

CHI CHAT with the GRANDMASTER



From the Grandmaster's Desk

Issue 40

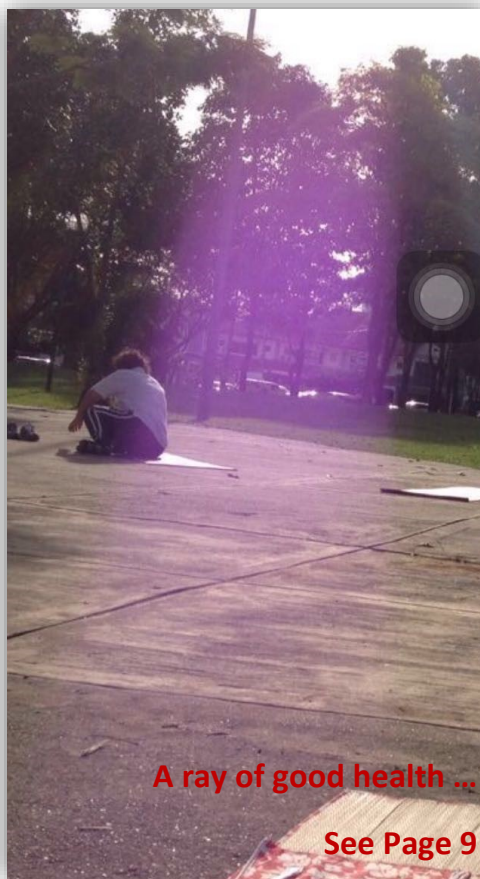
8 July 2016

The annual Chi Dynamics (International) retreat held at the Pavana Chiangmai Resort in Thailand in April was well attended by 40-plus participants. From 22 to 25 April, the participants (22 from Malaysia, 21 from Singapore and 2 from Thailand) spent three fruitful days toning up and learning new breathing techniques and exercises for wellness. Among the highlights were the signature pattern of formal movements in Chi Dynamics, the gathering and storing of the Earth's energy in the Lower Dan Tian.

As with our previous retreats, the feedback from the participants on the Chiangmai Retreat was largely positive. In fact, the Malaysian Chapter is all hyped up and already planning for me to conduct another 3-Day Retreat later this year in October. More information on the proposed Retreat will be announced as soon as arrangements are finalised.

On 18 June 2016, we held an Instructors Upgrading Workshop for the Malaysian Chapter. I was asked to conduct this Workshop together with Instructor Ng Yee Fock of the Bandar Utama Centre who wishes to share the knowledge and skills he gained from the Chiangmai Retreat.

Over at the Singapore end, our Alexandra Centre in Komoco Building has been temporarily relocated to another location in the same building, which is presently undergoing renovation. As the temporary training hall is smaller and has a capacity for only 30 trainees, we have introduced training on Tuesdays as well for those who could attend on Tuesday. Hence, until we return to our old location in six months' time,



– Mondays, Tuesdays, Wednesdays (for Wu Mei Kungfu only) and Thursdays. And as usual, I will be present the first week of each month to conduct training and clinics.

A massive renovation is underway at present in Komoco Building. It may take another month before we get a new and permanent training hall on Level 3. Apologies to all members, trainees, sponsors and well-wishers for any inconvenience.

Ronald Lim will keep everyone informed. I wish to thank Ronald for keeping all of us up to date. Thank you.

Our membership at the Alexandra Centre has grown significantly since it

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This publication is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email to:

chidynamicsinternational@gmail.com

was established four years ago. This has been possible because we have been very blessed with dedicated instructors, volunteers and generous sponsors. To all these people, I thank them very much for their time and efforts in sharing the benefits of the Chi Dynamics Art of Breathing and Wellness with the community at large.

My last Qigong workshop was held in Changkat CC on Saturday 9 July, followed by a dinner for the volunteer instructors. My next workshop will be in September, details to be announced later.

Cheers.

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Grandmaster Welcomes New Sponsors



Foo Kok Jin



William Cheng



David Chen



Michael Chang



Kathryn Chin



Choong Tet Sang



Jimmy Ee



Jermaine Lek



James Lim



Jane Ong



Joyce Tan

The Chi Dynamics '15 minutes Capsule'

If time and training area is a limiting factor to exercise, try the Chi Dynamics '15 minutes Capsule' on your own.

