



CHI CHAT with Grandmaster

Issue 02

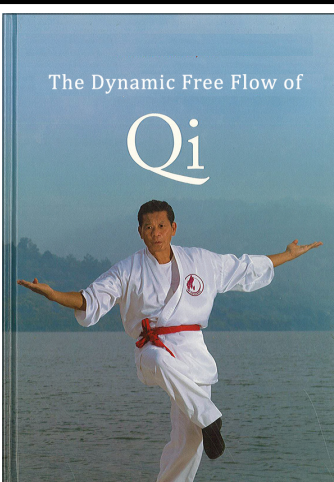
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*This publication is for
internal distribution to
CDI members only.*

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If you have any health issues or questions on the *Chi Dynamics Art of Qigong*, please email them to gmasteranthony@gmail.com



The Dynamic Free Flow of Qi
by Grandmaster Anthony Wee
Price: S\$40

To purchase a copy, please contact your Centre Instructor.

From the Grandmaster's Desk

Response to our first newsletter has been encouraging. We have received favourable feedback and some members have also volunteered to share their Qigong and health experiences. First to come forward is my old student, S.C. Kan, whose back problem was cured by Qigong some years back without costly and invasive surgery (see page 3). As long as we receive such contributions, this newsletter will continue to be informative and relevant in engaging our members in the Chi Dynamics Art of Qigong.

I am happy that our first off-shore retreat at Kaliandra Resort in Indonesia turned out to be a most enjoyable and memorable getaway for the 26 participants – thanks to meticulous planning and execution by the organising committee. Many found the event (see page 2) beneficial and there



Participants at a Kaliandra organic farm



The Grandmaster posing with his students

are already calls for another retreat to be arranged in the region soon.

During the month, I had the pleasure of presenting Certificates of Participation to 27 members who attended my Healing Course. Of these 27 members, 17 also received certificates for completing the Cupping Course. As long as there is interest, and as long as I am able to, I would like to continue sharing my knowledge with our members.

I sincerely hope you are all benefitting from the Chi Dynamics Art of Qigong in one way or other. It is important that you have a good understanding of the principles behind the exercises, as it will

go a long way to help you to reap more benefits from the Art. In this connection, may I recommend that you read my book, *"The Dynamic Free Flow of Qi"*, thoroughly for a better level of understanding.

As you are aware, I will be conducting a free workshop on *"Managing Stress & Hypertension"* in Singapore on 05 October. Please share the news around with your friends and relatives who might be interested in attending this free workshop.

I look forward to catching up with you soon.

Meanwhile, I trust you will continue to practise Qigong conscientiously for your general wellness and better state of mind.

Grandmaster Anthony Wee

Thumbs up for CDI's Inaugural Retreat! - by Lawrence Chong

The CDI Retreat at Kaliandra Resort near the Indonesian city of Surabaya received the 'thumbs up' from the 26 participants.

To start with, the choice of Kaliandra Resort for this event from 06 to 09 September was an excellent one. Nestled on the slopes of Mount Arjuna away from the distractions of hectic city life, it was the perfect rural sanctuary where the participants could focus on nature, local culture and Qigong, and at the same time experience true Javanese hospitality.

Grandmaster Anthony Wee led us in the daily Chi exercise and meditation sessions. We looked forward to these sessions despite having to wake up early in the morning at 4.30am to catch the morning sun, and were richly rewarded at the end of each well-paced session, energised and with smiles on our faces.

Our visit to the Bhakti Luhur Orphanage on the second day was a humbling experience for many of our participants. Yit Kee was touched and at the same time impressed to see the cheerfulness in the children despite their disabilities. Concurring with Yit Kee, Boonroj from Thailand remarked *"Despite their disabilities, I am*



Lawrence Chong presenting the face towels on behalf of the Grandmaster.

impressed with their honesty and simple way of life" when he shared an act of honesty by one of their staff who declined to accept more money than it was stated. Before departing, Grandmaster Anthony Wee donated 100 face towels to the Orphanage; the participants also got together to make a collective donation.

Our tight programme was interspersed with time for an organic farm visit and therapy sessions like Enzyme Therapy, Hot stone and aromatherapy massage.

All our meals were largely vegetarian, comprising fresh vegetables and fruits that are free from chemical residues and free-range chicken meat.

The retreat ended on a high note with a

Gala Dinner when everyone turned up dressed to the nines in traditional Javanese costumes. As the photographs below suggest, it was indeed an enjoyable evening of fellowship that included a beautiful Javanese peacock dance performance and music by a fabulous band.



Picking fresh fruits at the organic farm



Grandmaster Peacock with his bevy of peahens



The group at the Orphanage



The orphans' rendition of "You raise me up" left some of us teary-eyed.



Is this Kung Fu dancing?



A meditation class in progress

Backbone problem cured by Qigong! - by S.C. Kan

My backbone took a toll on me in 1988 when I started to experience pain whenever I swung my golf clubs. The pain was so intense that it prevented me from playing golf on consecutive days, which was a big blow to an ardent golfer like me.

