

WHAT IS CHI/KI/PRANA?



CHI (QI) KI PRANA

**VITAL LIFE ENERGY THAT
FLOWS THROUGH THE BODY,
NATURE, AND THE UNIVERSE**



NICOLE HOLISTIC HEALER
www.NicoleHolisticHealer.com
Nicole@NicoleHolisticHealer.com

Introduction to Holistic Health, “Energy Healing” & Meditation

Hello! Welcome to your journey to Holistic Health. This ebook was created to help you embark on a journey towards holistic health through the practice of **meditation**. My name is Nicole, aka Nicole Holistic Healer, and I’m thrilled to guide you through this transformative process. Holistic healing emphasizes the **connection of mind, body, and spirit**, meaning that *true wellness* comes from nurturing all aspects of ourselves.

What is Holistic Health?

Holistic health is a **lifestyle approach** that considers the whole person —physically, emotionally, mentally, and spiritually. It encourages balance and harmony within ourselves and with the world around us.



What is Chi/Qi/Ki, Prana or “Energy”?

“Chi” (or **Qi**, Chinese), “Ki” (Japanese), and “Prana” (Sanskrit) are all terms from ancient Eastern traditions that refer to a **vital life force** — an invisible energy believed to animate all living things and flow through the body, nature, and the universe. Ancient practices perform energy healing using various forms of **Light, Sound and Vibration** to heal myriad physical, emotional and mental ailments that plague humans, animals and all sentient beings alike. Read more about specific mindfulness training practices here.

Chi (氣 / Qi) – Chinese Philosophy & Medicine



•**Origin:** Taoism, Traditional Chinese Medicine (TCM), Qigong, Tai Chi

•**Meaning:** Life energy or breath. Qi is considered the force that makes up and moves through everything in the universe.

•**In the body:** It flows through **meridians** (energy channels), Acu-points and chakras. When Qi is balanced and free-flowing, health is maintained. Blocked or stagnant Qi leads to illness.

•**Practices:** Acupuncture, Qigong, herbal medicine, and Tai Chi aim to balance Qi.

⚡ Ki (気) – Japanese Tradition

- **Origin:** Derived from Chinese Qi, seen in practices like Aikido, Reiki, and Shiatsu.
- **Meaning:** Same concept as Qi — the vital force that flows through and connects all things in the universe.
- **In Aikido:** Ki is used to harmonize and redirect energy rather than using brute force.
- **In Reiki:** Practitioners channel Ki through their body and hands to promote healing.

🌱 Prana (प्राण) – Indian Philosophy

- **Origin:** Hinduism, Yoga, Ayurveda, Vedanta
- **Meaning:** “Vital breath” or “life force.” Prana animates the body and mind and is considered the energy that connects the individual to the universe.
- **In the body:** Flows through **nadis** (energy channels), and chakras especially the central channel (Sushumna), and is regulated by the breath.
- **Practices:** Pranayama (breath control), yoga postures, meditation all regulate and enhance Prana.



✨ Common Threads

- All these systems view this energy as **subtle but essential**.
- Health = smooth, balanced flow of energy.
- Illness = stagnation, deficiency, or excess of energy.
- Breath is seen as the **bridge** to this life force - not just air, but Chi is the carrier of energy.



🧠 Western Perspectives

Western science hasn't found a measurable equivalent to Chi/Qi/Ki/Prana, so they're often considered **metaphysical concepts**, symbolic representations of nervous system function, bioelectrical activity, or psychosomatic energy. However, there are studies being done in Asia, mainly Korea and Japan, that prove Chi in different ways (ask Nicole for the research). Some researchers link these ideas to:



- Autonomic nervous system regulation (ex: Vagus Nerve stimulation, gut health)
- Bio-field theories (ex: Quantum Mechanics/Theory, electro-magnetic field, thermal resonance, sound vibrations, etc)
- Somatic stimulation, movement and awareness related to the Fascia (ex: acupuncture, yoga)

The Power of Meditation

Meditation is a powerful tool that allows us to quiet the mind, cultivate mindfulness, and connect deeply with our inner selves. Through regular practice, meditation can ***reduce stress, improve focus, and enhance overall well-being.***



Benefits of Meditation

- Stress Reduction: Calms the mind and relaxes the body.
- Emotional Balance: Helps manage anxiety and promotes emotional resilience.
- Clarity and Focus: Enhances mental clarity and improves concentration.
- Spiritual Connection: Deepens your connection with your inner self and spiritual growth.

Getting Started with Meditation

1. Find a Quiet Space: Choose a peaceful environment where you can relax without distractions.
2. Comfortable Posture: Sit or lie down comfortably. You can use cushions or a chair for support.
3. Focus on Your Breath: Close your eyes and begin to focus on your breath. **Breathe in through your nose, and out through your mouth.** In through your nose, out through your mouth. Keep repeating. Notice the sensation of each inhale and exhale. Feel any tightness in your lungs, chest, shoulders or anywhere else in your body.

