

## Mindfulness Meditation Saskatoon

Mindfulness Meditation Saskatoon - Qi or also called chi refers to the energy powering all life. Qi is a concept from Chinese Taoist beliefs and literally means "air" or "breath." Some martial arts disciplines are derived from this particular concept and it is reflected in their names, such as tai chi and qigong. Qi is thought to affect a person's wealth, luck, wellness and health along with different elements of life. Qi could be compared to the idea of prana in the Hindu belief system.

In several kung fu, yoga, martial arts and other athletic disciplines, breath control is an important part of the practice. Breath control is used in order to control how the energy flows all over the body. Breathing in a certain way forms the basis for several martial arts achievements that appear almost extraordinary to several observers. In meditative practices, breathing is also an essential factor because it is supposed to have a profound effect on the quality and on the movement of qi.

In Conventional Chinese Medicine, they teach that sicknesses are believed to be caused by poor flow of qi all through the body. There are some treatments and methods such as acupuncture and acupressure which help to redirect qi to its proper channels. Various health conditions could take place due to weakened, blocked or disrupted qi. Chinese medicine also depends on many herbs and plant extracts meant to increase or decrease qi within some body areas. Long term healing and balance could be restored through meditation, exercises and particular massage techniques. Proper diet and overall fitness can contribute to this particular balance, increasing and person's health and their ability to fend off sickness.

Qi is an important part of the world in general and it exists all over all living beings also. The flow of qi in natural environment as well as all over the body could have a great effect on temperament and on health. The Chinese believe in not only balancing qi in the body but even within a patient's house or surroundings. The practice of Feng Shui operates largely on this principle by balancing the flow inside an individual's house or their workplace.

Several holistic medicine practitioners incorporate Chinese practices together with homeopathic medicine and acupuncture. The use of certain herbal remedies or essential oils for certain health problems can likewise be incorporated along with Chinese medicine. Traditional Chinese Medicine usually comprise massage techniques, herbal treatments and acupuncture. The practice of acupressure is derived from this traditional method.