



Chi Chat with

Issue 11

25 March 2014

From the Grandmaster's Desk

This personal message from Grandmaster Anthony Wee is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email them to gmasteranthony@gmail.com.

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HEALING SESSIONS

Grandmaster Anthony Wee is conducting healing sessions for members only every Saturday from 10am to noon at the MTC in Subang Jaya.

If you wish to consult the Grandmaster, please contact Mary Heng (+60 126 713 823) for an appointment.

Consultation/Healing is free. Donations are welcomed.

Response to the sale of early-tickets for the **Active Living Workshop** has been encouraging. As anticipated, nearly 150 tickets were snapped up by members.

As the sale of tickets is now open to the public, may I request your assistance in promoting the workshop? Please spread the word around, especially to your friends and relatives who have health issues such as hypertension, osteoporosis, stress and even cancer. Your help in promoting the workshop is very much appreciated.

For ticket sales and enquiries, **SMS +65 84570270** or **E-mail chidynamics2014@gmail.com**. Alternatively, tickets may be bought from the Hyundai Showroom at 253 Alexandra Road between 12 noon and 2pm on weekdays, and between 10am and 1pm on Saturdays.

Following my visit to Singapore earlier this month, I flew down south to conduct a couple of workshops in Sydney and Perth. As I particularly enjoy the Australian great outdoors, especially during summer, the trip turned out to be most enjoyable.



Are they doing the Fong Yang Swing or the "Twist"?



No, this is not 'Wine-Gong'. It's a bonding & sharing session.

It was indeed enjoyable but do not let the photos featured on this page of me 'dancing' and 'wining' mislead you; it was also sheer hard work for me!

I have to confess that I did succumb to the "wine-gong" session after the 'gruelling' Qigong workshop in Perth. It was a time of fellowship and I had a wonderful time renewing old friendships and getting to know new members.

However, I deny teaching the class in Sydney how to dance to Chubby Checker's "**Let's twist again**" (I wish I could dance like him)!

In fact, I was merely showing them how to twist the wrist and relax the body to stimulate the hand meridians. The end result was hilarious as reported by **Victor Kuan** on the next page.

.... continued on page 2



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Sydney Workshop

It was quite a turnout at Sydney's Gladesville Training Centre for Grandmaster Anthony Wee's workshop on 09 March 2014 despite concerns over recent inclement weather.

However, all's well that ends well. The rain stopped in time and with the help of a few members, we were on our knees drying the open deck with rags just before the members arrived.

We had a bit of fun with the floor exercises when some of us realised the meaning of "*the spirit is willing but the flesh is weak*", emphasising Sifu's point about the need to strengthen our structure. There were more giggles when "*dancing*" started as Grandmaster taught us how to twist the wrist and let our bodies relax in order to stimulate the hand meridians.

The effectiveness of Block Breathing in Cancer treatment captivated us as we listened intensely to Grandmaster's discourse, especially when he narrated a case in pain management and relief.

The 9 Master Points and the Triple Warmer were equally engaging. So was Question Time, which gave an indication of the extent of members' interest in healing. All in all, it was an enjoyable workshop.

Victor Kuan

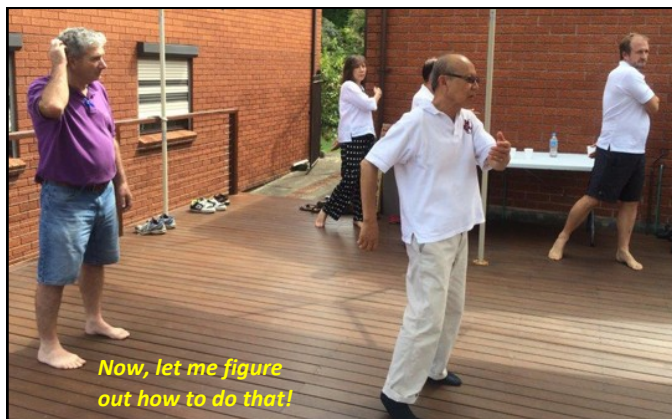
ANNOUNCEMENT

Grandmaster Anthony Wee is pleased to announce the endorsement of **Victor Kuan** as Chief Instructor of Chi Dynamics' Sydney Chapter.

