



Chi Chat with Grandmaster

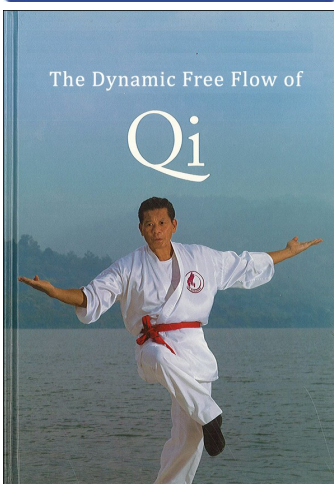
Issue 14

20 May 2014

This personal message is for internal distribution to CDI members only. If you've any interesting health-related experiences to share with our readers, please email to gmasteranthony@gmail.com

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

From the Grandmaster's Desk

With the "Active Living" workshop now behind us, I have had some time to reflect on the project. I am very happy that the final outcome was well beyond my expectations and would hasten to add that this could not have been possible if not for the help and cooperation of everyone in our Chi Dynamics community.

I would like to place on record my gratitude to all our sponsors and volunteers for their generous contributions and support. John Tee and his organising committee did such a marvelous job that some guests thought we had engaged professionals to organise the event!

Thank you dinner for our volunteers

As a small token of my appreciation, I hosted a dinner for the volunteers at Tamaya Japanese Restaurant on 06 May before my return to Kuala Lumpur. The party turned out to be a fun one as the volunteers let their hair down for a delightful evening of fellowship and yummy food. Camaraderie prevailed throughout dinner and I was happy to see everyone enjoying themselves.

Two more retreats are coming your way soon!

After the successful retreat at Kaliandra Resort last Septem-



One happy family enjoying the Grandmaster's treat



The looks of relief on their faces say it all!

From right to left, Organising Chairman John Tee is happy that all's well that ends well, Grandmaster Anthony Wee is delighted with the success of the workshop, and Mrs Lawrence Chong and Mrs S.J. Chiang (extreme left) seem happy that they can now expect to spend more time with their husbands with the workshop over!!

ber, and now with everybody talking about the just completed workshop, I have had several requests to organise more such events while interest and enthusiasm are high.

I am pleased to inform you that I have endorsed their suggestions and plans are now in the pipeline to organise a couple of retreats before the end of the year—one for our

Singaporean members and the other for the Malaysians.

Pulai Springs Resort, Johor Bahru is the likely venue for the Singapore retreat, while the Malaysian retreat will probably be held somewhere close to nature in the Ipoh, Taiping or Malacca vicinity.

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From the Grandmaster's Desk

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Subject to availability of suitable venues and support from members, I am targeting these retreats to take place this October. I plan to invite Shaolin Master Shi De Hong and Master Dennis Wang as guest speakers to join me and share the benefits of the various Qigong art forms with our members. If this plan materialises, the theme will be aptly entitled "**The 3 Qigong Masters Retreat**".

Preliminary groundwork for the two retreats has already begun. To help us with our planning, we need an indication of attendance to assess the viability of the retreats. Hence, if you wish to participate in the retreats, please email to gmasteranthony@gmail.com (for the Pulau Springs Resort retreat) or to chidynamics2014@gmail.com (for the Malaysian retreat) as soon as possible.

As with all our other major events, we will need volunteers to come forward to lend a hand with the organisation of the events. I look forward to your continuing support and hope to hear from you soon.

Meanwhile, I trust you will all continue to do your exercises regularly and stay healthy and active the Chi Dynamics way!

Grandmaster Anthony Wee

COMBATING PAIN and DISCOMFORT for cancer patients undergoing chemotherapy

A FREE workshop by
Grandmaster Anthony Wee,
founder of Chi Dynamics (International),
who will share how his breathing techniques
can ease pain and discomfort for cancer
patients undergoing chemotherapy

Date: Saturday 07 June 2014

Time: 4.30 pm to 6.00 pm

Venue: To be advised



ALL ARE WELCOME!

For registration and enquiries, please call/SMS 9836-7151
or email gmasteranthony@gmail.com

Stay in touch via Website, FaceBook and YouTube!

