

CHI CHAT

Issue No: 50

with Grandmaster

15 March 2018

FROM THE GRANDMASTER'S DESK



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The Lunar New Year got on to a great start when about 800 people turned out on 23 February at a workshop conducted by Datuk Alan Yong (*a pioneer Chi Dynamics instructor in Malaysia*) and his team in Kuantan. This is by far the largest turnout ever in the history of Chi Dynamics!



Held at Taman PASIF in Jalan Telok Sisik, the workshop was organised to share and promote the benefits of Chi Dynamics Qigong with the staff of the Kuantan Municipal Council (MPK). The workshop went so well that the council president, Dato Fadillah, gave the thumbs up for Chi Dynamics to be included as one of the Council's regular activities and MPK members were encouraged to join the weekly classes held at Taman PASIF every Saturday and Sunday morning. Well done, Datuk Yong!

More local and offshore workshops will be coming your way this year. On 28 April, my team of cancer care instructors from the Chi Dynamics Malaysia Chapter and I will be participating in the Cancer Care & Prevention Workshop organised by the Persatuan Alumni Universiti

Malaya (PAUM) Cancer Support Unit. At this workshop, we will focus on how Chi Dynamics' proprietary breathing techniques and low impact Qi flow exercises can empower cancer patients to tap into their inner strengths for self healing. The workshop will also offer helpful advice and tips for caregivers on how to cope and ease the pain and discomfort of their

wards. A big turnout is expected at this workshop and I would like to thank Stamford Tyres Malaysia for their sponsorship of this event.

The Singapore Chapter is also planning another free Cancer Care workshop in Changkat this June. Details will be announced as soon as they are finalised, so please stay tuned.

Meanwhile, please continue to practise your breathing and stretching exercises daily; they have been proven to be beneficial for your well-being, especially in combating cancer as some of our members have experienced and are sharing with us in this issue.

Grandmaster Anthony Wee



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FAITH, HOPE & 'CHI-RITY'

Time and again, we hear news of members within the Chi Dynamics community overcoming major illnesses, some even after doctors have given up hope that recovery was possible. Many of these cases are well documented in various Chi Dynamics publications and website.

If we take a closer look at their case histories, there are some common traits that the survivors share. First, they adopt a positive attitude and hope earnestly that the chances of recovery are within their grasp. Secondly, they have faith that self-healing is possible if they are determined and disciplined enough to do what it takes to recover. And thirdly, they all practise and enjoy the benefits of Chi Dynamics Qigong. In short, the factors attributing to their recovery are **FAITH, HOPE** and **'CHI-RITY!'**

Below are four cases how Faith, Hope & Chi-rity played a part in helping members cope with their illnesses.

Breathing & Stretching Exercises – the natural cure for body ailments

"The best cure for any sickness and disease is to use your own body to cure it permanently. Taking medicine or treating cancer with chemotherapy or radiation is only a temporary cure or to lessen the pain." – Grandmaster Anthony Wee

In 1986 when he was only 42, Odesta S. C. Kan was diagnosed with a badly 'worn down' backbone and his doctors gave him two options – pain killers as a temporary measure or surgery to grind down the high spots of the backbone to ease the pain; the latter option, which is a risky procedure, may not be permanent as once the bones start to wear down again, the pain will return.

An avid golfer, Kan was depressed by the diagnosis. But things took a turn when a friend introduced him to Grandmaster Wee who convinced him that practising qigong was a better option than to go for surgery.

According to Kan, *"I immediately signed up for Grandmaster Wee's qigong classes which he conducted personally. For 12 months, I attended every training session conscientiously 5 times a week without fail. This meant that I had to forego entertainment and other social activities, but the sacrifice was well worth it as after 3 months, I no longer felt the pain after a golf game. Subsequently at a follow-up visit to the specialist, it was discovered that the backbone was back to normal!"*

Thanks to Kan's faith in Grandmaster's advice and his diligence to Chi Dynamics' breathing and stretching exercises, it is now more than 30 years since he last experienced crucial back pain. Today, he continues to enjoy his golf games without any fear of back pain.



