

CHI CHAT with Grandmaster

Issue 30

10 April 2015

From the Grandmaster's Desk



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I am pleased to confirm that we will be celebrating the 3rd Anniversary of our Alexandra Centre with a dinner on Saturday 06 June 2015 at 6.30pm.

Considering the progress we have made at the Centre and the many people who have benefitted from our Chi Dynamics brand of Qigong, I reckon we have much to celebrate. The occasion is also an opportunity for me to personally thank all our volunteers and sponsors for their time, efforts and unstinting contributions towards promoting the benefits of Chi Dynamics Qigong to the community at large.

The highlight of the celebration is **"The Butterfly Stretch Challenge"** - a competition for participants to execute the Butterfly Stretch exercise before a panel of judges comprising **Sifu Roland Hong** (Chief

Judge), **Sifu Michael Kang** and Senior Instructors **Lawrence Chong**, **SJ Chiang** and **Royston Tan**. Prizes will be awarded to the best individual and team performers. If you are interested in participating, please register through your respective training centre. You may register as an individual participant or as a team. Each team entry should comprise a minimum of three but not more than five participants.

The competition is open to all Chi Dynamics members and I hope to receive entries from the training centres in Malaysia, Thailand and Australia as well. All entries should reach gmasteranthony@gmail.com by Wednesday 27 May 2015.

Meanwhile, start practising and perfecting the Butterfly Stretch moves if you want to win the Challenge (see page 4 for more on the exercise)!

All CDI members are invited to the celebrations and I look forward to your attendance. To help us with catering arrangements, kindly RSVP to gmasteranthony@gmail.com by Wednesday 27 May 2015.

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

Ask Grandmaster

Question: I get tremors all over my body when I do Block Breathing. Does this mean that I have blockages?

Answer: No, it is natural that tremors are felt when you are focused and relaxed. What it means is the Qi flow is strong enough to stimulate the blood flow and opens up your meridians/Channels.

Question: Why do I feel a strange heat and pulsation up my spine from the tailbone to the neck during breathing meditation? Is it harmful?

Answer: No, not at all. When you experience this, it is a sign that you're doing your breathing meditation correctly, resulting in the inner orbital stimulation of the Tu channel. In other schools of meditation, this sensation is also known as the serpent strength spiralling upwards. Keep it up and you will get to enjoy other pleasant sensations that will follow.

[**NOTE:** For more on the activation of free flow of Qi, please read pages 70-82 of **"The Dynamic Free Flow of Qi"**]

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The topic ***“Preventing & Managing Strokes/Heart Attacks”*** is close to the hearts of many ageing Singaporeans and it is no wonder that many people turned up at the Alexandra Centre on 06 April’15 to listen to ***Grandmaster Anthony Wee’s*** discourse on the subject.

As strokes and heart attacks are most likely to happen in the morning, Grandmaster Wee’s advice is to do the following exercises when you wake up in the morning before getting out of bed:

- ◆ Perform deep diaphragmatic breathing 20 times to oxygenate the body.
- ◆ Perform lymphatic drainage stretches 30 times. This is to activate the lymphatic system and nodes which have been inactive for some hours whilst your body is asleep.

Preventing & Managing Strokes & Heart Attacks Workshop

- ◆ Next, feel the finger tips and snap the fingers to their own imaginary tune. If there is some numbness, it’s an indication of poor blood circulation and should be looked into. Also check the feet by curling back the toes.
- ◆ Roll the tongue to check for full mobility as stroke will curtail free movements of the tongue and results in the slurring of speech.
- ◆ If you feel out of breath, it is an indication of cardio problem. It is advisable that you consult your doctor about this condition.

Grandmaster Wee stressed 3 important points that should be attended to:

1. ***Bai hui*** – use percussion tapping to stimulate blood flow and circulation
2. ***Upper dan tian*** – press and stroke the upper dan tian upward 3 times, rest and then repeat 3 more times. The stimulation of this point is important because it is close to the pituitary gland which is the master gland for the whole body.
3. ***Kidney point #1, yong qian*** – bounce on it or simply just walk to stimulate blood and Qi flow from the feet through to the bai hui.

Grandmaster Wee also taught the one-legged crane exercise which is an excellent exercise for anti-osteoporosis. This exercise also balances the left and right brain and ensure blood supply to the brain. To focus on the Yi, the eyes should be closed.

The class was then divided into 2 big groups to practise what Grandmaster Wee taught. The successful workshop ended with a Question and Answer session when doubts were clarified and cleared.

John Tee

Photographs courtesy of Tan Kee Wee



An Enlightening Afternoon with Dr Amir Farid

..... a Man of Science and a Qigong Master, all rolled into one!