Loosening hand flicks	2 minutes
Shoulder rolls (Yin & Yang versions and Turtle form)	3 minutes
Butterfly stretch	8minutes
Standing Zen meditation (4 th posture in the Ten postures Qi meditation)	2 minutes

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FOUR DAYS OF DISCOVERY AND RENEWAL

FOR FOUR AMAZING DAYS LAST APRIL, Grandmaster led 45 Chi Dynamics members and spouses on a journey of discovery and self-renewal in Thailand.

We sojourned at the Pavana Resort in Chiangmai, a sprawling retreat with its own organic farm and various sports and wellness facilities.

Pavana is very green, clean, tranquil and quiet.

First rule, from the organiser: Please speak softly, whispering is preferred, thank you.

Second rule, from GrandMaster: Please eat up to 75% full only, to avoid sleepiness. This rule was difficult to observe, because the food was so appetising and healthy. Mostly from the resort's farm – free-range chickens and eggs, and fresh fruits and vegetables, with some seafood and meat. The buffets were generous, with tea breaks in between. How

to resist?

GrandMaster developed a comprehensive programme to open up our energy gates and energise our minds and bodies.

We learnt how to harness the Yang Qi of the rising sun, in the tranquillity and quiet of the beautiful environment. Unfortunately, we could not harness the Yin Qi because the sky was cloudy and the setting sun was obscured.

The packed programme included opening our energy gates, meditation with lights and healing sounds, organ exercises, bone strengthening exercises, and stretches and postures to prepare the mind and body for advanced meditation.

One memorable highlight was the demonstration of the Wu Mei martial art by Philip Tan of Singapore and Irene Gunn of Subang Jaya. Philip also demonstrated his Qi power by

absorbing powerful and unexpected blows to the body and throat without flinching, while Alvin Chua demonstrated his by lying on the floor and letting an 82-kg fellow jump off a chair onto his belly.

Different people made different discoveries – strengths they didn't know they had, new ways to meditate and achieve Qi, harnessing the Qi of the rising sun.

But we all had one thing in common: we felt energised, rejuvenated, renewed. It was much more than a holiday.

Most of us left Chiangmai with the same question: When is the next retreat?

Thanks to all who made the retreat possible and memorable. Thanks in particular to the publicity-shy organiser, and to Caroline Tee who resolved participants' problems with the resort management, and to Alvin Chua who kept order before training.

FIT AND HEALTHY – THANKS TO QIGONG

AMY MANSUWAN swears by Chi Dynamics. She is a bubbly septuagenarian, and she believes she is fit and healthy at 73 mainly because of Qigong.

“Three years ago, I had both my knees replaced,” she recalls.

“The next morning, I was on my feet, and three days later, I was discharged from hospital. Normally, a knee-replacement patient will spend at least one week in hospital.

“I believe I recovered so quickly because of Qigong, and my doctors were so amazed.”

Amy – “People have called me Amy for so long that sometimes I forget my real name, Pachara,” she says – has always been interested in Qigong. She has learnt Taiji and other arts of health and healing.

Ten years ago, a friend who was very weak due to her hypothyroidism heard about GrandMaster Anthony Wee coming to Bangkok. She invited him to teach her and some friends our unique form of Qigong. That friend, Khun Nong, practised Qigong diligently, and her condition has improved significantly. Until today, she steadfastly practises Qigong and meditation every morning, and says her free flow and self-healing keeps her healthy.

Amy was one of those friends who learnt from GrandMaster 10 years ago. She too has never stopped practising Qigong and meditation.

Amy was born in Bangkok, but spent many years studying in Malaysia (Penang), Australia and England.



So she is not the stereotypical Thai wife, soft-spoken, demure, and subservient to the husband.

She is very outspoken – as some of us quickly found out at our Chi Dynamics retreat in Chiangmai last April.

But she insists she is “very shy,” although she is married to a former Thai ambassador to Brunei and Sweden,

and she had to play gracious hostess often and attend many diplomatic functions. But she is not shy to advise everyone to practise Qigong.

She says, “Qigong will make and keep you healthy, and Chi Dynamics is a great way to develop and benefit from your Qi.”

