



Philip Lai Qi Gong Association

July Newsletter 2015

My dear Qi Gong friends:

Summer is the most Yang season of the year. It is a time of expansion, growth, activity, brightness and creativity. Fire is the element which is most influential in summer and the Heart is the organ which is most important in this season. Summer is also associated with the colour red, bitter flavour and the emotion of Joy.

Your diet can help your body to deal with the heat of Summer. Eat brightly coloured vegetables and fruit. Cook meals by stir-frying, steaming or simmering lightly and quickly. Using fiery or pungent spices such as cayenne, fresh ginger or horseradish helps you sweat and cool off. Avoid cold drinks or foods which contract the stomach and interfere with digestion. Eat lots of fruit such as apples, watermelons, lemons and limes. Hot teas such as chrysanthemum, mint and chamomile will also cool the body. Try to avoid red meat, alcohol, coffee and cigarettes as these will increase body heat. Reduce quantities of food in general and maintain your fluid intake.

Practicing Qi Gong exercises and meditation for Heart will help to regulate Heart Qi and balance the Heart meridians. The rhythm, movements, controlled breathing and chanting of these exercises helps to guide the Qi through visualization. The best way to learn and practice these exercises is in a group setting at our Level one drop-in class on Saturday from 9:15 to 10:15 at McNabb Community Centre.

Therese's Healing Journey. Recently I have had the opportunity to work with Therese, a lady who has severe rheumatoid arthritis in her feet and toes for over 10 years. She needed many medications and had two major operations to control her terrible pain, treat the deterioration of her bones and try to improve her walking difficulties. Unfortunately it didn't help her too much. I used direct and distance healing sessions with her to get her to calm her mind, relax her body, breathe with happiness and guide the healing energy and bright light to treat the pain and inflammation of her joints. As a result she has not needed medications for five months. She now moves with a lot more ease and comfort and knows

what to do if she feels pain or discomfort in the future.

See Therese's video on YouTube at:

<https://www.youtube.com/watch?v=LYIm10XV8Ug>

Finally I would like to invite you to join our drop-in class at McNabb Community Centre to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:10 to 10:30 am) that you have already learned by taking our courses. **Please note: there will be no classes Saturday June 27.** To find out more, please visit our website: www.philiplaiqigong.ca

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions.

Thanks,

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association
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Master of Qi Gong and Kung Fu

