



Issue 32

CHI CHAT

with the Grandmaster

12 June 2015

From the Grandmaster's Desk

I am delighted that the Alexandra Centre's 3rd Anniversary Celebrations on 06 June was such a successful and enjoyable event. Although we were expecting about 100 members and guests who confirmed their attendance, more than 140 turned up! This is the first time we have such a large social gathering and it was also a superb opportunity for me to get to know our members better.

The evening kicked off with the *Butterfly Stretch Challenge* which saw 7 teams and 4 individuals competing for top honours. The panel of judges comprising **Roland Hong** (Chief Judge), **Royston Tan**, **Michael Kang**, **Arthur Low** and **SJ Chiang** had a hard time deciding on the winners as the standard of the competition was high and entertaining.

Catherine Poh (Alexandra Centre) was eventually declared the individual champion while **Desmond Ng** (Alexandra Centre) was a close runner-up.

Two teams from *Changkat Centre* dominated the teams category when the **Golden Orchid Team** (Jerence Chee, Chng Kin Meng & Yap Shew Choo) and **Golden Carnation Team** (Sharon Wong, Mike

Chan & Florence Cheng) emerged as champions and runner-up respectively. *Click here to view the performances:* [\[Teams\]](#) [\[Individuals\]](#)

Catherine attributed her winning performance to the guidance and encouragement she received from her instructors and fellow members. She acknowledged that her stamina has increased, her immune system enhanced and her muscles, tendons and joints strengthened since she began practising Qigong 3 years ago.

"I have benefitted a lot and will continue practising Chi Dynamics Qigong to maintain good health, a strong body and a young look!", Catherine said.

The performances of the contestants were very polished and well executed. To me, everyone is a winner and I congratulate them for their enthusiasm and participation.

Whilst the panel of judges was deliberating, the audience was entertained to a demonstration on the art of self-defence by our MMA Resident Instructor, **Philip Tan** and his assistant, **Ruby Wang Phanee**.

Over dinner and the rest of the evening, a celebratory mood permeated throughout the evening as old friendships



Catherine Poh - Individual Champion of "The Butterfly Stretch Challenge"

were renewed and new bonds sealed. As there was a great deal of interaction and laughter, I reckon everyone enjoyed themselves despite some late comers missing out on the food. This was not the result of under-catering but rather the unexpected turn out of members who decided to attend at the last minute.

After dinner, many members stayed behind for karaoke. They let their hair down and sang their hearts out. It is not necessary for me to elaborate further as the photo-

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

graphs in the following page say it all!

Finally, I would like to thank members of the organising committee for taking the time and effort to plan such an enjoyable and successful event.

Grandmaster Anthony Wee



The Golden Orchid Team (from left to right: **Yap Shew Choo**, **Chng Kin Meng** & **Jerence Chee**) - Team Champion of "The Butterfly Stretch Challenge" with Grandmaster Anthony Wee

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Images of a Memorable Evening



(Above) Team Category Runner-up: Golden Carnation (from left to right: Sharon Wong, Grandmaster Wee, Mike Chan & Florence Cheng)



A section of the audience watching the Butterfly Stretch Challenge



(Above) James Low in action



(Below) Desmond Ng—Runner-up in the Individual Category



(Above) Ngiam Choong Kam in deep concentration



(Right) Grandmaster Anthony Wee urging Catherine Poh to say a few words after she was declared the Individual Champion of "The Butterfly Stretch Challenge"



(Below) Philip and Ruby demonstrating the Art of Self-defence



Food, glorious Food!



The stern-looking judges taking their jobs seriously!



Photographs courtesy of Mr. Tan Kee Wee

Images of a Memorable Evening



Photographs courtesy of Mr Tan Kee Wee

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ARTHUR LOW

“HUMILITY” is his
middle name!



68 year-old **Arthur Low** is a Chi Dynamics' instructor who has been devoting much of his time volunteering at various Chi Dynamics training centres in Singapore the past two years. He is currently assisting **Senior Instructor Lawrence Chong** at Changkat Tampines Centre but you can also spot him lending a hand at the Japanese Garden and Alexandra centres whenever his help is needed.

Arthur is married and blessed with two children and four grandchildren. Although he is now retired, he keeps himself occupied with part time and volunteer work. In his leisure time, he enjoys Latin and Ballroom dancing, badminton and hiking.

Grandmaster Anthony Wee describes Arthur as 'a sincere and dedicated instructor who would go the extra mile to help his charges understand the correct steps and values of Chi Dynamics Qigong exercises'.

"Always cheerful, he is a very humble person. I reckon 'humility' should be his middle name. Our group is very fortunate to have instructors like him", Grandmaster Wee added.

We spoke to Arthur recently and below was how the chat went.

Chi Chat: Arthur, please tell us a little about yourself?

