

Chi Halifax

Chi Halifax - In Asian traditions, chi permeates the whole world as the life force in all living things and is likewise found in environmental areas like for example the garden and home. Though chi cannot be physically quantified and measured, and is more regarded as a metaphysical concept, the belief in it is widespread. Several Asian disciplines like for example Traditional Chinese Medicine or TCM, various martial arts and Feng Shui, a Chinese art which balances stuff within their environment, concentrate heavily on the belief of chi.

In the English language, chi can be spelled in various ways, such as xi and qi and is pronounced "chee." Chi literally translates to "breath" and "air," which are imperative to life. Like air, chi is an energy form which wanes and waxes in the body depending on overall health. Chi flows in an area depending on how it is arranged.

Prana is a similar concept found in the yogic practice. In this particular tradition, Prana is the essential energy that runs all through all living things. When energy flows are balanced, prana can easily move all through the space which it presently inhabits. Balancing this energy is an essential part of living a healthy and calm life for a lot of people in Asian nations. Many Western countries have adopted the concept of energetic balance also.

An imbalance of chi can lead to discomfort in surroundings or result in ill health. In the case individuals, practices such as acupuncture, acupressure and various forms of Traditional Chinese Medicine are utilized to be able to correct the imbalance. The flow of chi is unblocked throughout the meridians of the body. A TCM practitioner checks in with the patient's whole body to be able to assess complete health and after that could make corrective recommendations if considered necessary.

In regard to the concept of Feng Shui or spaces, several Asian customs surround organizing objects within surroundings in order to make the place harmonious. An imbalance of chi within an area is believed to leave to poor health and bad luck. There are many rules surrounding how stuff must be arranged, from graveyards to bedrooms. There are professional Feng Shui experts who can be brought into houses and offices so as give advice, since the rules that govern arrangements could be fairly complicated. These professionals are analogous to interior designers in the West, even though their insight and discipline goes much farther beyond pure aesthetic consultation.