



Philip Lai Qi Gong Association

May Newsletter 2018

My dear Qi Gong friends:
Springtime allergies

Springtime is also the allergy season. About 20 to 30 per cent of Canadians suffer from some kind of seasonal allergy. Symptoms could include runny or stuffy nose, puffy or watery red eyes, itchy eyes or nose, dark circles under the eyes, perpetual sneezing and itching in the ears. An allergic reaction is when your immune system perceives that an external substance is a hazard to your body and reacts by sending histamines into your blood. That's when your nose starts running and your eyes get watery as your body tries to expel what it thinks is a danger.

With western treatment, there are a handful of ways to avoid a nasty few months of allergies such as using over-the-counter-meds, prescription medications or allergy shots. You can also avoid drying your clothes outside and keep your house and car windows closed.

I started to have severe allergies around 1986 and tried the above treatments for over 3 years without success. I then started treating myself with medical Qi Gong including moving and static meditation regularly for a year. I did 1 hour of meditation a day plus 20 minutes in the morning after woke up, 15 minutes during my 2 break times. I calmed my mind, released my stress and tried to reach a deep stage of relaxation and tranquility. This activates our Alpha brain waves and provides a resilience effect. This also replenishes the body's reservoir of Qi (vital life force) and repairs the respiratory and immune system. Qi Gong suppresses the "fight or flight" response to stressful situations and allows restful sleep. This lets the body and autoimmune system to repair itself from the damage of stress, illness or excess physical activity. As result I was back to normal with no more allergy symptoms. I have to remind myself to get at least 5 hours of sleep each night. If my body and mind are tired, the allergy symptoms will come back again.

With roots that go deep into the foundations of traditional Chinese medicine, Medical Qi Gong is the art and science of cultivating one's inner vital energy. It is a holistic approach to apply any activities of our daily life including how and when to breathe, drink, eat, move, dress, work, celebrate, rest and sleep. Qi Gong synergistically

combines diaphragmatic breathing, mind relaxation, and precise, gentle movements or static meditation to increase health and physiological resiliency. Training can also include meditation, visualization, and chanting. The daily practice of Qi Gong balances the body's Qi and raises it to a higher level. It stimulates and nourishes the body's internal organs, making the energetic communication between the organs more efficient, consequently restoring vitality and replacing depleted energy where reserves have been lost through illness or physical or emotional exertion. Medical Qi Gong has proved its efficacy for treating physical ailments such as autoimmune diseases (Graves' disease, Hashimoto's thyroiditis, lupus, type 1 diabetes, multiple sclerosis (MS) rheumatoid arthritis), hypertension, dysfunctional metabolic rate, asthma, anxiety, depression, high or low blood pressure, coronary heart disease, glandular fever, cancer (it reduces the often debilitating effects of radiation and chemotherapy), strengthening the immune system, and prolonging life.

I invite you and those who can benefit from medical Qi Gong to take our Spring courses:

Healing and Chakra Meditation by Video Conference

Monday to Friday from 10 to 11am, Monday and Wednesday 7 to 8pm and Tuesday 6:15 to 7:15pm each week I conduct a group meditation session via Google Hangouts video conferencing that can improve your happiness, health, wealth and wisdom. It can also help you to re-boot and rewire your brain to get out of negative patterns of thought. Let me know if you would like to join us and I will give you further instructions.

Upcoming Classes and Workshops

See my website for details

McNabb Community Centre:

Qi Gong for Beginners Saturday, May 26, June 2, and 9 from 8:30 to 11:30 am

Qi Gong and Energy Healing Course intermediate Level Saturday, June 23 from 9 am to 4 pm at McNabb C.C.

Chakras visualization/healing course. We may offer half day (9 to 12 noon on Sun June 24, at 33 Strathbury St. Ottawa if there are sufficient registration.

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