Arthur: With my engineering background, I used to run my own engineering and construction company for 30 years since 1980 until I retired in 2010. Prior to that, I was with a statutory board and several large construction companies after my graduation from the Singapore Polytechnic in 1972.

Since my retirement, I have been doing part time inspection work as an accredited Technical Officer for architects and consulting engineers. Besides being a certified Chi Dynamics Qigong Instructor, I am also the current volunteer auditor for the Irritable Bowel Syndrome (IBS) Support Group at the National University Hospital.

Chi Chat: How did you get started in Chi Dynamics Qigong?

Arthur: In 2006, I had problems with my digestive system and consulted a gastroenterologist. After a full endoscopy, I was diagnosed to be suffering from irritable bowel syndrome (IBS).

In that same year, I attended a Chi Dynamics seminar on digestive organ exercises and subsequently joined the group at the Japanese Garden.

This was my start with Chi Dynamics and I still remember meeting Grandmaster Anthony Wee for the first time during an anniversary function held at Sentosa Island where we had a sumptuous 8-course vegetarian dinner.

Chi Chat: How has Chi Dynamics Qigong benefitted you?

Arthur: I took up Qigong only because I was told that the practice could help relieve my indigestion problem. And it certainly did!

Thanks to block breathing, meditation and the exercises for the digestive organ, I managed to cope with my IBS problem. I believe the lymphatic drainage and star burst exercises had helped me tremendously to overcome my problems.

Chi Chat: When and why did you decide to become an instructor?

Arthur: My good friend and mentor, **Sifu Roland Hong**, was instrumental in get-

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“Arthur is very systematic in his training. A skillful instructor, he conducts his classes with passion and patience” - Senior Instructor Lawrence Chong

ting me to be an instructor. He needed help at the Alexandra Centre and persuaded me to assist him. After much arm twisting, I eventually took up the Instructor's Course in mid-2012 and completed it diligently without missing a class. In June 2013, I became a Certified Instructor.

Chi Chat: *Can you share with us what satisfaction do you get out of being an instructor?*

Arthur: As an instructor, I have the opportunity to share and give back to society what I have learnt and benefitted from Chi Dynamics Qigong. I reckon I get great satisfaction whenever I see my charges with health challenges benefitting from it too.

Chi Chat: *What advice can you offer to budding Chi Dynamics members who aspire to be Qigong Instructors?*

Arthur: The teaching and sharing of the many benefits of Chi Dynamics Qigong with others is a very noble one.

However, instructors have to be humble (*Qian*) and put pride and ego aside. They also have to be patient and possess that inner smile, contentment and peace.

And always remember that as volunteers, our services are offered unconditionally without expecting any reward.

Chi Chat: *Going forward, what are your plans for the future?*

Arthur: I hope the Lord will continue to bless me with good health so that I can continue to be a productive Instructor.



Arthur leading his demonstration team on stage



Arthur and his Changkat Tampines kakis



Arthur and his Japanese Garden kakis

Qi Meditation & Stretches Workshop — by I. Warton Ong

The workshop kicked off with a special Butterfly Stretch demonstration by **Catherine Poh** and **Desmond Ng**, the winner and runner-up respectively of the recent *Butterfly Stretch Challenge*. Grandmaster Anthony Wee then went on to highlight the benefits of the Butterfly Stretch exercise which is unique to Chi Dynamics.

Evolved from the Shaolin Wu Mei Nei Kung system, the Butterfly Stretch is a complete exercise that improves lymphatic flow in both the upper and lower parts of the body. It stimulates the right and left brain and all the meridians in the hands and legs, balances the Yin and Yang, coordinates the Yi (*mind*) and Qi (*energy*), and regulates the breath and body movements. For best results, Grandmaster Wee recommended 3 sets of the exercise per session, with each set repeating the exercise 9 times on each leg. It should take about 9 minutes to complete the session.

Grandmaster Wee then shared with the participants some tips for meditation.

First, it is important to be in the right frame of mind. Be positive instead of wallowing with negative thoughts. For example, say out loud *"I want to be happy"*, *"I can manage my aches and pain"* or *"I can overcome my illness"*. With such positive feelings, you are less likely to feel depressed and it helps you to overcome whatever pains or setbacks you may be experiencing.

With tongue-in-cheek, Grandmaster Wee advised against the mantra *"I want to be rich"*, as *'wanting to be Rich is a stress-loaded aspiration that can cause more problems and challenges'*!

Secondly, be relaxed and here's how:

- Stand in the Qiqong stance and do a few strong exhalations with the throat making a "Haa" sound and the lower abdomen contracting to expel the air.

- Relax, drop the shoulders and loosen up the limbs and toes.
- Open the meridian points along the arms and hands by doing flicking exercises (*flicking sideways, upwards and downwards*). Then, bring the hands together in front of the chest to form the shape of a lotus flower.