For details of Chi Dynamics classes and events in Sydney, New South Wales, contact

Victor Kuan at Tel: 61-0433-040-238 or

Email: victorku903@yahoo.com.au



From the Grandmaster's Desk continued from page 1

All said and done, I enjoyed myself thoroughly and wish to thank everyone for the hospitality extended to me.

May I also take this opportunity to acknowledge **Victor Kuan** in Sydney and **Shane Francis** in Perth for the good work in keeping their respective CDI centres active and relevant for the benefit of our members. Special thanks also to **Maizan Ahern** for the time and effort in organising the Perth workshop so professionally.

As some of you are aware, **Maizan** is a true professional Yoga/Pilates teacher and we are very happy to have her on our team.

I will be heading back to Singapore to conduct the next Qi Healers workshop on 06 April. The topic for this workshop is acupressure and cupping techniques and I will be showing you how to clear blockages along the meridians, and boost Qi/blood flow as well as the immune system.

The workshop starts at 3pm and I look forward to seeing you there.

I will be in Singapore from 06 to 11 April and as usual, I will be available should you need to consult me on any health issues. For consultation and treatment appointments, please contact Michael Koe (9836 7151).

Grandmaster Anthony Wee

Perth Workshop

Twenty participants benefitted from the Perth workshop conducted by Grandmaster Anthony Wee on 15 March 2014. Assisting the Grandmaster at the workshop was **Shane Francis**, Chief Instructor of Chi Dynamics Western Australia.

Among the workshop participants was **Ronnie Nilant** who had this to say:

"I have attended one of Grandmaster Anthony Wee's workshop before, and I thought I knew what to expect. However, this second time round, it far exceeded my expectations!"

The build up of Qi in my body after the exercises seemed to explode during the meditation. I thought I felt Grandmaster Wee touching my head with his finger during the meditation, but it was not so. He had his hands above my head but the explosion of energy was amazing. It came from the tip of my head and swept throughout my body. It was such a wonderful feeling and I would like to experience it again and again."

Samantha Lee Turner also found the meditation experience 'pretty amazing'. Here's what she shared with us:

"As I sat on a bolster with my legs crossed and focused on the energy just below the navel and slowly moved it down underneath to the perineum and around to the lower back, I became more aware of the energy as it started to move up my back towards my head.

Still concentrating, I moved the energy to the base of my skull and then on to my crown. At that point, my head started to itch. And when I moved the energy to my third eye, I felt the energy rushing towards me, spiralling and pulsating yellow and green lights like a vortex. It came towards me at such speed it nearly knocked me off the bolster!"

It was warm and bright, and I felt good. I just wanted to let go and be taken backwards; the power and visualisation was so real and intense.

I then heard Grandmaster's voice again and I felt like I had left the room for a moment. Then I moved the energy down my face



Catching up with friends after the Perth Workshop

and chest to my abdomen where I held the energy between my hands like a ball of stretchy plasma.

The whole experience was pretty amazing. Wow!"

For Grandmaster Wee, this trip was a happy 'homecoming' occasion as he used to live in Perth for a number of years before relocating to Kuala Lumpur, Malaysia about three years ago.

After the workshop, he took the opportunity to network with members and catch up with old friends.

ANNOUNCEMENT

Grandmaster Anthony Wee is pleased to announce the endorsement of **Shane Francis** as Chief Instructor of Chi Dynamics' Western Australia Chapter.

