



Qi/Chi = Inner Strength, Energy, Spirit

Qi/Chi literally translates as “air,” “gas” or “breath” and figuratively as “life energy” or “life force.” It is part of everything and is believed to both create and destroy. Qi/Chi flows in all directions and when balanced, our life energy—emotional, physical and spiritual health—becomes connected to our environment, bringing inner/outer awareness and peace.

Display this image to remind ourselves to take in a deep breath, balance our thoughts and ground our life energy from time to time.