, producer of the fabulous jams, by Le Meadow, now has a variety of rhubarb jams available (+ many other delectables!). You’ll find her at the farmer’s markets, as well as online, www.lemeadowspantry.com.

Announcements

~ **Office Hours:** Call me directly at 604-551-7025, or by email: doctorsamj@zianet.com.
Saturdays @ Harbourside Health Centre, #311-850 Harbourside, North Vancouver
Other Days By Appointment in the West End of Vancouver

~ **Classes** in Sound Healing and Integrating Traditional Chinese Medicine & Five Elements
Classes ~ hopefully by late Summer. See the schedule below ...

PLEASE NOTE: participants MUST be vaccinated against Covid-19 to attend.



Have a wonderful day! ☺ Enjoy the rest of Spring!

Samantha

Samantha Jennings, Dr. TCM, R.Ac.
Acupuncture & Botanicals
Practitioner & Educator of Oriental Medicine
& Ohm Therapeutics™
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doctorsamj@zianet.com

Classes at a Glance: 2021 ~ Teaching Schedule for Samantha Jennings, Dr.TCM, R.Ac.

For flyers (further descriptions of the classes) and registrations forms, please email me at: doctorsamj@zianet.com.

Sound Healing Classes: ♪ ♫ ♬ •*~*~*~*~*~*~*~*~*~*

Ohm Therapeutics™ is a sound healing system featuring the use of tuning forks tuned to Ohm. Experience sound therapy with precision calibrated tuning forks applied to acupuncture points. The application of sound vibration to the physical & subtle body opens the energetic pathways of Qi. As a result, energy blocks are removed, increasing the flow of Qi, facilitating homeostasis, promoting healing and inner harmony.

The treatments you learn in the Sound Healing Foundations class are:

- ~ Hua Tuo Jia Ji - this is a treatment for the back I call "Rattling The Bones™". It's done next to the vertebrae to balance the nervous system, regulate the Qi and Blood in all 12 channels and strengthens all the organ systems.
- ~ points to balance all the internal organs via the 3 Jiao - refers to the thorax, abdominal and pelvic cavities.
- ~ the "Loving Like You've Never Been Hurt™" treatment, which balances the Heart Chakra & clears old emotional wounding
- ~ Chakra balancing
- ~ Acupoint combinations creating sacred geometric patterns.

Please note: All sound healing classes are 'hands-on', where you learn treatment protocols often combining the tuning forks with acupressure on acupuncture points. Current class size is limited to 6.

AUGUST:

Ohm Therapeutics™: Sound Healing Foundations – LEVEL I

14/15 August Vancouver, BC

Also

25/26 August Vancouver, BC

Tuition: \$400 early registration (4 weeks prior to class), \$475 regular registration

Required Class Tools: Mid Ohm Set (2 Mid Ohm Tuning Forks); 1 Low Ohm Tuning Fork & 1 Practitioner Activator

SEPTEMBER:

Radiance of Shen™: The Sound Healing Facial

Course Description: In health, our face reflects the presence of Shen (Spirit), the essence of who we are. The Sound Healing Facial facilitates the release of tension and aids in the circulation of Qi flowing in the face, head & neck. Many organ channels pass through this area and tension released at these points allows for the full expression of feelings as well as relaxing the entire body for vitality & health ~ achieving inner & outer beauty. This class will use the Five Element model & the ancient Daoist psycho-spiritual energetics of the points. In class you will use tuning forks in the frequencies of Ohm & Luna to relax and tone the face. Each day you will both give & receive sound healing facial treatments.

With this class, you can now offer your clients a natural, painless, non-surgical method to reduce the signs of aging, improving appearance & helping the whole body to look & feel younger!

