



Philip Lai Qi Gong Association

January Newsletter 2019

My dear QiGong friends:

Welcome to 2019! I hope it will be a year of peace, health and prosperity. I would love to see you at some of my Qi Gong classes or workshops this year. In this newsletter, one of my students, Stuart Lee, a scientist talks about his experience with Qi Gong.

Benefits of Qi Gong.

Qi Gong, although wonderful, isn't magic. From a scientific perspective, it can be thought of as a practice that builds bodies' resiliency, and three core activities contribute to this function: diaphragmatic breathing, mind relaxation, and gentle, precise movements (although some kinds of Qi Gong do not use movement). These three components work in synergy to produce some key effects that increase physiological resiliency.

Breathing – the base

Regardless of the type of qigong you do, the foundation of Qi Gong is diaphragmatic breathing, with, ideally, the in-breath taken through the nose.

A Restful Mind

Qi Gong encourages the cultivation of an open, restful mind that is tranquil – or at least aware of the busy thoughts traveling through the mind, and not attached to them.

Gentle, precise movements

Many Qi Gong styles incorporate gentle movements that are quite precise in their execution. These movements are designed to promote increased resilience by increasing joint mobility, flow of lymph and other fluids, and providing gentle stimulation of the nervous system.

Physiological benefits

The sum result of these three actions is an interlinked network of physiological benefits including:

- shifting brainwaves to the restful and regenerative alpha frequency
- shifting the balance of neurotransmitters to encourage feelings of well being
- increasing the flow of lymph, which increases immune circulation and nutrition to cells
- increasing joint mobility, developing balance and encouraging awareness of the body in space

- increasing microcirculation and nitric oxide levels in the blood, which increase the exchange of nutrients, oxygen etc. with cells and skin.

Psychological benefits

Through Qi Gong, we learn to inquire into our own states of body/mind – of balance, of stress, of coordination, of storyline, and to then work to calm, calm, calm the mind and centre the body. Over time this helps us develop a personal “baseline” of well-being that provides us with an improved basis for decision-making and responding to situations.

A caution -- science shouldn't be the ultimate measuring stick

Although scientific investigation into these benefits should be welcomed, we do Qi Gong and other healing activities a disservice by relying on science for the absolute proof of their effectiveness.

Many of the benefits received are difficult to measure, and there is a definite cultural challenge translating Asian concepts of body/mind health into western medical scientific language.

Ultimately, the practice is about you and your journey to health. Take some time to notice if, after doing Qi Gong, there are changes in your mood, your body, or feelings of well-being, and discover for yourself what the benefits are!

Upcoming Classes and Workshops

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

