

CHIRON

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~ THERAPEUTIC MASSAGE & HERBAL HEALTH ~

November 2018

Eight Pillars of Joy

“If one assumes a humble attitude, one’s own good qualities will increase.

*Whereas if one is proud, one will become jealous of others,
one will look down on others,*

And due to that, there will be unhappiness in society.”

- Dalai Lama

The Book of Joy is a dialogue between the Dalai Lama and Archbishop Desmond Tutu on thoughts of how to bring lasting happiness in this changing world we live in. These two spiritual leaders have maintained happiness during times of suffering, exile and imprisonment, so what is their secret?

This dialogue brought into consideration qualities of human nature that could help maintain happiness and joy. Qualities of the mind such as perspective, humility, humor, acceptance and qualities of the heart such as forgiveness, gratitude, compassion, and generosity. The Eight Pillars of Joy. Both teachers emphasized these last two qualities as being foremost ... compassion and generosity.

Perspective is the way we experience the world. The narrower the view, the more focus on self or selfishness. The bigger the picture or the wider the perspective will lead beyond the self. It’s the ability to see a curse as a blessing or as just another opportunity. It depends on one’s frame of mind.

The word “humility” comes from the Latin word *humus* or earth, so really humility means “bringing us back to earth”. We should never feel superior or better than others, because we are always learning and growing. We are all students, so develop the beginner’s mind.

Humor brings laughter which opens the heart and makes us forget everything except the present moment. It is the ability to keep laughing at our-

selves. Don’t be so serious, have fun and play. Don’t you forget everything when you are laughing?

Acceptance is the only place where change can actually begin. The willingness to accept the unchangeable will benefit our psychological and emotional well-being. In order to heal from the pain and suffering, we must accept it.

Forgiveness means letting go of any anger, resentments or any negative feelings toward a person. Once one has forgiven and let go, peace and serenity will surround you and the weight will lift off your shoulders. Desmond Tutu says, “Forgiveness is the only way to heal ourselves and be free from the past. Without forgiveness, we re-

Continued on page 3

Inside This Issue:

| | |
|--------------------------------------|---|
| THE EIGHT PILLARS OF JOY | 1 |
| SUPERB HERB ~ MEDICINAL MUSHROOMS | 2 |
| CONTINUED ... EIGHT PILLARS OF JOY | 3 |
| COMMUNITEA ROOM OPEN | 3 |
| MUSCLE OF THE MONTH ~ GLUTES | 4 |

Upcoming Events:

MYSTIC MARKET ~ NOVEMBER 3RD
EMERALD BEACH HOLIDAY INN

ELECTION DAY ~ NOVEMBER 6
GET OUT AND VOTE!!

LOCA FOR LOCALS ~ NOV 24
SHOP LOCALS AT THE BUS 12-6 PM

AURORA THEATER ~ GLITZ: THE LITTLE
MISS CHRISTMAS PAGEANT MUSICAL—
NOV 23-DEC 29TH

FARMER’S MARKET ~
EVERY WEDNESDAY AT THE CENTER FOR
THE ARTS DOWNTOWN CORPUS CHRISTI
5-8 PM
EVERY SATURDAY AT EVERHART & HOLLY
CORPUS CHRISTI 9-12

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Superb Herb ~ Medicinal Mushrooms

The funky fungi that has amazing medicinal properties. Some of the most beneficial mushrooms and extensively researched are reishi, chaga, cordyceps, lion's mane and turkey tail mushrooms.

Reishi (*Ganoderma lucidum*) mushrooms are also called the "mushroom of immortality" and have a long medicinal history dating from 221 BC in Traditional Chinese Medicine (TCM). They contain beta-glucans, a complex sugar that inhibits the growth of cancer cells. They also contain sterols which act as precursors to hormones and triterpenes, a substance that may lower blood pressure. They may also boost the immune system, counteract allergies, protect the liver and anti-inflammatory effects on the body. They can be used dried, encapsulated or in tea, however it has a bitter taste. One word of caution is that it may increase the risk of bleeding, therefore is not recommended if anyone is on blood thinners.

