



Issue 34

# CHI CHAT

## with the Grandmaster

03 August 2015

## From the Grandmaster's Desk

Please join me in welcoming **Mary Heng, Eddy Ch'ng Eng Keat, Mary Wong Tet Yoon, Martin Toh Keng Peng, Foo Tiock Feng** and **Leonard Wong Kim Fatt** into our team of instructors in Malaysia. I have confirmed their appointments after they completed a series of stringent practical and theoretical appraisals recently with flying colours.

The six candidates were examined on their practical and theoretical knowledge of Chi Dynamics Qigong. They were also judged on their level of confidence and presentation skills.

The practical assessment was conducted at 6 stations which were manned by instructors who were assisting me with the assessment. At each of these stations, they had to perform and answer questions relating to specific exercises. For the theory assessment, the candidates were required to answer 5 questions within 30 minutes to show their level of understanding of Chi Dynamics Qigong.

I will be presenting certificates to the new instructors at a ceremony, details of which will be announced soon, and all members will be invited to witness the presentation.

The fresh intake of the six new instructors augurs well for our Chi Dynamics centres in the Klang Valley as I expect our membership to grow there in the near future. In the past, we have always relied on word-of-mouth recommendations to recruit new members but of late, we have seen a surge of interest which I attribute to greater awareness and exposure through our new [website](#).

Chi Dynamics is very blessed with its dedicated team of volunteer instructors who work week after week without monetary gains to share the many benefits of Chi Dynamics Qigong with others.

To all these volunteers, thank you very much for your selfless contributions to the community at large. You may not be fully aware but your untiring efforts and sacrifices have in many ways benefitted the charges under your care.

Featured on Page 5 is an article from The Komoco Chronicle on **Catherine Poh**, the winner of the recent 2015 Butterfly Stretch Challenge. I am very happy to learn that "**Butterfly Cat**", as she is now affectionately known as in Komoco Motors, has benefitted so much from Chi Dynamics Qigong after practising it

## CONGRATULATIONS!



### New Instructors in Malaysia

**Clockwise from top left:** Mary Wong, Eddy Ch'ng, Mary Heng, Martin Toh, Leonard Wong and Foo Tiock Feng. Meet them on Pages 2 & 3!

for only 3 years. Apart from getting rid of her aches, pains and leg cramps which have been bugging her for years, she has been sleeping well and feels more energetic. She eats well too and reckons her regular Qigong workouts are keeping her weight in check.

But what delights her most is when her colleagues comment that she is now looking more youthful since she took up Qigong!

*Well done, "Butterfly Cat"!*

**Grandmaster Anthony Wee**

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## Malaysia's New Certified Instructors



### MARY HENG

Since retiring 10 years ago, Mary has been leading an active and healthy life by keeping herself occupied with part time work 3 days a week and teaching Qigong 5 times a week. Besides being the co-

ordinator for the activities of Chi Dynamics Malaysia, she is also the faithful volunteer who helps Grandmaster Anthony Wee at the Main Training Centre in Ara Damansara, Subang every Saturday morning.

Mary was introduced to Chi Dynamics Qigong in 2006 by a close friend, Ms Kong who was suffering from lung cancer and given only three months to live by her doctor.

According to Mary, *"Fortunately, someone introduced her to Puan Khadijah of the Keranji Centre. After practising Qigong, her condition and quality of life improved – she felt better, had more energy, could breathe easier and she lived much longer than the 3 months before she eventually passed away a year later."*

On the advice of her friend who passed on, Mary continued to practise Qigong to keep healthy and fit. Her philosophy in

life is to be always happy, exercise to stay healthy and to live a life without stress – which explains her cheerful and sprightly demeanour.

Mary qualified as an Assistant Instructor in 2011. Now that she is a full-fledged Instructor, she hopes to further spread and share Chi Dynamics Qigong to people who are unaware of its benefits. *"I have benefitted much myself and I am grateful to my late friend, Ms Kong, for introducing me to Qigong"*, she added.

**Mary Heng** is always there whenever I needed help at the Main Training Centre on Saturday mornings. She is all heart and full of compassion for all the cancer sufferers who come to the centre for treatment."  
- **Grandmaster Anthony Wee**



### LEONARD WONG KIM FATT

Leonard (aged 60), a businessman manufacturing industrial and automotive lubri-

cants, is a "zipper" - i.e. he underwent heart by-pass surgery in 2007. Following his surgery, he felt very weak and could not even keep up with the group of seniors older than him on morning walks. This was rather discouraging and he told himself that he had to do something about it.

