



Philip Lai Qi Gong Association

March Newsletter 2017

My dear Qi Gong friends:

How to respond to challenges and difficulties:

When we face challenges in our lives and experience problems, our emotions can get upset and we can experience health difficulties. Performing Qi Gong exercises is one of the best remedies to improve your fortune. Our Qi Gong exercises are designed to help improve your mental focus and they are relaxing, joyful, happy and rejuvenating. "Health is Wealth" and is more valuable than any amount of money. Health maintains internal peace and harmony, which is our true wealth. A special feature of our Qi Gong environment is the kindness and support of our members. We believe an environment where people can depend on each other is the key to a person's development in any area of life.

10 strategies for people facing difficulties and challenges:

1. Treat yourself well and relax. In chaotic times, being relaxed is the best way to understand yourself and your environment.
2. Be happy. Activate your inner smile Don't let bad situations overwhelm you. Transform adverse situations into opportunities.
3. Appreciate what you have, not what you lack.
4. Face reality with a positive attitude instead of dreaming about ideal situations.
5. Create excitement in your life once in a while. Don't be afraid to try new things.
6. Avoid getting trapped in bad situations. Know when to move on.
7. Don't dwell on negative things. This can defeat you before you start.
8. Work hard, adapt to changing conditions and be determined.
9. Don't be afraid to fail, but learn from your failures.
10. Participate and become involved. This is the best way to become an expert.

means moving or manipulating energy. When we reach a high level of cultivating and using the vital life force, we can adapt to any environment. We can enlighten and transform ourselves, explore our latent abilities and develop our potential. We can turn adverse conditions into opportunities. Once we connect and merge to our true nature, we can maintain our body, mind and spirit in the best condition to comprehend the universe, see the future and channel the universal energy. We will be able to make better decisions, achieve excellence in our performance and lead to a more successful life. Traditional Qi Gong practitioners don't let fate and superstition control their destiny. We believe that doing Qi Gong, performing good deeds and cultivating virtue will increase our vital life force and improve our fortune.

Treating Cold and Flu: In the month of March, I will teach Chakras meditation for self-healing and easy acupressure massage techniques to treat colds and flu in our Saturday morning class at McNabb.

Half price for Qi Gong Saturday classes at McNabb. We welcome back people who have completed our beginner classes by offering a special half price rate (\$20) for four Level 1 classes (9:15 am to 10:15 am). The classes have to be attended before the end of April and the package must be purchased at the time of attending the first class.

New classes start in April:

Feeling the Healing (Qi Gong for beginners)

Soloway JCC – starts April 6 (12 weeks)

Tai Chi (for beginners)

Plant Recreation Centre – starts April 27 (9 weeks)

Tai Chi – Level 2

Plant Recreation Centre – starts April 27 (9 weeks)

See our website under Courses for details

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The meaning of Fortune: Fortune in Chinese

