



CHI CHAT with Grandmaster

Issue 17

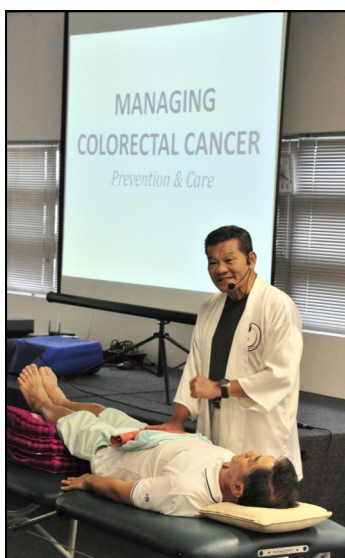
20 July 2014

From the Grandmaster's Desk

This personal newsletter is meant 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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Grandmaster showing where to apply the hot water bag at the Colorectal Cancer workshop

At the July Workshop, the focus was on colorectal cancer, which is the most common cancer affecting men in Singapore, and the second most common after breast cancer for women.

Apart from the recommended food and exercises that can help people to prevent and/or manage colorectal cancer, I share with the workshop participants the illegal use of "gutter oil" for cooking in certain countries. Recycled from waste oil collected from restaurant fryers, sewer drains, grease traps and slaughterhouse wastes, "gutter oil" is toxic and linked to liver and stomach cancer. Although it is not a major issue in this part of the world yet, it is most disturbing to think that we may be eating food cooked with "gutter oil" unknowingly should the revolting practice catches on here.

Nevertheless, my advice is to be vigilant and ensure that the cooking oil you use is from a reputable source. It is also important that the vegetables you eat are carefully washed and free from insecticides and fertilisers, and all meals are hygienically prepared and well cooked.

I have been pondering over the remarkable progress we have made since our Alexandra

Centre was opened just three years ago. Membership has increased significantly and so has the number of cancer patients coming to the centre for treatment. It is most encouraging to see many people benefitting from what we do, and even more heartening to know that what we have achieved is purely from by-word-of-mouth through our volunteers and sponsors.

On this score, may I say how very blessed we are to have such a dedicated team of volunteers and faithful sponsors who have selflessly sacrificed much of their personal time, effort and resources to help others to stay healthy and active through Chi Dynamics' Qigong exercises and deep breathing methods. ***I just cannot imagine how we could have achieved so much without their unflagging support.***

Last but not least, I would like to thank our principal sponsor, Komoco Motors, who have generously given us 100 percent support from day one and allowing us to use their expansive Staff Recreation room and facilities (see page 2).

Thank you all and let's continue to share the benefits of Chi Dynamics Qigong with others.

Grandmaster Anthony Wee



Sifu Roland Hong (left) demonstrating the exercise for the digestive organs



Grandmaster Wee explaining the "Haaa" healing sound with help from Senior Instructor Royston Tan

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A Pictorial Tour of the Alexandra Centre



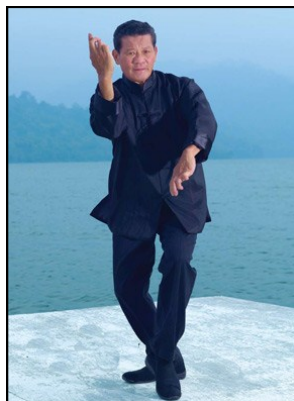
- 1: The Reception Area
- 2: A class in session at the Training Room
- 3: Senior Instructor Royston Tan sharing the finer points of breathing with trainees
- 4: Grandmaster Wee at his desk
- 5: Patient being treated in the Treatment Room
- 6: Infra-red heat treatment
- 7: Block breathing with heat pad
- 8, 9 & 10: Workshops and Courses in progress

Ask Grandmaster

Question: Why do I need to come to the centre for training, after all I already know all the exercises after a year of group instruction/training?

Answer: Training on your own is a must but it is highly recommended that you attend regular group training as well to benefit from Qi-energy sharing which cannot be duplicated individually.

In the Qi Circle when participants in the group put out their right palm down and the left palm



up to form a perfect circle, Qi is neither lost nor dissipated as it flows magnetically around the circle through the palms without any physical contact.

When the energy multiplies with each breathing rhythm, the participants will soon experience vibrations, heat and electromagnetic flows which clear the meridians and channels of blockages and fill them with Qi.

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We are pleased to announce that our next retreat will take place from 09 to 11 October 2014 at **The Hill Hotel & Resort Sibolangit**, a hill resort about 45 kms from Medan, the capital city of North Sumatra, Indonesia.

Surrounded by gardens and built in harmony with nature, the resort promises well-appointed accommodation and the comfort and convenience of modern amenities as you can see from the photos below.

The retreat programme will feature **Grandmaster Anthony Wee**, **Shaolin Master Shi De Hong** and **Master Dennis Wang**. The trio will unveil ancient Shaolin, Han Yang, Wu Mei Qigong and Zen meditation healing methods in natural surroundings.

Full programme and cost details will be disseminated to you by e-mail as soon as they are finalised. Please also look out for them in the next issue of Chi Chat.

HARNESS QI FROM NATURE with the THREE MASTERS



**Shaolin Master
Shi De Hong**

**Grandmaster
Anthony Wee**

**Master
Dennis Wang**

Meanwhile, lock in the dates in your diary to ensure you don't miss this opportunity to learn from the Three Masters!

As places for the retreat may be limited by availability of accommodation, please register your interest and book early!

