



CHI CHAT with Grandmaster

Issue 06

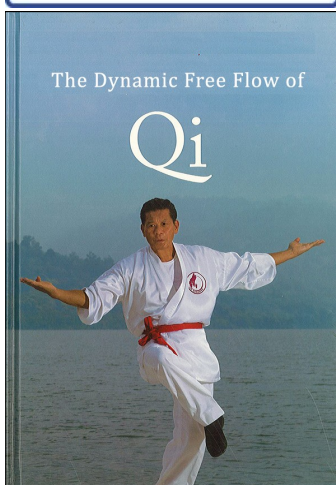
15 December 2013

This personal message from Grandmaster Anthony Wee is for internal distribution to CDI members only.

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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

First and foremost, may I extend to you my very best wishes for the year-end festive season! I sincerely hope the New Year will be a happy, safe and healthy one for you and your loved ones.

In the last issue, I shared with you my intention to organise a conference to promote the benefits of the Chi Dynamics Art of Qigong. I have since been in discussions with various parties and you will be pleased to know that plans on how we are going to accomplish this project are beginning to take shape. For your information, I will be targeting the man-in-the-street who is concerned about maintaining a healthy lifestyle without costing him an arm and a leg, and those who want to age gracefully without being a burden to their loved ones. To make attendance as affordable as possible, I am now in the process of talking to like-minded parties for support and funding.

I was pleased to receive positive feedback on last month's "**How to revitalise depleted Qi in others**" workshop where participants learned both touch and non-touch methods and the pairing of the major points when treating and clearing stagnated Qi in another person. 12 out of a total

of 36 major points were covered, after which the participants were paired up to practise what they had learned.

The workshop then wrapped up with Johnson Lim sharing his experience on how Chi Dynamics came to the rescue when his stage 4 skin cancer had spread to his lymph nodes and all over his body, causing his cancer marker to soar over 50 (*the normal is between 1 and 5*). However, after three months of regular Chi Dynamics block breathing and lymphatic drainage exercises, his

cancer marker took a dramatic dive down to 6. For more on how block breathing helped Johnson in his recovery process, please read his account on page 4.

Finally, I will be starting a Qi Instructors and Healers Course next year, beginning with the "**Activating Qi and Delaying Dementia**" workshop on **05 January 2014**. For more details on the course and how to register for the workshop, please refer to page 3.

Grandmaster Anthony Wee



Grandmaster showing how to treat and clear stagnated Qi



Participants putting to practice what they learned



Michael and Mervyn exchanging notes.

Sharing, enriching and touching lives

..... that's what members of the Chi Dynamics Kranji 19 Centre in Kuala Lumpur, Malaysia have been doing over the years!

Led by Khadijah Shaari, one of Chi Dynamics' longest serving Senior Instructors' in Malaysia, the Centre not only promotes the CD Art of Qigong but its members have also been very active in social and community work.

As the photographs suggest, their visits to the Seri Setia Old Folks Home in Sungai Way have brought much joy and comfort to the residents of the Home.

When we asked Khadijah how they have managed to sustain their repeated visits so successfully, she revealed that their visits to the home are not just to say 'hello' and 'goodbye', but more to engage the residents in activities such as games, exercise, carolling and karaoke.

"I find Khadijah a most caring person who would not hesitate to share her time and Qi with others who need them, especially those afflicted by cancer. For a long time, she was Chi Dynamics' only Muslim Qigong practitioner and since she qualified as an Instructor, she has attracted a fair number of other Muslim members to her centre"

- Grandmaster Anthony Wee

According to her, "The old folks obviously enjoy interacting with us and some of them were game enough to show us their own exercise routines instead of us showing them ours! We did not argue about that. After all, they are mostly models from the 8th and 9th series and their engines are still running smoothly, while some of us from the 6th series are already struggling with all



Khadijah handing out ang pows



Thumbs up for Kranji 19!



The Kranji 19 team sharing X'mas joy and having a ball of a time!



Thank you very much. You've made my day!

sorts of health issues! With each visit, we got to know a little more of their backgrounds and the interest shown in their lives somewhat cheers them up and gives them some self-esteem."



The joy in her face says it all!

My road to recovery with Qigong

My friends from school days say I have done well, both on the home front and at work. I enjoyed working and was hardly ever sick, except for the occasional back pain due to a prolapsed disc.

In July 2011, I was admitted to the emergency room for severe abdominal pain. A CT scan and X-ray revealed a 3.5 cm tumour blocking the lower colon. My doctors recommended immediate surgery and I was diagnosed with Stage 3B colon cancer. My world collapsed and I felt as if I had been dealt with a death sentence. There is no history of cancer in my family!

My life had taken an unpleasant turn and I needed a lot of positive motivation to go through my ordeal. I am very fortunate to have a husband and two children who gave me great emotional support, took

good care of me, and constantly cheered me on. I also had many good friends who helped me through this difficult period of my life.