WHAT THE PARTICIPANTS SAY

Our Qigong Retreat at the Pavana Chiangmai Resort from 22-25 April 2016 left all participants with sweet memories. Samples:

NG YEE FOCK:

It was one of the best retreats I have ever attended for the following reasons:

- *The Venue:* The 200-acre high-land site, which is located far away from the city, provides a very relaxing setting suited for Qigong exercises. This is extremely important to us since our main business was Qigong Retreat.
- *The Accommodation:* The accommodation was clean and comfortable with air conditioning. Very quiet and relaxing.
- *The Food:* Specially selected organic foods from the nearby farm were prepared in many healthy ways for the trainees. They were so delicious.
- *The Agenda:* Qigong exercises were well organized so that the trainees had enough rest in between sessions. Grand Master conducted the exercises in many different ways to make the sessions lively. The trainees were able to learn the exercises in a very relaxed manner.

Special thanks to Edna and her organizing committee for making all the above possible. They worked so hard to ensure we would be happy and enjoy the Retreat.



EU HUI LING:

Programme was well-paced and comprehensive, while the resort environment was pleasant and relaxed with great facilities and lovely staff. A wonderful experience in sum.

THERESA CHOOI:

Enjoyable experience. Resort was conducive to practice qigong. Good food, good service, friendly participants. TQVM Sifu

MICHAEL KOE:

Wonderful experience. Great resort and good food. Thanks, GrandMaster.



Senior Instructor Ng Yee Fock demonstrating the Plank Form

A DAY OF FELLOWSHIP AND JOY

By NG YEE FOCK

Bandar Utama Centre

18th of June 2016 was a day filled with good fellowship amongst the Instructors and joyful moments during the birthday party for Grand Master.

Yes, indeed. The Workshop for the Instructors started at 2.30pm sharp. GrandMaster conducted the workshop selflessly by taking extra effort to explain in detail the benefits of each exercise and how it should be done correctly. He took the trouble to examine the Instructors in small groups for optimum benefits. Internal competitions were held for best performance.

He was assisted by Ng Yee Fock and Irene Gunn throughout the workshop and all the participating Instructors

benefited from the exercises. Good fellowship among the Instructors and GrandMaster continued to prevail and strengthen as always.

The programme for the Workshop was quite extensive:

- Stretching Postures (Floor Exercises) to open all 9 “Kwan Men Energy Gates” (or “Chakras” in Yoga) namely: Frog Pose; Turtle Pose, Carp Pose and Plank Pose respectively.
- Sword Stretch with Belt Stretch as an additional element to reduce the waistline.
- Butterfly Stretch being re-examined with the view to standardize it.
- Butterfly Stretch being re-examined with the view to standardize it.
- The Swings: Fong Yang Swing and Mao Swing respectively (the correct way).
- Ten Postures or Standing Meditation --- with special focus on the 4th Posture
- Bone Density, Tendon and Muscle Toning and Stimulation exercises, focusing on the Tiger Form and the Archer Form.
- Question and Answer session.

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Instructor Irene Gunn demonstrating



Carp Form



Frog Form



Turtle Form

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After that, GrandMaster made a special announcement regarding the promotions of the following Instructors:

1. The Chief Instructor of Malaysia, Sifu Hew Chee Wai was promoted to Technical Advisor of Chi Dynamics Association of Malaysia.
2. Senior Instructor Mr. Kuan Kah Kok was promoted to Chief Instructor of Malaysia, taking over from Sifu Hew.
3. Senior Instructor Puan Khadijah Shaari was promoted to First Deputy Chief Instructor of Malaysia, and Senior Instructor Madam Hew Mei Lan was promoted to Second Deputy Chief Instructor. Both were also appointed to the Instructors Panel for Standardisation of Chi Dynamics exercises.
4. Instructor Mr. Ng Yee Fock was promoted to Senior Instructor.
5. Assistant Instructor Ms. Irene Gunn was promoted to Instructor.

The Workshop ended at 6 pm sharp as planned with expressions of gratitude to GrandMaster for his precious time and effort to share the beautiful art of Chi Dynamics with the Instructors despite his busy schedule.

And then it was time for the Birthday Party at The Rock Café at Bandar Sunway.

