



Philip Lai Qi Gong Association

October Newsletter 2017

My dear Qi Gong friends:

It is now early autumn and I am lucky to have lots of fresh vegetables and fruit from my garden. Freshly picked produce has the best energy and makes the best ingredients for any dish. Here is a recipe for a simple and tasty vegetarian soup.

Vegetable and Pear Soup

Ingredients:

- 4 cups water
- 1 cup udon noodles
- 2 cups green beans, cut into 1" pieces
- 1 tomato (fresh and firm), cut into several pieces
- 1 carrot sliced thinly
- 1 medium pear (fresh and not too ripe), remove core and seeds, cut in several sections
- a few mint leaves
- a few mustard leaves
- 1 tablespoon mushroom soup base
- 1 teaspoon salt

Directions:

1. Heat water in pot
2. Add mushroom soup base and salt
3. Add Udon noodles
4. Add pear, tomato, carrot
5. Quickly stir-fry green beans in a pan with oil until partially cooked
6. Add cooked green beans to soup pot
7. Cook soup ingredients until pear and carrots are slightly soft
8. Serve soup in bowls, add mint leaves and mustard leaves
9. Add ground pepper or hot sauce if desired

Master of Zen movie

Here is the link [Da Mo Zu Shi - Master of Zen - Bodhidharma - English / Português BR / Italiano](#) to a free movie (need to rewind to start from the beginning) on Youtube about a Zen master from India who went to China to teach Zen Buddhism. The movie reminds us that the object of practicing disciplines such as Qi Gong, Tai Chi, Martial Arts or Energy Healing is not just to attain wellness, win competitions, explore supernatural power or perform miracle healing. It is important to cultivate

a higher level of mental and spiritual energy by "remembering the three virtues" and "forgetting four things". The three virtues are: kindness or compassion, love without condition and acceptance. The four things to forget are: illnesses or health complaints, worries or unwanted feelings, negative things in the environment and your ego. If you can do this, it will lead to a more peaceful life, allow you to build good merit and karma and reach true enlightenment.

Beginner Qi Gong Classes

McNabb Community Centre (Ottawa)

180 Percy St. (Gladstone and Bronson Ave.)
Sat. Sept. 23 & 30 8:30 am –12:30 pm and
Sat. Oct. 14 9:15 - 10:15 am \$85 (9 hours)

If you have taken the Beginner Qi Gong course previously and want to take it again, I offer a 40% discount.

To register: call 613-737-0553

Free Introductory Qi Gong Workshop Saturday Sept. 23, 8:30 to 9:30 am

Try Qi Gong for free and decide if you wish to sign up for the full Beginner Qi Gong course at McNabb.

Tai Chi Classes

Plant Recreation Centre (Ottawa)

930 Somerset Street West (at Preston St.)

Beginner Tai Chi

starting Thurs. Sept. 21 6:00 – 7:00 pm
(13 weeks) \$127.50 course: # 1120883

To register: call 613-232-3000

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Below is the photo for participants of the instructor training on Sep 9-11, 2017