Navy SEALs use a breathing technique called “box breathing” or “square breathing” to help them manage stress and stay calm in high-pressure situations. It’s a simple, repetitive breathing pattern of four equal-length intervals: inhale, hold, exhale, hold.

Here's how to practice it:

- Inhale: Inhale deeply through your nose for 4 seconds.
- Hold: Hold your breath for 4 seconds.
- Exhale: Exhale slowly through your mouth for 4 seconds.
- Hold: Hold your breath again for 4 seconds.
- Repeat: Repeat this cycle several times, focusing on the breath.



This technique can help to lower blood pressure, reduce stress, and improve mental clarity.

4. Let Go of Your Thoughts: As thoughts arise, simply observe them without judgment and gently guide your attention back to your breath.

You can repeat the saying quietly in your mind, or even out loud:

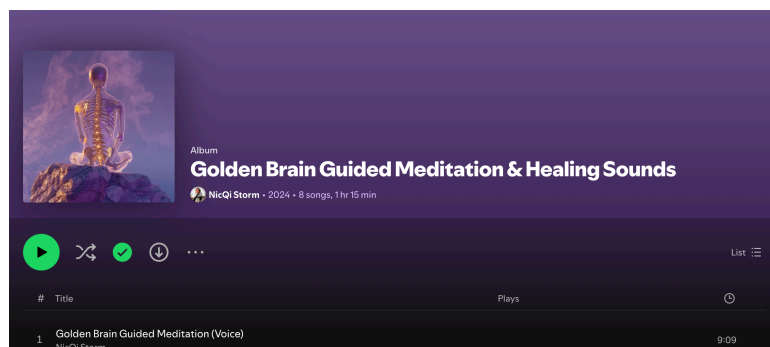
“My thoughts are not me, they are mine. My emotions are not me, they are mine. My body is not me, it is mine”.

5. Visualize: Bright light entering your brain, lighting up all the dark areas, getting into all the cracks and even going deep into your cells, pushing out any toxins or negative energy that might be stored there (keep breathing out through your mouth gently).

Once that light fully fills your brain, imagine it flows down into your face, neck, shoulders, chest, solar plex, lower abdomen, hips, thighs, knees, calves, ankles, and all the way to the ends of your feet.

The golden light starts to pour out of your tippy toes and finger tips, allowing all dark, stagnant or negative energy to be completely released from your body and flow into the universal ether, or into the ground (the Earth), circulating back into the natural cycle of all things. Energy can neither be created nor destroyed, but it can certainly be circulated!!!

**Listen to my recorded guided meditation
titled “Golden Brain Meditation” on
[Spotify](#) or [Apple Music](#).**



REMEMBER: Start Small. Begin with just a few minutes each day and gradually increase the duration as you become more comfortable. I would recommend a **MINIMUM of 20 consecutive minutes per day**, either in the early morning when you just wake up (BEFORE LOOKING AT YOUR PHONE, making coffee, or even brushing your teeth) or at night right before you sleep. Or both!

There is no right or wrong way to meditate. The key is consistency and a gentle, compassionate approach towards yourself. Don't forget to eat, exercise and sleep well on a daily basis and continue to explore and refine your meditation practice as you journey towards a more balanced and harmonious life.

Practice healthy, mindful moving meditation with Nicole's:

>**Beginner's Course**<

**Korean Yoga,
Qigong,
Breathwork &
Meditation
with Nicole,
Holistic Healer**

Hi! My name is Nicole and I've been doing an ancient style of KOREAN YOGA, Qigong, Tai Chi, chakra healing, meditation, breathwork and manifestation training for 15 years!

If you've seen my video (below) about how Korean Yoga can

CHANGE YOUR LIFE... get ready to join the practice and movement through



WHAT'S IN THE MINI-COURSE*?

- 10 Pre-Recorded Classes (10+ hrs)
- 5 Warmups & Meditations
- 3 Theory & Principle Videos

**Holistic Harmony:
A Journey Through
Mind, Body & Spirit**

Online Course

Improve your health
using ancient techniques to access
your innate healing wisdom.

>**Advanced Course**<

**Join the Online Community (after purchase of either course)*

Congratulations on completing this ebook and taking steps towards holistic health through meditation! As you continue on your journey, remember that true wellness is a lifelong pursuit that encompasses all aspects of your being. Your journey towards holistic health is unique and ever-evolving. Embrace each moment as an opportunity for growth, healing, and self-discovery. With dedication and mindfulness, you can cultivate a balanced and harmonious life that radiates well-being from within.

Thank you for joining me on this journey towards holistic health. May your path be filled with peace, joy, and abundant wellness.

With gratitude and blessings,

Nicole Wasserman

Nicole Holistic Healer



Nicole is a certified holistic health coach, meditation, yoga and Qigong teacher, as well as massage therapist, dedicated to helping individuals achieve optimal wellness through holistic practices. Visit **www.nicoleholistichealer.com** for more resources, guided meditations, and personalized coaching services.

****Disclaimer**** This ebook is for informational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or qualified healthcare provider with any questions you may have regarding a medical condition.

***** SEE YOU IN THE REALM OF CHI *****

