



Philip Lai Qi Gong Association

March Newsletter 2016

My dear Qi Gong friends:

Message for Year of the Monkey. The year of the Monkey started February 8. People born under this sign are intelligent and able to influence others. They are inventive, optimistic and not easily discouraged. They are bright, inspiring and easy-going. They make outstanding parents. Let me know if you would like a detailed horoscope for your sign this year.

The World Situation. World peace is under threat by people who have extreme views, harbor hatred and greed and who seek revenge. There is a lack of respect and tolerance for the values and culture of others. People are manipulating religious beliefs to fulfill their personal interests and seek power. Many people are forced to flee areas of conflict and chaos. Pandemics are threatening the health of people in many parts of the world.

Life at home. We are lucky to live in Canada, one of the best places in the world. We don't have the chaos and turmoil we see outside the country, but we still have issues of joblessness, poverty, substance addiction, mental disorders, suicide and family violence. There are many people who cannot calm their minds and are unhappy, lonely, stressed, depressed and unhealthy. Even wealthy and successful people are allowing their unlimited desires for material things to cause them to lose their direction in life. They never achieve real satisfaction, happiness and inner peace.

How to help people. I am trying my best as a Qi Gong Master to help people attain a happy and healthy life by teaching my Holistic Healthcare System and providing Energy Healing. Despite all of the world turmoil, it would be helpful for us to slow down and consider what we can do for ourselves and others. We can give what we can to help those in need of material things. We can also promote ways to cultivate real health and inner happiness. This will improve world peace and make a better life for us all. I would like to train more people to be healers and teachers of my health care system. I need people to help with

managerial, promotional and organizational jobs to grow our Qi Gong organization and better serve the community. I need people like you – with time, skill, passion and loyalty. Together we can make the world better. Let me know if you can help.

Tai Chi Classes. 8-form Yang style Tai Chi classes are being offered at Glebe Collegiate (212 Glebe Ave.). Mondays 6:30 – 7:30pm (6 weeks), starting Apr. 18, cost \$46, course #81470. Tuesdays 6:30 – 7:30pm (7 weeks), starting Apr. 19, cost \$53, course #81471.

World Tai Chi and Qi Gong Day. Join our annual celebration and free workshop on Saturday May 7 from 9am to 10am in the Assembly Hall at the McNabb Community Centre. You will learn some simple exercises and find out how others have benefited from practicing these healing techniques.

Beginner Qi Gong Course. Our beginner courses start again at McNabb Community Centre in the Community Room. May 14, 28, June 4, 11, 18, 25 (8:45 to 10:15am) and July 16 (9:15 to 10:15am). Cost is \$90 for 8 classes.

Finally I would like to invite you to join our drop-in Saturday class at McNabb Community Centre to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:15 to 10:15 am). See more details at: 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. My email is: philip.lai@rogers.com