Odesta S.C. Kan

Block Breathing Relaxes and Energises

Words cannot describe Cindy T's experience when she went through six cycles of chemotherapy. During this long and dreadful period of treatment, she was left emotional and exhausted after each session. However, Block Breathing, especially using the Chui method, helped her to cope with the effects of chemotherapy.

According to Cindy, *"Doing Chi Dynamics' Block Breathing exercise for at least 30 minutes each time, two to three times a day, truly helped me during my chemotherapy treatment and I daresay it sped up the recovery process. Although a very simple breathing technique, it took me a while to perfect it. Now it is a part of my daily routine which I would not miss".*



Fighting Cancer with Block Breathing

C.W. Teo is a cancer survivor – two times over!

He was diagnosed with lymphoma in 2014 and when he was introduced to Chi breathing exercises after he completed the first of the six cycles of chemotherapy, he found the Block Breathing method truly helped him to deal with the body and mind's adverse reactions to chemotherapy, especially insomnia, lethargy and lack of concentration.

According to Teo, *"Block Breathing's calming effect not only made me sleep better but also enhanced my physical and mental strength to cope with the treatments and the after effects. It also helps keep the body constantly warm"*.

In 2017, Teo had a relapse and had to undergo stem cell transplant, which required him to be quarantined in the hospital ward for about 3 weeks and thereafter, at home for about 4 months.

"This time, the effects on my body and the mind were worse. However, by practising Chi Breathing exercises, I managed to overcome all the negativities and I am indeed thankful to have picked up Chi Breathing exercises earlier. I also noticed during my stay in the hospital where my blood's oxygen level was constantly being monitored, my blood's oxygen level was always at its highest after a session of Block Breathing", Teo added.

Coping Cancer with Faith and Qigong

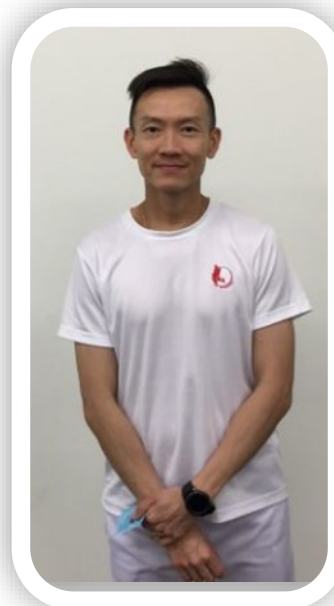
Billy Fong Tuck Meng was devastated when he was diagnosed with cancer in mid-2017. His first reaction was *"Why me? After all, I am only 43!"*.

But by the grace of his faith, he assumed responsibility for and ownership of his life. And then hope came when his friend Nick suggested that he should try Chi Dynamics for cancer care.

"I am so glad that I did", Billy said.

"I met Michael Koe, the instructor at Alexandra Centre, and thus began the first of some great friendships there. By performing Chi Dynamics exercises regularly, I am making good progress in my mental and physical well-being. I particularly enjoy Block Breathing which calms me and gives me peace.

Many thanks to Grandmaster Anthony Wee, Michael and his team and the fellow sponsors at the Alexandra Centre".



Billy Fong Tuck Meng

ASK GRANDMASTER

Question: I have relapsed cancer of the breast in stage 4. I had chemotherapy five years ago, but the tumours came back in other areas - like the liver, bones etc. What should I do? I have lost hope in chemo, but the doctors want me to be on chemo again.

Grandmaster: Do not give up hope. Stay positive. New medical advances in the last five years are amazing and you should stay with chemotherapy as advised by your doctors since alternative treatments are basically not as effective as experience has shown.