When X-rays revealed that the pain was caused by the wearing down of my backbone, my doctor offered me two options – take pain killers or go for surgery to grind down the high spots on the backbone. However, there was a small risk with the surgery option as I may end up worse off, which meant no more golf. So what was next?

I consulted Grandmaster Anthony Wee whom I knew for advice. After he explained and convinced me that practising Qigong was a better option than to go for surgery, I immediately signed up for the course which he conducted personally.



For 12 months, I attended every training session conscientiously five times a week without fail. This meant that I had to forgo entertainment and other social activities, but the sacrifice was well worth it as after 3 months, I no longer felt the pain after a golf game. My condition continued to improve and subsequently I could manage to play for 3 consecutive days without suffering any pain!

I continued with my Qigong classes with Grandmaster Anthony and eventually graduated as an Instructor. I still practise Chi Dynamics on my own, although not so intensively these days.

If you have second thoughts about Qigong, I can only say that it costs nothing to breath in air. However, one needs dedication and passion to practice the deep breathing exercise daily. Once you have built up a strong immune system in your body, no sickness can attack you.

This is exactly what Grandmaster Anthony advocates when he always reminds us that ***the best cure to any sickness is when you use your own body system to fight it.*** Taking medicine is only a temporary cure but if you practice Chi Dynamics diligently, you do not need any medicine as I have experienced

"Enjoy and be Happy"! - That's my philosophy in life.

S.C.Kan

***After 25 years since I started,
I can vouch that Qigong has
rewarded me with good health;
I no longer have back pain and
best of all, I am in the pink of
health and have not seen a doctor
yet for any illness! ... S. C. Kan***

Continued from page 2



The thorn among the roses. Or is it the rose among the thorns?



Doing the Conga Javanese style!



*Don't mess about with this guy,
or the lady in the background!*



Al fresco dining in pristine surroundings



*Twinkle toes Chiang trying hard
but Mei Ling is not impressed!*

Ask Grandmaster



Question: *What is the Chi Dynamics Art of Qigong known as in Chinese?*

Answer:

五形劲发气功

[Wu Xing Qing Fah Qigong]

Please allow me to explain its significance.

The Chi Dynamics Art of Qigong is basically an art of self-reliance comprising two core aspects - self healing and internal strength.

The healing aspect focuses on breathing based on the five methods of exhalation I

of which relates to one of the five elements - wood, fire, earth, metal and water).

五形

"Wu Xing" refers to the five elements.

劲发

"Qing Fah" refers to our bodies' "internal strength" or "power-generating energy system" which is essential for our general wellness.

气功

The last two characters mean "Qigong."

Question: In block breathing, *why do we tighten the anus only when we exhale? Why not tighten it when we inhale as well?*

Answer: The reason for contracting the anus is to stimulate the "Tu" channel which is the Central nervous system that stimulates all sensory nerves, motion co-ordination and the brains (*left and right*). This applies when performing most exercises like the Ten Postures, Mao Swings, all five organs and elements exercises.

However, in block breathing, you are supposed to relax the contraction when inhaling and tighten when exhaling.

When the anus is tightened, the "Tu" channel sends sensory nervous energy (Qi)

upwards from the "Hui Ying" to the "Wei LuKwan", and thence to the "MingMen", the "Yuzhenkwan" and the "BaiHui". When relaxed, the stimulation is reversed when Qi energy is transmitted downwards from the front "Ren Channel". This entire process completely stimulates both The "Tu" and "Ren" Channels (*the Autonomous Nervous system*).

Block breathing improves the nervous systems, blood circulation and the immune system.

I highly recommend it, especially to the weaker sufferers of serious illnesses, as the tightening and relaxing (i.e. the ying and yang) process stimulates the Tu channel more effectively.



Block Breathing in progress

Question: *I am planning to introduce a friend to join our Qigong group. To help me with the introduction, can you please advise how best to summarise what the Chi Dynamics Art of Qigong is all about, and what the benefits are to those who practice it?*

Answer: In a nutshell, the Chi Dynamics Art of Qigong is all about proper deep breathing methods and exercises to stimulate the flow of Chi along the body's meridians, and using the mind (Yi) to direct

the Chi to where the mind focuses. The unique breathing methods and exercises I developed help to improve blood circulation and enhance muscle tone because of the higher oxygen intake.

Aspiring to be as complete as the five elements, the Chi Dynamics Art of Qigong has **moving Qi exercises** complementing **static Qi meditation techniques**. These go together just like **ying** and **yang** are inter-related to give rise to a dynamic system.

The movements in Chi Dynamics' Art are slow and gentle as well as powerful isometric moves.

In Qi meditation, we have standing, sitting and lying postures with soft and gentle breathing and more powerful exhalations, which result in vibratory Qi flow for the wellbeing of the body.

