



Philip Lai Qi Gong Association

June Newsletter 2019

My dear Qi Gong friends:

Master Shirley Mueller Cosmic Healing I Workshop

I am happy to introduce Master Shirley Mueller, a distinguished Reiki and Qi Gong Master from Germany who will teach a workshop **Awakening the Healing Light, Cosmic Healing I** in Ottawa on June 22 and 23, 9:30 am to 4:30 pm at Pincrest Recreation Complex.

Click the link for details on how to sign up:

<http://www.philiplaigong.ca/workshops.htm>

Below is a summary of what will be taught:

Connecting to the Qi of Heaven, Earth & Nature.

Use the abundant energy of the Universe to allow you to treat yourself and others.

Quickly energize with warm - up exercise

Feel relaxed and allow energy to freely flow through your meridians.

Abdominal Self Massage

Learn how to massage yourself to Open the Wind Gates, releasing stuck Energy. This protects the Liver & the Heart. Lung, Liver, Pancreas from damage.

The Lower Body needs the most Energy to strengthen the Kidneys & Sexual Organs. Expell heat from the Liver & Gallblader which builds up in the spring.

The Microcosmic Orbit Meditation.

The Microcosmic Orbit is the key circulating Internal Healing Energy & is the Gateway to higher Taoist Meditation. The Microcosmic Orbit Meditation awakens, circulates & directs Qi through the Governing Channel, which ascends from the Base of the Spine up to the Head and the Functional or Conception Channel, which runs from the tip of the Tongue down the middle of the Torso to the Perineum. Dedicated practice of this meditation eliminates stress & nervous tension, energizes the Internal Organs & builds a strong sense of personal well being.

The Inner Smile Meditation

This meditation will help you to prevent Inner Disharmony in the body before it manifests as a serious illness.

Cultivate your Inner smile, forgive, forget, let go all negative Emotions from the past.

Relax the Mind, strenghten the Immune system, improve Digestion, Balance Emotions, detoxify the Body.

The Upper Dan Tien seat is the brain & the seat of the Crystal room. The Upper Mind is the logical thinking, planning , calculating & worrying Mind. The key is to

learn to release the Mind by learning to sink the Chi to the Lower Dan Tien.

The Heart Center, Middle Dan Tien. The original spirit (Shen) is stored here. Here you feel Love & send Love. The first Love is to yourself. Then we send Love, Joy, and unconditional Compassion to our Family, Friends, and the Earth.

The Lower Dan Tien, in lower abdomen at the Navel is like an empty Universe or Ocean. Here is the Original Force, which never changes. Here we fill & create a Qi ball filled with Cosmic Healing Energy. We learn opening the Third Eye. Learn to feed Primordial Light Cosmic Healing Energy with the Color of Violet in our Crystal room & fill the Heart & Lower Dan Tien.

Using Healing Colors

Clean with blue Light

Blue has a cooling effect, it can reduce pain & negative Energy & relax the body. Blue has a Yin power. It cleans out the Kidneys & Bladder.

Clean with green Light

Green cleans & detoxifies all of the body`s cells. Green Qi is important for Healing Cancer & disease. Green Light gives Liver & Gallbladder high energy to eliminate poisons in the Body. Blue & Green Light creates a high Energy cycle of Heaven & Earth.

Orange Qi

Use light Orange mixed with white Qi. Use this powerful Color for sensitive areas near the Head, Eyes, Brain, Heart, Spleen & the Spleen Center, Throat Center. Orange Qi has a stimulating effect on Large Intestine, helps to remove Menstrual Problems, Blood Clots, Allergies, Cysts, Kidney, Bladder, Lung Problems.

Violet Qi

Violet Light has rapid regenerating effects on damaged Organs & Nerves or fresh Wounds & Infections. Both White & Violet have the properties of all the Qi Colors. The difference is that Violet Qi has a greater penetrating effect & is easier to use than White. To strengthen a weakened part, treating Tumors & Cancer, White & Violet Light can be used. Violet Light has been programmed by the Soul. Luminous Electric Violet Qi comes from the Higher Self or Higher Soul, from the Crown, from the North Star & Big Dipper. It is also known as Divine or Soul Energy.

We learn more about Colors to use in Healing in our Cosmic Healing I Basic workshop.

Please bring a notebook & pen.

Master Shirley Mueller **Web:** www.vita-harmony.de