The turning point for him came in 2008 when he met Chi Dynamics Instructor William Tan by chance at a dinner party. On William's recommendation, he joined Chi Dynamics' Lick Hung centre and since then he has never looked back.

Chi Dynamics Qigong did him wonders. After six months of block breathing every night before sleeping, he felt the Qi in him growing stronger. He felt energised the next morning and now, eight years on, he is back to his active lifestyle play-

ing badminton three times a week, brisk walking four kilometres on Sundays and practising Qigong daily.

Having benefitted a lot from practising Chi Dynamics Qigong, Leonard finds great satisfaction sharing his Qigong experiences with fellow 'CHI-ans'.

*"It is double happiness whenever I help people to improve their health or to self-heal themselves. They are happy with the outcome, and I am happy to share my experiences. This is my main motivation to be a certified Instructor"*, Leonard said.

Leonard reckons that for Qigong to work, one needs to be very disciplined and do block breathing and the recommended exercises religiously without fail every day.

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### EDDY CH'NG ENG KEAT

At an age when most seniors his age are taking a back seat, 77 year-old Eddy took up the challenge and is now a certified Instructor.

Eddy started practising Chi Dynamics Qigong about 15 years ago at the crocodile farm centre where Khatijah and Mei Lan were then the instructors. He moved up to be an assistant instructor a couple of years ago and he now exercises at the Keranji Centre four times a week.

According to Eddy, *"Chi Dynamics Qigong has benefitted me even though I have diabetes, and age is no barrier when you want to reach out to help others to remain active and healthy"*



### MARY WONG TET YOON

69 year-old Mary is a retiree who joined Chi Dynamics at the crocodile farm centre with her husband, Eddy Ch'ng, about 15 years ago. She had a history of diabetes and high blood pressure but since practising Qigong, all these health concerns are under control.

According to Mary, *"I believe the exercises, especially the Mao Swing, have kept my illnesses in check"*.

Now that she is a full fledged Instructor, Mary looks forward to share with others how Qigong can help them to maintain an active and healthy lifestyle at the Keranji Centre where she practises four times a week.



### MARTIN TOH KENG PENG

Formerly in advertising management services, 70 year-old Martin is now semi-retired dealing in property investment. He was into Taekwondo and Tai Chi before he joined Chi Dynamics when he was in his fifties.

As Chi Dynamics was responsible for curing his trigger finger, Martin went on to qualify as an Assistant Instructor, and now a full-fledged Instructor.

A ballroom dancing enthusiast, Martin is very much a family man with a heart. *"I want to live longer to welcome, enjoy and bond with my children and grandchildren. I also plan to do charity work in Chiang Mai, Thailand and may start a centre there"* he told us.



### FOO TIOCK FENG

59 year-old Tiock Feng was the former Finance & Administration Manager of The Summit Hotel in Subang before he ventured into the pest control business.

About 20 years ago, he was stricken by Dermatitis Induced Psoriasis, an incurable chronic skin disorder which caused him many health problems. Despite conventional and alternative medical treatments, his condition did not improve until he joined Chi Dynamics' Cheras Centre in 2007.

Since then, after several years of Chi Dynamics training which strengthened his immune system, most of his health problems have now thankfully disappeared. [Click here](#) to view his testimony on how he overcame his skin disorder in *Chi Chat* (Issue 01).

According to Tiock Feng, *"Now that Martin Toh and I are officially certified, the Cheras Centre will now have two full-fledged Instructors. Previously, there was none as the Centre was managed by six Assistant Instructors"*.



## **“The Inner Smile” Workshop — 06 July 2015**

**Grandmaster Anthony Wee** kicked off the 06 July workshop by stressing the need to practise diaphragmatic breathing as it offers many benefits over chest breathing. This should be done effortlessly as strenuous physical exertions may tire the practitioner and even lead to hyperventilation.

### **Inner Smile Meditation**

Grandmaster Wee went on to explain how the ‘*Inner Smile*’ method of meditation is important for one’s happiness and well being. When the body is in a ‘*stress-free*’ mode, it helps to slow the breakdown of **serotonin**, which is a natural chemical in the body that influences our mood, emotions, self-esteem and even cravings. For example, a shortage of serotonin may lead to depression and even eating disorders that result in obesity.

Scientists have also established that the production of serotonin is enhanced when our bodies are exposed to sunlight. To maintain a healthy level of serotonin, in order to boost the body’s immune system, Grandmaster Wee recommended 20 minutes of sunlight daily.

