



Philip Lai Qi Gong Association

July Newsletter 2017

My dear Qi Gong friends:

Vera, one of my students, explains how the 5 elements affect the 5 major organs of the body.

5 Elements Qi Gong

The vital energy cultivation and manipulation, or Qigong is a wondrous way of looking at the universe of which we are a part. Our human body can be looked upon as a small universe in which there are natural elements playing a vital role of creation and interdependence in a continuous interaction cycle of opposing and unifying forces of Yin and Yang.

In Chinese Medical Theory there are 5 natural elements or "WuXing": Fire, Earth, Metal, Water and Wood. These are symbols. Each of the 5 elements is associated with an organ (or energy meridian). Each is a process and an active phase of a system connected to that organ and its associated emotion.

The Heart and the emotion of joy are associated with the element of Fire. The Spleen and the emotion of worrying are associated with the element of Earth. The Lungs and the emotion of grief are associated with the element of Metal. The Kidneys and the emotion of fear are associated with the element of Water. The Liver and its emotion of anger are associated with the element of Wood.

All emotions affect meridians, which will affect the organs and therefore influence our health. The practice of 5 Element Qigong exercise will help harmonize emotional energy, eventually opening blockages and expelling negative energy from the body. This is often done through a sound accompanying the exercises. These healing sounds will develop an inner awareness of energy imbalance. Training in Healing Sounds is available in some institutions that teach holistic integrative medicine such as University of Maryland School of Medicine.

Each organ has a Yin and Yang energy balance and there is a certain order in which they balance each other. Each one is part of a cycle of functions and is influenced by the season of the year and has its own geographic direction.

The Liver is part of the metabolic and hormonal

cycle corresponding to Spring, East and the element of Wood. The Heart is part of cardiovascular and brain functions corresponding to Summer, the direction South and the element of Fire. The Spleen is part of digestive functions and corresponds to late summer, is the centre of all other organs and functions and is influenced by the element of Earth. The Lungs regulate respiratory and immune system, correspond to Autumn, the direction West and the element of Metal. Kidneys are part of the urinary and reproductive systems relating to winter and North and the Water element.

The order in which the elements and their organs support and balance each other is called the controlling cycle: Wood feeds Fire, Fire produces ashes (Earth); Earth contains ore (Metal), Water condenses on Metal, and Water feeds the Wood.

When one element is out of balance the cycle is broken and it becomes destructive. Floods weaken the Earth and Fire burns Wood. Correspondingly if the Heart (governed by Fire) is imbalanced it will affect the Lungs (governed by metal). If the Liver (governed by Wood) is imbalanced, it will affect the Spleen (governed by Earth). If the Kidneys (governed by Water), are imbalanced it will affect the Heart (governed by Fire).

The final goal of the 5 elements Qigong is to balance the Yin and Yang within the organs and the way they relate to each other through relaxation and intention.

5 Elements Palm Qi Gong Workshop

Use 5 Elements theory to strengthen and heal your organs.

McNabb Community Centre

Saturday June 24 & Sunday June 25, 9am to 4pm

Cost \$220, (\$100 for people who have taken the course previously)

to register: e-mail philip.lai@rogers.com or

call 613-218-0853

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