



Philip Lai Qi Gong Association

## May Newsletter 2016

My dear Qi Gong friends:

**The Emotions and the Organs.** TCM recognizes that the emotions affect the health of the organs. If the mind is overly preoccupied by strong emotions, the Qi can be disturbed and the internal organs can be damaged.

**The Effect of Anger.** In Chinese, the term "anger" refers to the fight-or-flight response to danger or flight. The body manufactures hormones such as adrenaline to reach a state of being ready for combat or escape. Western medicine would refer to this as a stress response. If this heightened state of readiness is maintained for prolonged periods, the Qi is depleted and the person is left vulnerable to major illness.

**The Liver and Anger.** TCM teaches that anger is particularly damaging to the Liver. Severe chronic anger can lead to internal bleeding of the Liver with symptoms of coughing up blood. Young people with highly elevated Liver energy may be at risk for leukemia. There can be a damaging positive feedback as anger damages the Liver and actually makes us anger more easily. If anger is repressed and bottled up for long periods, it can also lead to problems in the chest such as breast cancer.

**Ways to Reduce Anger.** Maintaining a calm mind in a state of peace and harmony is the key to controlling anger. Purify your mind by avoiding greed, anger, ignorance, prejudice and arrogance. This will help you maintain your mental composure and not be easily upset by the actions of others. Practicing Qi Gong will help you to cleanse your thoughts, calm your mind, relax your whole body activate your inner smile and breathe with happiness. As a result, you can reach a state of peace, achieve your true nature and connect with the universe.

**Qi Gong for Spring.** We will introduce some Qi Gong meditation and exercises to strengthen our Liver and combat spring allergy complaints in the Level 1 drop-in class at McNabb on Saturday from

9:15 to 10:15 am. Come and learn this powerful way to improve your health this spring.

**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 Courses.**

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

**Bridge Qi Gong Course.** Learn the Bridge Qi Gong form starting May 7 (7 classes) from 10:30 to 11:30am at Plant Recreation Centre, 930 Somerset St. Course #1020590 , cost \$68.75, call 613-232-3000 to register.

**Energy Healing Level 1.** Learn to heal yourself and others. Daily meditation for 1/2hr is required. Four classes May 7 to June 4 (no class May 21) 12:30 to 2pm. Cost is \$180 (before April 30), \$220 (after April 30). Email to register: philip.lai@rogers.com

**Special Offer for Drop-In Class.**

Those who took the beginner or intermediate level Qi Gong course at McNabb can buy a package of 4 drop-in Level 1 classes for \$20 (regular price \$40). You may buy them before the end of May and use them until the end of July. The Level 1 Qi gong classes go from 9:15 to 10:15am on Saturday at McNabb. See more details at: [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca)

If you would like to be on our mailing list or have any question, please contact me at [philip.lai@rogers.com](mailto:philip.lai@rogers.com)