Grandmaster Wee then shared the experience of his own father who recovered miraculously from stage 4 cancer within 10 months just by practising block breathing, staying positive and meditating with healing sounds and an inner smile.

### **Healing Sounds**

Meditation with guttural and vibratory sounds help to heal the auto immune system and also stimulate the endocrine system’s well being. The most common sounds used are ‘*omm*’ which is good for the nervous system, while ‘*woo*’ is good for the heart and lungs.

The participants then practised meditation in the sitting position with the ‘*omm*’ and ‘*woo*’ healing sounds. They were also taught how to activate their magnetic ball with the ‘*omm*’ sound.



Photographs courtesy of Tan Kee Wee



**Grandmaster Wee emphasised that there is absolutely no religious significance to the meditation taught.** He explained that Qigong preceded all known religions by thousands of years and its origins can be traced back to prehistoric times when human beings would gather around a fire at night to relax and rest their minds and bodies after a hard day’s work hunting and farming.

As pre-historic cave drawings suggest, the meditative effect of the fire flames would induce the ancient cavemen to unwind and restore their strength by doing stretching and rhythmic dance movements. Evidently, these activities, including breathing exercises, were beneficial for the body and soul and over time, they have evolved into the Qigong meditation that we have today which is purely for relaxation, wellness and self-healing.



There is no doubt that Qigong exercises and meditation play a part in promoting good health and self-healing. The fact that Qigong is today practised and accepted by millions of people around the world speaks volumes for the benefits it offers.

**John Tee**

[[Click here](#) to view Grandmaster’s presentation on YouTube]



*3rd Anniversary  
Celebration*

# 'BUTTERFLY CAT' OUR VERY OWN CHAMPION

Komoco's long-time cashier-receptionist upsets the men to win qigong individual title



WINNING POSE: (From top) Catherine Poon strikes a winning pose in the "Butterfly" Challenge; congratulations from Sifu Anthony Wee; the crowd applauding.

ALL her remarkable, amazing, awesome... anything praiseworthy suits her just fine. So long as it sounds something "heavenly", she's more than happy.

That lightness of being, that feeling of youthful bliss, is a tale of self-discovery she thought she would never live to tell. After all, she's well past motherhood, well past the hip-hugging "cheongsam" age, well over the hill.

Enter Chi Dynamics International, a qigong club, three years ago...

Exit today: "All my aches and pains are gone. All my flab, gone. All my tiredness, gone. Now I can fly!"

Little wonder that Catherine Poon, our popular long-time cashier-receptionist at the Komoco Service Centre, is today a "Butterfly" champion.

Against almost all expectations, she upset three other finalists - all men - to win the all-encompassing "Butterfly Stretch Challenge" in the Chi Dynamics International (CDI) third anniversary celebrations on June 6.

Wholly sponsored by Komoco Motors as part of its Corporate Social Responsibility (CSR) programme, the CDI is a qigong club led by Grandmaster Anthony Wee, a highly respected martial arts icon, teaching the qigong art of deep breathing as essential in the process of healing.

And "sifu" Wee was among the clutch of insiders, particularly the instructors, who "expected the expected" from a "model student" like Catherine.

As Wee puts it: "Her perseverance has been impressive since she started, that's why I'm not surprised she won the individual title. She got all the principles correct, her movement was rhythmic, and her flow was really smooth."

Affectionately called "Ah Cat" by customers and staff alike (of course after two decades on the job), the mother of an adult daughter took up qigong when the CDI headquarters was established on the fourth floor of the Komoco building in March 2012.

Today, hers is a brilliant story of Before and After, put here in her own words...

"Before, I was always very tired, very sleepy, had no strength, no energy. I was fat and clumsy, all flabby around my waist.

"Now I feel very light, like I've got spring when I walk. I feel so fresh, I don't feel sleepy, and my colleagues say my face now looks younger.

"I still eat as much as before, but I don't put on weight at all because I have qigong classes twice a week. Eating is now fun.

"And I sleep so well nowadays. I wake up feeling so fresh that I feel like dancing because I'm so happy.

"But the best thing is that all my aches and pains are gone. My painful knee caps, my leg cramps at night, and especially my backache, which I've been suffering for years. All the pains have gone out of my body."

"That's why I highly recommend qigong to all my family members, colleagues and friends. I have personally experienced it myself. I know.

"So I'm very pleased and honoured to receive the award for winning. It means a lot to me. Thank you to Grandmaster Wee, instructors and all my fellow friends in the qigong class for guiding me along."

"I will continue practicing qigong for my health, a strong body - and a young look!"

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