



Philip Lai Qi Gong Association

## September Newsletter 2016

My dear Qi Gong friends:

**Stress.** After the long, lazy days of summer, September finally arrives and the treadmill of life suddenly seems to speed up. Holidays are over, school starts again and many people feel the stress of getting “back to reality”. Stress is caused by the reaction of your body to some change in your environment. External sources of stress are things like noise, change in weather or change in air quality. There are social stressors such as work presentations, job interviews, disagreements with a spouse and the loss of a loved one. There is physiological stress caused by sudden changes in hormonal balance (adolescence, menopause), injuries and ageing. The brain interprets the changes in your environment and body and at some point turns on the stress response (fight or flight). The point at which the brain triggers the “alarm bell” varies from person to person. Some people seem to be islands of calm while others around them panic at the slightest disruption.

**Dangers of Chronic Stress.** Unrelieved chronic stress can lead to high blood pressure, headaches, ulcers and intestinal disorders. The hormonal system can be disrupted leading to conditions such as diabetes, menstrual difficulties and mood swings. The immune system can be depressed leading to higher susceptibility to disease.

**Exercises to Relieve Stress.** One of the easiest and most effective ways to relieve the symptoms of stress is to pay attention to your breathing. Focus on your diaphragm as you inhale and feel it move down as it draws air deep into your lungs. Allow your belly to expand as you do so. Try to make your breathing deep and slow. Just a few minutes of diaphragmatic breathing will bring a relaxation response. Try this twice a day for 10 or 20 minutes. This is especially effective if done immediately before bed.

Exercises like sighing deeply as you release the air from your lungs or yawning, especially our Qi Gong stretching and meditation can also relieve stress.

**Qi Gong Exercises to Relieve Excess Emotions Related to Stress.** Fear and anger are emotions

which are often related to stressful situations. These emotions can damage the kidneys and liver if they persist over a period of time.

Concentrate on the kidneys and inhale the feeling of wisdom into the kidneys. Exhale and expel the feeling of fear. Repeat several times.

Concentrate on the liver and inhale the feeling of kindness into the liver. Exhale and release anger from the liver. Repeat several times.

**Free Qi Gong Workshop.** Learn and experience some simple and powerful Qi Gong Healing techniques, breathing and meditation techniques to cultivate your energy. At Plant Recreation Centre, 930 Somerset St. W. (at Preston). Saturday Sept. 10, 11 am to noon. Registration not required.

**Beginner Qi Gong Course.** 8 classes 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 to register.

**Intermediate Qi Gong Course.** 12 classes 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.

**Feel the Healing Qi Gong Course.** 14 classes introduction to Qi Gong to calm the mind and relax the body at Soloway JCC, 21 Nadolny Sachs Private. Thursday evenings 6:15 to 7:15 pm starting Sept. 8. Cost is \$110 for members, \$140 for non-members.

**McNabb Community Centre Saturday Classes.** Note that there will be no Saturday Qi Gong classes at McNabb on Sept. 3, 10 or 17. Regular classes resume Sept. 24. Photo for Beginner Qi Gong Intensive workshop at Philip’s backyard on Aug 27 & 28:



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