

CHI CHAT with Grandmaster

Issue 29

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From the Grandmaster's Desk



Pondering over the progress at our Alexandra Centre over the past three years, I believe we have achieved much. I am very happy that our proprietary deep breathing methods and exercises are benefiting so many people, and that our membership continues to grow steadily. All these accomplishments would not be possible if not for our loyal volunteers, instructors and generous sponsors, and to all of them, thank you very much again!

As announced in our last issue, we will be celebrating the 3rd Anniversary of the Alexandra Centre in June. Details are being finalised but meanwhile, here are some advance information on *"The Chi Dynamics Qigong Challenge 2015"* which will be held in conjunction with the Anniversary dinner.

- Contestants (individuals and group) will be judged on their execution of the **Butterfly Stretch**.
- Points will be awarded based on timing, accuracy, interpretation and breath control.
- Points will also be awarded for creativity and choreography in the team section.

The competition is open to all members from our training centres in Singapore and Malaysia. So start practising now. You and/or your group may be the Champions of Chi Dynamics Exercise Forms!

Would all instructors of the respective centres please co-ordinate with their trainees

and submit their applications to **Ronald Lim** at gmasteranthony@gmail.com by 17 April?

We had another successful social evening on 03 March. The highlight of the event was the traditional Lo Hei conducted with each table headed by an instructor. It was a great opportunity for me to catch up with members as well as former sponsors who have left us because of work commitments. As you can gather from the photographs below, the evening was an enjoyable one as members mingled with one another to share their qigong and life experiences.

Grandmaster Anthony Wee

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SIMON CHEONG

The Driving Force behind Chi Dynamics' Bandar Puteri Klang Centre



Simon Cheong (aged 59) is the owner of an engineering company dealing with stainless steel equipment for the food, pharmaceutical and chemical industries in Malaysia. Married with three children, he still finds time from his busy work schedule to manage Chi Dynamics' Bandar Puteri Klang Centre – a small but active centre which has thrived under his able leadership for the past eleven years. In this issue, Simon shares with us his passion for Chi Dynamics Qigong.

Chi Chat: Simon, please tell us how you got started with Chi Dynamics.

Simon: It all began in 2002 when I came across an article about Chi Dynamics in the local newspapers. Out of curiosity, rather than for health reasons, I joined the USJ Court 9 group in Subang Jaya together with a friend. Both of us were a little apprehensive at first as we felt uneasy having to do Block Breathing on the floor. For this reason, my friend decided to call it a day after the first lesson but I carried on as I found the warm and tingling sensation surfing through the surface of my skin when I do the Block Breathing exercise rather pleasant.

Chi Chat: What about your experiences with the other exercises?

Simon: They were mixed for various reasons. For example, I felt a pleasant sensation around my body when I perform the Mao Swing a hundred times at moderate speed but when I progressed on to a thousand times with increased

speed, my body would jolt up and down which was not very pleasant. Bearing in mind Grandmaster Wee's advice that we are to perform our exercises optimally and not to the maximum, I reverted back to a hundred swings and that suited me fine.

Initially, the 5 Essential Exercises would often leave a numb feeling at my lower Dan Tian and this gradually progressed to a prickling sensation – just like a thousand needles piercing through the body. Being naïve, I thought everybody felt the same, so I did not ask why. My joints would also ache after doing the Ten Postures exercises.

Chi Chat: Looks like your initial experiences were not very positive. What was the turning point?

Simon: I reckon mastering what the Chinese call "Dong Kwan" was the turning point when I could feel the surge of Qi passing through my Yu Zhen towards the Bai Hui, and slowly down the Qiao Mai and Wei Mai to the bottom of my feet. It is hard to describe the intensity of inner Qi flow all over

my body except that the experience was so pleasant and my joints did not ache after that. Perhaps this wonderful feeling is best described in Chapter 5 of Grandmaster Anthony Wee's book, "*The Dynamic Free Flow of Qi*".

Chi Chat: What made you decide to become an instructor?

