Lable of Contents	
Acknowledgements	iv
Preface	ν
Foreword	vi
Chapter 1 The Literary Traditions of Qì	1
Section 1: Etymologies—The Roots of Qi	3
Section 2: Definitions	9
Section 3: Passages from Ancient Texts	11
Section 4: Selections from Modern Writers	13
Section 5: Concepts in Other Cultures that Correlate with Qi	15
Chapter 2 The Qì of the Philosophers	23
Section 1: The Role of Qi in Ancient Cosmology and Ontology	25
Section 2: Qi in the Explanations of Natural Phenomena	
and as the Basis of Social Structures	27
Section 3: Qì and Dào	41
Section 4: The Qì of Kong Zi, Meng Zi, and the Confucian School	47
Section 5: The Influence of Qi in Western Philosophy:	52
Chapter 3 Qì in the Arts	59
Section 1: The Momentum of Qì —Yī Qì Hē Chéng	60
Section 2: The Dance of Qi	63
Section 3: Qì in the Education and Training of Artists:	
The Basis of Aesthetic Standards	68
Section 4: The Charm of Qi	70
Section 5: Understanding Qi: Perception and Appreciation of Art	76
Chapter 4 Qi in Medicine	83
Section 1: The Concept of $Q\hat{i}$ in Medicine	85
Section 2: The Differentiation of Qi in Anatomy and Physiology	87 90
Section 3: The Role of Qì in Diagnostics and Therapeutics	90 94
Section 4: Nourishing and Treating Qì for Health and Longevity Section 5: Theoretical Tools to Identify and Use Qì in TCM	102
Chapter 5 Qì Gōng	102
Section 1: Ancient Roots and Practices	119
Section 2: The Aims of Qi Gong Practitioners	122
Section 3: Qi Gong and the Ancient Search for the Internal Elixir	125
Section 4: The Real and the Fake	139
Chapter 6 Qì in the Martial Arts	141
Section 1: The Power of Qi	143
Section 2: Qì and Gōng Fū	145
Section 3: The External and the Internal	146
Section 4: Masters and Secrets	149
Section 5: Tài Jí Quán, Qì, and Their Contemporary Relevance	154
Chapter 7 Qi in Daily Life	161
Section 1: Qi in Modern Chinese Language	162
Section 2: Familiar Experiences and Expressions of Qi	167
Section 3: Qi and the Chinese World View	172
Section 4: The Future of Qi	176
The Ten Heavenly Stems and Twelve Earthly Branches	181
The Twenty-Four Seasonal Divisions	182
A Concise Chronology of Chinese History	183
Bibliography	184
Index	185