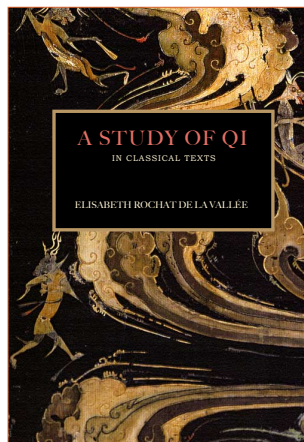


A STUDY OF QI

ELISABETH ROCHAT DE LA VALLÉE

'Qi is an expression of the natural order of life.'

An understanding of qi is central to Chinese philosophy, art, medicine and movement therapies, but we often rely on vague terminology, using the catch-phrase 'energy' to explain what qi is. A Study of Qi contains detailed descriptions of the various differentiations of qi, but also a wide-ranging philosophical investigation into the origin and development of the concept of qi itself. Elisabeth Rochat de la Vallée explores the philosophical texts of the Zuo zhuan, Zhuangzi, Huainanzi and Mencius, as well as the medical texts of the Nei jing and Nan jing, to provide context and depth to our understanding of this ever-present but elusive activity of life.



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*'The qi always precedes the form.
There is no form if there is no
qi. Even in the body there is no
maintenance or transformation of
the form without qi. On the other
hand, without a form there can be
no expression of qi.'*



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