



CHI CHAT with Grandmaster

Issue 10

08 March 2014

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

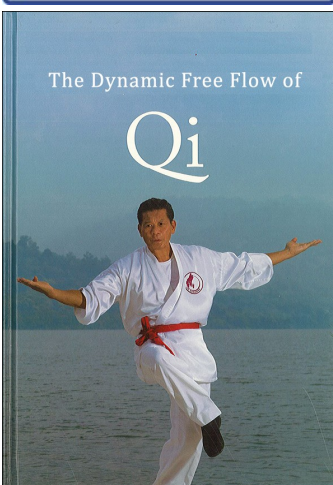
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If you have any interesting health-related anecdotes and/or experiences to share with our readers, please send them to gmasteranthony@gmail.com.



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

It's all systems go and the countdown to our 04 May 2014 Workshop has begun!

John Tee and his team have been busy tying the loose ends together, I am pleased to report that all arrangements for the Workshop are nearing completion and ticket sales have already begun.

In view of the encouraging response, we are advancing the cut-off date for the special rate of \$50 per member to 15 March 2014. If you have not reserved or purchased your ticket yet, please do so as soon as possible to avoid disappointment.

This month's Qi Healing Workshop was well attended by more than 40 participants, including three from Malaysia and a TCM doctor from the United States of America.

At this session, the focus was on the major mai or meridians in the human body.

- The **Du Mai** (or *Governing Channel*) which runs up the spine and the **Ren Mai** (or *Conception Channel*) which goes down the front of the body are the two meridians that facilitate the flow of Yang and Yin energy respectively.



Grandmaster Anthony Wee conducting the Qi Healing Workshop

- Running through the centre of the body and connecting the Crown Point and the perineum is the **Chung Mai** (or *Thrust Channel*).
- The **Dai Mai** (or *Belt Channel*) which circulates round the waist is another important channel.

With the participants' clear understanding of the basic Qi flow meridian system, I then went on to explain the initial signs of an impending stroke or heart attack and how to deal with such a situation (*first aid TCM/Qigong method*) before the arrival of medical help. One very essential focus in such a situation is to be calm and relaxed, and do the Chui breathing method taught in Chi Dynamics classes.

Endorsing the effectiveness of the Chui breathing method, one of the participants, **Dr Joan Tjia**, shared with the

class how anxiety would cause her blood pressure to shoot up to 270 whenever she underwent chemotherapy for her cancer. This makes treatment difficult and according to her, no medication could help to lower the blood pressure. However, when she does Chui breathing on such occasions, her blood pressure would drop to 160 to the amazement of the doctors and nurses in attendance!

Dr Joan Tjia also shared with the class recent interesting observations in medical studies showing the different signs for heart attacks for a man and a woman.

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Do you know that when men suffer a stroke or heart attack, they experience chest pains, but women don't?

Ask Grandmaster

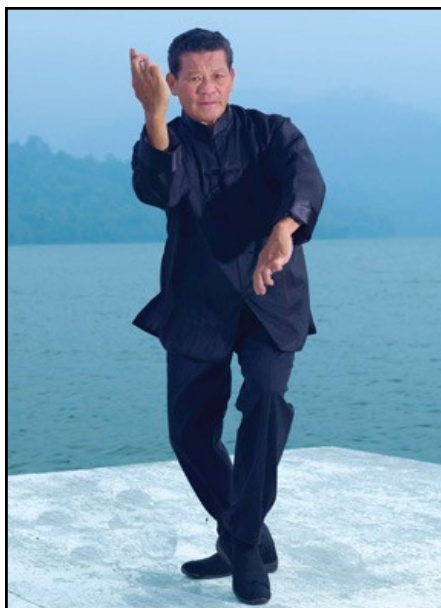
Question: I have been struggling to walk for a couple of weeks because of a lump under my heel and chronic burning pain below my toes and the ball of my foot. X-rays and ultra-sound checks have revealed that a scar tissue where the base of my toes joins my foot had inflamed badly. Please advise what I should do to reduce the inflammation and pain.

Answer: The inflammation is largely due to poor blood/Qi circulation. When you have to stand all day at work, the constant strain on the feet aggravates the nerves.

Here are my recommendations.

To get rid of the pain:

- Get some pebbles/stones which are smooth enough for you to stand on and place them in boiling water for 20 minutes.
- Place the heated pebbles/stones flat on the floor and cover them with a fabric (cotton or natural fibre) to stand on comfortably for about 30 minutes. If it is too hot, adjust the



thickness of the fabric accordingly.

- Do this before bed time and when the pain is unbearable. The heat/warmth will provide relief.
- Drink hot ginger tea with mint leaves daily.

- Rub/massage the foot/feet with essential oil every morning after waking up and after your deep breathing exercise "Chui" method. Wiggle your toes and turn them at angles for at least 15 minutes to get better Qi/blood circulation there.
- Wear socks or slippers and do not step on cold floors.
- Put a poultice (herbal powder and Aloe Vera) to draw out the toxins.
- Place your feet three cushions high when laying or sitting to drain the inflammation.
- Always breathe deeply with long exhalations.
- Go for walks along the beach when sun has baked the sands. Put feet up after the walk and wiggle the toes and turn the angles.
- Stop drinking cold beverages and eating cold food, and avoid citrus fruits for the time being.

