

CHI CHAT

Issue No: 51

with Grandmaster

15 April 2018



FROM THE GRANDMASTER'S DESK

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It is encouraging that Chi Dynamics' cancer care initiatives are spreading. Apart from the major workshops in Malaysia and Singapore, I am pleased that individual centres are also spending time and energy to help ease the pain and discomfort of cancer patients and promote self-healing.

Larry Yong—Going the extra mile

In the last issue of Chi Chat, I highlighted the Kuantan workshop conducted by **Datuk Alan Yong** for about 800 people, which is by far the largest turnout in the history of Chi Dynamics. As most of you are aware, Datuk Yong is the Chi Dynamics founder in Malaysia more than 20 years ago, but few know that his son, **Larry** is following his footsteps.

Larry was trained by me as a senior cancer care trainer in Perth some 15 years ago. Like his father, he has remained true to helping cancer patients and very often, he will go the extra mile to teach



Larry Yong

Chi Dynamics Qigong breathing techniques to cancer sufferers. More than 80% of participants in his training sessions are cancer survivors and lately, he initiated the Kuantan cancer support group. I am very glad that Larry, as well as many other dedicated trainers in the Chi Dynamics family, are putting their hearts and souls into such good causes.

"Larry has a kind heart. Like his father, Datuk Alan Yong, he has remained true to helping cancer patients and very often, he will go the extra mile to teach Chi Dynamics Qigong breathing techniques to cancer sufferers"

– Grandmaster Anthony Wee

Enlarging our pool of Cancer Care Trainers

To continue our mission of sharing the benefits of Chi Dynamics Qigong with the community at large and particularly cancer suffers, we need to enlarge our pool of cancer care trainers. More urgently, I need volunteers to assist and guide participants at the forthcoming free Cancer Care Workshop at the Tampines Changkat Community Club on July 8 (*see details on page 9*).

In view of this, I plan to conduct two special classes for volunteer trainers on May 10 and June 7 at the Alexandra

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chidynamicsinternational@gmail.com

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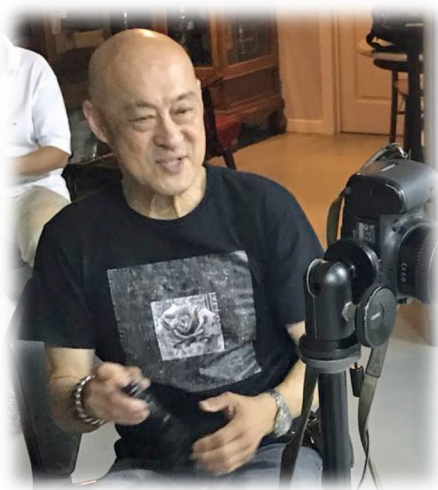
You Tube

From the Grandmaster's Desk—continued from page 1

Centre. These two classes are free, and I invite our sponsors to come forward to be trained as cancer care trainers. If you are not sure and want to have a better idea of what it takes to be a trainer, please refer to Tips for Cancer Care Instructors on pages 4 –7.

To register your interest, please contact Ronald Lim (chidynamicsinternational@gmail.com) or Michael Koe (mslkoe@gmail.com/+65 9836 7151).

Meet Charlie Lim— the Oil Painting Photographer



Charlie Lim

There are several talented individuals within our Chi Dynamics community and among them at the Alexandra Centre is **Charlie Lim**, the pioneer of the “*Oil Painting Photography*” technique where images dwell on the boundaries of fine art and photography.



Charlie's photos are taken in the dark with just a torch light as his paint brush, and with which he makes use of light and shadows to create an ‘oil painting’ photograph that resembles a Rembrandt portrait. In his portrait of me above, which was done in a matter of minutes, look at how he skilfully captures the Qi in my eyes and fist. It's brilliant!

Should you want to have an ‘oil painting’ photograph done of you and/or family, you may contact Charlie direct at +65 6278 2309 and mobile +65 9687 9565 or email: charlielim@clipixel.com.

I look forward to catching up with you soon. Meanwhile, keep smiling, be happy and remember that laughter is the best medicine.

Grandmaster Anthony Wee

ASK GRANDMASTER

Question: I'm considering to be a Cancer Care trainer to help others but I'm not sure whether I fit the role. To help me decide, can you please advise the attributes a trainer should have?

Grandmaster: First and most important, you need to master the Chi Dynamics Qigong's deep breathing techniques. Secondly, good communication skills to share Chi Dynamics Qigong knowledge and practices

effectively will go a long way for the trainer to strike a good rapport with the patient. And finally, you must display “compassion” and a willingness to share.

