



Website with video: www.philiplaiqigong.ca Email: philip.lai@rogers.com Call: 613-218-0853

Energy Healing and Chakra Meditation by Video conference, we can provide teaching and guidance right in your home by video conferencing, saving your time and money.

I (Philip Lai, CPA, CMA, President and Founder of Philip Lai Qi Gong Association, Certified Naturopath Therapist and Energy Healer, Expert in TCM acupuncture and massage, Master Instructor of Qi Gong, Tai Chi and Kung Fu, with over 40 years of experience in teaching and healing), would like to invite you to join my Monday to Friday 10 to 11 am energy healing and Chakra meditation using Google Hangout video conferencing. Wednesday and Friday 7 to 8 pm may be offered in future if there is enough interest. For those who have attended my energy healing and Chakra meditation classes before (please see testimonials from the participants), I will review and continue to practice the healing skill during the video conference. For those who did not attend the class before, I will provide you a **one hour introduction by video conferencing and help you to open your Chakras and understand the general function of Chakras and the purpose of meditation.** Then, you can get the benefit if you practice meditation either with us by video conference or by yourself at your own convenience. This same meditation (working with our intention and visualization, guiding our vital life force, brilliant bright light and aura, opening up our energy centres and meridians) improves our happiness, confidence, hope, faith, love, relationship, wisdom, wealth and can heal over 90% of our health complaints. It can also help you to re-boot and rewire your brain to get out of negative patterns of thought (such as fear, worry, anxiety, nervousness, loneliness, stress), allow you to fulfil your dreams and achieve your maximum performance in work, competitive sport or life. Please let me know if you would like to join our meditation and I will give you further instructions. The normal price for one hour of the initial chakra opening is \$70 and the price for the week-day meditation sessions is \$40 per month. For the rest of the year **I will offer a 50% discount for new people who would like to join.** Take advantage of special pricing up until Dec 31st, 2017: one hour chakra opening initiation for \$35 and weekday meditation 10-11 am for \$20 monthly.

Breast Cancer Stage four patients' improvement:

Case 1: During the teaching at Capital Conquest on Nov 4, 2017

(<https://www.facebook.com/events/300083510431046/>), I was honoured to have a stage 4 cancer patient allow me to do a treatment demonstration in front of the class. I'm very proud of her. She is very brave with a very positive and accepting attitude. I got the whole class to help provide her with an energy treatment and she was happy to receive our support, best wishes and blessings. I reminded her that we cannot control our lives, but we can live with happiness, dignity and a positive mental outlook to maximize our chances for survival. We can live our lives without regret and inspire others. It is my pleasure and passion to work with her in future.

Case 2: It is not easy to have stage 4 cancer and live with happiness. I have a Qi Gong student in a similar situation to the person at Capital Conquest. Her doctor tells her that she may only have months to live and that makes her feel very desperate and sad. She just celebrated her birthday last week but doesn't know if she will have another one. She doesn't know how to prioritize the things she needs to do before she runs out of time. I told her that we can't control our lives, since our time may be cut short by accidents, natural disaster or war. Some people live a long time but are full of sadness, fear, anxiety, anger, desperation, pain and loneliness. A long tortured existence is like living in hell. During my energy healing meditation sessions, I provide a method to help people feel content with living in the present and that allows them to build a future with joy and hope. Since she attends our regular meditation, her energy, happiness and mental outlook has been improved significantly.

Would you please share this message or my Facebook so that you might help someone getting benefits from our Energy Healing: <https://www.facebook.com/philip.t.lai.7/posts/10214869133540842?pnref=story>,

Testimonial of Qi Gong/Energy Healing and Chakras Meditation Level 1 Course

Testimonial Videos

Fibromyalgia: <https://youtu.be/61ILnDPQYTE>, **Type I Diabetes over 35 years:** <https://youtu.be/fppelkmno-4>,
Stoke and Serious Brain injury Survivor: <https://youtu.be/YBcrlxRmDsE>, Paul's significant recovery **after 7 years paralysis caused by stroke** Testimonial: <https://www.youtube.com/watch?v=MxuhJYuiNtY>

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 Joanne**. That was a very unique and humbling experience. Thank you, this class has been a **very emotional and very rewarding experience**.

Testimonial from J. G. Feb 20/16 I suffered a concussion in January 11, 2014 while walking, I fell and hit the front of my head and body, and lost consciousness for a while. My body was wet and cold and there was nobody to help when I woke up by myself. I tried to get up and I fell again, hitting the back of my head and my body very hard. I had no choice but to stay on the ground asking for help until someone called an ambulance to take me to hospital. I was diagnosed with a brain injury and had symptoms such as constant dizziness, weakness, low energy, pain in many places, lack of mobility and difficulty hearing, talking and thinking. I recently had the opportunity to take Master Lai's level 1 energy healing class. I learned how to relax through proper breathing, how to concentrate, visualize, open my chakras, get positive energy and heal myself. I feel more relaxed and optimistic. My neck and lower back pain is gone and my balance has improved. Lately I have had no more spasms in my esophagus and it seems that my energy level is up a bit. My ability to sleep is also improved. I'm looking forward to attend Master Lai's level 2 energy healing class. Thank you Master Philip Lai.

Testimonial from Miranda Feb 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.

Testimonial 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. 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 greet me at the door.