After 3 surgeries over a span of 9 days, I had to undergo 8 cycles of chemotherapy. I was advised by cancer survivors to eat, and to drink (*blended*) vegetables and fruits (*non-sweet*), to maintain a positive mindset and to exercise regularly. I put myself on a strict diet and did light walking exercises.

When the benefits of '*Qigong*' were highlighted and recommended repeatedly by many friends, I searched for a qigong class conducted in English. A good friend also gave me Grandmaster Anthony Wee's "*Cancer Care with Chi Dynamics*" book which I read and discovered that the Block

Breathing exercise was easy to follow. I eventually found the Chi Dynamics Centre and was delighted to know that the Grandmaster himself was teaching there.

My first meeting with Grandmaster took place shortly after my second Chemo. I was so weak then that I could hardly manage the two flights of stairs to the centre.

At the centre, Grandmaster Wee and his team of instructors taught me the Block



Adelene Tan

Breathing exercise, which I practised diligently five times a day, with each session getting easier as I progressed. Grandmaster Wee also boosted my immunity with acu-cupping treatments and as a result, I was able to complete the 8 cycles of chemotherapy with minimal side effects.

Both the Block Breathing and Qigong exercises helped me a lot whilst I was undergoing treatment, and I was able to go back to work in July 2012. Since then I have been maintaining a routine of Block Breathing exercises twice a day; I am also attending the Chi Dynamics Qigong class every Saturday.

Adelene Tan

Petaling Jaya, Malaysia



Adelene Tan (extreme left) and fellow Chi Dynamics members from the Bandar Utama Centre celebrating Grandmaster's 70th birthday.

2014 Qi Instructors & Healers Course

Grandmaster Anthony Wee will kick-off the New Year with a certification course for Qi Instructors and Healers on Sunday, 05 January 2014 (*see page 5 for details*).

To be conducted on the first Sunday of each month from 3pm to 5.30pm, the 12-session course will cover topics such as how to activate or induce healing Qi, the 36 master points and how to stimulate

them, the touch and non-touch methods to heal others and yourself, foods that hinder and/or enhance Qi flow, and Alpha Qi Meditation as a tool to heal.

Each of the 12 sessions will be conducted as a workshop. Certification requires an attendance of at least 70%. Those attending the course for their own interest may do so as non-certification participants.

Nominal fees apply and concessions will be granted to those who had already participated in previous Instructors/Healers courses.

If you wish to attend the course, please indicate your interest as soon as possible by emailing the Grandmaster at gmaster-anthony@gmail.com.

How Regular Block Breathing Exercises Helped Me In My Cancer Recovery Process— *by Johnson Lim*

On 6 August 2013, I was rushed to the Hospital as I suddenly felt breathless and could hardly walk beyond five steps.

More than a week later, I was diagnosed with a very rare and slow growing skin cancer. Doctors told my wife that I had only a 50% chance of walking out of the hospital alive as the cancer cells had already viciously attacked the memory glands and lymph nodes and were spreading like wild fire as evidenced from the PET Scan.

The oxygen level in my lungs had dropped to less than 40% and consequently, the right side of my heart was enlarged due to the exertion on the pulmonary artery that carries deoxygenated blood from the heart to the lungs. Every day, I depended on 5 litres of oxygen supply for my breathing. With my cancer marker hitting a high of 50 (*the normal is between 1 and 5*), my recovery process seemed rather bleak.

After a series of chemo treatment, I was discharged from hospital 21 days later. I was weak and felt tired easily as breathing became a daily challenge.

In October 2013, I was introduced to the Chi Dynamics' Alexandra Centre at Leng Kee Road through my sister-in law. I was handed a book on Cancer Care which I read briefly. Two key points struck me on how to create a hostile environment for cancer cells. Firstly, Chi Dynamics' breath-



Johnson Lim sharing his experience with participants at the workshop

ing exercises help to inject greater amounts of oxygen to destroy cancer cells, and secondly, they help your body to become more alkaline and boost your immune system.

I then decided to visit the training centre to find out more. The instructors were very kind in walking through with me the various breathing techniques and shared with me the principles and benefits of proper breathing.

I began by focusing on **Block Breathing** and **Lymphatic Drainage Exercise**. As usual, the initial stage was awkward but after several practice sessions, I started to make some progress. According to Grandmaster, the best time to do Block Breathing is first thing in the morning before one gets out of bed.

Through the exercises, I began to breathe easier and felt less fatigue. My digestive system also became less disruptive. I went on to set a regular schedule of 30 minutes

"Chi Dynamics' breathing methods help to balance the Ying and Yang of the body and to maintain the body's delicate PH balance"
- Grandmaster Anthony Wee

"Generally speaking, the longer you take to exhale, the more alkaline the body becomes. This is a vital principle in the practice and application of Chi Dynamics"
- Grandmaster Anthony Wee

of Block Breathing per session at least three times a day.