Chaga (*Inonotus obliquus*) is considered a superfood because of its many nutrients, such as vitamin D, potassium, magnesium, calcium, copper, selenium, B complex, zinc, iron, amino acids and other compounds. It has been researched for preventing and fighting cancer. It is high in antioxidants which may benefit the aging process. It may benefit lowering chole-

sterol, boosting immune system, lowering blood pressure and blood sugar levels and as an anti-inflammatory. Chaga should be avoided with other medications and blood thinners.

Cordyceps (*Ophiocordyceps sinensis*) mushroom is a fungus grown on the bodies of caterpillars in China. This mushroom is believed to enhance energy, athletic performance and aerobic capacity. Researchers have found anti-cancer benefits in that it causes a cancer cell's death. It has been used in China



on cancerous tumors. Other benefits is that it protects against radiation therapy on bone marrow and the intestinal tract, combats muscle weakness, improves mental energy, increases libido and longevity and has anti-hyperglycemic affects. Cautions for those on blood thinners and with diabetes, as it lowers blood sugar levels and thins the blood.

Lion's mane (*Hericium erinaceus*) or bearded tooth fungus is known as a superfood and enhancing brain function. It may be found in the wild in North America, Europe or Asia. TCM has used this fungus as a tonic for overall health and longevity. It may protect against dementia, relieve mild symptoms of anxiety and depression, protects against ulcers in digestive tract, reduces heart disease and help manage diabe-

tes symptoms. It improves memory, focus and concentration, increases energy, alleviates symptoms of neurodegenera-



tive diseases, improves insulin sensitivity, supports gut health, and supports cardiovascular health. These are scientifically backed by science. This mushroom is relatively safe to use, however if one does have allergies to any mushrooms, please avoid.

Turkey tail (*Trametes versicolor*) actually looks like a turkey tail stuck to a tree. Recent research found that women with Stage III breast cancer, actually improved the immune system's response to attack cancer cells. It has also proven beneficial in fighting the HIV virus. This mushroom is an immune booster, antioxidant, works on the gut and digestion, as well as has detoxification properties. So far no side effects or cautions I can find, except of course if one has allergies to any type of mushroom.



Many mushrooms are delicious, but many of these have a very coarse texture so ingestion would be in a tincture, extract, tea or capsules.



"TRUE HUMILITY IS NOT THINKING LESS OF YOURSELF; IT IS THINKING OF YOURSELF LESS."



Eight Pillars of Joy Continued

main tethered to the person who harmed us. We are bound to the chains of bitterness, tied together, trapped. When we forgive, we take back control of our own fate and our feelings. We become our own liberator.”

Gratitude is a deep, meaningful emotion expressing thankfulness and appreciation for things, people and actions. It is gratefulness that makes us happy and connects us. Every moment is a gift, because one never knows if there will be another moment. We embrace reality and count our blessings. Anthony Hinton spent 30 years in prison for a crime he did not commit. He spent his time in prison counseling other inmates and upon being released he said, “One does not know the value of freedom until one has it taken away. People run out of the rain. I run

into the rain. How can anything that falls from heaven not be precious? Having missed the rain for so many years I am so grateful for every drop. Just to feel it on my face”.

Compassion is a kindness, caring and willingness to care for others. It comes from a sympathetic and empathetic heart. The Dalai Lama says that it is from our mother’s nurturing that we learn compassion. It is this compassionate concern for others well-being that is the source of happiness. When we become too self-center or selfish, then suffering happens. The Center for Compassion and Altruism Research explains

“Compassion is a sense of concern that arises when we are confronted with another’s suffering and feel motivated to see that suffering relieved. Compassion is what connects the feeling of empathy to acts of kindness, generosity and

other expressions of altruistic tendencies.”

