



Philip Lai Qi Gong Association

## June Newsletter 2017

My dear Qi Gong friends:

### Ways to calm your mind

Some people have difficulty calming their mind, relaxing their body and releasing stress even after practicing Qi Gong or meditation for many years. Here are some simple techniques to help you bring calmness and tranquility to your mind so you can stop wasting your body's precious life force. They can be done any time to help your subconscious mind settle your energy and bring you to a state of peace and harmony.

- 1) Tap your teeth 36 times. Open and close your mouth so your teeth tap together gently and rhythmically. The vibrations will resonate in your head, stimulate your brain and calm your mind.
- 2) Rotate your thumbs gently and rhythmically around the ends of your index fingers.
- 3) Activate your "inner smile" and breathe slowly, smoothly, gently and rhythmically.

### Ways to improve your energy flow

Here are some ways to improve your energy flow and concentration when performing exercises such as Qi Gong.

- 1) Breathe smoothly and gently with your mind in a calm and relaxed state.
- 2) Allow your body to feel grounded, balanced and harmonious.
- 3) Let your mind and breathing work together to coordinate each movement and move with grace and rhythm.

### Ways to cultivate energy

To cultivate a high level of mental and spiritual energy it is important to "**remember three virtues**" and "**forget four things**". The three virtues to emphasize are: **kindness** or compassion, **love** without condition and **acceptance** and respect. The four things to forget are: your illness or health **complaints**, worries or **negative feelings**, annoying or negative things happening in your immediate **environment** and your **ego**. This will help lead you to a more conflict-free and peaceful life and allow good karma to be established.

Don't miss these upcoming workshops!

### Energy Healing and Chakras Meditation Workshops (two locations)

Heal yourself and others. Learn how to treat health complaints such as diabetes, arthritis, asthma, chronic pain, heart problems, cancer, lung ailments and high blood pressure. This training is an investment in yourself with infinite rewards.

Meta 1111 Yoga studio, Montreal Que.

Saturday June 3 & Sunday June 4, 10am to 5pm

Cost \$335

Call Celina Brady 514-378-5222 to register

Laughing Falcon Yoga Studio, Barry's Bay Ont.

Saturday June 17 & Sunday June 18, 9:30am to 4:30pm

Cost \$260

to register email: [philip.lai@rogers.com](mailto:philip.lai@rogers.com) or

call: 613-218-0853

### 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 \$260

to register: e-mail [philip.lai@rogers.com](mailto:philip.lai@rogers.com) or

call 613-218-0853

### Special Events Saturday June 10

The regular class at McNabb will be **FREE** on Saturday June 10 to reward our members for 15 years of support. Then join me at the Table restaurant 1230 Wellington St. W (at Holland) from 10:45 to 11:30 am for a **FREE** meditation session to improve your health and wisdom. Stay for lunch from 11:30 to 12:30 am if you wish to help celebrate my birthday.

*Philip Lai, CPA, CMA*

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