



Philip Lai Qi Gong Association

August Newsletter 2019

My dear Qi Gong friends:

Values and Ethics of the Ancient Arts

My organization: Philip Lai Qi Gong Association has basic principles underlying how we operate. These rules form the basis for everything we do. They were developed over thousands of years by practitioners of Qi Gong who realized that a deep moral grounding was necessary to really benefit from the exercises and meditation. I would like you to keep these values in mind in all parts of your life not just as they relate to Qi Gong.

Our members and instructors should practice and serve in ways that cultivate: spiritual; mental; emotional and physical harmony; awareness and wisdom.

1. **Openness and Desire to Learn.** Appreciate the beauty and wisdom of the ancient arts. Keep an open mind and maintain a desire to learn. Appreciate the excitement and capability of learning something new or something more in-depth. Respect the skills you are learning.
2. **Persistence and Perseverance.** The practice of any ancient art takes time and effort. Persistence and perseverance are required. Always reach forward, but do it with patience. Practice what you learn and try to perfect your skills to the best of your abilities, training regularly to achieve inner calm, strength and improved well-being.
3. **Care for Each Other.** Help each other to learn and succeed. Recognize that you are all members of the human race sharing common goals and interests. Take care of each other and treasure the friendships that you have with yourself and others in your daily life.
4. **Respect for Others.** Respect other people. Respect is a sign of humility and it is

necessary for an open mind. There is always something to be learned from other people.

5. **Sincerity and Integrity.** Be sincere in everything that you do and in your relationships with others as well as yourself. Be true to yourself and strive to make your thoughts, words and actions follow the same path.
6. **Self Improvement.** Develop yourself to the maximum of your potential in all ways. Make lifelong learning a habit. Greater understanding is gained through practice.
7. **Positive Attitude.** Be in a positive frame of mind and act with a positive attitude. Extend this Qi to others.
8. **Moral Principles.** Try to live by the wisdom of the ancient arts. Be in harmony with yourself. Demonstrate gratitude, integrity, compassion, self-control, patience, perseverance and respect. Be faithful and courageous.

To make these values truly meaningful is to live by them on a daily basis; being more appreciative and sensitive of the Qi around us in all living beings, being respectful and compassionate and spreading positive Qi to all.

These values and ethics are based on principles that one already knows through one's culture, upbringing and experiences but are easily forgotten in the chaos and stresses of life. We need to remind ourselves about the values and wisdoms of the ancient arts which help to form the bond that holds our relationships together in harmony.

Do not stress yourself, enjoy your practice and play with Qi Gong. Once you are ready, share and spread your knowledge for others to learn and enjoy.