Our revamped website is now up and running. It now features a new look and feel and we hope it will serve as a useful medium for you to stay in touch with the activities of Chi Dynamics. If you have not already done so, log in to view it now. The URL is www.chidynamics-qigong.com. We welcome your feedback and suggestions for improvement, and please also let us know what you would like included in the website.

You can also find us on **FaceBook** and **YouTube**. We are now populating these sites with articles and videos for you to read and follow and hope you will find them both informative and entertaining. Appended below are the URLs.



<https://www.facebook.com/pages/Chi-Dynamics-International/275855135851815>



<http://www.youtube.com/channel/UCyMIambqJASRAK6DezRwI6A>

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WELCOME to the official website of
CHI DYNAMICS INTERNATIONAL!

Chi Dynamics International (CDI) is a non-profit, non-religious and non-political organisation. Its main objective is to promote good health and the well-being of individuals through the practice of the CDI system of Qigong.

The founder of CDI is Grandmaster Anthony Wee who has thousands of fans around the world practising his art of Qigong exercise and meditation to maintain good health and facilitate self-healing.

Originally a martial art exponent, Anthony brought glory to Singapore in pugilistic competitions around the region in the 1970s. Today, at the age when most of his contemporaries are enjoying their retirement, the septuagenarian spends much of his time and energy sharing the benefits of his Chi Dynamics brand of Qigong with others through training sessions, healing clinics and workshops on cancer care throughout the region.

We invite you to browse through this website and discover CDI's Qigong breathing and meditation techniques for good health. As many have experienced, the techniques can also alleviate pain and suffering and help individuals to self-heal themselves.

URL: <http://www.chidynamics-qigong.com>

Singapore Malaysia Perth Sydney

follow us:



Refreshing look and feel of the revamped website's home page

Dear Grandmaster

I recently attended *The Natural Path to Active Living* workshop in Singapore and would like you to know that I thoroughly enjoyed the one-day event which provided such a fascinating view of the worlds you have helped to create, nurture and link. They were as varied as the powerful feats of strength displayed by Sifu Loo Kok Seng and his Wu Mei Qigong team to the well-coordinated performance by Silat Master Sheik Alau'ddin's fighters.

The active participation encouraged by Shaolin Master Shi De Hong helped us to feel the changes that his movements wish to stimulate. He received such a lot of interest on the treatment for insomnia that it nearly led to a stampede of women rushing onstage for therapy. After seeing their grimaces when Master Shi treated them, many of us chose to stay in our seats.

Later, it was gentlemen's turn to go on stage for gout treatments. They did a better job of hiding their pain but we were in no doubt that Master Shi's pressure point treatments worked for both insomnia and gout.

Perhaps one of the most heartening aspects of the workshop was seeing how both the young and old can benefit from the activities that Grandmaster Anthony and his communities have fostered.

Watching Principal Chong's Kungku Kids from Poi Ching School was thrilling and sweet at the same time. Later, the Chi Dynamic instructors' block-breathing demonstration showed us an exercise we can all do even if we can't stand up. In fact, regular practice can strengthen us so much that eventually someone else can stand on us, as they so memorably displayed.

On another note, the loyal and very effective team of the workshop's Organising Committee and volunteers did a wonder-

ful job of helping those of us new to Chi Dynamics and from out-of-town feel welcome and looked after.

The message that came through clearly was that the Chi Dynamics community is dedicated to promoting understanding, vitality and independent living so that we can all help to support and nourish the people we care for and the communities that we live in.

Laura Fan

Kuala Lumpur, Malaysia



Ouch! It really hurts!



Cool, man! Mustn't show that it hurts.



Shaolin Master Shi treating the bevy of 'insomniacs'

Ask Grandmaster

Question: I suffer from advanced stage diabetes and hypertension conditions and my doctors have warned me that if I do not take proper medication, follow a strict diet and exercise regularly, I am likely to be a candidate for kidney dialysis or even worse, suffer a stroke or heart attack.

