# CHI CHAT with Grandmaster

Issue 22 10 October 2014

## From the Grandmaster's Desk

#### **OCTOBER WORKSHOP**

I was very encouraged by the response to our recent Healing Sounds Meditation Workshop. Despite 06 October being a public holiday, more than forty participants turned up. From the feedback I received, many participants found the session fruitful and most enlightening. (For a detailed account of the Workshop, please turn to page 2).

The highlight of Workshop was surely the inspiring testimony that John Tee shared. In February this year, he was diagnosed with sciatica, a condition that caused excruciating pain whenever he walked or stood up. Given the Hobson choice of pain killers for the rest of his life or keyhole surgery which may leave him paralysed, he rejected both and instead opted to take the natural self-healing path. Today, the pain has gone and John's life is back to normal. For more on John's testimony, turn to page 3 or *click here* for a short video on YouTube.

## NOVEMBER WORKSHOP

The next workshop will be held on Monday, 3 November 2014 from 7pm to 9pm, when I will be focusing on the prevention and management of diabetes. Besides the relevant

Qigong exercises and advice on recommended nutritional supplements for diabetes, I will be showing participants how to burn off 'blood sugars' with the 'fire breath' breathing method.

### **WU MEI KUNGFU**

Many of you will gather by now that Shaolin Wu Mei Kungfu is very much part of our Chi Dynamics Qigong art form. Originated during the late Ming/early Qing Dynasty by Wu Mei, the legendary Buddhist 'fighting nun', this art form focuses on swift, sharp, whipping techniques with the fingers and hands without the need for brute strength and physical power.

We already have a small group of members practicing Wu Mei Kungfu. As interest is growing, I have formed a committee to promote the Art as it is particularly effective for fitness and self-defence, especially for women and smaller built men.

With immediate effect, Wu Mei Kungfu classes will be conducted at the Alexandra Centre every Wednesday from 7pm to 9pm. In addition, I will also be conducting a monthly workshop. If you wish to join this class, please register with Michael Koe (Mobile: 9836-7151).



#### THE MEDAN RETREAT

By the time this issue of Chi Chat reaches you, the Medan Retreat will be in full swing. Stay tuned to Chi Chat for the highlights of the Retreat in our next issue.

Grandmaster Anthony Wee

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



Members of the Wu Mei Kungfu Group

Seated: Chris Lee, Roland Hong, Grandmaster Wee, Royston Tan & Philip Tan Standing: John Tee, T.C. Seow, Michael Koe & Mervyn Beins

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## Healing Sounds Meditation Workshop—by John Tee





Held at the Komoco Center on 06 October 2014, the workshop turned out to be hugely popular with the main practice hall completely filled to the max with members from all the different centers.

The workshop started with deep diaphragmatic breathing with toes and heel stretches followed with leg raises, lymphatic stretches, cobra stretches, and foetal position. The objective of this set of exercises is to relax the body and mind, condition, loosen and stretch the body to prepare it for meditation.

Grandmaster then taught the class a sitting meditation to regulate Qi and blood flow through all the 12 meridians running down both arms, to activate – lung, large intestine, pericardium, triple warmer, heart and small intestine.

Next, the class adopted the Qigong stance and assumed the 'earth' position before progressing to the 'zen' position. Instead of the usual 'fu' exhalation adopted for standing meditation, the class was taught

to make an 'ommn' sound exhalation. This is to generate a vibration at the throat area which will extend upward to the bai hui to refresh and revitalise the mind and body.

After 20 minutes of standing meditation, the class did three sets of butterfly stretches. Instead of the usual 'tu' exhalation, 'wu' exhalation is used instead to further activate and stimulate the heart.

The class was then taught some finer points on percussion tapping - an alternative to cupping and acupuncture, percussion tapping can be used to stimulate different meridian points.

The first point was the 'nei guan' which is 3 fingers from the wrist line on the inside fore arm. After tapping for 9 breadth, it is followed with outward swiping ie away from the body.

The next point is the 'wai guan' which is the 'nei guan' corresponding point on the outer fore arm. Similarly, tap for 9 breadth but this time, sweep inward. Another point to tap is the 'fengchi' point which is slightly lower from the back of the ear where there is a concentration of meridians running from the body to the bai hui. This tapping should be done with the opposing hand supporting the forehead.

Finally, the points in the ears are to be stimulated too. The class was taught to press both ears flat with their hand and then sweep it forward.

## John Tee

(Click for videos of the Workshop on You-Tube— Part 1, Part 2 & Part 3)











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# Self-Healing with Qigong —by John Tee

In February this year, I was diagnosed with sciatica which caused an excruciating pain down my left leg whenever I walk or stand. Following a MRI scan which confirmed that my herniated disc was degenerated and cannot be rejuvenated, I was given two choices by my doctor – either live with the pain with a diet of pain killers for the rest of my life or proceed with a keyhole surgery to remove the herniated disc at L5 which was pressing on the S1.

