



Philip Lai Qi Gong Association

## February Newsletter 2018

My dear Qi Gong friends:

### Year of the Dog

The year of the Wood Dog in Chinese astrology starts February 16. This is also the start of the New Year in many Asian countries and the occasion for millions of people to travel home to celebrate and enjoy a holiday, eat special foods, give “lucky money” gifts to children and elders, decorate the home in colourful ways and set off fireworks.

### Fortune for Horoscope Signs

The Chinese horoscope has 12 signs with the names of animals. Each person has a sign based on the year they were born, not the month as in western astrology.

For example, a child born between February 16, 2018 and February 4, 2019 will be under the sign of the Dog. Fortune goes in a 12 year cycle, with some signs being favoured and others adversely affected. Signs which have more negative outlook for the year of the Dog are: Dog, Ox, Dragon, Monkey and Rooster. Signs which have better luck for the year are: Rat, Tiger, Rabbit, Snake, Horse, Sheep and Pig.

### General Trends in Fortune

There are some general trends or influences for fortune in the year of the Dog. They are in four major categories of Career, Money, Romance and Health.

#### Career

You can expect help from superiors or male benefactors. Recognition of your efforts by your boss could result in a promotion. Co-operation with others will lead to success at work. Ventures and investments in far-off places will pay off. Those who are in creative careers will be inspired and successful.

#### Money

There is a possibility of financial losses due to unexpected family expenses (especially from elders). Watch out for get-rich-quick schemes. Male benefactors may help you to make money. Investments in distant places may pay off. Making charitable donations may improve your luck with money.

#### Romance

Travel and attend happy events with your spouse to improve your relationship. Friends and relatives will help you to find a compatible mate. Balance your work and home life to achieve a harmonious love relationship. Beware of the negative influence of a third party in your marriage.

### Health

Watch out for accidents (car, sports, animal bites). Keep a careful watch over the health of older relatives. Watch out for the return of old illnesses. Travel and attend happy events to lighten your mood.

### Find out Your Individual Horoscope and tips to improve your energy and fortune

On Saturday February 17, come to the Qi Gong class at McNabb CC to find out your horoscope sign and receive your detailed individual fortune for the year of the Dog.

8:30 to 9am - advanced Qi Gong

9 to 9:30am - Level 1 Qi Gong

9:30 to 10:15am – find out your individual fortune and learn how to improve it for the year of the Dog

### Energy Empowerment and Healing Program by Video Conference (Save your time and money by participating at home)

From Monday to Friday from 10 to 11am, Monday and Wednesday 7 to 8pm and Tuesday 6:15 to 7:15pm 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. Let me know if you would like to join us and I will give you further instructions.

After 2 months attending the weekday Energy empowerment and Healing program, all participants appreciate the sessions and have reported **amazing improvements** for their stress, depression, pain, health, happiness, wisdom, wellness and energy. Four participants: 1) depression for over 20 years, 2) 10 years paralysis on one side of the body, 3) stage 4 cancer patient, 4) depression for three years and very negative outlook on life have reported wonderful improvement.

*Philip Lai, CPA, CMA*

President of Philip Lai Qi Gong Association

Certified Naturopath Therapist

Master of Qi Gong and Kung Fu

Expert in acupressure, Massage and Energy Medicine

Email: [philip.lai@rogers.com](mailto:philip.lai@rogers.com)

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