



Philip Lai Qi Gong Association

October Newsletter 2019

My dear Qi Gong friends:

Five Element Qi Gong with Six Words Chanting

This simple, easy-to-learn and powerful set of Qi Gong exercises uses Five Element theory in TCM (Traditional Chinese Medicine) to open up specific Energy Meridians in the body and strengthen certain organs which are most important in each season of the year. There are five sets of exercises: one for each season (Spring, Summer, Late Summer, Autumn and Winter). Each exercise focuses on a particular organ and energy meridian associated with each season (Liver, Heart, Spleen, Lung and Kidney). Each exercise uses a specific chant or Chinese word to resonate and bring energy to the body organ. While the exercises are being performed, the practitioner focuses on moving energy up a specific meridian to the organ, thus strengthening it to be healthy and powerful.

Five Element Qi Gong for autumn

I will give an example of the Five Element Qi Gong exercise for the season of Autumn.

In TCM the Metal Element is associated with Autumn and the Lung. This organ is responsible for respiration, and for managing the creation and distribution of different types of Qi within the body.

The exercise is a moving meditation involving breathing, visualization and chanting. The practitioner imagines the movement of Qi through the Lung meridian which roughly goes from the thumb up the arm to near the collar bone. You inhale and imagine Qi flowing up the Lung meridian to strengthen the Lung and treat any ailments. You exhale and expel any sick or unwanted Qi from the Lung. The hands are pointed like beaks to concentrate and focus the flow of Qi. The exercise is performed in two directions to the left and to the right because the meridian is mirrored on both sides of the body. One of the most important aspects of the exercise is the chanting which is done to stimulate the organ we are trying to affect, in this case the Lung. The chant is a Chinese word “si” which has been found in TCM to resonate within the Lung when vocalized with a long powerful exhalation during the performance of the exercise. The shape of the mouth when chanting actually reflects the organ and adds to the power of this Qi Gong.

Lung Complaints Treatable by Five Element Qi Gong for Lung

1) Sinusitis & rhinitis (inflammation of the paranasal sinuses or the nose)

- 2) Laryngitis or a regular need to clear the throat
- 3) De-moisturized skin of the face, mouth, and nose
- 4) Asthma or eczema (inflammation of the skin, rashes, scratchy or crusty skin)
- 5) Tendency for colds
- 6) Frequent coughing
- 7) Coughing and sneezing with phlegm or mucus discharge in the morning
- 8) Chest pain or shortness of breath resulting from physical exertion or exhaustion

Emotional Complaints Treatable by Five Element Qi Gong for Anxiety and Sorrow

The lungs can be damaged by anxiety and sorrow. Anxiety restricts the breathing passages and makes it difficult for the lungs to extract Qi from the air. Anxiety can contribute to asthma and other bronchial conditions. Grief and the chest heaving of crying can also disturb the flow of air into the lungs. The powerful moving meditation of the Five Element Qi Gong for anxiety and sorrow can help calm the mind and reduce the effect of negative emotions on the Lung.

In addition to the moving meditation for Emotional Healing, I will show you how to use the static meditation to treat the emotional issues in the 5 Elements Palm Qi Gong with 6 chants Workshop.

This is only a general description of the Five Element Lung exercise. The actual movements have to be learned from a qualified instructor to actually benefit from the exercise.

We will offer the Five Elements Palm Qi Gong with Six Words Chant Workshops on two Saturdays, Sep 28 and Oct 5 at Pinecrest Recreation Complex. We will teach a high level healing Qi Gong with integrated system to assess and treat your health issues with several healing tools including Qigong Exercises, Meditation, Energy Path/ Meridian, Acupressure, Massage, Chanting, Organs' Function/ Internal System, 5 Elements theory/application, 5 Elements Medical Fung Shui, Emotion Healing and healing foods. 40% discount for those who took it before. For details, please click the link below:

<https://www.facebook.com/philip.t.lai.7/posts/10220161675931094> or visit our website: www.philiplaiqigong.ca