All the Instructors were dressed up for the Party.

It kicked off with the cake-cutting ceremony and GrandMaster was the STAR receiving all the well wishes



**HAPPY BIRTHDAY
GRANDMASTER !!!**

The steamboat and BBQ foods were simply delicious with so many choices to choose from.

A great party indeed, and a great way to end a great day.



RAY OF GOOD HEALTH



THIS PHOTOGRAPH is real. A casual shot with a smartphone, no tricks. Pure good luck to capture the purple ray, which is invisible to the human eye.

The ray is ultraviolet light, visible only to some insects, birds and certain animals and fish.

Grandmaster says the purple ray from the rising sun was gathered by the Qi generated by the deep meditation of our colleagues at the Bandar Utama Chi Dynamics Centre in Petaling Jaya, who practise every Saturday from 6.45 am to 8.30.

The main picture was shot at 8.53a.m. on June 25. The smaller picture was shot 3 minutes later, as the light became less intense.

Senior Instructor Ng Yee Fock and 22 members had gathered before sunrise for their practice. They started with loosening exercises at 6.45, then went into Deep Meditation.

When they finished their meditation exercises at around 8.50, one of them, Mr Steven Kok, took two pictures, to share with friends and encourage them to also take up qigong.

When he went home to share the

practised Chi Dynamics for 8 years, felt an unusual, pleasant sensation.

He said: "In the last two sessions of candle light meditation, my left leg was very happy in the Lotus position. But my right leg hurt like nobody's business."

But that morning, his right leg started loosening and felt much better as the meditation progressed.

"I felt a tingling sensation in my legs and arms, something I never felt before even after many years of practising qigong," he said.

Another member, Madam Adelene Tan, said:

"I had not been well the past week, and was feeling lousy and aching all over my body when the meditation commenced.

"As the meditation progressed, the calmness made me fall asleep and I was awakened by the adjacent trainee when the class was over.

"For a few hours after the class, I felt so energised."

HEALTH NOTE: The UV light is beneficial only before 9am. After that, the wavelengths vary, and can cause damage in the long term.



pictures, he saw the remarkable light, which appeared right in the middle of the circle of trainees.

Although nobody could see the UV light, many felt the strong Qi that morning.

Mr Ng said: "As the session progressed, my Thrust Channel was activated, and my body was trembling up and down in the Lotus pose. Then the Inner Orbit and the Belt Channel were activated, and I felt so relaxed.

"Most of us enjoyed the free flow of Qi, and the session turned out to be very successful."

Mr Chew Pang Hwa, who has

INSTRUCTORS PANEL

GrandMaster has set up an Instructors Panel for Malaysia.

The Objective:

To enhance the practice of Chi Dynamics.

The Functions:

To supervise all Chi Dynamics instructors
To standardise and raise the level of Chi Dynamics exercises.

The members of the Panel are:

Qigong & Martial Arts Consultant : GrandMaster A. Wee

Technical Advisor : Sifu C.W. Hew

Chief Instructor : Senior Instructor K. K. Kuan

First Deputy Chief Instructor : Senior Instructor Khadijah Shaari

Second Deputy Chief Instructor : Senior Instructor Hew Mei Lan

Personal Assistant to GrandMaster : Instructor Mary Heng

HOW TO DO DEEP MEDITATION

By NG YEE FOCK

Deep meditation, as opposed to light meditation, requires deep diaphragmatic breathing with specific focus at each of the 10 master Qi/Energy points.

Deep meditation is also known as Inner Orbit Meditation.

It is done sitting down (Lotus Pose), with hands resting on the knees, and connecting thumb (representing Yin for Lung) and index finger (representing Yang for Large Intestine) to form a small circle. The palms can either face up (to release body heat) or face down (to retain body heat).

Use Fu breathing with 4:6:4 rhythm. Remember to curl the tongue up to touch the palate behind the front teeth to bridge the Ren and Du Channels (hence the Inner Orbit), and focus on the rhythm of the breath.

Start with the Lower Dan Tian. While focusing on it with intent (Yi), take 9 breaths with the 4:6:4 rhythm. This will direct Qi to the Lower Dan Tian.

Then move down to the next point, the Hui Yin (perineum). Focus on it, 9 breaths at 4:6:4.

