

CHI CHAT

with the GRANDMASTER

ISSUE 43

January 2017



www.chidynamics-qigong.com

chidynamicsinternational@gmail.com

Follow us at  facebook  YouTube

For Members Only



Qigong Retreat at DZH Health Resort Club near Gohtong Jaya

FROM THE GRANDMASTER'S DESK

A group of 70 members participated in the Qigong Retreat at DZH Health Resort Club near Gohtong Jaya half-way up the Genting Highlands, on Nov 25-27.

The enthusiasm shown was inspiring. I conducted the training with a dozen instructors. I chose 5 Instructors to lead the 5 groups of trainees. I rotated them, the trainees liked that. In the rotation system they get to experience different teachers with different styles and personalities.

At every meal, I sat with a different group of ten trainees, so I could get to know them all. That's where I found out that Philip Keah is a professional printer, so I invited him to be our consultant with K.K. Kuan and PC Liew. So I expect a better Chi Chat in Issue 43.

The sole representative from Singapore was Ms Solveig Tavernier, from our Alexandra Centre. She came up in the rain with her toddler in her arms, by coach and taxi, taking a long, long 9 hours. You can read her story on Page 3.

The Malaysia CD Chapter has benefited tremendously from our dedicated volunteer Instructors. They – and the retreat's organizing committee – are to be highly commended. They are deeply appreciated by me and all the participants.

Our next retreat will be in October next year, at the Pavana Resort in Chiangmai, Thailand. It will be an event not to be missed. We had a truly memorable one at the same venue last April. Block your diaries now.

In SINGAPORE, our Alexandra Centre is back in full swing now after months of renovations. We thank our sponsors Komoco Motors and wish them greater success with their new products.

Next month, our Tampines Changkat Centre will be celebrating its tenth anniversary. They will be having a seafood lunch at Jumbo Restaurant at the National Service Reservist Country Club on Jan. 14. Congratulations and happy birthday, Changkat Centre!

Best regards,
Grandmaster



Retreat which was held at the DZH Health Resort Club, Gohtong Jaya, Genting Highlands from 25-27 November 2016.

THE QIGONG RETREAT IN GENTING

THREE DAYS OF DISCOVERY AND REJUVENATION AT THE 2016 RETREAT *By NG YEE FOCK*

2016 Qigong Retreat was the largest and most successful retreat ever organised by Chi Dynamics Association of Malaysia (CDAM). Seventy participants from different centres attended the 3-day Retreat which was held at the DZH Health Resort Club, Gohtong Jaya, Genting Highlands from 25-27 November 2016.

The venue was simply superb with big open areas for outdoor exercises and indoor hall which could accommodate 70 pax. The weather was lovely, felt like 'Spring' time around 22°C. Best of all, there were many food and shopping outlets located just within walking distance from the venue to satisfy the participants' taste buds after training sessions.

The packed programme included Floor exercises, Postures and Stretching to open up the Yang & Yin Meridians; Meditation with lights; Digestive organ exercises; Introduction to Cupping Therapy and Meridians; Slapping Therapy on rice bags; Inner Orbit Meditation; General Kwan's Postures and Walk; The Archer; The Yi Qigong, etc.

The participants also learned how to harness the Shao-Yang Qi of the Rising Sun followed by the 5 Essentials and The Water Crane Walk in the tranquil, quiet, foggy and cool environment. Unfortunately, they were unable to harness the Yin Qi of the Setting Sun due to cloudy weather.

In summary, the participants were impressed and happy with the new system introduced by the Grand Master, whereby they were divided into 5 groups led by 5 Instructors from different centres in rotation. In this way, the participants from different centres had the opportunity to experience the leadership of 5 different Instructors in rotation.

Based on the feedback, the participants felt energised, rejuvenated and renewed after the Retreat. In fact,

some of them even found themselves with breakthrough in Free Flow of Qi. One of them was Mr Melvin Loo from Bandar Utama Centre. It was certainly much more than a holiday/retreat they came for.

Thanks to all who made the Retreat possible and memorable. Special thanks to the Event Organizing Committee for their time and tireless input. We all look forward to yet another fantastic Retreat in 2017.

