

## **Transformational Acupuncture**

5-Element Acupuncture, Transformational Acupuncture, Alchemical, Integral Acupuncture are all terms describing the type of psychosomatic and spiritual acupuncture that I specialize in. Its approach is completely different from Traditional Chinese Medicine. Transformational Acupuncture uses the 5-Element theory for diagnosis and treatment. It is based on the principle that we should optimally live in harmony with Nature surrounding us and in symbiosis with its cycles. From this perspective, we can also look at our own life's cycles in terms of psychological or even spiritual growth. In a more down to earth fashion, the 5-Element theory can help us understand the cycles we go through in one year's time.

Each element, or cycle, brings with it a different focus and perspective, with gifts as well as challenges. Whether we recognize them or not, these gentle forces are directing the focus of our everyday lives. When we live in harmony with these cycles, we feel "in tune", "on track". When falling out of synch, we feel disconnected, discontent, incomplete, without sometimes knowing the reason why.

We are each individually more naturally in tune with one or more element. This would be our constitutional pattern if you want, the one that has the strongest influence in our lives and our psyche. However, regardless of our constitutional preference, we all go through changes and transformations in our lives (it's called "growth"! ) that would relate to other elements. Problems arise when the flow from one element to another (one phase of life to another for example) is somehow blocked, unacknowledged, resisted or even unwanted. One of the purposes of 5E acupuncture is to harmonize these subtle forces to help us come back to our centre.

I work with a lot of people that see no reasons for their lack of joy in life. They have good careers they thoroughly enjoy, a beautiful home with a loving family, yet they feel something is missing in their lives and the more the years roll by, the more they fall into a silent depression. There are also patients that go through traumatic life experiences, loss, divorce, transitional times, that leave them shattered and unable to pick up the pieces of their lives. There are also those who are quite aware of their patterns and choose acupuncture to help them move forward with healthier habits. For all of these cases, Alchemical Acupuncture will gently trigger release, allow new and healthier energies to come in and take roots, filling the patient's heart with peace and often, hope.

5-Element Acupuncture is a safe and gentle form of treatment that doesn't require psychoanalysis or counseling if one is not open to it. For this reason, a lot of people feel very safe doing this work, they do not need to reveal anything they do not want to for whatever reasons. The needles do the work on an energetic level in a very powerful way. I, myself, am always surprised at how fast people can shift with this form of acupuncture.