Then up to the Wei Lu Guan (Coccyx Pass), focus, 9 breaths at 4:6:4, and so on, according to the diagram here.

Directing Qi to all 10 Qi/Energy points with intent to heal (Yi) completes one Inner Orbit cycle.

Do 2 or 3 cycles

Inner Orbit Meditation promotes self-healing by stimulating the central nervous system and the parasympathetic nervous system, and correcting any imbalance in the various physiological processes and functions of the body.

There is an old Qigong saying: Those who can circulate the Qi through the Inner Orbit will prevent a hundred ailments.

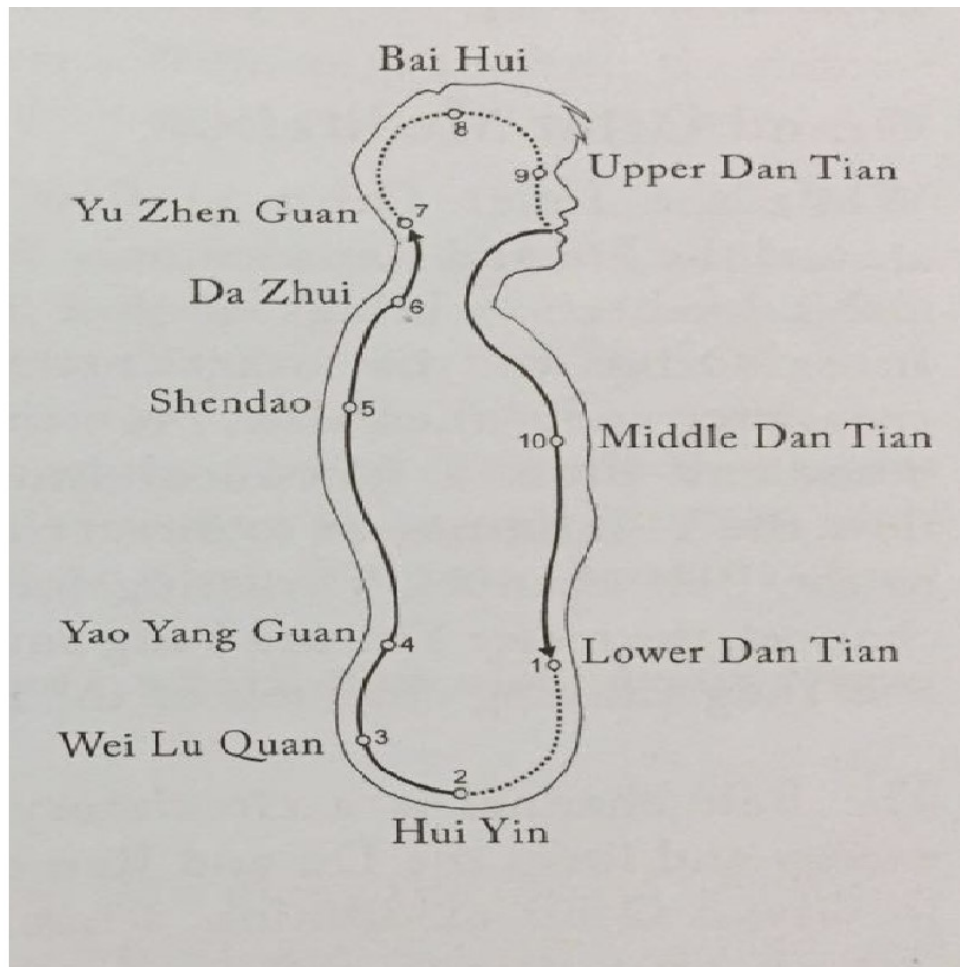
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1. Lower Dan Tian
2. Hui Yin
3. Coccyx Pass (Wei Lu Guan) - located at the tailbone end of the spine
4. Lumbar Pass (Yao Yang Guan) - located at the level of the fourth lumbar vertebra
5. Shendao (Spirit Hall)
6. 'Big Hammer' Point (Da Zhui)
7. Occipital Pass (Yu Zhen Guan) - also known as the Jade Pillow points, located at the base of the skull.
8. Crown Point (Bai Hui)
9. Upper Dan Tian
10. Middle Dan Tian