



Philip Lai Qi Gong Association

February Newsletter 2017

My dear Qi Gong friends:

5 Elements Palm Qi Gong. By Dale Limoges, a Naturotherapist, also our coordinator in Montreal.

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

In the 5 Elements Palm Qi Gong form, we cultivate our five most important categories of vital energies: Fire, Earth, Metal, Water, Wood.

By practicing these exercises, we harmonize our virtues and qualities together to become healthier, stronger and more self-reliant.

I like to compare this workshop with music learning: each of the meridians correspond to their own vibration and function like a string on a guitar. For example: the Liver cleans the blood, affects the sight (eyes) and governs our expression and generosity; the Heart governs the movement of blood and Qi, represents our true nature and is a natural love producer; the Spleen creates Qi and Blood, regulates transportation through the body and is related to openness and trust; the Lungs vibration is related to courage, hope, internalization, taking in and releasing (Oxygen and CO2 for example); the Kidneys vibration is Will and is the organ that stores Qi and Jing. Another organ called the Triple Warmer has the function of balancing the temperature of the body and the rate of our metabolism.

Learning to work with our meridians is also a way to learn "Chords" like love, courage and expression (Heart + Lung + Liver) to make beautiful vibrations together which are more than the sum of their parts.

Moving toward the mastery of the 5 elements within us and our five organs, we move toward mastering our physical and emotional well-being. We also move with greater precision in our actions. Using

more precision means we don't waste our energy and only use it when and where it is needed.

Kidney Meridian Exercises: In our weekly Qi Gong classes, we practice the 5 Elements exercise for winter which energizes the Kidney meridian and the Kidney cleansing exercise to flush the bad Qi from the organ. Come to our class at McNabb to learn these powerful and simple exercises.

Cold and Flu Acupressure: Learn easy acupressure massage techniques to treat cold and flu in our Saturday morning class at McNabb.

Qi Gong/Energy Healing and Chakras Meditation Level 1 Workshop. Starting Saturday Feb. 25 to Mar. 25 (5 sessions, 10 hours total) 10:30am to 12:30pm at McNabb Community Centre. Open your chakras, cultivate and manipulate Qi to heal yourself and others. Some experience in Qi Gong, Tai Chi, meditation or Yoga is needed. You will need to meditate for half an hour each day during and after the course to keep your chakras open. Cost is \$250 for new participants. People who have taken the course before and need their chakras re-opened may return for a fee of \$100. Those who have taken the course before and maintained their meditation (chakras still open) may assist me for free. Phone 613-737-0553 or email philip.lai@rogers.com to register.

Qi Gong Saturday classes at McNabb. There will be no Qi Gong classes on Saturday February 18.

Video of how to prevent falls on ice

Prevention exercises: <https://youtu.be/aDS3ytzwb1A>

How to walk on the ice: <https://youtu.be/ofv8DslGnDc>

How to minimize the damages when we fall:

<https://youtu.be/5giHsn5bwso>

Tips and tools to avoid falling on the icy or slippery floor:

https://youtu.be/v7Kn_Go38Ks

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/>