Reliance on pain killers is not a sustainable solution but any slip up in the 'simple' keyhole surgery may render paralysis.

I consulted *Grandmaster Anthony Wee* who injected confidence in me that self-healing is possible. I went through acupressure cupping every alternate day for a few weeks. After each cupping, a special poultice was applied to all the cupped points.

And very importantly, Grand Master instructed me to lie down as in 'block breathing' but to use 'pi' exhalation and use the Yi to direct the Qi to the left leg. The objective is to use the Qi to push through the blockage caused by the herniated disc. I practiced this daily for at least 20 minutes a session, till I can feel tingling and vibratory sensations running down my left leg.

By early May I was able to run around and help out in the Chi Dynamics Active Living Workshop.

By early July, the pain was completely gone and I could proceed on a long holiday including some trekking on hilly terrains.

Again, I like to thank Grand Master for his treatment and guidance. And also thanks to *Sifu Roland Hong* who continued with my cupping treatment in Grand Master's absence.



To our fellow members, do not underestimate the power of the Qi and what it can do for you, particularly with proper guidance.

Iohn Tee

(Click here for a short video on YouTube)

## **Ask Grandmaster**

**Question:** What would you recommend for someone recovering from open heart surgery?

#### Answer:

- Block breathing exercise is highly recommended. Do this at least three times a day or whenever the patient is experiencing discomfort or short of breath.
- Quit smoking/drinking alcohol.
- Eat warm food and drink warm drinks. Chilled food takes too much energy to warm up for digestion.
- Blend your meals for easier digestion; this means less work and energy to chew up food, and better for weak hearts.

- Sleep is a healer as gentle movements provide the blood with Qi energy.
- Meditation reinforces the Yi (intent, mental focus, dedication, will power) to survive, to rejuvenate and to retard degeneration.
- Do not sit in one position too long.
  Two hours is the maximum, after which you should start to stretch, walk and move around.
- Vegetables, herbs, fish and white meat are good for patients recovering from heart surgery. Take less red meat and if you do, blend them.
- After the first six months, do gentle and deep breathing exercises.

**Question:** In the few short months that I have been practicing Qigong with Chi Dynamics, I have experienced varying interpretations for the same exercise from different instructors. Shouldn't there be just one standardised interpretation? And does it mean that some interpretations are incorrect and may harm me?

**Answer**: Individual instructors may interpret the exercises slightly differently but as long as your breathing technique is correct, you are well protected. This is why we pay a lot of attention to teach newcomers the correct breathing technique and ensure that they master it before joining the main training class.

Should you encounter the next inconsistency, I would appreciate if you can bring it to my attention. Thank you.

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## **Caring and Sharing Unconditionally**

True to its spirit of sharing, enriching and touching people's lives through Qigong, the volunteers of **Kerenji Centre** in Subang Jaya, Selangor staged a successful get-together cum mini Workshop at Chi Dynamics' Main Training Centre (MTC) in Petaling Jaya on 27 September 2014.

This community service project was undertaken by the **Cancer Support Unit (CSU)** of Chi Dynamics Malaysia whose objective is to provide meaningful support for those on a healing journey. Apart from Qigong exercises, the **CSU** (which is appropriately the acronym for "*Caring and Sharing Unconditionally*") hopes to share with them health tips on diet and nutrition and how to heal the emotion and spirit.

According to **Khadijah Shaari**, the driving force behind the Centre, "It was a fulfilling day for our team of volunteers as we accompanied the participants through the process of self-discovery and healing. Cancer survivor **Cindy Yong** shared from her heart which could only come from someone who had gone through the mill herself, while **H. N. Liew** (a bladder cancer survivor of more than 12 years) treated us to a healthy vegetable/fruit smoothie dessert and a very enlightening talk on juicing".

"Everything went off smoothly as planned. We even provided a baby-sitting service so that parents can participate in the exercises and talks without having to worry too much about their kids. In fact, we are so encouraged by the response from the participants that we plan to repeat the gathering on the last Saturday of each month. The next one will be on 25 October", Khadijah added.

Hats off to the volunteers of the Kerenji Centre for caring enough to share and touch lives! The Chi Dynamics family is very proud of you!



"Khadijah Shaari is one of Chi Dynamics' longest serving instructors in Malaysia. Being a Muslim interested in Qigong and TCM, she is indeed a rare gem. A good sport, open-minded, non-judgemental and a compassionate person, she has done Chi Dynamics family proud" - Grandmaster Anthony Wee







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