HOW THE PARTICIPANTS FELT

The 2016 Retreat was a success on all counts. The participants got together on the last day to share their feelings.

Here's a summary of the general feedback:

- Good fellowship, made many new friends
- Good bonding with old friends
- Great learning experience, many participants learnt many new routines
- Good refresher workshop to fine-tune or improve routines

Some individual feedback:

- Some participants felt Qi for the first time, a very pleasant sensation
- Too much to learn in too little time

The participants particularly liked two innovations:

- Rotation of instructors, with different styles of teaching
- Meals with Grandmaster: the organisers made sure that every participant joined Grandmaster's table for at least one meal, so they can ask him questions directly and share their opinions and ideas.

Everyone enjoyed the retreat, and thanked Grandmaster, the organising committee and the instructors.

SOL'S QIGONG JOURNEY

By SOLVEIG TAVERNIER-LAFERRIERE



Grandmaster with Solveig and adorable Agathe at the retreat.

My name is Solveig, a Scandinavian name derived from the sól "sun" and veig "strength".

At the age of 14, I decided to study the Chinese language.

At 17, I spent 2 months in a Chinese family in Beijing before studying Chinese language, history and philosophy in university in Paris.

Between 18 and 23, I travelled all around China, from Xinjiang to Fujian, from Liaoning to Yunnan, before establishing myself in Shanghai in 2005.

I met my husband in Shanghai and we moved to Singapore 2 years ago because of his job.

A few months after I arrived, two friends of mine, one western and one Singaporean, told me about Chi Dynamics and Grandmaster's talents.



I started the CD training at Alexandra centre just after I stopped breast-feeding my baby Agathe.

CD training & GM's cupping helped me a lot to treat my back pain, and to recover after 9 months of breast feeding, and get back into shape after my pregnancy. I was a regular member until our centre was closed for renovation.

CD Qigong makes me feel physically strong and energized, and helps me to cope better with stress, relieve the tension in my body, and have an optimistic mind.

I have been practicing for more than a year and I am determined to learn more about the power of Qi, improve my skills and experience its benefits. And hopefully in the near future I can also help my beloved and other sick persons to improve their health and general wellness.

I like the soft forms of Chi Dynamics, particularly the gathering of Qi, the stretching exercises and the moving meditation exercises.

I need to improve my meditation skill as I am not able yet to remain focused and feel the flow. Hopefully, regular practice will allow me to soon enjoy meditating and benefit from it.

When I heard about the retreat in Malaysia, I immediately signed up.

Scheduled a few days after my wedding in Bali – so many family and friends from all around the world to host and entertain for 3 weeks - the retreat was exactly what I mentally and physically needed.

I am very grateful to Sifu and CD Malaysia for accepting my attendance although the retreat was limited to Malaysian members, and despite the fact that I came along with my 20-month-old baby Agathe.

After a very, very long journey - 8 hours by bus plus 1 hour by taxi - we safely arrived at our resort in Genting Highlands just on time for the retreat kick off.

I have definitely enjoyed this retreat! Not only I found it was a great learning and training experience, plus in a wonderful and refreshing setting, but I also really enjoyed meeting very interesting, affectionate and warm-hearted people who all contributed to make this retreat such a success.

Back in Singapore after another 9-hour journey, I feel enthused, powerful and fortunate.

Looking back, I feel my leitmotiv is not only to learn and practise more for my own benefit, but also to be one day able to help beloved family and others to improve their health and relieve their pains.



Grandmaster's note:

Sol has an MA in Chinese language and culture, and an MAS in international business specialising in the Chinese market. With this formidable background, she was helping French retailers set up businesses in China, and French designers to produce their products in China.

She gave up this very lucrative business, which required her to travel all over China, to focus on her family in Singapore.

MELVIN'S QI BREAKTHROUGH By MELVIN LOO



Strong Qi flow among our fellow participants in our group

I started Chi Dynamics at the Bandar Utama Centre under Mr. Ng Yee Fock, our dedicated instructor, in March this year, exactly 8 months before the retreat at Gohtong Jaya.

I have been diligently attending our normal classes every Saturday morning, but had no inkling what Qi flow is all about.

I attended the retreat with my wife, Irene.