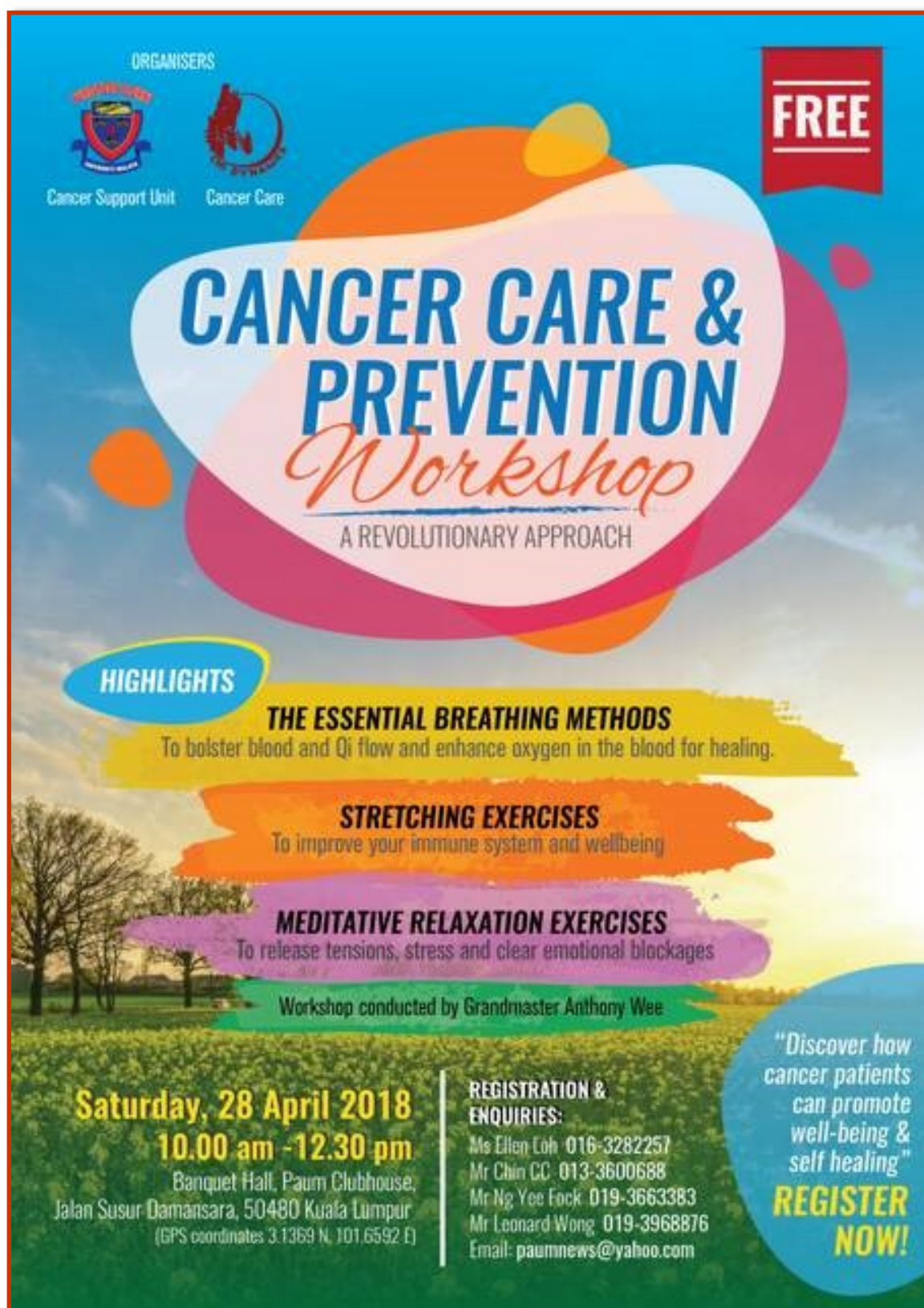
In addition to your doctors' suggestion, I would also advise you to join a Qigong class to:

- Learn to breathe properly and to relax as much as you can
- Do low impact deep breathing exercises which are good for blood flow and Qi flow
- Meditate to release emotional tensions and anxiety; it is beneficial for your immune system and it enhances self-healing

The most important thing is not to give up hope or think too negatively.

Smile and laugh more. Go out in the Sun often.





ORGANISERS

 Cancer Support Unit  Cancer Care

FREE

CANCER CARE & PREVENTION

Workshop

A REVOLUTIONARY APPROACH

HIGHLIGHTS

THE ESSENTIAL BREATHING METHODS
To bolster blood and Qi flow and enhance oxygen in the blood for healing.

