



Website with video: [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca) Email: [philip.lai@rogers.com](mailto:philip.lai@rogers.com) Call: 613-737-0553

## Testimonial of Energy Healing Course Level 1

### Testimonial from Olga. A. Feb 8/16

First, I would like to thank you Philip for your kindness and disposition to listen to all of us. And thank you for your guidance. While I had experienced the flows of energy and was experimenting in the use of it to heal me, I was not sure how to use it and how to potentiate it. The energy Healing Class Level One has shown me to work on improving my level of energy, and by doing that it is helping me to release long standing emotions that were trapped in my body. It has been a sort of journey to heal from different types of pains and aches. Working with energy has also allowed me to connect more with my surrounding and literally make me vibrate with light and music. But the best experience was to be able to feel the energy flowing on the chakras of Joann. That was a very unique and humbling experience.

Thank you, this class has been a very emotional and very rewarding experience.

### Testimonial from Shirely T. Feb 8 and 9/16

Thank you for sharing your knowledge with everyone, and more importantly allowing us to learn and help others who may share the path we walk along. This is a true gift given.

Thank you to both you and your lovely wife for sharing your home and creating a beautiful and tranquil space for our learning. I recently listened to a video conference from Stanford University. The guest speaker being His Holiness the 17th Karmapa, his lecture was on Caring Connections, Compassion, Technology & the Environment. It is through your compassion and dedication that I as a student am rewarded with the benefits of your teachings.

### Testimonial from Jana Gerza. Feb 20/16

I am happy that I have the opportunity to take the energy healing class level one. I learned a lot about how to: relax through proper breathing; concentration; visualization; open chakras, get positive energy and heal myself. I feel more relaxed and optimistic. My neck and lower back pain is gone. My balance improved. Lately no spasms in my esophagus and it seems that even my energy level is up a bit. I'm hopeful that my hearing, visual, sleeping etc.. will be improved. I'm looking forward to attend your level 2 energy healing class.

Thank you Master Philip Lai.



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### Testimonial of Energy Healing Course Level 1....continued

#### Testimonial from Joanne M. Feb 8/16

I am appreciating the Level 1 Energy Healing class. I knew a little about Chakras (Energy Centres) but this class has expanded my knowledge. The explanation on how to open your Chakras for personal healing are not only clear but they also work very well if performed as instructed. I am grateful for the new information that Philip has imparted to me in a small, stress free group environment. It is easier to move forward in my energy growth when the information is easy to understand and having handouts is a great idea. Some hand on healing experience was good as it gives a real feeling of energy movement in the body and we get to feel better too. I am still struggling with disciplining myself to meditate but am working on it.

#### Testimonials from Miranda M. Feb 6/16

My client's dog was sick for a long time. She wasn't moving very much and making a mess on the floor. I also noticed her eyes were getting covered, most likely cataracts and could not see well. The dog was afraid of me. But I spent a few minutes putting my hands on her head and over her eyes. The next time I went over 2 weeks later the dog was happy and wagging its tail. I did the same thing for a few minutes, and the time after that, the dog is jumping and moving around. The third time I went, I met with the client and as he was talking to me, the dog came to me. So I again held my hands on the dogs head while he was speaking to me. The owner looked at me strangely when the dog got up and tried to climb up to reach me.

I asked him, 'what happened to your dog, she is doing better?' He said he had no idea, she just seems to be feeling better. The dog runs outside now and is able to come and greet me at the door. The dog now always wants me to put my hands on her head.

I am not sure exactly what happened. But when my hands got hot, I just laid them on the dog.

#### Testimonial from Lise C. Feb 21/16

My thoughts on the courses I've taken so far.

I've been very fortunate to have experienced time with Philip in Qi Gong, acupressure and Energy healing courses. These courses complement each other very well and helped me learn techniques to better my life/health and the people around me.

Philip, your energy and helpful teaching ways are helping lots of us. For myself it's helped with my energy levels, migraines and sleep just to name a few. For my dad, he was able to reduce his blood pressure by 8-10 points with some of the acupressure techniques.

Thank you very much, see you soon.

Have a great day,



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**Testimonial of Energy Healing Course Level 1....continued**

**Testimonial from Miranda M. February 20, 2016**

My experiences as a stroke survivor in brain injury rehabilitation centres made me a very hard person inside. I couldn't make sense of the injustices around me that patients were experiencing. A man in a wheelchair wanted to walk. I told him maybe one day when he is ready to try he might be able to walk. I believed that he could. One day as I exited my room, I saw this same man in his chair further down the corridor. I watched him as he locked his wheelchair and started to stand. I stopped walking in complete amazement. Then suddenly the emergency doors shut between us, cutting my access from reaching him. Nurses came flying in and with the aid of security guards forced him back in his chair telling him he must not do that.

Horrified I watched and listened to what the nurses told him. He started cursing at the nurses telling them how they were all crazy. I was clapping and encouraging him for such a courageous step out of his chair behind those glass doors...a remarkable achievement! The nurses condoned me for this encouragement and I said 'no, the man is right, you are all crazy. You should help him to walk. Isn't this why we call it rehabilitation?' Sometime later he died in hospital of a heart attack. He may have died of a broken heart as all he had left was hope. Hope that I inspired in him, and now that too was gone in him and I both.

These are the types of injustices I saw every day. Story after story, a piece of me died with the other person. When I met Philip and the group, I saw something very different. I saw people who cared for each other. Stranger were your encouraging words to me. A complete stranger I don't really know. I thought to myself "what does he know?" It was so strange to me I feared I got mixed up in a cult. Who else spoon feeds people with maple syrup and serve us tea in his kitchen? Philip Lai of course! These simple acts of kindness... warming my heart.

I am so grateful that I get to see you be compassionate and caring to many people. Seeing it in you and in my fellow students, helps me to relearn that it was okay to both give and receive help. No one died or got injured and no one condoned me for encouraging someone else's healing success. I want to thank you so much for inviting me on this journey. When faced with adversity we have a choice: to succumb to it with anger and slowly die with it, or beat it through loving kindness and compassion. This is what I learned in this class.