On the first day, after our dinner, Grandmaster divided us into 5 groups to do our exercises and sharing of Qi. Coincidentally, Mr. Ng was the instructor in our group.

We started with meditation and slowly, I felt a very strong Qi flow among our fellow participants in our group.

I felt very warm from inside my body and started to perspire profusely. Then my body started to vibrate which I had never experienced before. At times, the vibration was quite vigorous, and when the meditation ended, my tee shirt was drenched.

On the second day, Grandmaster taught us to tap Qi from the Earth's Magnetic Field, which I was doing for the first time.

In the beginning, I felt a bit stiff and had trouble turning around. Mei Lan was our instructor this time and she encouraged me to turn and assured me that I would not fall down.

Suddenly, I felt a surge of Qi inside me and started dancing and turning around. I was feeling very warm and also perspiring even though we were doing it in the open space after the rain. Grandmaster said I was dancing crazily, what an embarrassment!

The 3-day retreat was really a breakthrough for me, experiencing the Qi flow for the first time.

I thank Grandmaster, our BU instructors Mr. Ng and Mr. Tan Kim Seong, Madam Hew Mei Lan and all instructors at the retreat for their untiring efforts and dedication in helping me to achieve this memorable breakthrough.

I hope to continue to enjoy this free flow of Qi for my good health and well-being.

HEW MEI LAN'S COMMENTS

I am very happy for Melvin. When we were harnessing Qi with the Magnetic Dance, he could not move for the first 10 minutes. I told him to relax and let the magnetic force do the work. He then started moving quite vigorously, and I had to jaga him to make sure he didn't fall, since it was his first time.

I was very happy that all members of my group, except one, got the Qi and moved.

We have taught the Magnetic Dance at our Lick Hung Centre, as it's good for healing.





ALEXANDRA CENTRE IN SINGAPORE BACK IN FULL SWING.

Grandmaster Welcomes



**Paul Lim &
Tan Chew Lee**



Emily Chong



**Michael Teo Chin Huat
& Lim Mee Leng**

**New Sponsors
Chi Dynamics International
Alexandra Centre
Singapore**



THE TAMPINES CHANGKAT QIGONG CENTRE 10TH. ANNIVERSARY DINNER ON JANUARY 13TH 2017



An interview with SENIOR INSTRUCTOR LAWRENCE CHONG by WARTON ONG

Chi Chat: Tell us how Tampines Changkat Qigong Centre began?

Lawrence: The centre started in August 2006 with seven residents on Sunday from 8.00am to 9.15am at the Tampines Changkat Community Club.

Chi Chat: Who were the founding members?

Lawrence: I was then the chairman of the ACTIVE Ageing Committee and thus I started this regular qigong practice.

Chi Chat: How did the group grow in size?

Lawrence: I advertised this activity through the Tampines Town Council's quarterly magazine and also conducted Road Shows during our Healthy Lifestyle event. To date we have fifty members.

Chi Chat: Were there any challenges faced? What were they?

Lawrence: No, as I got the support of the Member of Parliament for Tampines GRC, Ms Irene Ng and the support staff from Peoples' Association.

Chi Chat: What are some examples of key milestones?

Lawrence: Celebrating our 10th Anniversary is our first milestone. We will have a Seafood lunch on 14th January 2017 at Jumbo Restaurant located at NSRCC(National Service Reservist Country Club).

We will launch our souvenir magazine which will capture all the various past events and healthy lifestyle workshops. A new design T-shirt will also be launched and given free to all members. To commemorate this

event, the organising committee will raise funds for the Tampines Welfare and Educational fund.

Chi Chat: What were the top 3 most memorable moments in the journey towards becoming the group you are today?

Lawrence: Every Sunday eating breakfast together after qigong practice. Celebrating my birthday with the members. Our regular outing to places of interest in Singapore, such Gardens By the Bay, Hort Park and Chinese Gardens.



■ ASK GRANDMASTER

(1) PREREQUISITES OF SELF-HEALING

QUESTION:

What are the prerequisites of self-healing?

GRANDMASTER:

In a nutshell, Self-Healing with Qi Energy is to boost the immune system and improve blood flow.

