

## My encounter with Qigong Master Sifu James

I started practicing Qigong seventeen years ago due to multiple health challenges .Qigong has given me back my control over my own health. I have met and learnt from many great Qigong Masters.

Sifu James, founder of Qi-Matic Research Centre is born with special ability to see energy flow and color in the body and the aura. Because of this ability, he has been asked to find out why something works by healers in alternative medicine as well some medical doctors. He learned a lot through these kind of consultations.. He has degrees in Atomic Energy, Computer science and Ph.D in Electrical Engineering. With a kin scientific mind and love to experiment , he has been constantly discovering new and easier way of practicing Qigong and healing techniques by experimenting on himself. These discoveries are mostly unheard of and he wholeheartedly shares them in the workshops.

I first met Sifu James four years ago in Toronto on recommendation of a Qigong friend to attend his class. He said, "whatever we talked about here, has to go out. It doesn't stay!" This really resonant with me! When I learn something good ,I have to tell others so they can benefit. After attending his free weekly class on and off for about 6 months, I had a private consultation .He helped and showed me how to get rid of some emotional baggage that I wasn't even aware of. Felt so much lighter!!

He did not want to come to Ottawa till one day, I brought the write up by one of the group member of what I was sharing of his teaching. He started to explain how and why and I was feverishly writing it down . Then, he stopped and said, "You work too hard. Maybe I should go to Ottawa." Hurray!! He has been coming to Ottawa since and I become his Ottawa coordinator, loving every moment of it: so much learning, sharing and so much fun! My vibration has been rising since!! Life has become joyful and meaningful!

His workshop is always full of information and enjoyable. He can explain scientifically how Qigong works in many levels, from basic level to harness universal Qi (energy) to do self-healing, to healing using transposing technique and DNA transformations as an example. Plus any new information he learn from his recent experiments.

I have witnessed many healing professionals reaching higher potential and become more effective in their work because of Sifu James's teaching and individual attention. When he sees one is ready ,he will show him/her the way, usually spontaneously. He likes to make people's life easier as he told me. During break time he is always surrounded by students looking for help. He always stops and listens , giving help as necessary.

Many students have private consultation because of physical ,emotional or spiritual concern. Because of his abilities and spiritual connections, he is able to find out the true cause of their concern, helping and guiding them to wellness. Sometimes he would talk to their soul or guide or he was shown related events. He always gives them the time they need.

During the Retreat last May, he wanted to create an energy to bring peace and joy to the world with the 16 of us participating. During the process, I felt great joy deep inside, seeing the group holding hands

and dancing with joy and first time in my life I felt myself rising to another universe, looking down at planet earth, so peaceful!! He then created a new energy and download it to us which I have used often resulting with a calming effect on myself and others.

Sifu James is knowledgeable but humble, powerful, generous and caring with a great sense of humour." I am here to serve" says he. To help everyone to stay well with the continuing rising vibrations on earth, he has created an energy paper where anyone can download, print and use it according to instruction to raise their vibration, from his website [www.jamesfoo.ca](http://www.jamesfoo.ca)

I have gained tremendously at every aspect of my life, with full support from my once skeptical husband. With Sifu's guidance, I have found my path!!

Sifu James will be in Ottawa Sept.13-14 and Nov.22 and 23, 2014 giving workshops at the International Academy of Health Education.

By Angela Fung Retired R.N., BA psychology. Qigong practitioner, coordinator of Sifu James and Bowen practitioner in training.

Ad in Tone magazine,

Qi-Matic Research Centre presents Workshops given by Sifu James

Sept. 13-14, 2014, 9:30am to 3:30 pm : how to sense Qi (energy), harness universal energy for healing oneself and others

Nov. 22 -23 2014, 9:30am to 3:30pm: how Structure and Emotions affect health and ways to return to wellness.

At The International Academy Of Health Education 380 Forest St. Ottawa

For information and registration: Contact Angela Fung At [afung46@hotmail.com](mailto:afung46@hotmail.com) or call her at 613 762 8893