*Prerequisite Level I - Ohm Therapeutics™: Sound Healing Foundations

11/12 September Vancouver, BC

Tuition: \$400 early registration (4 weeks prior to class); \$475 regular registration

Required Class Tools: Level I Sound Healing Tools plus Luna5th Set. Optional: High Frequency Ohm



OCTOBER:

Wandering Spirits™ ~ Dragons & Ghost Points for Possession

Different than the Five Element treatment for Possession, where one rallies the Dragons to expel the Demons or Evils, the Ghost Points treat unresolved spiritual/emotional/& mental problems. My TCM teacher, Dr. Hong Zhen Zhu, once shared that the points treat any condition related to “spiritual holes”. My teacher in Hakomi, Jon Eisman, once defined “holes” as things that want to happen, what remains as un-named & unresolved. Their functions extend to encompass all symptoms related to Disturbance of Shen, ghosts appearing when there is an internal deficiency in a particular organ & a disconnection to one's Authentic Self (the Spirit Within). The use of the Ghost Points has the potential to address strong emotional disturbances, addictions, or any compulsive or destructive behaviour.

This is a two-day class, in which you will learn to treat imbalances caused by the "ghosts", using two octaves of Luna 5th (Luna in combination with Ohm). In class, we'll be working with 26 points, and you'll both give & receive a treatment. We'll also work with the essential oils.

23/24 October

Vancouver, BC

Tuition: \$400 early registration (4 weeks prior to class), \$475 regular registration

Required Class Tools: Sound Healing Tools from Ohm Therapeutics™ Level One: Sound Healing Foundations and from Level Two: Sound Body. Highly recommended: 2nd Practitioner Activator

Prerequisite: Sound Healing Foundations plus familiarity with Oriental Medicine Acupoints. A list of the acupoints will be sent upon registration. Please note ~ this is an Advanced class.



NOVEMBER:

Balancing the Vagus Nerve ~ The Deep Connection™

Course Description: The vagus nerve is the longest & most complex of the cranial nerves & is the main parasympathetic nerve of the body. The Vagus is considered the “Ruler of Relaxation”. It calms the Central Nervous System, excellent for relief of stress & anxiety. It’s been described as coming from the brain & reaching into the body like an intricate network of roots ~ providing lines of communication between the Brain & many of our organ systems. One researcher has said “Pick almost any common medical condition that’s made worse by stress or inflammation,... and there’s research showing that vagus nerve stimulation can help treat it or relieve its symptoms.”

In this class, you’ll learn a treatment using tuning forks, essential oils, acupressure & touch techniques to access the Vagus Nerve & restore the body’s natural balance.

6/7 November

*Prerequisite Level I - Ohm Therapeutics™: Sound Healing Foundations

Tuition: \$400 early registration (4 weeks prior to class); \$475 Regular Registration

Required Class Tools: Sound healing tools from Level I + Luna 5th Set. Highly Recommended: one additional Practitioner Activator

DECEMBER:

Sounding The Infinity Vessels™

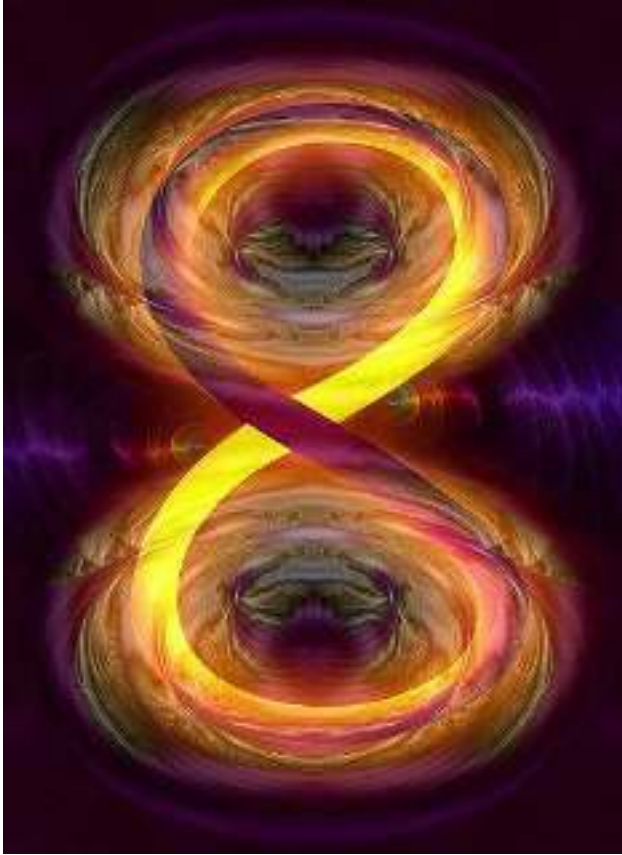
Course Description: In this 2-day class you’ll be introduced to the eight extraordinary vessels which are the master balancing channels, being reservoirs of energy from which to draw when there is depletion, and which absorb excess energy when there is blockage & stagnation. Two of these vessels form the Microcosmic Orbit that flows through the front & back, connecting all the Chakra’s, the twelve primary channels, and allowing the right & left sides of the body to communicate with each other. The remaining six vessels all govern specific geographical areas of the body and have the function of regulating & balancing all the Yin & Yang energies.

