

The DragonTree Newsletter



March Special

Indulge your senses in a chocolate aromatherapy foot bath followed by a 20 minute foot massage. Then let one our skin care experts treat your skin with a customized facial that will make you glow.

\$125

Specials can not be combined with any other offers or discounts.

The Drama Fast

Part of The DragonTree's mission statement is, "To seed our community with centered, peaceful, and healthy people." We can only do so much to assist our clients during their visits here, so homework is an important supplement. For those who wish to more actively pursue this goal, one of the most challenging and life changing assignments is a "drama fast." The details are below, and we suggest you try it for single day to begin.

Our social programming, through family, community, and media, teaches us some useful things – such as how to relate to other people and be productive in the world – and some not so useful things – such as how to generate and propagate drama. The world tells us in many ways that there is something to be gained by dramatizing our life circumstances. Consequently, the idea of a life without the drama might sound boring or even inhuman. In most cases, though, the drama is a factor that degrades our experiences. The simple facts of our lives become, through the addition of our drama, polarized so that we or someone else is judged negatively. Perhaps more detrimental than the negative judgement factor is the way our dramas disempower us by causing us to surrender our power of choice.

The greatest, most fundamental choice humans get is the power to choose our *point of view* about life. Our lives, no matter how great or tragic by society's standards, are ultimately only ours to judge. If you've ever met a person who is simply imperturbable, who is able to stay hopeful and positive no matter what, you've known someone who fully embraces their power of choice. For any given situation, we can choose a wide range of viewpoints. The situation does not dictate our response. Our viewpoints can be distilled to three basic categories: 1. A point of view which acknowledges the facts and remains completely neutral 2. A point of view which *degrades* our or others' experience of the situation (e.g., by adding burden, shame, victimization, guilt, anger, etc.) 3. A point of view which *enhances* the situation for oneself and/or others. The purpose of a drama fast is to promote the choice of viewpoints which fall into categories one and three. We all have the ability to be *light* about everything that happens in our lives.

Taking a fast from drama is about responsibility – owning the way you shape your own experience of life and the effect you have on others. We usually don't consciously *intend* to degrade our experiences, but the urge to be dramatic is sometimes so insidious we don't notice it. It frequently arises when things don't go the way we want them to. Our disappointment may lead us to focus on the sense of injustice we feel rather than on resolving the situation. During a drama fast, try to catch yourself falling in this hole and focus your attention instead on finding a new solution. Though it may not seem possible, the simplest solution of all is to just let it

go. Letting go of an upset isn't always a matter of saying, "I'm letting this go," and then you're done with it. You must be *committed* to letting it go. If you notice you've picked up the upset again, just purposefully let it go again without analyzing it.

Drama is often used to identify unfavorable things about others to either help us feel superior by comparison, or to distract others from noticing our own flaws. (Interestingly, the rare individuals I've met who avoid this practice always strike me as having *true* strength and confidence.) When fasting from drama, we abstain from this kind of talk and also try not to support others to speak this way.

What can you do when conversing with someone who is "revving up the drama"? Your task is to enhance the situation compassionately. There is a good chance that if you do not play along with the other person's drama, they will feel you don't care or don't understand. For you to participate in the drama doesn't serve anyone though. Let yourself see and connect with the part of this person which wants to generate drama. Can you perceive, without any judgement, their deep need for approval, control, and security? This person, like all of us, has been hurt and has become misguided. They are seeing drama as a potential resource for getting these needs met. In actuality, the minor satisfaction we get from sharing in some drama never even touches these needs. If you can steer the conversation to a topic or viewpoint which doesn't degrade anyone, doesn't focus on people's mistakes, and doesn't sensationalize anything, you remind them (and yourself) of our profound ability to shape our experiences through our point of view. This is empowering to everyone involved.

Acupuncture and Herbal Medicine at the DragonTree

The author of this month's newsletter, DragonTree acupuncturist and herbalist, Peter Borten, helps people attain physical and emotional health with effective, natural methods. He loves traditional Chinese medicine because it is both poetic and scientific.

Chinese medicine has thrived for thousands of years because of its elegance and potency as a complete system of healing. Its aim is to bring into balance the cause of any disturbances to our health – to treat the whole person, not just the symptoms.

Our life energy (Qi) can be directed through hundreds of distinct points on the body, each of which has a specific action on the body, mind, and spirit. In the art of acupuncture, extremely fine needles are inserted at these points to produce a therapeutic effect.

A personalized herbal formula (of usually 6-12 herbs) is about as effective as a comparable pharmaceutical drug, with the advantage of supporting your core vitality. Many herbal formulas (including ones Peter prescribes daily) have been used continually, unchanged for 2000 years – simply because they work.

Peter received his B.S. in botany from the University of Massachusetts at Amherst. He moved to Portland to attend Oregon College of Oriental Medicine, where he studied acupuncture, herbal medicine, nutrition, massage, and Qi Gong. Peter also has extensive training in classical Five Element acupuncture – a form specifically for addressing the spiritual and emotional origins of disease. He now teaches at Lewis & Clark College, has a private practice, and maintains a pharmacy of over 250 raw herbs at The DragonTree.

Dragontree Events:

The Dragontree is excited to announce that we will be hosting monthly events as a way to bring together community to relax and enjoy life. Everyone is invited, but you must RSVP as all of the events will include spa treatments as well. You can find listings of the events at The Dragontree, in these newsletters, or on our website (when our new website is up).

March

Thursday March 23rd, 5 – 7pm

The DragonTree foot salon and book club will kick off its seasonal meetings with discussion and fun over [She's All Eyes](#), Memoirs of an Irish-American daughter by Maura McIvor-Conlon, a longtime, loyal patron of the DragonTree. We are pleased to bring people together to appreciate her writing.

The cost of this event is \$60 and includes a complimentary glass of wine, chocolate nibbles, and a sweet and simple bath and massage combination. The book is available at Portland bookstores. There is a sample copy at the spa.

Please RSVP for this event by March 15th. This event has a maximum of 12 guests.

April

Friday April 21st, 6 -9pm

This month join us for an Oregon wine tasting from a local vineyard and winery and light tapas fare from Bar Pastiche while getting your feet pampered with a Sweet and Simple bath and massage combination.

5% of the proceeds of this event, and any additional donations made at the event, will be donated to a local nonprofit organization or charity chosen by the guests.

Cost of \$70 includes wine tasting, tapas, and spa treatment.

Please RSVP for this event by April 15th.

We look forward to seeing you soon!

The Dragontree - 2768 NW Thurman - (503) 221 4123

Check out our new website! www.thedragontree.com

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If you have already done this and have continued to receive our newsletter – we sincerely apologize as we have had some system malfunctions.

We will do everything that we can to make sure that you are off our list for good.