



Philip Lai Qi Gong Association

March Newsletter 2019

My dear QiGong friends:

Spring is actually just around the corner as we begin the month of March. The seasonal changes also bring changes in the flow of energy in our bodies and affect our organs.

Spring and the Liver in Five Element Theory

The Five Elements are the five groups of energy that exist within nature and became a very important element of the Chinese culture and way of thinking. They formed the theoretical basis for I Ching, Feng Shui, the martial arts, and traditional Chinese medicine (TCM). The Five Elements, consisting of Wood, Fire, Earth, Metal and Water, each correspond to a season, organ, direction, colour, emotion, and taste.

It is the belief of traditional Chinese medicine (TCM) that every season of the year has a corresponding Qi (energy) and an associated body organ. It is important to be aware of the effect of the seasons in order to have a balanced and healthy body.

In the spring the element of Wood and the Liver are most important. After the cold winter, the weather becomes warmer, and the force of nature becomes apparent as plants begin to grow. Like the growth of the wood of a tree, the Liver Qi rises up and spreads freely, allowing the Liver to facilitate the free flow of Qi and blood within the body.

The natural increase of energy during the springtime can cause specific problems in the body. The Liver energy can be excessive or increase with too much force. This can cause headaches, particularly at the top of the head, as it is the location of the internal branches of the Liver meridian. Other consequences may include dizziness, hypertension, excessive emotional reactions, and mood swings.

The main function of the Liver is to regulate emotions, as well as Qi and blood. Therefore, the Liver is very vulnerable to extreme or continuously held emotions. Anger, stress, frustration, resentment, and other similar moods directly impact Liver function and may cause Liver imbalance. In the same way, an imbalance in the Liver can cause adverse emotional states. TCM places a great amount of importance on controlling emotions and having a peaceful lifestyle.

The Kidney, the organ corresponding with winter, supplies energy to the Liver and its partner, the Gallbladder, which in turn supply energy to the Heart. These relationships are referred to as "mother and child", characterizing the cycle of generation inside the Five Elements. The Liver also has control over the Spleen and Stomach.

The balance of energy in the Liver is normally sustained through control and generation processes. This balance can be upset, for example, when stress causes the free flow of Qi to be obstructed and become caught in the Stomach. Results of the imbalance include bad breath, indigestion, stomach pain, stomach distension and constipation. By observing these symptoms of the digestive system, a skilled TCM practitioner would determine the cause of the problem to be Liver imbalance.

Upcoming Classes and Workshops

McNabb Community Centre 180 Percy St.

Call 613-218-0853 or email: philip.lai@rogers.com to register

Free Tai Chi and Qi Gong Workshop Saturday, March 30, 8:30 to 10:00 am

Qi Gong for Beginners Saturday, April 6 and 13, 10:30 am to 4:00 pm (10 hours) cost \$200 (includes manual)

Pinecrest Recreation Complex 2250 Torquay Ave,

Call 613-580-9676 or visit the complex to register

Qi Gong for Beginners starts Saturday, March 22, 10:45 to 11:45 am (12 classes) cost \$122.50 course 1464802

24 Form Yang Style Tai Chi starts Tuesday, March 26, 10:45 to 11:45 am (12 classes) cost \$122.50 course 1464401

Plant Recreation Centre 930 Somerset St. W.,

Call 613-232-3000 or visit the centre to register

Beginner 8 Form Yang Style Tai Chi starts Thursday, May 2, 6:30 to 7:30 pm (8 classes) cost \$81.75 course 1466801

Beginner 24 Form Yang Style Tai Chi starts Thursday, May 2, 7:30 to 8:30 pm (8 classes) cost \$81.75 course 1466803

For info and Registration for upcoming courses, please: email philip.lai@rogers.com or visit our website at www.philiplaigong.ca