

Chi Stratford

Chi Stratford - According to Asian tradition, chi is the life force which permeates the whole world. Chi is believed to be in all living things and is also found in spaces like for example homes and gardens. Though chi cannot be physically quantified and measured, and is more regarded as a metaphysical concept, the belief in it is widespread. Numerous Asian disciplines such as Traditional Chinese Medicine or otherwise referred to as TCM, different martial arts and Feng Shui, a Chinese art which balances things in their surroundings, focus greatly on the belief of chi.

In the English language, chi could be spelled in different ways, like for instance xi and qi and is pronounced "chee." Chi really translates to "air" and "breath", which are very important to life. Like air, chi is an energy form that wanes and waxes in the body depending on overall health. Chi flows in a space depending on how it is arranged.

Prana is a similar concept found in the yogic tradition. In this particular tradition, Prana is the essential energy that runs through all living things. When energy flows are balanced, prana could smoothly move throughout the space which it presently inhabits. Balancing this energy is an important part of living a calm and healthy existence for numerous people in Asian countries. Lots of Western countries have adopted the concept of energetic balance also.

An imbalance of chi can cause discomfort in surroundings or cause poor health. In the case individuals, methods like for example acupressure, acupuncture and various forms of Traditional Chinese Medicine are used in order to correct the imbalance. The flow of chi is unblocked through the meridians of the body. A TCM practitioner checks in with the person's whole body so as to assess total health and afterward can make corrective recommendations if necessary.

In regard to spaces or the concept of Feng Shui, several Asian traditions surround organizing items in an environment in order to make the area harmonious. An imbalance of chi in a space is believed to leave to ill health and bad luck. There are lots of rules surrounding how stuff need to be arranged, from bedrooms to graveyards. There are Feng Shui experts who could be brought into offices and households so as give recommendations, in view of the fact that the rules that govern arrangements can be fairly complicated. These experts are similar to interior designers in the West, even though their discipline and insight goes much farther than pure aesthetic consultation.