STRETCHING EXERCISES
To improve your immune system and wellbeing

MEDITATIVE RELAXATION EXERCISES
To release tensions, stress and clear emotional blockages

Workshop conducted by Grandmaster Anthony Wee

Saturday, 28 April 2018
10.00 am - 12.30 pm
Banquet Hall, Paum Clubhouse,
Jalan Susur Damansara, 50480 Kuala Lumpur
(GPS coordinates 3.1369 N, 101.6592 E)

REGISTRATION & ENQUIRIES:
Ms Ellen Loh 016-3282257
Mr Chin CC 013-3600688
Mr Ng Yee Eock 019-3663383
Mr Leonard Wong 019-3968876
Email: paumnews@yahoo.com

"Discover how cancer patients can promote well-being & self healing"

REGISTER NOW!



NEW SPONSORS @ ALEXANDRA

We wish to extend a very warm welcome to the following new sponsors to the Alexandra Centre:



Rictor Yeo



Brendon & Sharon Wong



Fok Swee Yin

FREE CANCER CARE WORKSHOP @ CHANGKAT

A **FREE** Cancer Care Workshop, sponsored by Komoco Motors, Stamford Tyres and Old Chang Kee, is being planned for Sunday 8 July at the Tampines Changkat Community Club by Senior Instructor Lawrence Chong.

To be conducted by Grandmaster Anthony Wee, the workshop will focus on how Chi Dynamics' proprietary breathing techniques and low impact Qi flow exercises can empower cancer patients to tap into their inner strengths for self healing. The workshop will also offer helpful advice and tips for caregivers on how to cope and ease the pain and discomfort of their wards.

Workshop Highlights include:

- ◆ **The Essential Breathing Methods** to bolster blood & Qi flow and enhance oxygen in the blood for healing.
- ◆ **Low Impact Qi Flow Exercises** to improve the immune system and well being.
- ◆ **Meditative Relaxation Exercises** to release tensions, stress and clear emotional blockages.
- ◆ **Healing Sounds and Smiling Meditation**

Please spread the word around about this workshop to your friends and relatives, especially to those suffering from

cancer and their caregivers. The workshop details are :

Date: Sunday 8 July 2018

Time: 3.00pm to 4.30pm

Venue: Tampines Changkat Community Club
3 Tampines Street 11
Singapore 529453

For enquiries and registration, please contact Lawrence Chong (+65 0863 1810) or Ronald Lim (+65 9621 2326/ chidynamicsinternational@gmail.com)

WANTED

Grandmaster Anthony Wee is looking for volunteer trainers for the forthcoming Changkat Cancer Care Workshop on 8 July 2018.

Training will be provided by Grandmaster Wee.

For more details or if you wish to volunteer, please contact: Michael Koe (+65 9836 7151/ mslkoe@gmail.com)



MARCH WORKSHOP @ ALEXANDRA

The *"How To Use Qi To Protect Against Negative & Toxic Surroundings & People Workshop"* held at the Alexandra Centre on 5 March was well attended.

At the workshop, Grandmaster Anthony Wee shared many useful tips with the participants. Among the takeaways were how the body, palm, face and eyes absorb and transmit Qi, how to use the palm's 'Two-Locks' to prevent Qi outflow and the 'Three Tiers Bell' meditation to protect against negative emotions and surroundings.



"The workshop was an enjoyable experience. Grandmaster's teaching is informative and easy to understand. It is a great way to learn new skills and to practice and benefit from all the Qigong exercises."

Mee Leng & Michael

"Grandmaster Wee shared with us invaluable information about how to protect yourself and expel negative energies especially when visiting low energy places such as hospitals and hospices. He advised us to do the golden bell protection before your visits and the exercises after to replenish your qi."

It is easy and integrate various familiar forms such as water elements, pulling out negativity and directing qi. This will help us not to feel exhausted, drained and depressed after being in close contact with the patient."

Penny Lee

