

The Art of Balancing Your Energy

by Shoshanna Katzman



A physiological view of “balancing energy” commonly refers to establishing a healthy balance between the amount of food and drink ingested and level of energy expended for daily activities and exercise. Balanced energy comes about when consumption or input is commensurate with level of activity or output. Ideally, this results in a healthy weight and active lifestyle.

Achieving balanced energy is also viewed from a broader perspective that has to do with subtle energy – one’s internal personal energy. Here, an individual works toward maintaining a balanced and harmonious state of flow throughout their emotional, spiritual, and energetic bodies. It also extends out to their relationships with other people where their energetic systems may become affected by each other.

To maximize internal and external peace and to minimize potential harm in their lives, each person needs to take responsibility in establishing physical and energetic balance.

The art of balancing energy is a dynamic rather than a static process – one waxing and waning like the moon depending upon current influences and circumstances. It necessitates continually working at making lifestyle choices that achieve balanced energy. An individual must stay centered and whole within themselves – along with being vigilant about keeping healthy boundaries to avoid becoming negatively impacted by another person’s energy and/or behavior. This is achieved through filling one’s physical body with expansive,

flowing, and positive energies – leaving no room for negativity.

Deeper awareness about subtle energy dynamics is gained through becoming cognizant of how energy flows within and around oneself. Realizing how thoughts and actions impact flow of energy empowers one to make life choices that maintain balanced flow, instead of creating energetic disharmony and blockage. This includes avoiding the tendency to constrict until you are withdrawn and in the opposite extreme, expand until you are all over the place. The ultimate goal is to keep things in the middle of the spectrum, not too excessive nor deficient.

Once balance is achieved it is clearly palpable as a bodily felt sense. However, there are many things that can easily and quickly upset this harmonious state, without ever realizing that it is about to happen. It is

important to avoid toxic situations and be vigilant about protecting oneself from being infiltrated by negative energies from other people. Being too critical of oneself is also a culprit for turning a completely balanced state into one fraught with inner tension and imbalanced emotions.

Manage excessive anger and stress to keep it from harming your health and ruining your life.

We have a great deal to learn from the ancient principles of Chinese medicine which center around the concept of energy balance. Chinese medicine modalities such as acupuncture, acupressure, herbal medicine, dietary therapy, Tuina massage, as well as taiji and qigong exercise have a profound impact on balancing the emotional, spiritual, and energetic bodies which is essential for long-lasting results. Additionally, Feng Shui works to keep



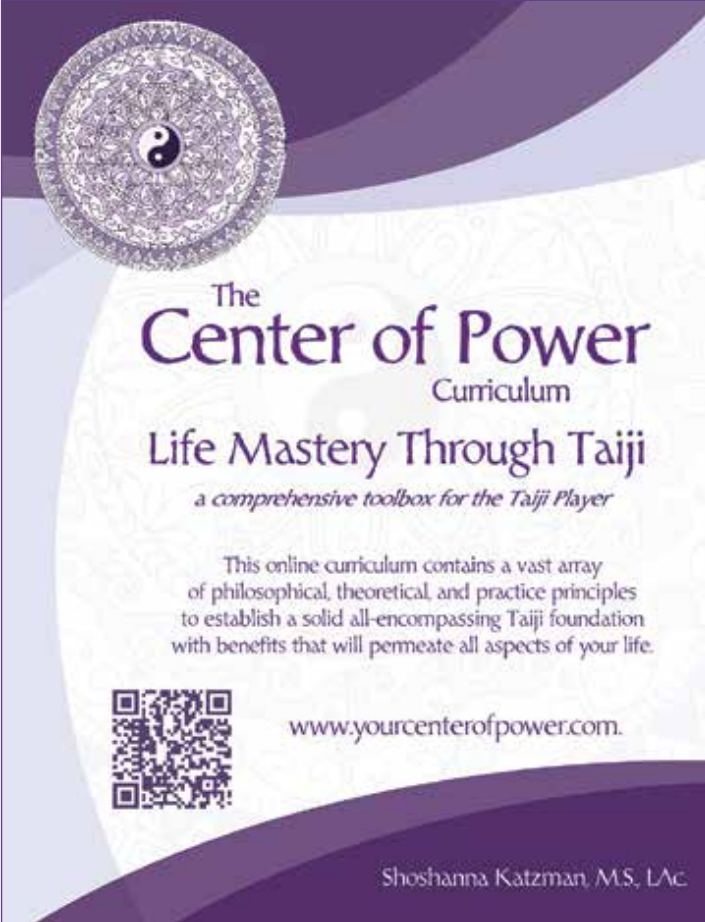
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energy flowing and balanced through the art of placement within one's environment.

Reflecting on verses from the Tao Te Ching and I Ching: The Book of Changes provides ways to manifest balance through deeper understanding of energetic and spiritual flow within the universe.

Significantly positive results are achieved by releasing blockages of qi (vital energy) – thereby restoring proper flow throughout the body's energetic pathways. Keeping the body free of energetic blockage maintains proper flow of energy and yin yang balance thereby thwarting off disease, while procuring vibrant health and well-being. A person is left with plentiful energy and the will to live their life with great gusto.

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.

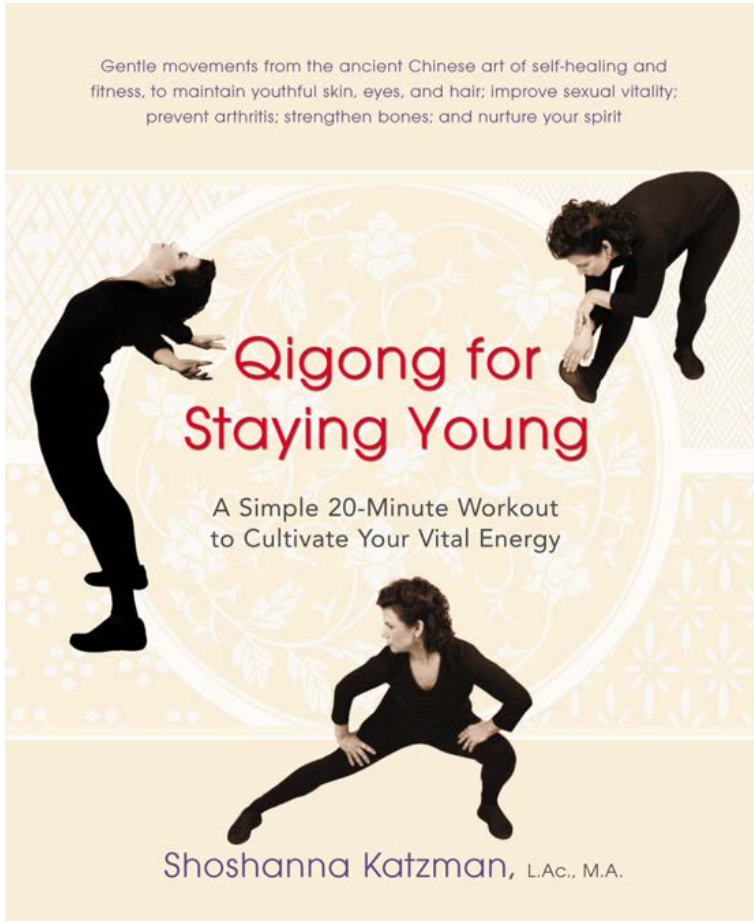


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