Simon: Actually, it never crossed my mind to teach Qigong. I was quite reluctant at first but was drawn into it when **Dr Ramadasan Krishnan** offered me a place above his clinic in Bandar Puteri Klang for our weekly classes. I was then just an assistant instructor for about a few months at USJ Court 9 and **Sifu Hew** and **Mei Lan** encouraged me to take up the offer; they even fast tracked me for the instructor test.

Chi Chat: You have managed to keep the Centre active for 11 years which is most admirable. Please tell us some of your experiences at the Centre.

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The faithful members of the Chi Dynamics Bandar Puteri Klang Centre

Seated (from left): Vimala Devi, P.S. Chua, Linda Neo, Simon Cheong, Dr Ramanathan, Mark Soo, Tina Neo
Back Row (from left): Ooi Chew Hong, Lim Lai Huat, Palanisamy, Ramakrishnan, Ang Kok Keng, Selvamani

Simon: Frankly, it was a baptism of fire when I first started as I was rather inexperienced and faced many challenges. I was also taken by surprise by the first batch of members when many turned up with many health problems –liver cancer, stroke, diabetes, hypertension, heart disease and one with his right leg amputated and also blind in one eye (see page 4).

The worst case was one who came with his wife, daughter and son-in-law. He had to be helped up the staircase and yet claimed that he was healthy enough to exercise. When he fainted during the warm up session, I was in a state of panic with so many pairs of eyes watching how I would react to the situation. I knew very well that if I cannot revive him to consciousness, it is as good as close shop for Chi Dynamics in Klang!

Thankfully, he was brought back to consciousness after I massaged two points at the collar bone and tapped lightly on his back.

Chi Chat: What motivates you to run the Centre which you obviously enjoy doing?

Simon: The main reason is the satisfaction I get seeing how the simple Art of Chi Dynamics resolves the health problems of our members. Many of them have declared that they now make fewer visits to the doctors and most diabetic members are even able to reduce their insulin intake from 18 units to 9 units. Another amazing example is a member who had a heart mitral valve replacement and was on anti-coagulant which resulted in stiff sore fingers, piercing eye pain, swollen foot and bluish ankle. After two years of qigong exercises with us, she has recovered fully. Even her doctor was amazed by her recovery!

I must also confess that I love coaching and sharing with my charges. It also thrills me when they experience breakthroughs. However, I still have a phobia when someone blackouts in my class!

Chi Chat: Finally, do you have any secret formula to share for the success of the Bandar Puteri Klang centre?

Simon: Honestly, there is none except that after each training session, I would remind my trainees to practise daily so that



"Simon Cheong is an unassuming and dedicated instructor who is passionate about teaching qigong without asking for benefits. Chi Dynamics is very fortunate to have instructors like him" -

Grandmaster Anthony Wee

they can accumulate more Qi. I also encourage them to practise the Art in a group to synergise Qi flow. Of course we also try out the Art of tapping Qi from the nearby trees which gives us surprising results.

Ramanathan Arumugam

..... building inner strength through block breathing

Ramanathan Arumugan (aged 64) is diabetic and had a history of health setbacks. In April 2002, he cracked two ribs in a motorbike accident and four months later, his left foot was badly infected by tiny broken joint bones and damaged tissues. Apparently, he did not feel the pain and had been walking around for four months without realising the seriousness of his injured foot because his prolonged diabetic condition had damaged his nervous system. Following several surgeries, it took months for his left foot to heal. His eyesight then started to fail in 2003 when glaucoma developed after a cataract surgery and eventually, his left eye went blind. Another setback occurred in 2004 when his right foot developed gangrene and this led to amputation below the knee.

Ramanathan has been practising Chi Dynamics Qigong since 2006. We asked him how he managed to cope with the exercises with his condition and here's what he shared with us.

Chi Chat: Ramanathan, how did you get started with Chi Dynamics Qigong?