From the Grandmaster's Desk (continued from page 1)

Some years back, one of my students suffered a heart attack during a golf game. He told me that whilst waiting for the paramedics to arrive, he thought he was going to die as his chest felt like a block of cement and the pain was intense.

However, Chui breathing saved his life and this was what he related to me:

"... then I remembered the deep Chi breathing using the diaphragm I'd learned in a Chi Dynamics workshop many years earlier. I started to use soft Chui breathing, gently moving the lower abdomen with the inhalation and exhalation of the breath, slowly but surely the chest congestion eased. The pain and the panic in me subsided.

I cannot thank you enough, Sifu. The Chi Dynamics breathing method helped keep me alive until help arrived."

CHUI

Related Element: Water

Technique: Pucker up lips and breathe out at a constant and

controlled rate through pursed (whistling) lips. For 'soft' chui, exhalation takes 9 to 12 seconds while for 'strong' chui, exhalation should take 6 seconds.

Benefits & Uses:

- * Stimulates the heart and lungs.
- * Slows down the rate and effort of breathing, and thus bestows a beneficial health effect.
- * Soft Chui helps to reduce stress and anxiety, and enhances the flow of blood and Qi into the heart.
- * Hard Chui improves and maintains the functions of the lungs by clearing the respiratory system of stale oxygenated air, it also helps to reduce inflammation.

The Natural Path to Active Living

with 5 Distinguished Masters

Presented by Chi Dynamics [International]

DATE: Sunday, 04 May 2014

TIME: 8.00am - Breakfast/Registration, 9.00am - Workshop commences

VENUE: Grand Copthorne Waterfront Hotel Ballroom (Level 4)

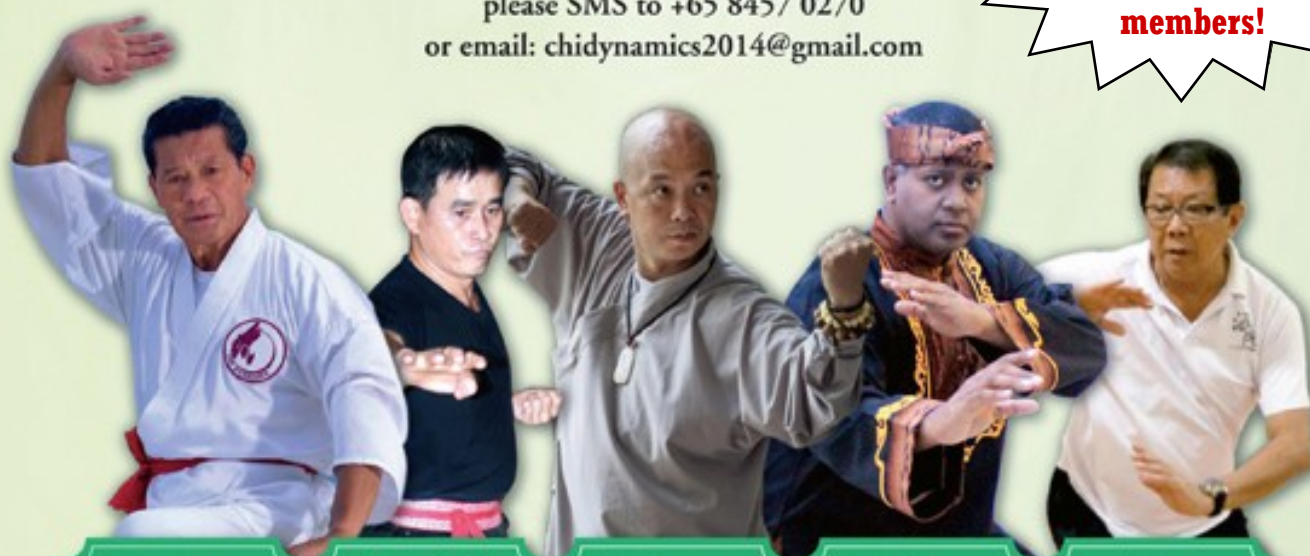
392 Havelock Road, Singapore 169663

FEE: \$80 per participant

(includes breakfast, lunch and one coffee break)

For more details and registration,
please SMS to +65 8457 0270
or email: chidynamics2014@gmail.com

**Book by
15 March 2014
to enjoy the early-
bird rate of \$50 for
members!**



**Grandmaster
Anthony Wee**
shares Chi Dynamics'
unique diaphragmatic
breathing techniques to
boost the body's
immune system!

Sifu Loo Kok Seng
and his team will
demonstrate the
awesome power of Wu
Mei Neigong to
enhance internal
fitness!

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**Silat Master
Sbeik Alau'ddin**
expounds how the
graceful Silat art of self
defence plays a part in
fitness and health!

**Master
Dennis Wang**
shows how to induce a
state of tranquillity to
overcome stress and
tension!

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