

Get Your Qi Together

by Shoshanna Katzman



Abundant and smooth flowing Qi ('chee') is a major component of health whereas deficiency, blockage, or an imbalance of qi is the root of illness within the realm of East Asian medicine (aka Chinese medicine).



This ancient health paradigm contains acupuncture, acupressure, herbs, lifestyle and dietary recommendations, along with the therapeutic exercises of Taiji (Tai Chi) and Qigong for rectifying Qi imbalance and restoring flow within the energetic system.

These modalities assist in maintaining sufficient levels of this precious vital substance – thereby maintaining optimum levels of energy, along with extra Qi reserves to rely upon during times of undue stress or onset of dis-ease.

Qi is electro-magnetic in nature and promotes wellness by balancing energetics of the meridian pathways along with their associated vital organ systems.

Proper qi flow increases transformation and transportation of nutritional substances through-out the body. It positively impacts emotional health, boosts energetic immunity by establishing a “Wei Qi Field”, and manifests a health-filled longevity.

Various types of vital energy exist. The yang form of Qi is more expansive, while the yin form of Qi is more contracting. Comparing their energies in terms of the analogy of a hot air balloon: yang Qi inflates the balloon providing it with shape from heat and air, while yin Qi is the balloon itself, the basket, and energy derived from the tight stretch of the fibers. Additionally, there is heaven Qi that derives its yang energy from the heavenly bodies such as the stars, constellations, and the sun – while earth Qi gains its power from yin energies from the earth. And human Qi which is derived from how energies flow within an individual's body system.

Heaven, human, and earth Qi each have an impact on how the other is functioning. Together the heaven and earth represent the macrocosm, while a human being represents the microcosm – where everything that happens in one is reflected in the other. Finally, the job of a human being is to act as an intermediary between heaven and earth. This is precisely what a practitioner of Taiji or Qigong is attempting to do as they

move through these healing exercises.

Before and at birth, an individual is endowed with vital energy from their parents along with nutrition acquired while in the womb known as prenatal Qi. To remain healthier, conserve prenatal Qi and avoid unhealthy life practices that squander its reserves in order to maintain wellness and a healthier life. This is the basis for East Asian medicine lifestyle and dietary recommendations designed to protect and preserve an individual's bank account of prenatal Qi. Then there is postnatal Qi which includes everything received after birth – derived from the food and drink consumed along with the air breathed. This type of Qi is also directly impacted by chosen lifestyle habits and ways of eating and drinking.

Get your Qi together for 2025: Rest and Relax, Refrain from Overeating, Get Outside and Walk Every Day, Take Deep Breaths, Manifest a Healthy Work-Life Balance, Treat Yourself with Loving Kindness, Get to Bed and Rise Early, Have Fun with Friends & Family, and Take Time to Smell the Roses. There is no better time than now to restore and revitalize your Qi!

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