THREE PREREQUISITES:

1. JING: STILL, QUIET, CALM – be still, both physically and mentally whether sitting, standing or lying down.
2. SONG: LOOSE – loosen up, let go, relax all your muscles and let go of all your tensions.

3. CHEN: SINK – lower your body and centre of gravity, to help stabilise your emotions.

DEEP BREATHING: Choose one of the 5 breathing methods. Fu or Chui are the most popular.

FOCUS ON YOUR LOWER DAN TIAN as you do your abdominal or diaphragmatic breathing.

A Breathing Session is one block of 30 minutes or more. You should do 3 to 5 blocks a day. It is like taking medication or your meals. And Qi is nutrition in the purest form – no waste, no pollution, just pure energy.

(2) HOW TO BECOME A CDI SIFU

QUESTION:

How does a Chi Dynamics trainee become a “Sifu”?

GRANDMASTER:

In our CD Qigong movement it's well defined. I cannot comment on other Schools, where I have seen Instructors with 10 or 20 followers call themselves “Sifu”. In CD Qigong, the process and criteria are clear.

First you are a novice (beginner). If you practise and improve and like to help others, a mentor is provided for you, usually your instructor.

Then you attend an Assistant Instructors' course, usually conducted by the Chief Instructor.

If you pass, then you help to instruct other beginners.

To be a fully-qualified Instructor, an Assistant Instructor must go for a grading test with the Grandmaster. You must pass a set of practical and written tests.

After being promoted as a full Instructor, you will be assigned to a Centre.

In time, if you have three Assistant Instructors under your supervision and two qualified Instructors under you, the Grandmaster will appoint you as a “Senior Instructor”.

Then, if you show leadership and are seen to actively promote CD Qigong, Grandmaster will appoint you as “Sifu”.

This title means that you have at least three Instructors under your supervision and three Assistant Instructors under your “mentorship”. By this time, you would have trained about 100 trainees.

The whole process could take as long as ten years.

We now have eight Sifus appointed by me, and 45 Senior Instructors and Instructors graded and qualified under very strict tests.

I am pleased to announce that I will be appointing three new Sifus:

- Senior Instructor K.K. Kuan of Lick Hung Centre in Subang Jaya, who is also the Chief Instructor for Malaysia;
- Senior Instructor C.C. Chin of Bangsar Centre in Kuala Lumpur; and
- Senior Instructor Lawrence Chong of Tampines Changkat Centre in Singapore.

A ceremony will be held to formally appoint them. After that, they will be called “Sifu” and recognised by all Chapters of CD International.

CANCER CARE WORKSHOP

BY JANET CHUNG



Grandmaster is planning a Cancer Care Workshop next year for 100 people. It will be a free workshop for cancer patients. Approximately 10 – 20 volunteers, with good knowledge of Block Breathing, will be required to assist.

To prepare the volunteers, Grandmaster held a special session at our Alexandra Centre at Komoco Building in Singapore on Dec. 8.

Grandmaster also shared the following info with members, so as to better equip them for the workshop:

HEALING MODE

- Our body is subject to the genetic reaction
- fight/flight syndrome.
- Important:

- Find the key to trigger our body into a healing mode.
- Change our mindsets.
- Make changes to the situations.

IMMUNE BOOSTER

- When stressed, our immune system may not work well, thereby causing illness.
- To reset our body immune system to normal working one.

STILLNESS

- Focus internally
- Keep physical body & mind still → stillness
- Be still for 3 to 5 minutes daily.
- A mere 3 minute stillness is enough to calm your body.

LOOSEN

- Don't tighten or tense up your body.
- Relax your body, hands, fingers, so that your whole body will absorb Qi from the environment.

LOCK

- Lock your pelvic muscles.

LOWER YOUR CENTRE OF GRAVITY

- Bend your knees slightly, so your body doesn't float.
- Detach your body from the Fight/Flight Syndrome.
- Your body will feel relaxed.



Organic Vegetables



Eat Less



ORGANIC, FRESH, NO PESTICIDES

Apples (green, with skin blended with other veggies), artichokes, beets, broccoli, bitter melon, horse radish, cauliflower, olives, garlic, ginger, grapefruit, green beans, leeks, kale, lemons, sprouts of seeds and legumes (cooked), watercress, turmeric.



