



Philip Lai Qi Gong Association

August Newsletter 2017

My dear Qi Gong friends:

If you wish to achieve a high level in Qi Gong, you need to follow the Three Elements and Three Conditions.

The Three Elements

Heart Adjustment:

- Let one thought replace one thousand thoughts
- Progress from one thought to a state without thought, ego or action
- Cultivate good fortune by performing good deeds and having good relationships with others

Breathing Adjustment:

- Breathe deeply, slowly and evenly
- A relaxed and tranquil state improves the efficiency of oxygen absorption

Form Adjustment:

- Consciously adjust your posture and internal organs
- Adjust your form on the subconscious level
- Cultivate virtue by doing good deeds to increase your Qi Gong level
- Spontaneous healing of yourself and others is possible at high levels of the Qi Gong state
- By cultivating sufficient virtue it is possible to absorb Qi from all things

The Three Conditions

Relaxation:

- By cultivating virtue you can face any situation in a relaxed manner
- Forget yourself and be without action, then there will be no hardship in life

Tranquility:

- There are several stages of tranquility
- Peaceful tranquility means your heart is at peace
- Calm tranquility means your heart is calm
- Composed tranquility means concentration on your work and determination to succeed in it
- Void tranquility is elimination of all distracting thoughts
- Empty tranquility means you see yourself as part of the universe and the whole universe
- True tranquility means we become purified like

the pure white lotus flower which grows from mud

- Clear tranquility is a state in which your inner light shines out
- Transcendental tranquility means your body becomes sensitive and intuitive allowing you to know future events clearly and deeply

Naturalness:

- Once you have achieved tranquility you will have reached a natural state
- The natural path is the direction of scientific principles, good, health and hope
- Following the natural path requires effort and is not just letting things run their own course
- On the natural path you can actually control and change nature and control Yin and Yang

Instructor Training

I would like to offer a group Qi Gong Instructor training course in October or November. It would be about 5 days over three weekends. Cost would depend on the number of attendees. Contact me if you are interested.

Healer Training Level 2

I am also planning to offer a course to reopen Chakras 2 through 7 for those who took the Level 1 course and open the Conception Vessel so that people can use high level healing techniques. Let me know if you are interested.

5 Element Qi Gong Workshop in Montreal

I will be teaching a 5 Element Qi Gong workshop in Montreal the weekend of Sept. 8 and 9. Contact me if you are interested.

Bhakti in the Woods Yoga Festival

I will be teaching Qi Gong at this festival at Ladysmith Que. (near Shawville) the weekend of August 18 to 20. See the link: www.eventbrite.ca/e/bhakti-in-the-woods-yoga-and-music-festival-2017-tickets-30736544833

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