- As you inhale, rotate the right hand over the left hand in a clockwise direction. When you exhale at the end of each rotation, open up the thumbs and fingers to simulate a lotus flower in full bloom.
- Continue for nine rotations and then reverse the rotation of the hands in anti-clockwise direction for a further nine rotations.
- You may integrate the hand rotations with hip rotations, but do remember to maintain the shape of the lotus flower at the end of every rotation.
- Then exhale with soft chui (*water element, descending Yin energy*) and let the hands and arms "float" down. By now, the body should be fairly relaxed.
- Bring both palms to face each other, focus on the Lao Gong to create a magnetic Qi ball by compressing and expanding both palms. Take the time to "feel" the energising and cleansing power of the Qi ball. This brings about the neuro-cerebral stimulation.
- Next, change from the Qiqong stance to standing with left foot on the ground and the heel of the right foot lifted.
- At this stage, your posture should be very relaxed to perform the Yi Qi Kung



Photograph courtesy of Mr Tan Kee Wee

exercise, which is a series of hand movements comprising pulling, pushing, raising, descending, scooping and rotating hand movements.

- The Fu breathing method is practised throughout this exercise, at the end of which, bring both palms together, raise them above the head and then direct the palms down the sides of the body while exhaling with strong chui breathing.

With the mind and body fully prepared for meditation, Grandmaster Wee went on to demonstrate the ten postures of Qi meditation, which may be performed in the sitting or standing position.

Meditation is the fifth essential exercise in the Art of Chi Dynamics. It develops the inner orbit flow which stimulates the Qi along the Yang channel activating the central nervous system, and along the Yin channel activating autonomic nervous system. Chi Meditation also stimulates the Grand orbit flow along the Belt channel and along the limbs, which is essential to the body's self-healing.

Following the demonstration, the class was broken down into smaller groups for individual group practice under the supervision of senior instructors.

I. Warton Ong

Dear Grandmaster

I would like to share with you and our members two marvelous plants that are highly regarded for their medicinal properties. They are the African Leaf Plant and Sabah Snake Grass which I have growing in my garden (see photo on the right →).

The **African Leaf plant** (also known as "Por See Yip" or "Lam Fei Yip" in Cantonese) is known to be good for people with high cholesterol and diabetes. It also helps to reduce uric acid and blood sugar levels.

One way to consume it is to boil the leaves in water for 30 minutes and drinking it. Alternatively, sun-dry the leaves for a week and then drink it like Chinese tea by brewing the dried leaves for 30 minutes.

I have tried the latter method and found that my cholesterol level was reduced by 25% after four months of drinking the tea!

Sabah Snake Grass (Scientific name: *Clinacanthus nutans*) is widely known to be a cure for cancer although there are no scientific or clinical evidence to support it yet. Many people swear by it and one of them is a friend of mine who was diagnosed with early stage prostate cancer. Whilst undergoing chemotherapy, he chewed about 5 to 6 leaves every day and after two months, his condition improved

so much that there was no longer a need for him to continue with his chemotherapy treatment. His doctor was quite amazed by his remarkable recovery.

Another way to consume Sabah Snake Grass is to put about 50 pieces of the leaves into a juicer and slow-grind it; you may also blend the leaves with green apple. From testimonials found on the Internet, many people with cancer were cured after drinking the juice daily for 4 to 5 months.

However, it did not work for those who were not consistent with their intake and gave up after only a few tries. These people expect instantaneous results and were not patient enough for the juice to take effect as it takes time for it to strengthen the immune system.

Sabah Snake Grass is also known to work for people with skin problems like eczema, psoriasis and shingles.

As with the claims that it is a cure for cancer, I would like to reiterate that there is no scientific or clinical evidence to support this fact. It is known to have cured many people with cancer but it may not work for all.



African Leaf Plant (darker green leaves at the top) and Sabah Snake Grass (lighter green leaves at the bottom) growing in S C Kan's garden

However, if one is on his or her last lap, there is no harm giving it a try.

If you and/or your members wish to try out these two plants or to grow them, please do not hesitate to contact me via email: <sckanodesta@gmail.com> or H/P: +65 9677 8923.

S.C. Kan

Ask Grandmaster

Question: I have Stage 3 cancer and have limited disposable income for expensive treatments and supplements. Can you please advise me what alternative treatment I can do by myself to complement my treatment?

Answer: As part of self-healing comes from your own mind, my advice to you is to focus and empower your mind for healing. Here are some pointers:

- ◆ Do block breathing. It is simple and costs you nothing. Just breathe in deeply and relax with each prolonged exhalation. Enriched oxygenated blood heals.
- ◆ Free the mind of emotive thoughts and focus only on the positives. Release all negative and disturbing thoughts as they block your healing progress.
- ◆ Be compassionate and forgiving. Release the past and think only of the present. The future can wait.
- ◆ Eat wisely and healthily. Consult a dietitian or do your own research for healthy food that are not expensive.
- ◆ Sleep is a natural healing process, breathe deeply and sleep as much as you can and move gently for better circulation.