On 28 March'15, more than 80 members of Chi Dynamics' Malaysian Chapter were treated to an engaging and informative talk by **Dr Amir Farid Isahak**. A well-respected medical consultant of over 35 years, Dr Amir is known for his pioneering work on Anti-Aging, Aesthetic and Nutritional Medicine in Malaysia. Also present at the talk was **Grandmaster Anthony Wee**, the Founder of Chi Dynamics (*International*) and his wife, **Edna**.

An advocate of Holistic Integrated Medicine (*combining modern, natural and complementary therapies*), Dr Amir is a much sought-after speaker on Anti-Aging, Aesthetics, Nutrition and Wellness in the region. What is unique about him is that he is also the well-known Qigong Master who developed the **SuperQigong** series of exercises for people who want to prevent or recover from common health problems.

Dr Amir is the founding President of the Guolin Qigong Association which he now serves as its adviser. He was also the health correspondent for The Star newspaper's "Art of Qi/Art of Healing" fortnightly column, through which he actively promotes Qigong.

Dr Amir's talk, entitled "**Beyond CHI - what else you need to know to stay healthy as you age**", covered topics such as hormonal balance and therapy, supplementation, nutrition and wellness. He shed light on the difference between "aging gracefully", "rejuvenation" and "anti-aging" and expounded on the role of exercise, in particular Qigong, in maintaining a healthy mind and body. What made his talk very interesting was how the best of western medicine and eastern practices can be applied for the benefit of one's health.

After the talk, the Association hosted a dinner in honour of Dr Amir.

"As a man of science, religion and aesthetics, all rolled into one, Dr. Amir Farid Isahak is indeed a rare find. In addition, he is a Qigong Master!" - Khadijah Shaari



The Organising Committee headed by Ms Khadijah Shaari (back row, centre) with guest speaker Dr Amir Farid Isahak (seated, second from left). On Dr Amir's left are Grandmaster Anthony Wee and his wife, Edna.

"Dr Amir's talk was truly engaging and enlightening. I am very grateful to him for sharing his knowledge with my Chi Dynamics members"

— **Grandmaster Anthony Wee**

Practise and perfect your **BUTTERFLY STRETCH**

for the Chi Dynamics Qigong Challenge 2015!

This exercise improves the lymphatic flow of the upper and lower parts of the body.

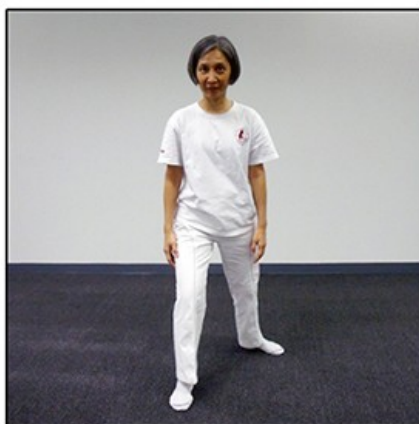
In addition, it fulfils the criteria of the six harmonies in an exercise.

It brings into effect:

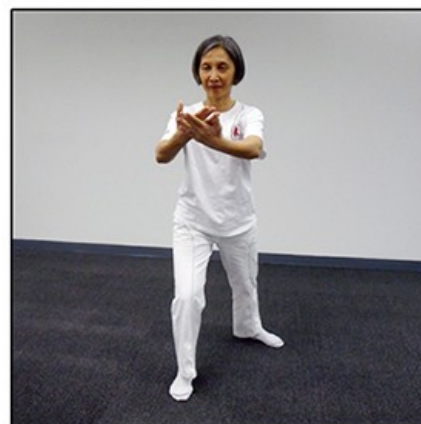
1. Right/left brain coordination
2. Yin/Yang balance
3. Mind (Yi) and qi coordination
4. Upper/lower body movements
5. Regulation of movements and breath
6. Simultaneous stimulation of all meridians in the hands and legs

To derive maximum benefit from this exercise, perform the exercise for six minutes. This is equivalent to three sets of nine movements for each leg.

[* Tu Breathing - this technique builds both internal and external strength. It involves controlled exhalation with the throat making a harsh "Haa" sound and the lower abdomen actively contracting to expel the air]



1: With both feet together, angle the left foot at 45 degrees and move right foot a step forward.



2: Stretch out and pull arms towards chest with the palms crossed and facing the body while breathing in. For females, the left palm should be over the right, and for males, the reverse.



3: Hold your breath and as you turn your palms to face the front, transfer your body weight to back leg and lift up the toes of the front foot.



4: While holding your breath, raise your arms and circle above the head. Your eyes should follow the upward movements of the hands.



5: Bring your fully stretched arms down to the sides of your body. Lift up front toes as the body weight is being transferred to the back leg. Commence exhaling (**Tu method***).



6: Swing your hands upwards as they pass the hips to resume the starting position. Your body weight will now be transferred back to the front leg. Repeat the sequence 9 times for each leg.