

## CHI I

Chi, the mystical essence, touted by oriental masters and martial artists as an energy, that when controlled can give a person extraordinary abilities, --- or is it a scientific entity that actually exists and can be measured. What is this phenomenon? Is it available to only the select few, who have followed rigorous physical and mental disciplines overseen by masters, who many times are very secretive about their knowledge and impart this knowledge to only a select few? Before the advent and subsequent popularity of oriental martial arts and medicine in the west, and in particular the United States, these disciplines were closely guarded secrets by their masters.

In the next few paragraphs, I shall try to answer some of these questions and give you a very basic concept of the energy known as chi, but also known as ki, prana, odic energy, orgone, bioplasmic energy and biocosmic energy, to name a few. It seems that most civilizations in their past, recognized that there was a primordial energy system in the universe and that this energy pervaded all matter. This energy, according to ancient oriental knowledge, is composed of two parts. The Chinese call these parts yin and yang. The yin is the negative or female aspect while yang is the positive or male aspect. These aspects are complementary and only exist together. This dynamic energy is constantly circulating throughout the entire universe, as well as in our bodies, and therein through micro channels sometimes referred to as meridians. These meridians have not been identified by traditional western medicine, but were reportedly identified by Dr. Kim Bon Hung of the University of Pyongyang, North Korea and subsequently investigated at the Shanghai Nuclear Institute of the Chinese Academy of Science.

Chinese Traditional Medicine describes twelve major meridians in the human body that extend through our bodies and limbs. Ten of these meridians are associated with regular organs and are located in each

bilateral half of the human body. The other two meridians are associated with body activity and not directly related to specific organs. Along each of the meridians there are a number of points that can be accessed and stimulated by acupuncture or acupressure for specific health needs. It should be noted at this point that energy (chi) flows through these meridians in different directions and that strength of chi flow should be bilaterally balanced for a healthy body. A trained acupuncturist is able to examine three pulses located in each wrist and relate the strength and character of each of the pulses to the various organs and meridians involved. The acupuncturist can then determine and advise treatment from this examination.

In the opening paragraph, I questioned if chi was an entity that could be scientifically measured. I understand there have been devices on the market that do measure chi, but I have not observed their use first hand and cannot verify the accuracy or efficiency of these devices. However I have modified and used a certain type of acupuncture point location device in conjunction with a digital VOM to measure, what I assume to be the relative intensity of chi. This can be accomplished by measuring comparable terminal points on each side of the body, with respect to the body basic ground. The measurement of each set of bilateral points may then be compared. At this point I must stress that these measurements can only be considered relative and are not absolute values.

If there is sufficient interest in this subject, I may possibly provide schematic diagrams for these instruments for home experimentation. Also more information may be provided in future articles that illustrate the use of physical motions and exercises that can be used, with or without traditional Tai Chi and Qi Gong exercises, to balance and strengthen chi and use it to help maintain a more healthy body. Let me say at this point that a healthy body is a product of many factors and includes proper nutrition, exercise and mental attitude, and that balancing your chi is not a panacea.