My latest blood test taken on 29 Nov 2013 was very encouraging. The cancer marker had plunged down to 6!

In the healing process, I learnt that the Mind, Body, Soul and Spirit are important elements for recovery. Qigong has helped me and I am grateful to Chi Dynamics for its mission in helping the community with its holistic approach for Inner Health.

Ask Grandmaster

Question: My hands and feet feel cold and I do not perspire at all. My energy level is also low and I feel tired easily. What should I do to correct this?

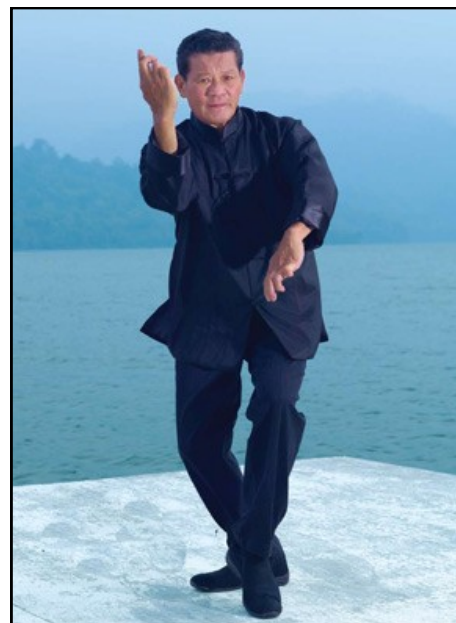
Answer: The 5 Elements of Qi in your body probably lacks the "Fire" element. Among other factors, this could be due to the shallow breathing that you are used to. Qi exercises may help.

I recommend that you practise 30 minutes of deep breathing daily using the fire "Pi" method as explained in my book, *"The Dynamic free flow of Qi"*. The fire breathing method stimulates and heats up your 'Triple Warmer' and this will improve thermal circulation in your hands and feet; it will also burn away the blood sugars, fats and the bad cholesterol. And if you

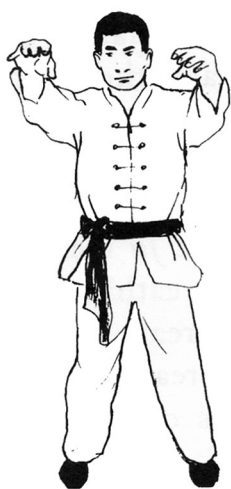
combine the breathing with the 'Mao' or 'Fong Yang' swings, you are bound to perspire.

The Mao Swing

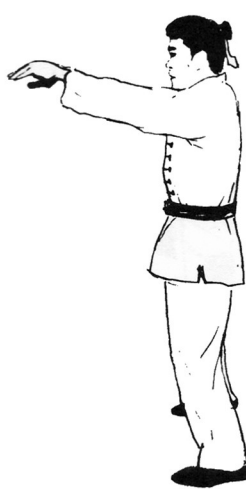
- Start with arms at eye level and then allow the arms to swing down freely as you exhale. (see diagram below). The eyes should be focused at a point in front, or may be closed. Maintain the momentum of the swing with the Pi exhalation.
- As you swing your arms, keep the knees slightly flexed, placing pressure on the midpoint of the ball of the foot which is the kidney meridian point number 1. This is to stimulate the kidney meridian



Step 1: Raise hands to eye level

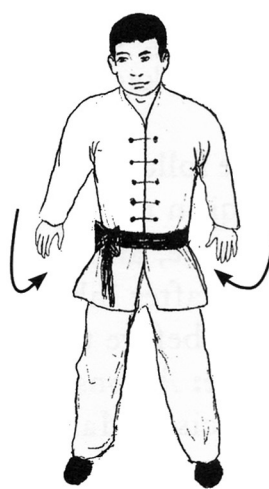


Front View

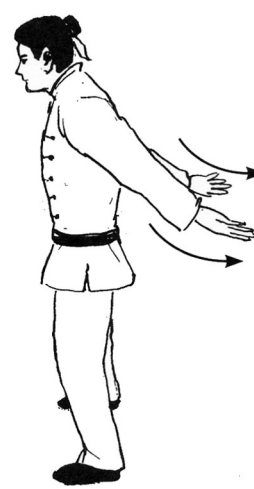


Side View

Step 2: Swing down with Pi exhalation



Front View



Side View

ACTIVATING QI & DELAYING DEMENTIA

**A workshop by Grandmaster Anthony Wee on
Chi Dynamics' Breathing and Master Points Touch Therapy**

Date: Sunday 05 January 2014

Time: 3.00 pm to 5.30 pm

To register, please e-mail: gmasteranthony@gmail.com