



**Barnaby Kent: What is Qi?**



Barnaby Kent is majoring in acupuncture at the Shanghai University of Traditional Medicine. He has a background in Buddhism, meditation, yang style Tai Chi and various QiGong and martial arts practices. He speaks with eloquence and authority to help us gain clarity on what exactly Qi is. For anyone curious to learn more, he is always happy to answer questions if you contact him directly.

**TOP EMBODIMENT TIP:** Relax and Concentrate

**The history of the term Qi in English and Chinese languages**

- It first appeared in English in the early 19th century.
- Use of the term in China has been traced back to between 1500 and 1000BC.
- There are differences in the way sentences are structured in traditional Chinese and Western languages. How we perceive the world around us is at the root of a fundamental misunderstanding of what Qi is in the West.

**Qi in Chinese Medicine**

- Within the field of Chinese medicine, Qi comes in a plethora of forms that operate in different ways within or in relation to the human body.
- The term Qi can be shorthand for sensation or emotion; there are many different specific types of Qi describing sensations.

**Qi in Qi Gong and the Internal Martial Arts**

- The specific structural way in which QiGong and the internal martial arts work the lower dan tien (dantian).
- The Qi in Qi Gong is very different from Chi in Tai Chi, as they are related to entirely different Chinese words; and still, Qi is integral to the effective practice of Tai Chi.

**Resources**

- ❖ **Instagram:** <https://www.instagram.com/barnabytaichi/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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