



Philip Lai Qi Gong Association

February Newsletter 2019

My dear QiGong friends:

Our supportive system to help you grow.

We are an organization which provides on-going care and support to our members. We don't simply train people in Qi Gong and leave them to puzzle it out on their own. We offer weekly classes (such as Saturday mornings at McNabb CC) where students not only practice and review what they have learned, share new skills, ask questions in person or arrange for special instruction and treatments. We also chat, communicate and build up good relationships with people in the class and tea/coffee time after the class. In this way we can open up our barriers, share our ideas, support each other, solve our issues, release our tensions and stress and increase our sense of belonging and self-esteem. Here is the video link : the power of social integration



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001.mp4

We also have on-line **Level 1 and Energy Empowerment and Healing Practice sessions** each weekday through Google Hangouts, which have been found to be very helpful and convenient to many people. Please contact me for details.

How to keep our New Year Resolutions

The beginning of the year brings good conditions for implementing 2019 New Year resolutions to live your dream and make your dream a success. However, as time goes by, we become busy, tired and exhausted, causing our mind to be confused and make it difficult to concentrate on making decisions. Some may decide to give up their commitment to their New Year resolutions.

In order to improve your mental concentration and improve and balance your mind and body, do more Qigong and meditation, wear the proper color of clothing and accessories and meditate in the proper direction recommended by 5 Elements Feng Shui. In this way you can overcome unbalanced situations and become better and stronger.

In order to fulfill your dreams, you should follow your passion and intuition, make sure **your resolution is specific, achievable within a reasonable time frame, relevant, and measurable**. Also I can suggest a few **tips to help you to increase the chance of success to determine your happiness, health, relationship, wisdom, wealth and destiny.**

1. Openness and Desire to Learn. Keep an open mind and maintain a desire **to learn your strengths and weaknesses, opportunities and threats around you**, then use your strength to safeguard your wealth and health. Appreciate the excitement and capability of learning something new or something more in-depth. Respect the skills you are learning, so that you can **use your new knowledge to improve your weakness, avoid the threats, overcome the adversity and take the opportunity to achieve your goals and objectives.**

2. Persistence and Perseverance. The practice of any new knowledge 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 own abilities. This includes regular training to achieve inner calm, strength and improved well-being

3. Care and respect for Each Other. Help people around you to learn and succeed. Recognize that you are **all members of the human race sharing common goals** and interests. **Take care of and respect each other** and **treasure the friendships** that you have with yourself and others in your daily life.

4. Moral Principles. Try to live by the wisdom of the ancient arts: **harmony, gratitude, Sincerity, integrity, patience, compassion, self-control, and positive attitude.**

Upcoming event

Year of Pig Celebration

Option 1: On **Saturday, February 9**, I invite you to celebrate the Chinese New Year with me **at McNabb Community Centre** from **9 to 10:15 am**. We will have our usual Level 1 Qi Gong class and I will read the horoscopes for the Year of the Pig. The cost is the usual \$10 for the drop-in Level 1 class. The first 15 people who register and pay the fees will receive printed horoscopes. See what the New Year has in store for you! For details, please check the link below.

<https://www.facebook.com/events/2215560278698351/>

Option 2: on **Tuesday, Feb 5**, **Ottawa Holistic Chamber of Commerce** invites Master Lai to read the horoscopes for the Year of the Pig at **KS on the Keys, 1029 Dazé St, Ottawa** from **6:30-8:30 pm**

For info and Registration for upcoming event, please: email philip.lai@rogers.com or visit website www.philiplaiqigong.ca

