



Philip Lai Qi Gong Association

September Newsletter 2015

My dear Qi Gong friends

September is the start of Late Summer

This is the transition time from the Yang seasons of spring and summer to the Yin seasons of autumn and winter. Late summer is a season for unity, harmony and tranquility. It is a time for finding a middle way between extreme and the Earth element and the spleen have the biggest influence.

Overthinking damages the Spleen

The spleen creates Qi and blood and regulates the transport of food and fluids in the body. Traditional Chinese Medicine recognizes that emotions can affect organs such as the spleen. If the mind is pre-occupied by emotions, Qi can be disturbed and organs can be adversely affected. Over-thinking or pensiveness is responsible for causing Qi to become stuck and damage the spleen. Students at exam time often have symptoms of spleen-related disorders such as stomach disorders, sleeplessness, weak immune systems, colds and flu. Excess empathy or identifying with the suffering of others can also injure the spleen. The spleen can be healed by grounding exercises such as practicing Qi Gong or spending time in nature.

Vera's experience with Qi Gong

Vera is a woman who suffered from fibro-myalgia for many years. She had many problems with tension in her muscles, which greatly affected her movements and ability to sleep. She had to take a lot of muscle relaxants and pain medication to try and manage her symptoms. Vera had done Tai Chi for over 10 years but she felt that it didn't teach her how to deal with pain, feel the energy flow in her body and help her to heal. I worked with her to teach her some Qi Gong exercises which helped her to fully relax her mind and body, breathe in with happiness and allow the Qi to flow smoothly

through every muscle, tendon and fascia. She has learned how to let her tension go from the inside out, and release her doubts, fears and negativity. Now she is able to move much more easily and has almost no need for muscle relaxants in order to sleep. She is such a believer in the healing power of Qi Gong that she is now teaching it in Toronto. She has learned that Qi Gong must be practiced diligently everyday with awareness in order to have a successful result.

Drop-in Qi Gong classes

Finally, I would like to invite you to join our drop-in Qi Gong classes at McNabb Community Centre to practice what you have already learned by taking our courses. The Advanced class is from 8:30 to 9:10 am and Level One class is from 9:15 to 10:15 am. Cost \$10. Qi Gong is always best and most powerful when practiced with others on the same healing path. **There will be no classes on Sat. Sept. 5 and 12.** Starting Sept. 19 and into Oct. we will do visualization and meditation healing for the spleen at the Level One classes. Please join us.

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