



Philip Lai Qi Gong Association

December Newsletter 2018

My dear Qi Gong friends:

Techniques to calm your mind.

In these hectic days before the end of the year it is hard to slow down the mind and relax. It is important to take some time out from your busy day and practice some sort of meditation or energy cultivation exercises such as Qi Gong.

Some people have difficulty calming their mind, relaxing their body, releasing their stress and feeling good about their life even though they have been doing Qi Gong exercises and meditation for many years. When you bring calmness and tranquility to your mind, you can stop wasting some of your body's precious life force or energy. Here are a few simple and easy to learn techniques that can help you do so.

- 1) Tap your teeth 36 times. Open and close your mouth so your teeth tap together gently and rhythmically. The vibrations will resonate in your head, stimulate the brain and help to clear your mind.
- 2) Place your palms on the sides of your head above your ears, with your fingers touching on the crown of your head. Use the index and middle fingers of both hands to slowly and rhythmically drum on the top of your head. Concentrate on the sound of your fingers to calm your mind.
- 3) Rub your index finger with your thumb. Rotate the thumb gently and rhythmically around the end of the index finger. Do this simultaneously with both hands.
- 4) Activate your "inner smile" and breathe slowly, smoothly, gently and rhythmically.

Practicing these techniques will help your sub-conscious mind settle your energy and bring you to a state of peace and harmony. They can be done any time.

To cultivate a higher level of mental and spiritual energy in one's body (as traditionally done in China), it is important to "remember three virtues" and "forget four things".

3 virtues to be emphasized:

- 1) Kindness or compassion
- 2) Love without condition
- 3) Acceptance and Respect

4 things for you to forget about (or not focus your attention on):

- 1) your illnesses or health complaints
- 2) your worries, judgement, greediness and unwanted negative feelings
- 3) the negative things happening in your immediate environment or in the world around you
- 4) your ego

Doing so will help lead you to a more conflict-free and peaceful life, and allow merit and good karma to be established.

Below are some tips to improve your energy flow and concentration while doing most types of exercises (including Qi Gong):

- 1) Breathe smoothly and gently with your mind in a calm and relaxed state.
- 2) Allow your body to feel grounded, balanced and harmonious.
- 3) Let your mind and breathing work together to coordinate each movement and move with grace and rhythm.

Upcoming Classes and Workshops

Free Qi Gong Workshop:

The Table Restaurant
1230 Wellington St., Ottawa

Saturday, Dec. 15 from 10:20 to 11:20 am (followed by lunch at the Table). To register, email or call 613-218-0853

For info and Registration for the above courses, please: email philip.lai@rogers.com or visit our website at www.philiplaiqigong.ca