

Welcome Yang Sheng

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Cover of the First Issue of Yang Sheng

Yang Sheng

After five years of exploration and development, the respectful *Qi DaoeNewsletter* has been renamed ***Yang Sheng***, and upgraded from a bi-monthly to **a monthly web-based magazine** and an online network. The first Issue just came to live with 55 pages of quality articles. According to Publisher and Editor **Dr. Kevin Chen**, *Yang Sheng* means Nurturing Life in Chinese, which means to cultivate Qi for body, Mind, and Spirit. *Yang Sheng* will promote philosophy and methods of self-healing, positive mind and health preservation, and sharing knowledge and experiences.

Yang Sheng may be the most important concept in Traditional Chinese Medicine (TCM). It covers a wide-range of topics for physical, mental, and spiritual health. Based on a Chinese official textbook on “Life-Nurturing Science in TCM”, one can nurture life through mental activity, diet, environment, life style, healthy sexual activity, traditional exercises, recreation, bathing, medicinal substances, acupuncture, **Moxibustion**, massage, and **Qigong**. The book also includes the impact of seasons on

health; it discusses life nurturing during pregnancy, and for infants, children, adolescents, middle-aged people, seniors, women, mental workers as well as manual workers; it also covers proper care of specific body parts. *Yang Sheng* has amassed a group of quality columnists who will provide in-depth articles on all these relevant topics. However, *Yang Sheng* also welcomes writings and discussion from healing modalities outside of Chinese traditions. Dr. Kevin Chen states that Yang Sheng is interested in non-Chinese [meditation](#) methods, Yoga, nutrition, herbology, [Ayurveda](#) (an Eastern Indian health system for longevity), and western alchemical practices.

In general, Yang Sheng's mission statements are:

- To build up a virtual community for all Qigong, [Tai Chi](#), Yoga, [Reiki](#), meditation practitioners, and other spiritual cultivators. To share experience and knowledge, to support each other's practice, and to illuminate higher spirituality.
- To create a network and platform for those who are seeking health, happiness, longevity and harmony in life through their own effort, sharing and exploration.
- To promote self-healing, self-empowerment and positive mind power through feasible daily practice and effective clinical applications.

Yang Sheng has massed a group of experts who will provide columns. The "all star" lineup is as the following:

- From the editor (usually written by editor-in-chief)
- Research updates (Kevin Chen)
- Practical methods of self-healing
- Chinese Proverbs of Yang Sheng (养生格言— [Tina Zhang](#))
- Diet and longevity
- Food as medicine
- Ancient wisdom, modern kitchen (Dr. Yuan Wang).
- Seasonal harmony (Ellasara Kling)
- East-West Perspectives

- Illuminating the Dao (悟道-- Michelle Wood)
- Well connected (Dr. Elizabeth Mackenzie)
- Exploration of self-healing
- From the master ([Yang Yang](#), [Chun Man Sit](#))
- From the doctor
- From the dance doc (Sharon Montes, M.D.)
- Ask Dr. Ken (Q&A) ([Dr. Ken Andes](#))
- Soul salon (Rena Reese)
- Secrets of longevity
- Techniques for better meditation
- Positivity blog
- The Power of mind
- Pursuit of happiness
- Topics in research ([Dr. Marty Eisen](#))
- The Taiji examiner (Violet Li)
- Qi-cultivation and Dao ([Guan-Cheng Sun](#), Ph.D)
- Spirituality of Dao ([Christina J. Barea](#))
- Citation of the month (Joy Stellar)
- A comedy moment
- Sexuality and health ([Dr. Felice Dunas](#))
- Relationship and happiness
- Yin-Yang balance
- Universe-human correspondence (天人合一)

- Historical figures in Yang Sheng
- Daily tips of Yang Sheng
- The Sense of touch (Rebekah Owens)
- Interesting links
- Experience exchange
- Inspirational Quotes
- Book review ([Sal Casano](#))
- Media review
- Reader-Editor communications

However, *Yang Sheng* invites anyone who has a passion for this subject to write for them.

According to the 2007 National Health Interview Survey (U.S.), there were about 40 millions people who practiced one form or other mind-body exercises in the U.S., which is about 19% of adult population, and the number continues to grow rapidly. There are millions more outside of the U.S. who are equally interested in health and longevity. To serve the global population, *Yang Sheng* will continue Qi Dao's tradition and offers its valuable content **free** to any reader. To make this service possible, *Yang Sheng* has recruited the below community leaders to the Editorial Board.

Publisher & Editor: Dr. Kevin Chen, Ph.D. MPH, associate professor in the Center for Integrative Medicine and Department of Psychiatry at the University of Maryland School of Medicine and previously the Publisher and Editor of [Qi Dao](#).

Editor-in-Chief: Solala Towler, musician, advanced Qigong practitioner, Taoist, author, and editor of [The Empty Vessel: the Journal of Daoist Thought and Practice](#).

Managing Editor: Marian Tucker, CHt, CR, CRP, founder of the [CALM Holistic Wellness Center](#)

Medical Editor: Sharon Montes, M.D. Dr. Montes was the Medical Director for the University of Maryland Center for Integrative Medicine for five years and has practiced medicine for 34 years.

Associate Editors

[Master Mantak Chia](#)

[Christina J. Barea](#)

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Joy E. Staller, B.A, Editor-in-Chief of [Qi Dao](#)

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SUGGESTED LINKS

- [Qi Dao: Yang Sheng](#)
- [Qi Dao: Three Treasures – Jing, Qi, Shen](#)
- [Qi Dao: Yin & Yang](#)



Violet Li

Tai Chi Examiner