

What Is Qi and How Does It Travel?

At the core of this ancient medicine is the philosophy that Qi (pronounced as “chee”), or vital energy, flows throughout the body. Qi helps to animate the body and protect it from illness, pain and disease. A person’s health is influenced by the quality, quantity and balance of Qi.

Qi circulates through specific pathways called meridians. There are 14 main meridian pathways throughout the body. Each is connected to specific organs and glands. Meridian pathways are like rivers. Where a river flows, it transports life-giving water that nourishes the land, plants and people. In the same way, meridian pathways transport life-giving Qi to nourish and energize every cell, organ, gland, tissue and muscle.

When Qi flows freely throughout the body, one enjoys good physical, mental and emotional-being. An obstruction of Qi anywhere in the body is like a dam, backing up the flow in one area and restricting it in others. This lockage can hinder the distribution of the nourishment that the body requires to function optimally.