



CHI CHAT with Grandmaster

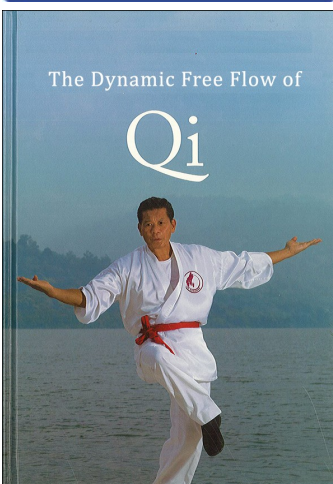
Issue 12

20 April 2014

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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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

April has been a rather busy month for me. In addition to on-going training activities, I spent an additional week in Singapore finalising arrangements for **"The Natural Path to Active Living"** workshop which is around the corner.

Organising the workshop is no easy task, especially when this is our first attempt managing one of this scale on our own. There are so many nitty-gritty but important issues to attend to ranging from the selection of guest speakers, programming, logistics and registrations to sponsorships, advertisements and publicity. However, despite the challenges, I must say that my involvement in the organisation of the event has been a meaningful learning curve and a most rewarding experience.

With everything more or less in place, I am glad to report that it is now all systems go. This happy situation would not have been possible if not for volunteers who have come forward to assist me. In particular, I would like to thank John Tee and the members of his organising committee for their cooperation and efforts in putting the various components of the workshop together.

On 04 April, I conducted a special class on how to gather Qi at the Botanic Gardens. I believe the session went well and that the participants found it useful. (see report on page 2).

The Qi Healing workshop on Sunday 06 April also went well. As the photographs below suggest, the participants found the workshop both informative and enjoyable.

Grandmaster Anthony Wee



Qi Gathering @ Botanic Gardens



On 4th April, Grandmaster Anthony Wee conducted a special class at the Botanic Gardens. The objective was to teach students how to identify the best ground to gather Qi, and how to gather and use Qi for self-healing.

The class met at the usual training ground beside Swan Lake at 7:30 am. Grandmaster Wee led the class in a walk with arms out-stretched in the earth position to identify the best site for gathering Qi.

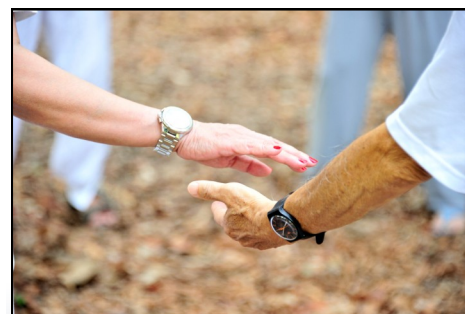
From the trembling sensation felt on the palms, the huge ficus tree beside the training ground was identified as the site with strong Qi. The class then gathered around it and Grandmaster Wee led the class

through the warm up exercises and taught both the one-handed and two-handed methods of gathering Qi.

After the Qi gathering exercise, the class went into standing meditation for self-healing. This was followed with the usual closing exercises at the end of the session.

It was a rich experience for the group. Many were able to quickly feel strong vibrations coursing through their bodies for healing to take place.

John Tee



"The best time to tap Qi from the trees is in the morning when sunlight gives trees the energy to photosynthesise by absorbing carbon dioxide, and in the process liberate oxygen into the air"

- Grandmaster Anthony Wee

Ask Grandmaster

Question: During Qigong training sessions, I have observed trainees addressing their instructors as “Sifu”, “Shi Xiong”, “Shi Jie” and “Shi Gong” with much respect. What do these titles mean?

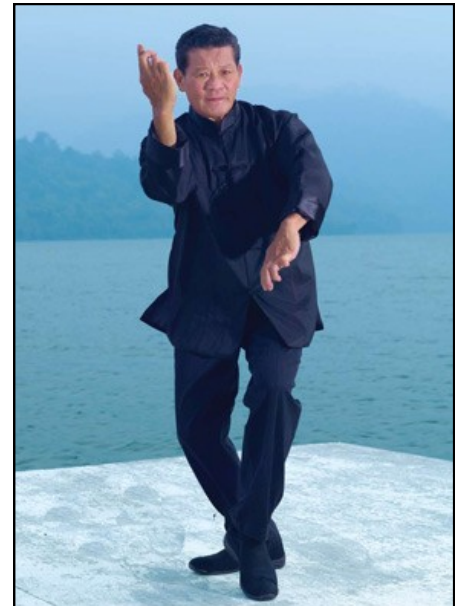
Answer: “Shi Gong” means ‘grandmaster’, whose main role is to teach and train Sifus, Si Xions and Si Jies to propagate and upgrade the art or system in question (*in our case, the Chi Dynamics system of Qigong*). As the Grandmaster of Chi Dynamics (International), I have trained and appointed many Sifus the past 35 years.

“Sifu”, also known as ‘Guru’ in India, means ‘teacher’ or ‘master’. When a woman is promoted to the same rank as Sifu, the term for her is “Shi Mu” (the female equivalent of “Master”). As Chi Dy-

namics evolved from the **Wu Mei (Fighting Nun)** form of Qigong, I hope to appoint a Shi Mu soon.

“Shi Xiong” (‘Elder Brother’) or “Shi Jie” (‘Elder Sister’) is the level below Sifu. Appointees at this level are usually those who assist the Sifu or head training classes when the Sifu is not present. Those who are directly trained by the Shi Gong may also address their Sifu as Shi Xiong or Shi Jie, as they too originate from the same Master.

The rationale behind the above protocol is to recognise commitment and skill; promote mutual respect and harmony; and maintain order in the group's dynamics.



Walk your way to better health!

As physical inactivity is a contributory factor to illnesses, medical experts recommend regular exercise to those who want to maintain a healthy and active lifestyle.

A good way to stay physically active is walking. Besides achieving overall fitness and keeping your weight in check, it helps to strengthen your bones, tone your muscles, manage stress, and lower the risk of health conditions such as heart disease, high blood pressure and diabetes.

Furthermore, walking is easy and suitable for people of all ages. It costs them nothing and they can do it anywhere and whenever they find time for it. All they need is just a good pair of shoes.

Although scientific evidence have surfaced only recently during our lifetime, the fact that walking is beneficial for our health was known since ancient times. More than 2,400 years ago, the Greek physician, Hippocrates declared that **‘walking is a man's best medicine’**. It is interesting that Hippocrates also maintained that **“the natural forces within us are the true healers of disease”** which supports the

concept of Qi in the practice of Qigong.

If you want to walk your way to better health, **Sifu Michael Kang** invites you to join his walking group at MacRitchie Reservoir Park, details of which are shown in opposite.

To participate, just call or SMS Michael at 9745 3161. Registration is not required.

Just come prepared—both in attire and fitness, but do not bring any food stuff with you as it will attract the monkeys. Should you need refreshments or a bite after the walk, there are some delicious snacks available at the Mushroom Café.

According to Michael, *“The walk takes you up close and personal with nature. If you are lucky, you may be rewarded with a view of huge monitor lizards like the one shown opposite which we encountered recently”*.

“Do come and join us if you are able to. For your information, we also do a trek to the

Day:	Wednesday mornings (weather permitting)
Time:	8.15 am
Assembly Point:	Mushroom Café @ MacRitchie Reservoir
Distance:	11 to 12 kilometres
Duration:	About 2 hours
Speed:	Around 6 km per hour
Attire:	Comfortable clothing & shoes with good grip.
Insurance:	Not covered



Bukit Timah Natural Reserve once a month”, Michael added.