



## A Lifetime of Exploration

### Shoshanna Katzman's Pioneering Efforts in Traditional Energy Medicine

by Linda Sechrist

For today's generations of young people, "boldly going where no one has ever gone before," is a job description for outer space explorers that follow the directives of James T. Kirk, captain of the Starship Enterprise. Fortunately, for the well-being of all of humanity, there are people like Shoshanna Katzman, founder of the Red Bank Acupuncture & Wellness Center, that are pioneers in exploring the true final frontier—inner space and energy healing.

Katzman is a second-generation American acupuncturist, Tai chi, and qigong professional, whose exploration of energy healing began in 1974 when she was a student of therapeutic massage at the San Francisco Massage Institute in California. "The qigong and Tai chi teachers I learned from literally camped out on the doorsteps of the traditional Chinese healers in San Francisco's Chinatown. They talked the healers into taking them on as trusted apprentices who would protect the lineage of their teachings," says Katzman, who eventually brought her Tai Chi Chuan and qigong home to Wallingford, Pennsylvania, where she continued to practice for hours a day in her driveway, while her curious neighbors looked on. "I was completely immersed in my practices, cultivating my chi, and balancing the energetics of my body. In due course, I learned that in China, people who practiced this way did so because they intended to become either acupuncturists or herbalists," explains Katzman.

From a young age, Katzman's exuberant enthusiasm for participating in sports sparked an interest in exercise physiology, which culminated in her masters degree in sports medicine from San Francisco University in 1981. "I wanted to offer my Tai chi and qigong students a combination of western exercise physiology and ancient Chinese Medicine," says Katzman.

While teaching as a Fitness Professor at Chabot College in Hayward, California, Katzman began studying herbology and acupuncture with another groundbreaking individual, Dr. Michael Tierra OMD, in his California-approved tutorial program. She also apprenticed in acupuncture with Miriam Lee, one of the pioneering acupuncturists responsible for acupuncture being legalized in California. Katzman's career in the field of Chinese medicine is particularly rich in clinical experience as well as educational training. This is a result of six years of Chinese herbology study with Tierra through the East West Masters Course in Herbology, Subhuti Dharmananda, Ph.D., at the Institute for Traditional Chinese Medicine and Preventive Health Care as well as at the Guatama Institute with Ted J. Kaptchuk, DOM and associate professor of medicine at Harvard Medical School.

Long before her studies in Traditional Chinese Medicine began, all the basic techniques—acupuncture, bodywork, energy work and herbal medicine—held an allure for her. "I felt drawn to them but I never imagined that one day I would acquire such an expertise in them and

open my own acupuncture center, first in Aptos, California and then in Red Bank; teach at the Five Branches University's College of Traditional Chinese Medicine; be the eventual sole proprietor for East West Herbal Products (handmade by Tierra before he created his Planetary formulas) or study with Christopher Hobbs and Paul Lee, who opened The Platonic Academy School of Herbal Studies, the first in the United States." Katzman also never imagined that with her extensive training, education and background that she brought from California to New Jersey that she would have to enroll in New York City's Tri State College of Acupuncture before she could practice in the Garden State. "In order to get a license to practice acupuncture here, I had to enroll at Tri State because the state wouldn't recognize my tutorial training or my California license and certification," advises Katzman, who still continues to expand her education and experience in energy healing even after 30 years of practice.

A lifelong learner, Katzman became a master's student graduate in 2007 after studying with Christine Schenk, founder of Energy Body Medicine®. Schenk, a leading expert for changing states of perception and the nature of the Energy Body taught Katzman the mastery of her Cellular Harmonizing Regenerative Integration System (CHRIS®-Technique), which enables individuals to experience the Energy Body® as a second self, a self that can also be protected and healed. Katzman now integrates the technique into her Chinese medicine practice, which helps individuals to consciously get to know this second body, to better understand its world, and to deal with its peculiarities.

Katzman is the chairperson of the New Jersey State Acupuncture Examining Board. She was elected the first woman president of the National Qigong Association (NQA) and is the current chairperson of their Advisory Board.

The author of *Qigong for Staying Young: A Simple 20 Minute Workout to Cultivate Your Vital Energy with companion DVD*, Katzman is also co-author of *Feeling Light-The Holistic Solution to Permanent Weight Loss and Wellness*.

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