



Philip Lai Qi Gong Association

December Newsletter 2015

My dear Qi Gong friends:

December is the beginning of Winter. By cultivating our Qi, we can increase our inner light during the cold, dark winter days. In this season we need to pay more attention to the Kidneys.

The Health of the Kidneys. Chinese medicine the Kidneys store Qi and Jing, the energy essence which transforms to create Qi and blood. The emotion of fear can damage the Kidneys and the adrenal glands and reproductive organs. Fear causes Qi to sink to the lower abdomen and leave the body. Qi becomes stagnant in the centre of the body and leaves the extremities such as the hands and feet. Cold hands and feet, lower back pain and excess urination are symptoms of Kidney problems caused by fear. Chronic fear and stress burns out the stores of energy in the body, shuts down the repair and growth processes and damages the immune system. Stress hormones can also damage areas in the brain which govern memory and learning.

Protecting and Healing the Kidneys. Concentrate on your Kidneys and inhale the feeling of wisdom into them. Exhale and expel the feeling of fear. Repeat several times. Protect your Kidneys from cold by wearing warm clothing. Massage the Kidney meridian point (Ki 1) on the soles of both your feet and wear warm boots. When you feel cold, rub your palms together and place them on your Kidneys. Imagine the Sun is a huge ball of Qi, grab it, bring it close to your body and inhale it. Imagine that the Qi is warming your body and strengthening your Kidneys.

Capital Conquest video. It was my great pleasure to teach at Capital Conquest in Gatineau on Nov. 7 and 8. Here is the link to my Martial Arts Demo video:
<https://www.youtube.com/watch?v=40X7kwdXTss>

Acupressure with Qi Pressure Course. There is **only one more session** in this course on Saturday Nov. 21 from 10:30 to noon at McNabb Community

Centre. I will teach acupressure techniques to treat depression and emotion upset, back pain and sciatica, general body pain and arthritis.

The cost is \$25. Let me know at least one day before if you are interested in attending this session.

Christmas Party and Lunch. on Saturday, Dec. 12

We will have our Christmas party at McNabb C.C. from 9:45 to 10:15 am and lunch from 11:30 to 12:30 at the Table Restaurant, 1230 Wellington Ave. (at Holland). Let me know by December 5 if you wish to attend.

Thanks to all our volunteers. Many thanks to all our volunteers who have worked all year to teach and organize our Qi Gong classes and workshops, create our training materials and maintain our website.

Finally I would like to invite you to join our drop-in Saturday class at McNabb Community Centre to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:15 to 10:15 am). See more details at: www.philiplaiqigong.ca

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions. My email is: philip.lai@rogers.com

Thanks,

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