

October 20, 2012

Presentation by Joi Thomas L.Ac., Dipl.O.M., MSOM

The Importance of Shen in the Healing Arts

Joi Thomas joins us on Saturday, October 20, 2012 to share her knowledge and insight into the Chinese medical concept of “*Shen*.” *Shen* is a difficult-to-define concept, usually translated as “spirit” but actually encapsulating every aspect that separates humans from other beings. According to Ted Kaptchuk, in *The Web That Has No Weaver*, *Shen* is “the domain of human life that defies the limitations of time and space. It is the human capacity for relationships that are not restricted by physical or temporal contact.” *Shen* health is essential to well-being and the ability to read a person’s *shen* is a primary element of diagnosis in Traditional Chinese Medicine. Joi will share how we can incorporate this important concept into our healing practice.

Joi Thomas is passionate about helping people live a more balanced, healthy and vibrant life. Originally planning a career in western medicine, Joi was frustrated when her own medical condition was shrugged off by doctors as “all in her head.” She and Mary Zelmer took a qigong class with Master Lin together. This spurred Joi’s interest in complementary and alternative medicine and she followed her heart, gaining a masters degree in oriental medicine.

Joi received her B.A. in psychology from Georgetown University and her Masters of Science from the American Academy of Acupuncture and Oriental Medicine in Roseville, Minnesota. She is a licensed Acupuncturist with additional certification in Chinese herbal medicine. She established her own traditional Chinese medical practice, Red Cricket Acupuncture, located in Minneapolis at 4808 Nicollet Avenue. She can be reached at her practice at 612-824-0037 or by e-mail at redcricketjoi@rocketmail.com.