For details of Chi Dynamics classes and events in Perth, Western Australia, contact **Shane Francis** at Tel: 61-417-175-303 or Email: shunlin.wa@gmail.com

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



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' (going to enhance internal fitness)

Shaolin Master Shi De Hong unveils the time-honoured Shaolin secret of blood circulation and bone density conditioning!

Silat Master Sheik 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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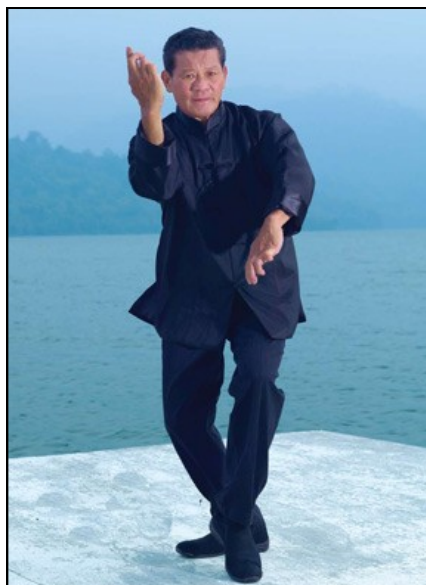
INJO

Ask Grandmaster

Question: What exactly is the Triple Warmer and how does it relate to the state of one's health?

Answer: The triple warmer is not an organ. It refers to 3 conceptual functions:

1. The **Upper Warmer** (*the upper part of the body which includes the heart, lungs and pericardium*) affects both the *Cardiovascular and Respiratory* functions.
2. The **Middle Warmer** (*the midsection of the body which includes the spleen, stomach, gall bladder and liver organs*) relates to the *Digestive* functions of the stomach, pancreas, liver, small intestine and to a certain extent the waste disposal system.
3. The **Lower Warmer** (*the lower section of the body which includes*



the small and large intestines, the kidneys and the urinary bladder) covers the *Reproductive, Urogenital and Excretory* functions.

All these warmers must be kept warm at all times by your Qi. Should any one of them becomes cool, energy will drop and this will affect one's health adversely. The generation of heat to warm them comes from the lower Tan Tian. Therefore, the importance in the proper breathing techniques.

Question: There are claims that the practice of Qigong can enhance one's sex life, cure impotency and even induce multiple orgasms. Is this true?

Answer: Yes, it is. The consistent practice of Qigong exercises enhances blood flow, vitality, energy and positive mood attitude, all of which go to improve the libido and sexual activities. It is natural that healthy people enjoy such activities more than people who are physically and mentally weaker.

Dear Grandmaster

In response to our invitation to members to share their experiences and/or interesting health-related anecdotes with our readers, S. C. Kan wrote in with this contribution:

"After reading your response to the foot inflammation question in the last issue of Chi Chat, may I share with your readers my own experience on this subject?"

For more than ten years, I was not able to walk bare-footed at home as the balls of my feet hurt badly. I had to wear soft slippers to minimise the prickling pain especially when I walk down the stairs.

About two years ago, a friend of mine recommended that I do this particular exercise twice a day:

With both hands resting against a vertical wall, raise the heels of your feet about three inches high so that

your weight is supported by the ball of your foot and toes. Then lower your heels down to the ground and repeat the process 50 times as if you are tip-toeing on the spot.

After two months of this exercise, I was able to walk bare-footed without any pain. You can also do the Chui breathing with this exercise and it works beautifully!"

S. C. Kan, Singapore



We would also like to thank Ms Linda McCrea from the USA for her feedback on the March Qi Healing Workshop:

"I have just returned to the US and wanted to say how much I enjoyed the Qi Healing Workshop held in Singapore in March. A wonderful experience!"

I felt fortunate to have heard directly from you and have a signed copy of your book.

The Workshop was a very congenial and open setting with good information presented. I especially appreciated the signs of and how to treat a stroke while waiting for emergency medical help.

Thank you also for seed tea during break. The only thing I might change/adjust would be the tripod/pad display!"

Linda McCrea, USA