Ramanathan: **Ramakrishnan** and his wife **Vimala** were the couple who enlightened me about the goodness of qigong and they subsequently introduced me to **Dr Ramadasan** and **Simon Cheong** who taught me block breathing. I recall doing just block breathing for weeks and this did me a world of good as I felt more active with my energy building up. So I continued with the exercises. During that time, I was taking painkillers for the unbearable pain in my blind eye. But thankfully, my eye condition improved so much after constant block breathing exercises that I did not need painkillers anymore.

Chi Chat: Besides block breathing, how do you manage to do the other Chi Dynamics exercises?

Ramanathan: Seated! That was how Simon got me started since I was unable to put pressure on my left foot or stand for long. I was able to perform all the five essential exercises and the five organ exercises seated. After about a year, my whole body started to vibrate during the 10 point meditation. I tried to stand up to do the exercises gradually and now I can stand up to do all the exercises standing up except the Butterfly Stretch which needs balancing.

Chi Chat: What do you recommend to our members who are physically challenged in one way or other?

Ramanathan: Just focus on block breathing, exercises and meditation. I did just that and now my insulin dosage has come



Ramanathan doing the Butterfly Stretch

down dramatically to 8 units. The condition of my right eye has also improved and my blind eye is now pain free.

Block breathing is a must as it builds up your inner strength. And start the exercises seated until you are stronger to stand up.

Chi Dynamics Qigong has definitely benefited me and I would like to take this opportunity to thank **Simon Cheong** and **Grandmaster Anthony Wee** for helping me to enjoy a better and healthier lifestyle.

Ask Grandmaster

Question: I understand that the term “*bio resonance*” is very much a buzz word on the alternative medical scene? What is it?

Answer: Bio resonance therapy proponents believe that toxins, viruses and bacteria can be removed from the body by balancing the frequency of the body's organs. To this end, expensive electromagnetic wave machines are used to match the frequency for the body to heal. As there is no reliable scientific evidence to support this, the therapy is not accepted as conventional medical treatment. Quackwatch even slams it as “*completely senseless and the proposed mechanism of action impossible*”.

I believe the “*bio resonance*” referred to by Westerners is actually “*Qi*” magnetic flow which we can develop naturally without the help of any machines. When we relax and do deep breathing exercises, our body frequency drops to the optimum Schumann frequency of 7.83 hertz which

is the most conducive frequency for healing and good health.

Hence, please continue with our Chi Dynamics deep breathing exercises; there is absolutely no need to spend money on expensive machines.

Question: My job requires me to travel extensively and I tend to miss my Qigong classes for extended periods of time. Can you please advise what suitable exercises I can do safely whilst driving or on planes and trains?

Answer: One of best things about Qigong exercises is that you can practise it anywhere and anytime, and you do not need any special space or equipment to perform them.

On the plane, I recommend you do soft Fu breathing with your toes pulled back as you exhale. This will improve your blood circulation and prevent deep vein thrombosis.

In your hotel room, three sets of *Butterfly Stretch* exercises are recommended each morning before breakfast.

Besides enjoying lymphatic drainage, the exercise energises you as it facilitates the flow of Qi through the meridians of your body.

APRIL WORKSHOP

DATE: Monday, 06 April 2015

TIME: 7.00pm to 9.00pm

VENUE: Alexandra Centre

TOPIC: “*The Application of Qi Breathing Techniques & Exercises for the Rehabilitation and Prevention of Strokes, Heart Attacks and Respiratory Ailments*”

All are welcome to attend this free workshop!



Evolve Asia Festival

3-5 April 2015 F1 Pit Building Singapore

A Celebration of Wellness, Individuality, Personal Growth & Expression

Chi Dynamics will be participating in the above event which will be held over the Easter Weekend from 03 to 05 April 2015 at the Formula 1 Pit Building.

On Saturday, 04 April, our team led by Roland Hong will be presenting our brand of Qigong on stage at 5 pm. They will also be leading a mass exercise session at 5 pm on Sunday 05 April.

Do drop by to give Roland and his team your support.