

Celebration Acupuncture Oriental Medicine Day



Dandelion

Acupuncture-Meditation Circle
with Jennifer Hoang, L.Ac.

FREE

“Embrace, Cultivate, and Share”

Dandelion Acupuncture-Meditation Circle uniquely brings together acupuncture and meditation to encourage collective relaxation and healing. Enjoy one hour of meditative music and open floor acupuncture treatment. The intent is to bring people together to embrace, cultivate, share good intentions, compassion, and healing energy. Optional ear acupuncture therapy (without needles), massage with essential oils, and acupressure while you meditate. Please feel free to bring what allows you comfort (i.e. Mat, towel, pillow (s), blanket, etc). Come join me and bring a friend. Limited space. Please call or email to sign up. Walk-ins are welcome as long as we have space.

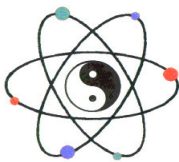
Monday October 24th, 2011 at 11 am

41 North Country Road (2nd Floor) - Port Jefferson
(in North Country Surgical across from Mather Hospital)

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Experience Health & Relaxation...Experience Acupuncture!

Dandelion Acupuncture Meditation Circle

By Jennifer Hoang, L.Ac.
January 2009

I have often wanted to give back to the community as an act of humility and compassion but have fallen short due to a hectic lifestyle. The hectic lifestyle seems to give rise to a selfish way of living; only taking care of my own. The sense of individuality or as a family unit increases while the sense of community decreases and global togetherness fades. If we could remember that we (all living creatures) are connected *no matter how different or distant* then we would act with others' needs in mind.

In order to give back to the community and encourage more people to act for others and give, I have come up with a small way to promote and contribute towards a more caring state of being. It is my hope that this minute step would be an initial impetus to a productive beginning for kindness, compassion, giving, and sharing to grow like an unstoppable weed, a **Dandelion**. All we need is one dandelion plant to exist to eventually have a field of those delicate yet persistent white airy puffs to continue spreading wherever the wind takes them. My father told me that "good fortune or luck" is something that is cultivated through our behavior. The effects of our actions are passed on from one generation to the next. Good fortune or luck is not a mere arbitrary chance or coincidence. It is merit earned.

Today, I have finally put my endeavor to give back to the community into action. I present to you, *Dandelion*. *Dandelion* is an acupuncture-meditation circle offering free acupuncture and meditation sessions to the public. It is my hope that having people together to embrace, cultivate, and share good intentions, compassion, and healing energy, the awareness of oneness, the need to care for and help others in a collective effort would be realized deep within each person. Sharing is a good way to give others the idea of how they can contribute. The act of compassion does not depend on or expect a reward. The act of compassion does not hold out for convenience. You may consider putting a donation into the Dandelion Box or to pay it forward by contributing to others in your own way. We all have something to give. Be a Dandelion and allow the wind to carry you. Let the good intentions and compassion spread naturally, freely, and wild like Dandelions.

Let's embrace, cultivate, and share together at Dandelion Acupuncture-Massage Circle.