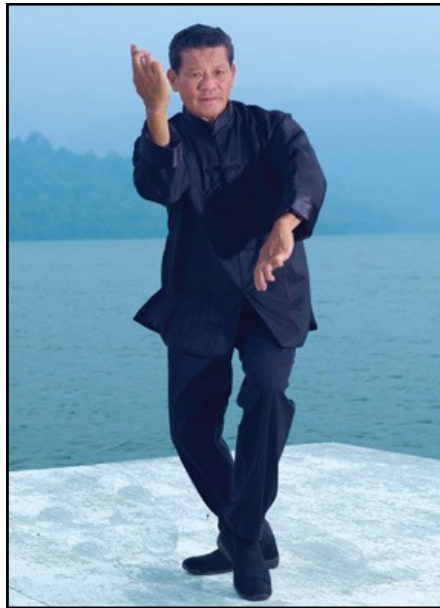
I am able to heed the medication and diet advice but unfortunately, I cannot perform any form of exercise as I am grossly overweight. My knees are also in bad shape and I am unable to jog or even do brisk walking. Please advise what I should do.

Answer: There are a few Chi Dynamics Qigong exercises that can help. The one I would recommend to you is the **Mao Swing** which is performed without movement of your legs.

*"Do the simple **Mao Swing** exercise for 15 to 20 minutes twice a day, once in the morning and once in the evening, and you will be amazed with the results"*
- Grandmaster Anthony Wee

Here's how you do the **Mao Swing**:

- Stand with your feet apart with knees slightly bent. Relax your shoulders



and put 60% of your weight to the front of your feet.

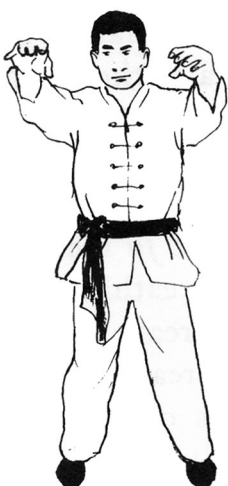
- Exhale completely and then inhale using your diaphragm. Repeat 20 times to clear the bad air from your lungs.
- With your eyes focused at a point in front, raise both hands to eye level and allow the arms to drop freely to swing to the back, exhaling at the same time. As your hands reach below your belt level, exhale sharply

through your nose with the 'Pi' exhalation (*the fire breath that burns the blood sugars and the fats from your blood*).

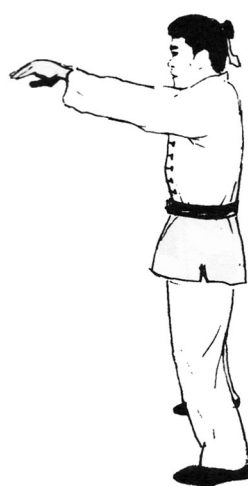
- Keep your knees slightly flexed as you swing your arms down, stimulate the kidney meridian by placing pressure on the midpoint of the ball of your foot where the kidney meridian is.
- Continue the momentum of the swing repeatedly with the 'Pi' exhalation for 20 minutes, during which time you would have swung your arms about a thousand times.
- When done, revert to Qigong position. Stay still and adopt Fu breathing for the next 5 minutes to allow the energy to flow.
- Then warm your hands by rubbing them together and massage your facial muscles and ears gently till you feel warm all over. You will perspire profusely if done correctly.

"I would also advise you to watch your diet. Eat more vegetables and avoid soft drinks and cold beers"
- Grandmaster Anthony Wee

Step 1: Raise hands to eye level

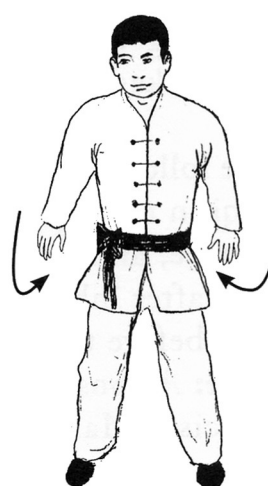


Front View

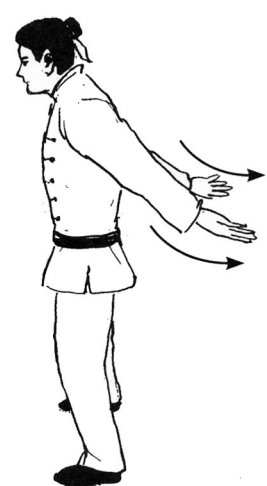


Side View

Step 2: Swing down with Pi exhalation



Front View



Side View