



Philip Lai Qi Gong Association

December Newsletter 2016

My dear Qi Gong friends:

The Power of Qi Gong for beginner Training.

Dale Limoges N.D., an energy work therapist with a degree in Naturopathy has completed the Qi Gong for Beginner intensive program and passed the required test. He talks about the power of the Qi Gong for Beginner program, which we teach and perform in our regular weekly classes:

Qi Gong is one of the oldest and most powerful types of energy work on earth. For thousands of years, masters have evolved and refined it to meet the needs of practitioners. Qi Gong is the cultivation and manipulation of the vital life force which regulates and nourishes blood, organs, emotions and vitality of living beings.

Qi Gong has long been used and demonstrated as an effective health enhancing practice. Taoism and Buddhism are examples of spiritual paths that make extended use of Qi Gong. Acupuncture and Chinese Traditional Medicine are examples of medical paths that are founded on Qi Gong. I believe millions of people around the world have benefited from these paths.

In Qi Gong for beginner program, we practice and see the most important aspects of Qi Gong that constitute our being as a whole: Body, Soul and Spirit (or as said in Qi Gong – Body, Mind and Spirit). Our true nature resides in the Heart as the legitimate emperor of our life. The respective “reservoirs” of the Body, Mind and Soul are the Dan Tians (Higher/Spiritual, Middle/Mental, and Lower/Physical) which process different functions of our body, of our mental and of our spirit.

Practicing the Qi Gong form of the program is a big step toward self-awareness, radiant health and a virtuous lifestyle. It does so by harmonising yourself to your true and authentic nature.

With the Qi Gong practice, in a few movements, I can reach my whole being and harmonise my body, my soul and my spirit. I can find it easier to make difficult decisions and find the courage, the will and the strength to be honest with myself and in all my actions. My actions become pure and harmonious as a result of my heart, body and spirit working together as one, like a symphony every day.

Finally, this practice of Qi Gong is a powerful tool for self-healing, calming the mind and cultivating virtue such as love, kindness and faith in oneself. Qi Gong practice is a key to a happy, long and healthy life.

Free Workshop at the Table Restaurant. On Saturday December 17 at 10:20 am to 11:20am join us for a free Qi Gong workshop at the Table Restaurant, 1230 Wellington St. W. (at Holland). I will show you some techniques and send you the powerful energy to help you to calm your mind, manage your stress, improve your wisdom, increase your self-healing ability and empower your energy to treat your health complaints and attain health, happiness and wealth.

Holiday Lunch at the Table Restaurant. Immediately after the free workshop on Saturday December 17 at 11:30am join us for lunch at the Table Restaurant. Please email me by December 10 if you wish to attend lunch. They have a vegetarian buffet and you pay by the amount you take (typically around \$10 to \$20).

Qi Gong schedule at McNabb. The Qi Gong class on November 26 will be held in the Fitness Studio as there will be a craft sale in the Assembly Hall that day. There will be no Qi Gong classes on Dec 24 or 31.

Please see the photo below, Simon Desmarais also completed the Qi Gong for Beginner intensive program and passed the required test. Master Lai presents him the certificate at our Saturday class in McNabb Community Centre on October 15, 2016.

Thanks,

Philip Lai, CPA, CMA

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Master of Qi Gong and Kung Fu

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