**To avoid disappointment
REGISTER/BOOK EARLY** with

Michael Koe (SMS: +65-9836 7151) - Singapore
Mary Heng (SMS: +60-1664 78110) - Malaysia



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Camaraderie at Bandar Utama Centre



(1) Ng Yee Fock (Resident Instructor)

(2) Tan Kim Seong (Instructor)

The Chi Dynamics' Bandar Utama (BU) Centre in Petaling Jaya was established eleven years ago on 03 February 2004 by **Mr. Ng Yee Siang** to promote the Art of Chi Dynamics Qigong in the then new neighbourhood of Bandar Utama.

When the Centre was first started, some residents recall the indefatigable Mr Ng taking the trouble to print hundreds of promotional flyers and personally dropping them into mail boxes in the neighbourhood. Thanks to his untiring efforts and that of his team of volunteers, the BU Centre has since developed into a recognised venue for sharing, enriching and touching the lives of the community at large. ***The camaraderie displayed at the Centre and the volunteers' contributions to society are most commendable.***

Besides engaging its members in the weekly Qigong classes it conducts, the Centre has also played an important role in helping those with serious illnesses in their recovery. They include **Ms Adelene Tan** (see "My Road to Recovery with Qigong" in *Chi Chat Issue No. 06*) and more recently, **Mr Jason Loo**, a young auditor who contracted a rare form of cancer at the young age of 22 and had to go through four cycles of BEP Chemotherapy and surgery. Sharing with us his experience on how Qigong helped him on his road to recovery, (see page 3), Jason reckons Qigong will now be very much part of his life.

Today, the BU Centre is managed by a small team of dedicated volunteers comprising **Mr Ng Yee Fock** (Resident Instructor), **Mr Tan Kim Seong** (Instructor) and Assistant Instructors, **Victor Wong Khang Seng** and **Rachel Lee Chooi Hong**.

Weekly classes are conducted on Saturdays from 6.45am to 8.45am at the Open Field, Jalan BU7/9, Banda Utama, Petaling Jaya.



"The volunteer spirit of those helping out at the Bandar Utama Centre is most laudable. I know they are attracting many needy participants just by word of mouth"

— Grandmaster Anthony Wee



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Qigong: from the perspective of 23 year-old Jason Loo

Many wonder why Qigong has been practised for thousands of years and is still in existence. I think the reason is simple – it is part of nature, and is part of who we are. We may not be able to see it, but with practice, we can definitely feel it, even for an amateur Qigong practitioner like me.

I was first introduced to Qigong by my mum's friend, **Ms. Adelene Tan**, and being a typical young adult, I was sceptical with what this new exercise has to offer. And when I first attended the session at the Bandar Utama Centre, Petaling Jaya, where everyone joins in a circle for the Qigong exercise, my first thought was "is this a cult"? The body movements that I was told to follow looked like neither Taichi nor Wushu, and the breathing techniques that I was told to learn did not make much sense. However, I kept an open mind, and I am glad I did.

I am a firm believer of facts over faiths, even more so in my day-to-day job as an auditor. However, in July 2012, fate presided over fact, and at a mere 22 years of age, I was faced with Mediastinal Teratoma, a rare type of testicular cancer. I had never been hospitalised in my life, and am rarely down with flu or any other form of sickness, the reason for what hit me is unknown. In the words of my doctor, "you are just unlucky".

"Qigong may seem more like faith than fact at first encounter. Only when you practice for a little while longer, you will then feel its presence and see its benefits. It did not take me long to feel the Qi and how it moves around my body."



"Qigong is never easy, but it is definitely worth it." - Jason Loo

When I first started with the basic block breathing, I felt heat in my stomach (near to the Dan Tian region), and that kind of heat is a feeling that you can't explain, but you can only feel it from within. On the outside, your stomach feels normal. The second type of feeling I have with Qi is a tingling sensation in my fingers and toes. They are usually present after a full session of Qigong. It is difficult to describe, you will just have to have an open mind and practice.

As I carried on with my practice, I began to feel a subtle force moving around my body. I can usually feel it when I combine my focus on my breathing with the physical exercises that I do. It is a force that flows naturally in my body but it is a force that is to be reckoned with. It would be uncomfortable to stop or challenge its flow by moving in an opposite direction. My hip would react by following its rotation and the flow would drive the rotation. These feelings are truly fascinating, you can't explain it, but it is definitely there.

It has not been easy trying to focus and concentrate on breathing and performing the exercises when I first started, but with determination, my physical strength gradually recovered with the help of Qigong,

and it has not just helped me with getting my health back, but has also helped me in other more urgent occasions. For example, I always have motion sickness especially on a train or car ride and when I feel dizzy or feel like throwing up, I would do block breathing, and the dizziness will fade away.

"I am not glad that fate brought me cancer, but I am definitely fortunate to have fate introduce me to Qigong and especially into the Bandar Utama Qigong group that has amazing instructors and a supportive group of practitioners."

I am grateful to **Mr. Ng Yee Fock** and **Mr. Tan Kim Seong** for their passion and patience in coaching and sharing the finer points of every exercise with me, and particularly for the attention to ensure that I return to good health.

These people are doing all this on a voluntary basis and yet they are able to provide such charitable service with passion and full commitment. They have my utmost respect.

Now that I am back in the UK, faith, fate, or fact, it does not matter. ***Qigong is here to stay and will be part of me for life!***

Jason Loo

***"Breathe badly and you live badly.
Breathe a little and you live a little.
But breathe well and you will live well"***
(Old Chinese adage)



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