Generosity is the virtue of a giving heart. It is being unattached to your material possessions. It is giving unselfishly, for it is in giving that we receive. Whether one gives of their time, money, or gifts, it is of the giving nature. There is the generosity of the spirit which is in giving your love, your service, your joy and your healing.

The times that we live in right now, seem to call each of us into action on this spiritual path. It is a process. Cultivating these virtues, the eight pillars of joy will bring us closer to happiness and joy, and thus to a more peaceful world.

Exerpts from this article were taken from [The Book of Joy: Lasting Happiness in a Changing World](#) by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams

“FORGIVENESS
SAYS
YOU ARE
GIVEN ANOTHER
CHANCE TO
MAKE A
NEW BEGINNING.”

– DESMOND TUTU

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Chiron Holistic, LLC is an herbal apothecary and therapeutic massage studio. Susan 'Sparky' Sparks began studying medicinal plants some 30+ years ago. She incorporated massage into her practice in 2001 after studying with Dr. Rosita Arvigo, who developed special massage techniques from Don Elijo Panti, a famous shaman from Belize. She makes herbal products with certified organic herbs or they are ethically wildcrafted with love and prayers. Sparky combines 17 years of massage experience in Swedish, Deep Tissue, Sports, Shiatsu, Jin Shin Do, Tsubo, Foot Reflexology, Aromatherapy, Myofascial Release, Myoskeletal, Maya Abdominal, Maternity, Burn/Scar, Oncology and Medical Massage. She is a member American Bodywork & Massage Professionals, American Botanical Council, American Herbalist Guild, South Texas Botanical Gardens and serves on the Advisory Board for the Texas Department of Licensing and Regulation for Massage Therapists. She is a Qi Gong Level I Instructor and Master Gardener. Chiron Holistic is dedicated to providing a pathway towards holistic health. We are here to assist you on your journey towards wellness.

Check us out on Facebook Sparky's Spa

Muscle of the Month ~ Glutes

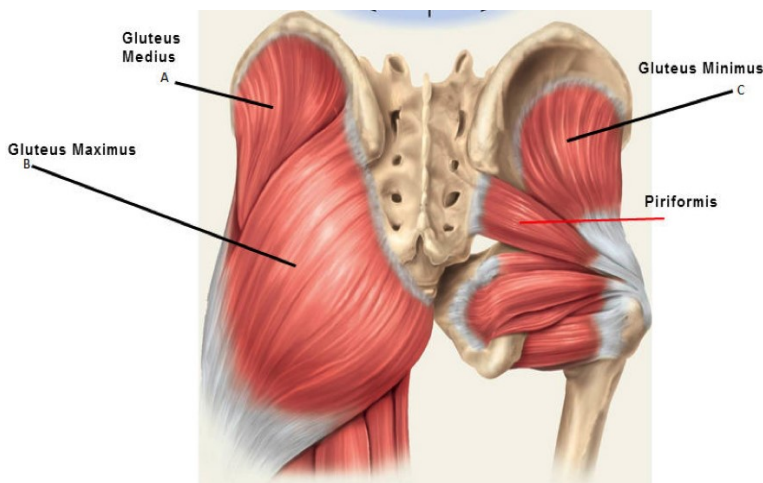
A massage therapist once said, "It is called the glutes when we are working on these muscles, once the cleavage is exposed it's called a butt". He was referring to draping the body during massage, as massage therapists we do not expose the gluteal cleavage or any other part of the genitalia during a massage session.

The gluteal muscles are comprised of three muscles: the gluteus maximus, gluteus medius and gluteus minimus. All three of these muscles originate from the ilium and the sacrum and insert on the femur. The gluteus maximus originates on the gluteal surface of the ilium, lumbar fascia, sacrum and the sacrotuberous ligament and inserts on the tuberosity of the femur and iliotibial tract. The gluteus minimus lies behind the gluteus medius and originates at the ilium and inserts at the greater trochanter of the femur. The gluteus medius sits on the outer surface of the pelvis. It is a very broad thick muscles that originates at the under the gluteus maximus on the ilium and inserts on the greater trochanter of the femur. They are innervated by nerves at L4, L5, S1 and S2 nerve roots.

