



Philip Lai Qi Gong Association

December Newsletter 2017

My dear Qi Gong friends:

As we get ready to face another winter, we need to take care of our kidneys, which are the most important organ in this cold season.

The Kidney in Winter

The Kidney is the dominant organ of the winter and is connected with the Water Element.

As a major source of body Qi, the Kidney plays a significant role in the proper functioning of the other organs, as well as one's development through life. It helps with one's sexual maturation, growth, and the stages of reproduction. Moreover, the Kidney establishes one's mental and physical qualities, including one's lifespan.

It is important to know how to appropriately handle one's Kidney Qi. Similar to how living things in nature take the opportunity to rest during the winter, the season of the Kidney, one should be sure to have sufficient sleep and rest. Taking care not to be overworked will help to conserve Kidney Qi. Another method of regulation is to eat a healthy diet, as nourishment is the source of Acquired Qi, and if the Stomach and Spleen cannot produce enough Acquired Qi, the Kidney will be forced to draw from the irreplaceable Inborn Qi. Participating in an energy practice such as Qi Gong, also helps to improve the efficiency of the organs of the body, which allows for the reduction in the daily consumption of Qi.

Despite the predetermined constitution and life span of each person, one can learn to control one's Kidney Qi wisely and maintain a healthy lifestyle. Finding a balance is an essential part of daily living and will contribute to one's enjoyment of life.

During our weekly classes in winter, I will teach the 5 Element Palm Qi Gong exercises to strengthen the Kidney. We will also do Kidney cleansing exercises to expel the weak, sick and parasitic Qi from these important organs. If you can keep your Kidneys strong, you can more easily fight off the cold-related illnesses of winter. Your extremities (hands and feet) will feel warm and have better circulation, no matter how cold the outside temperature.

Re-Wire Your Brain with Classic Meditation

On Saturday at McNabb Community Centre, I will conduct a Classic Meditation session during the Level 1 drop-in class. Turn off the negative, self-defeating voices in your head. Rewire the neural pathways to allow you to see solutions to your problems, gain serenity, achieve your goals and exploit your true potential.

Christmas Lunch and Workshop

On Saturday December 16 we will have our end of year vegetarian lunch at the Table Restaurant (1230 Wellington St. at Holland). We will have a free Qi Gong workshop from 10:45 to 11:30 am before the lunch. Cost of lunch is typically \$20 depending on how much you take. Email me if you want to attend.

Tai Chi 5 Element Qi Gong (developed by Master He) Workshop for many chronic and serious diseases

On Sunday December 17 from 9 am to 4 pm I will conduct a workshop to boost your immune system and help you to recover quickly from many chronic and serious diseases at 33 Strathbury St. (CentrepoinTE), Ottawa. Cost is \$150, including instructional CD. Email me if you want to attend.

Healing and Chakra Meditation by Video Conference we provide teaching and guidance right to your home

From Monday to Friday from 10 to 11am each week I conduct a group meditation session via Google Hangouts video conferencing that can improve your happiness, health (can improve over 90% of our mental and physical complaints), wealth and wisdom. It can also help you to re-boot and rewire your brain to get out of negative patterns of thought. **Wednesday and Friday 7 to 8 pm may be offered in future** if there is enough interest. Let me know if you would like to join us and I will give you further instructions.

End of Year Break

There will be no Saturday Qi Gong classes at McNabb December 23 and 30. Regular classes start January 6, 2018.

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association

Certified Naturopath Therapist

Master of Qi Gong and Kung Fu

Email: philip.lai@rogers.com

Website: <http://www.philiplaiqigong.ca/>