In class we will look at the Cosmology of Incarnation, how it all began, and explore the Infinity Vessels through their function, both energetic & spiritual, through theory & application of Ohm Therapeutics™ tuning forks and essential oils designed specifically for balancing each vessel. You will learn simple treatments to bring back homeostasis to the Body/Mind/Spirit.

*Prerequisite Level I - Ohm Therapeutics™: Sound Healing Foundations

Tuition: \$400 early registration (4 weeks prior to class); \$475 Regular Registration

Required Class Tools: Sound healing tools from Level I + Luna 5th Set. Highly Recommended: one additional Practitioner Activator & High Frequency Ohm Set



SAMANTHA JENNINGS, Dr.TCM, Registered Acupuncturist

Samantha has been a practitioner of Oriental Medicine for 38 years, having begun her training in Oriental Medicine in 1983, first practicing acupressure, and then graduating from the Canadian College of Acupuncture & Oriental Medicine in 1993, where she was fortunate to have trained in Classical Five Element Acupuncture as well as Traditional Chinese Medicine (TCM), including herbal training. Instructors included those from Professor J.R. Worsley's College of Traditional Acupuncture, Lemington Spa, UK. Since then she has done post-graduate work with such notables as Lonny Jarrett (Massachusetts), Gye Bennett (Australia), and is currently follows the work of Dr. Jeffrey Yuen (NY).

She is passionately engaged in the study of plant affinities for the elements, their respective organ systems and the use of essential oils on acupoints.

Samantha is also a graduate of the Academy of Botanical Medicine: California School of Herbal Studies, as well as having completed the two-year professional training in Hakomi: Body-Centered Psychotherapy, with mentorship from Jon Eisman, Senior Hakomi Trainer.

She has taught as a professor at her alma mater, CCAOM, as well as Ohio College of Herbology & Chinese Medicine (Victoria, BC), Christchurch College of Chinese Medicine (Christchurch, New Zealand), and has offered continuing education classes at Pacific Rim College (Victoria), NMAHA (Santa Fe, NM), Bastyr University (Seattle) as well as privately. She developed the Five Element Acupressure program as part of the B.Sc. in Integrated Health Studies at Northern New Mexico College, Espanola, NM, where she taught both Oriental Medicine and Western Herbology & Pharmacy.

Samantha began studying the therapeutic use of tuning forks on acupoints with Marjorie de Muynck, creator of Ohm Therapeutics™, in 1999 and offers continuing education of Sound Healing & Oriental Medicine for acupuncturists and other Oriental Medicine modalities across Canada and the United States.

Her specialties are Five Element spiritually-based acupuncture, acupressure and vibrational medicine, integrating the application of Sound Healing and essential oils on acupoints. Her practice is now in Vancouver, B.C. She continues to travel the world to study with superlative teachers.

