



## Philip Lai Qi Gong Association

# April Newsletter 2018

My dear QiGong friends:  
**The Liver and Spring**

The Five Elements are the five groups of energy that exist within nature and became a very important element of the Chinese culture and way of thinking. They formed the theoretical basis for I Ching, Feng Shui, the martial arts, and traditional Chinese medicine (TCM). The Five Elements, consisting of Wood, Fire, Earth, Metal and Water, each correspond to a season, organ, direction, colour, emotion, and taste.

It is the belief of traditional Chinese medicine (TCM) that every season of the year has a corresponding Qi (energy) and an associated body organ. It is important to be aware of the effect of the seasons in order to have a balanced and healthy body.

In the spring the element of Wood and the Liver are most important. After the cold winter, the weather becomes warmer, and the force of nature becomes apparent as plants begin to grow. Like the growth of the wood of a tree, the Liver Qi rises up and spreads freely, allowing the Liver to facilitate the free flow of Qi and blood within the body.

The natural increase of energy during the springtime can cause specific problems in the body. The Liver energy can be excessive or increase with too much force. This can cause headaches, particularly at the top of the head, as it is the location of the internal branches of the Liver meridian. Other consequences may include dizziness, hypertension, excessive emotional reactions, and mood swings.

The main function of the Liver is to regulate emotions, as well as Qi and blood. Therefore, the Liver is very vulnerable to extreme or continuously held emotions. Anger, stress, frustration, resentment, and other similar moods directly impact Liver function and may cause Liver imbalance. In the same way, an imbalance in the Liver can cause adverse emotional states. TCM places a great amount of importance on controlling emotions and having a peaceful lifestyle.

The Kidney, the organ corresponding with winter, supplies energy to the Liver and its partner, the Gallbladder, which in turn supply energy to the Heart. These relationships are referred to as "mother and child", characterizing the cycle of generation inside the Five Elements. The Liver also has control over the Spleen and Stomach.

The balance of energy in the Liver is normally sustained through control and generation processes. This balance can be upset, for example, when stress causes the free flow of Qi to be obstructed and become caught in the Stomach., stomach pain, stomach distension and constipation. By

Results of the imbalance include bad breath, indigestion observing these symptoms of the digestive system, a skilled

TCM practitioner would determine the cause of the problem to be Liver imbalance.

### Healing and Chakra Meditation by Video Conference

Monday to Friday from 10 to 11am, Monday and Wednesday 7 to 8pm and Tuesday 6:15 to 7:15pm each week I conduct a group meditation session via Google Hangouts video conferencing that can improve your happiness, health, wealth and wisdom. It can also help you to re-boot and rewire your brain to get out of negative patterns of thought. Let me know if you would like to join us and I will give you further instructions.

### Upcoming Classes and Workshops

See my website for details

#### McNabb Community Centre:

**World Tai Chi and Qi Gong Day-Complimentary Workshop, Saturday, April 21:**

8:30 am: Advanced Qi Gong, Tai Chi & Kung Fu Demonstrations, You may watch it or try yourself.

9:00-10:15 am: Tai Chi, Qi Gong & self-healing Practice.

Register: email [philip.lai@rogers.com](mailto:philip.lai@rogers.com)

**Qi Gong for Beginners Saturday, May 26, June 2, and 9 from 8:30 to 11:30 am**

#### Qi Gong and Energy Healing Course intermediate Level

Saturday, June 23 from 9 am to 4 pm

#### Soloway Jewish Community Centre:

**Beginner Tai Chi** Wed., Apr. 25 to June 27, 7:15 to 8:15 pm

Learn the basic principles and movements of tai chi (8 form Yang Style) to help develop muscle tone, flexibility and co-ordination.

For info and Registration for the above courses, please: email [philip.lai@rogers.com](mailto:philip.lai@rogers.com) or visit our website at [philiqigong.ca](http://philiqigong.ca)

### WKF 18<sup>TH</sup> WORLD MARTIAL ARTS CONVENTION