These guys are a team and work together to keep the body upright. You are constantly using your glutes. The medius and the minimus assist the maximus in raising and rotating the leg, rotating the thigh outward and inwards and thrusting the hips forward. Basically the gluteal muscles are responsible for the extension, abduction, external/internal rotation of the hip joint.

One can see that any back problems, sciatic or leg issues we tend to work the glutes.

"Free your ass, and the rest will follow" is my favorite lyric from a popular dance group. The glutes can hold so much tension in the body. If someone has been a "pain in your ass" lately, it can truly manifest in the glutes.



Find out your dosha by circling the line that best pertains to your constitution. This means how you were born and your body type/shape before mid-life. Add them up at the end. The one with the most is your predominant dosha. You may be a combo of two or three.

| | Vata | Pitta | Kapha | |
|-----------------------------|--|---|--|-----------------|
| Frame | Thin, Poorly developed | Moderately Developed | Large, Stout, Thick | |
| | Tall, short | Muscles visible | Muscles not Visible | |
| Body Weight | Low | Moderate | Heavy | |
| Disease Tendency | Pain, Nerves | Inflammation, Infection | Mucus, Congestion | |
| | | Heat, Fever | Water | |
| Skin | Dry, Rough, Cool, Cracked, Veins | Moist, Pink, Moles, Freckles, Acne, Soft Oily, Warm | Thick, Oily, Cool | |
| Complexion | Brown, Black Dull | Fair, Red, Yellow, Ruddy, Flushed | Pale, White | |
| Hair | Brown, Black, Dry Wavy, Scanty, Coarse | Soft, Oily, Fine, Yellow Red, Early Gray, Bald | Thick, Oily, Wavy Dark or Light | |
| Joints | Thin, Dry, Cracking Unstable | Medium, Soft, Loose | Thick, Move smoothly | |
| Teeth | Protruded, Cracked, Spaces Thin and Receding Gums | Size Moderate, Soft, Pink Bleeding Gums | Large, White, Full | |
| Eyes | Active, Dry, Brown, Black Small, Thin, Unsteady | Medium, Penetrating, Piercing Green, Gray, Yellow, Red Scerla | Big, Wide, Prominent Blue, Thick, Oily, White | |
| Elimination | Constipation, Hard, Dry | Loose, Soft, Oily | Oily, Thick, Slow, Heavy | |
| Activity | Active, Talkative, Nervous Short Bursts | Moderate, Mid-Length Purposeful, Goal Setting | Lethargic, Stately | |
| Appetite | Variable, Erratic, Low | Excessive, Strong | Slow, Steady | |
| Thirst | Variable | Excessive | Slight | |
| Sleep | Insomnia, Light | Short and Sound | Heavy, Deep, Long, Excessive, Difficulty Waking | |
| Mind | Restless, Curious | Aggressive, Perceptive | Calm, Slow, Stead | Short Attention |
| Personality Strength | Creativity | Leadership | Loyalty, Calm, Content | |
| Personality Weakness | Anxiety, Fear Insecurity | Jealously, Aggression Irritability | Greed, Attachment Self-Centered | |
| Memory | Short-term Good, Long-Term Poor | Sharp, Clear | Slow, Good Retention | |
| Dreams | Active, Flying, Fear, Involved, Nightmares | Angry, Passion, Color Fire, Conflict | Water, Romance Few Dreams | |
| Speech | Chaotic, Continuous Quick, Talkative | Cutting, Incisive Argumentative, Convincing | Slow, Melodious, Definite Reticent | |
| TOTALS | _____ | _____ | _____ | |