EAT LESS

Mushrooms (mince it to help digestion).
ONCE A WEEK: All meats, fish, seafood, poultry (minced and cooked well), avocado, yams, sweet potatoes.
ONCE A DAY: Coffee, drinks with caffeine.

AVOID

Sugars, sweet products, soft drinks, canned foods, juices of fruits. Sodium (salt, baking powder etc). White rice, white bread, noodle, beehoon, soy bean products (e.g. tofu, soy sauce), milk products (cheeses etc). Try buckwheat noodles, rye, barley, multigrain products

30 minutes before breakfast:

Drink 2 to 3 glasses of warm water, or water with boiled lemon grass, pandan leaves, soursop leaves, neem, papaya leaves, or guava leaves (crushed and boiled). Avoid chili & hot peppers

CANCER CARE WORKSHOP



BREATHE INTO YOUR DAN TIAN

- Do block breathing (30 minutes per block)
- Supplement to medical treatment.
- Help to cope better with treatment.
- Do 3 to 5 blocks a day.
- Inhale (into the Dan Tian, not into the chest) → pause 4 seconds → Exhale 6 seconds → pause 4 seconds → repeat.
- Mind set on the Dan Tian when breathing.
- Some training is required as it does not come naturally.
- Qi will improve with practice.

AVOID SUGAR/SWEET FOODS

- Sweet food → glucose → energy.
- Unless you are required to perform a lot of physical work, we should avoid sweet stuff.
- Healthy people are also advised to avoid sugar/sweet food.
- Avoid white sugar, white flour, white bread & processed food.
- Consume brown rice, buckwheat noodle & other unprocessed food in our daily diet.
- Be selective in the choice of food.

DE-STRESS

- Qi Meditation: Qi Ball - deep breathing
- When you are feeling stressed, practice Qi meditation for 5-10 min.

Grand Master also shared that one of our members owns a piece of land in Johor Baru. The land is presently used for organic farming, and Grandmaster is planning a trip for members to visit the farm after Chinese New Year.

Vegetable samples from the farm were bought to the centre for members to bring home, for a small token payment. The money collected will be used to purchase vegetable seeds for the farm.

These were the vegetable samples brought to the centre:

- Turmeric roots (use only the roots but not the leaves) - anti oxidant, cook curry, use on fish for frying.
- Lemon grass leaves - boil in water with Pandan leaves.
- Pandan leaves - boil with water.
- Curry leaves - cook curry, make soup.
- Kedondong - high in Vitamin C.
- Bitter gourd - fried with egg, add a few slices in boiled water → alkaline water.
- Butterfly pea - high in Vitamin C, use as a salad.
- Soursop leaves - crush & boil in water.
- Papaya leaves - improve immune system, increase white blood cells.
- Guava leaves - crush & boil in water, good for cleansing, detoxification.
- Snake gourd - make soup, good for balancing & cleansing our body.
- Neem leaves - crush & boil in water → alkaline water.



▪ NEXT RETREAT

Next Retreat will be in late October 2017.

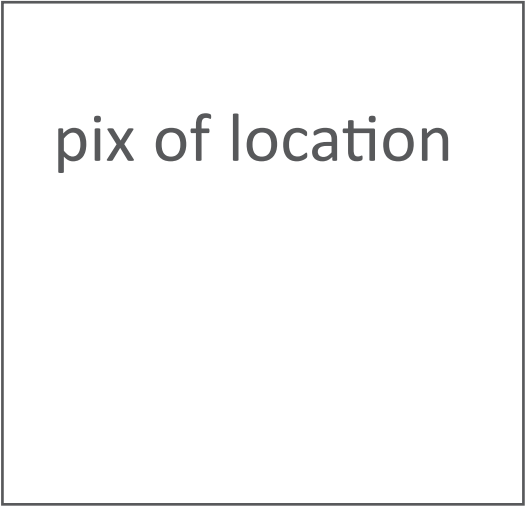
Venue : Pavana Health Resort, Chiangmai.

Retreat Date : Last weekend of October 2017

Duration of Retreat : 3 days 3 nights
- Theme and programme will be announce later.

Registration Date : Starting May 2017. Early Birds registration will be till June 2017.

Booking : Close in September 2017



pix of location