



## Manifestation Through Mind Intent

An essential energetic component for optimal health and wellness is the shen, which is synonymous with both mind and spirit. Appropriate orientation of shen is rudimentary to maintenance of stability, clarity, brilliance and tranquility in life. This is heightened through concurrent application of both a fully functioning yi (intention) and vibrantly flowing qi (vital energy). Shen, yi and qi merge together and become the three main ingredients of the well-known concept of mind intent.



An ancient Chinese medicine principle states, “Where the mind goes, the qi will follow.” This adage provides a practical guide for achieving the enhanced ability to direct

qi. Directing this energy is the primary goal of mind intent practice, which must include precise concentration and focus for proper development. When this is established, the result is manifestation of a stronger body, inner calm and the ability to see more clearly without distraction.

An individual that develops increased awareness using mind intent practice will experience more productive mental habits, successful interaction, improved self-healing power and achievement of goals. This is especially crucial during the winter, when the mind is active while the body rests. The reflective yin stage begins with a search for ideas and feelings followed by replenishment attained through mind intent practice to transform yin into yang.

The manifestation from yin to yang evolves through steadfast trust in oneself and is further accentuated through drawing upon instinct, staying open to all possibilities, maintaining flexibility and yielding when necessary. When all components are achieved, positive health stems from a centered and caring approach. Otherwise, resistance will arise and cause qi stagnation and blockage leading to distress and suffering. When qi is guided with patience, the result is smooth, abundant and rhythmical flow within the appropriate channels.

*Source: Shoshanna Katzman, MS, LAc, is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture and Wellness Center, in Shrewsbury. For more information, visit [Healing4u.com](http://Healing4u.com). See ad, page 29.*