



Philip Lai Qi Gong Association

October Newsletter 2016

My dear Qi Gong friends:

Simon's Qi Gong Experience

Indicated below is the reaction of Simon Desmarais a 43 year old high-tech worker, who attended my recent two day Qi Gong workshop:

Qi Gong practice for me is the conscious awareness of life's energy that is available to me in abundance. It is the ability for me to cultivate and nourish my body with this pure energy. I am aware that it is always present and flowing in and through me. Qi energy is everywhere and available through the earth, heaven, sun, and all living things.

I have learned that I am not a victim of negative Qi energy in my body, that I am not victim of illness. I have the power to heal myself. Qi Gong practice has given me the understanding that I can heal my body of any illness with my intention and focus on the flow of good Qi energy inside my body expelling the unwanted energy. When my focus and belief is strong during a Qi Gong exercise, the circulation of Qi energy is felt at a much higher level throughout my body.

By meditation and relaxing my mind, I feel the Qi energy inside my body and feel myself calming down and feeling better. I also feel the palms of my hands getting warm and a little dry in the center of my hand. I feel the tension and stress releasing from my body and I feel my body returning to a natural state of being.

I can feel more clearly with heightened awareness what I am experiencing. I can see the contrast of my state of mind under stress and my state of mind after a meditation or practicing Qi Gong. Sometimes it is scary to see how out of balance I am during the day at work, during a unpleasant conversation with people, viewing or hearing something upsetting in the media I don't like or when I am simply feeling too stressed out. I now choose to boost my aura around me so that I will not be affected by undesirable energy that some

people or situations radiate.

I have started to use my energy and my intention to heal my children as well. I trust that the process does work, that the invisible Qi energy is present and can heal the cells inside our body and others. Qi Gong has helped me to focus, relax my heart rate, feel better, be more positive and stay away from negative conversations in my mind. I will continue Qi Gong practice and meditation every day because it makes me healthy, clear minded and stress free. I believe this new life style will help me for the rest of my life.

Beginner Qi Gong Course. 8 class introduction to Qi Gong at McNabb Community Centre, 180 Percy St. Saturday mornings starting Sept. 24, 8:45 to 10:15 am. Cost is \$90. Call Catherine at 613-737-0553 by Mon. Sept. 19 if you are interested in attending..

Intermediate Qi Gong Course. 12 class detailed instruction on Bridge or Wild Goose Qi Gong at Plant Community Centre, 930 Somerset St. W. Saturday mornings starting Sept. 24, 10:30 to 11:30 am. Cost is \$117.75 (course # 1063843). For details and registration call 613-232-3000.

Feeling the Healing Course. 14 class beginner Qi Gong course at Soloway JCC, 21 Nadolny Sachs Private. \$110 (members), \$140 (non-members). This course started Sep. 8 but I will prorate the fee if you start this week or next. Plus JCC offers a free trial class. Call 613-798-9818 x-278 to register.

McNabb Community Centre Saturday Classes. Regular classes resume Sept, 24.

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