



Philip Lai Qi Gong Association

## June Newsletter 2015

My dear Qi Gong friends:

**The corresponding quality and organ for Summer is the Fire Element and the Heart.** Hot summer days are approaching and we are gearing up for lots of activities such as gardening and outdoor sports which can be stressful for the Heart. The Heart is responsible for regulating blood circulation while receiving and transmitting messages which allow the organs of the body to work smoothly with each other. If there are problems with the Heart, there can be serious consequences for the entire body. Problems with the Heart can cause sleeplessness, unclear thinking, anxiety and depression. Excess happiness or pessimism can indicate Heart disharmony. Joy in Traditional Chinese Medicine means over-excitement, which is damaging to the Heart. Excess Joy causes Qi to disperse and scatter, resulting in uneven pulse and poor circulation.

**Practicing Qi Gong exercises and meditation for the Heart** will help to regulate Heart Qi and balance the Heart meridians. The rhythm, movements, controlled breathing and chanting of these exercises help guide the Qi through visualization. The best way to learn and practice these exercises is in a group setting at our Level one Qi Gong drop-in class on Saturday from 9:15 to 10:15 at McNabb Community Centre.

**Vera's Healing Journey.** As many of you know, Qi Gong is a powerful healing practice. One of my students in Toronto, Vera, an instructor of Tai Chi and Qi Gong, has severe fibromyalgia (see her testimonial in our website) and was experiencing constant nerve pain. She had to take powerful pain medications every night for years in order to sleep. She had practiced Tai Chi for over 10 years but found that it did not control her pain. I was able to teach her how to breathe with happiness, relax her whole body, release her fear, doubts and negativity. She can now control her pain and sleep much better without drugs. She has more energy and can move much easier. She is so convinced of the power of Qi Gong that she has started teaching it in Toronto.

**Summer is also the time for growing fresh healthy food in the garden.** The Mint plant is easy to grow and can be used in tea which is very beneficial for the stomach. See the attachment about the benefits of Mint. I have lots of Mint and mustard greens in my garden which I can share with you. If you let me know 2 days ahead, I can bring some to the Saturday Qi Gong class at McNabb.

**Finally I would like to invite you to join our drop-in 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 10:30 am) that you may have already learned by taking our courses. Also, Ron and I will teach Summer Qi Gong and Tai Chi courses soon. To find out more, please visit our website: [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca)

If you would like to be on our mailing list, please let me know. Don't hesitate to contact me if you have any questions.

Thanks,

*Philip Lai, CPA, CMA*

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