

The Joy of a Harmonious Life

by Shoshanna Katzman



Maintaining balance and harmony in life is an essential key to everlasting health, happiness, and overall well-being.

The time-tested approach of Chinese medicine holds this as a major precept, with acupuncture being particularly effective in this regard.

This ancient treatment modality involves the insertion of fine stainless steel needles into specific locations on the body known as acupuncture points. The goal is restoring balance and health by opening flow of qi (vital energy) throughout one's energetic system (meridian pathways). This is primarily accomplished through releasing energetic blockages and/or building energy where deficient.

Achieving balance involves establishing greater harmony between the energetic forces of yin and yang. In terms of 'way

of being,' yin represents inward calm and passive energy, and yang represents up and outward activity. As such, an individual would seek to embrace these polar opposites more equally in their life. This might mean taking more time by themselves to journal and reflect on patterns of energetic and physical engagement with self and others. Having an acupuncture treatment provides quiet "me time" to rebalance and release unwanted symptoms. Manifesting yin-yang harmony might also require getting out more, stepping out of one's box, and engaging with the world in more meaningful ways.

Either or both of these approaches has the potential to bring forth greater joy and harmony of the Shen, traditionally known as "the spirit mind".

A Chinese medicine practitioner is trained to address the whole person taking the entire spectrum of being into consideration thereby embracing a holistic model. They

work toward determining and addressing the root cause underlying "dis-ease" which in many cases stems from emotional and/or spiritual disturbances. This points to one of the most profound teachings in Chinese medicine that there is no separation between body, mind, and spirit – based on all parts contributing to the whole and "all things having some amount of everything".

In addition to acupuncture, lifestyle modifications are typically recommended such as improving work/life balance. Spending more time in nature may be another suggestion for manifesting a more harmonious existence – as it helps one become more grounded and connected to the earth as they take time to "simply be" and commune with their mind, body, and spirit.

The following words of Lao Tzu from the "Tao Te Ching" are quite appropriate in this regard: "Nature does not hurry, yet everything is accomplished."

Practicing the Chinese exercises of Qigong and Taiji (Tai Chi) are further known to bring forth deep feelings of tranquility by nourishing and integrating the mind, body, and spirit. Through gentle, flowing movements they empower one to manifest greater harmonious balance in life.

Similar to acupuncture, this is accomplished by re-establishing energetic flow within the meridians pathways and yin-yang balance. They also invigorate what are traditionally known as the Three Treasures which include jing (vital essence), qi (vital energy), and shen (spirit). And enhance a practitioner's connection to nature by strengthening their role as intermediary between heaven and earth.

Such profound results are achieved via proper alignment, breathwork, and targeted application of "mind intent". Through daily practice their slow and purposeful movements restore and maintain a practitioner's internal and external harmonious nature. Such presence reverberates out into the world bringing forth a much needed sense of peace and hope that things



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will improve and healing is imminent.

There is no better time than now to begin to benefit from these ancient holistic modalities. Allow them to reconnect you, reinvigorate you, and help bring about lasting change in your life. You can do it, you can create a more productive and positive way of living – filled with vibrant energy, essence, and heart-full spirit.



Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy”, co-author of “Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness” and “Center of Power: Life Mastery through Taiji” a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

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Shoshanna Katzman, M.S., L.Ac.

News Briefs



Learn the Magical Movements of Taiji (Tai Chi)



Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji Class offered weekly by Shoshanna Katzman on Wednesdays from 10:30-11:30am. Classes are held at Red Bank Acupuncture Center in Shrewsbury.

Taiji is a gentle, yet powerful Chinese way of movement that teaches

one to live in harmony with nature. It is a meditation through movement, practiced with full body relaxation and focused mental concentration.

This ancient exercise is excellent for stress reduction and invigorates flow of qi (vital energy) and blood throughout the body. With its circular movements, rhythmic breathing, and flowing postures, Taiji allows the full potential within each person to blossom. It was developed in China over 4,000 years ago and practiced widely today to promote physical fitness, vibrant health, and longevity.

Through daily practice, Taiji reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment. It's flowing patterns of movements are best performed slowly while integrating the physical and energetic aspects of being.

Shoshanna Katzman, M.S., L.Ac. has practiced *Guang Ping Yang Style Taiji* for fifty years and teaches the form in its original style. For more information call/text 732.758.1800 or visit yourcenterofpower.com to discover Shoshanna's comprehensive Taiji curriculum.

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