

Qi Mind/Qi Body

How to focus and orientate your mind to integrate with your body

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



Yi translates as mind and Chuan as fist; therefore as you practice these exercises you are creating a “mind fist” This is the mental focus we cultivate to direct Qi and manifest goals.

There is an ancient Qigong proverb stating that “Where the mind goes, the Qi will follow” – and it is precisely at the root of the Yi-Chuan walking and standing exercises. The ultimate goal of this particular Qigong practice is to concentrate our mind’s intent in order to create balance. Thus the practice of Yi-Chuan exercise creates physical/energetic strength and stability through honing the intention of your mind - commonly known as “mind intent”.

In practical life terms: Yi-Chuan fosters the ability to:

- respond naturally to whatever life might throw your way.
- concentrate the spirit and stabilize the mind
- have greater awareness, leading to more self-healing power and improved behavior with self and others
- stimulate, develop and brings forth natural instinctive ability
- maximize health and longevity

During Qigong practice don’t push yourself in anyway. Qi behaves like water, it can’t be pushed - but it can be led. If you push Qi it becomes flooded into the wrong pathways. When Qi is led from a gently, patient mind intent it flows smoothly and without stagnation

How to “Stand Like a Tree”:

Stand with your feet shoulder width apart. Place your hands an inch above your eyebrows with palms downward. Arms in an arc, fingertips facing each other, with relaxed elbows. Look out into the distance and pick a spot to focus on, but at the same time concentrate on yourself. Breathe in and expand your belly, breathe out and contract your belly. Expand your entire body on your inhalation and contract your body on exhalation – expanding and contracting with each slow, rhythmical, natural deep breath. Repeat for 5-20 minutes

As you continue to practice this exercise you will slowly begin to integrate your:

- Mind with your body
- Yi with your Qi
- Mind and your energy

When your Yi is strong, your Qi will be strong. The first sign of a strong mind is the feeling of inner calm. You will begin to see things more clearly and not get easily distracted. You will experience a tremendous amount of focus and concentration not only during your practice of “Standing Like a Tree” but also in daily life.

By learning first to use the mind, the body becomes stronger, leading to an increased ability to handle daily life challenges, stress, aggression or injury. This helps you to find the appropriate response that is in harmony with yourself and your surroundings.



The first sign of a strong mind is the feeling of inner calm.

You build a life in which action stems from inaction and stillness is the base of each movement. Your actions will be done from a turtle’s place of deep calm and balance.

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