All these attributes together play a big part to help ease the pain and discomfort of cancer patients.

For more information on what it takes to be a cancer care trainer, please refer to pages 4 to 7.



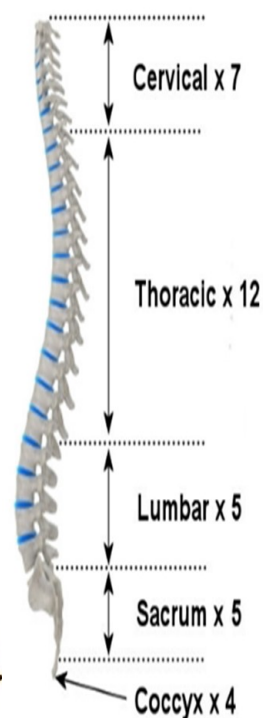
EXERCISES TO ENHANCE THE CERVICAL DISCS

The most common example of cervical degenerative disc disease is neck pain or stiff neck. About two-thirds of people will experience neck pain at some point of in their lives, mainly due to 'wear and tear' and repetitive bending, lifting, turning and twisting that often take a toll on the neck.

At the Alexandra Centre on April 6, Grandmaster Anthony Wee shared with the class how several simple exercises together with Chi Dynamics' proprietary breathing techniques can help manage neck pain and enhance the cervical disc to provide the 'cushion' for the body. They include:

- ♦ **Hand Flicking** with Chui breathing to open the meridian points along the arms and hands.
- ♦ **Shoulder Roll (Snake form)** with Chui breathing to relieve the first 5 of 7 vertebrae which make up the cervical spine of the neck.
- ♦ **Shoulder Roll (Turtle form)** with Tu breathing to enhance the cervical discs functionality, and to stabilise the neck and allow it to turn smoothly from side to side and bend back and forward.

Nerve and muscular problems, degenerative disc disease and arthritis often result in back pain. To address lower back pain and strengthen the lumbar, Grandmaster Wee recommended the upper and lower hand stretch exercise with Tu breathing.



Source: Anatomy of the Spine



Hand Flicking exercise
with Chui Breathing



Shoulder Roll (snake form)
with Chui Breathing



Upper and lower hand stretch
with Tu breathing



TIPS FOR CANCER CARE TRAINERS

Contrary to popular belief, being a Chi Dynamics cancer care trainer is not as daunting as it has been made up to be. What it takes is just a selfless compassion mindset and a good understanding of Chi Dynamics' breathing methods and exercises to be able to help cancer patients cope with their illness. It is not difficult, and here are tips on how you can be an effective cancer care trainer.

BASIC ESSENTIALS

SHOW COMPASSION

- In the eyes of the cancer afflicted patients, you are their hope for assistance.
- Be a good listener and show that you empathise and care for them.

TONE OF VOICE

- Be patient and tolerant when communicating with your patients.
- Your tone of voice should come across with encouragement, patience and kindness.

CHI DYNAMICS BREATHING METHODS

- Master and share with your patients all the 5 Chi Dynamics Qigong breathing methods which are the essentials for self-healing.
- How well you achieve this depends on the way you teach and demonstrate to them.

KNOW THE BENEFITS OF THE BREATHING SESSIONS

- Enriches oxygen in the blood
- Boosts up energy
- Induces relaxation
- Reinforces the immune system
- Helps self-healing

THE IMPORTANCE OF POSITIVE THINKING

- Remove all negative thoughts and emotions and think positively.
- Positive thinking and attitudes are infectious and are often transmitted to your cancer afflicted patients.

HUMOUR

- Use laughter, humour and inner smiles to release emotional tensions and stress.



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BREATHING ESSENTIALS

Chi Dynamics has five methods of exhalation: FU, CHUI, TU, PI AND XI.

These breathing methods help to attain and maintain good health by balancing the functions of each organ and its related element. They also help to bring the body into harmony with the outside forces of the earth and universe to achieve health and self-healing.

Of the five, only the FU, CHUI and TU breathing methods are suitable for the healing of cancer patients as they enhance the auto immune system and help in the healing of the body. It is essential that all cancer care instructors are efficient in these three methods.

* FU (Related Element: Metal)

The purpose of Fu breathing is to accumulate and store Qi energy in the lower Tan Tien.

Like steel, this form of energy is cooling, contracting and absorbs external energy for the benefit of the patient. It is also used by cancer care instructors to intensify the electromagnetic energy in the hands for healing others.

METHOD

- ◇ Inhale deeply through the nose with the tongue placed just behind the upper front teeth to act as a conductor/bridge for the Qi energy to flow down

the front of the body along the Ren channel (Yin channel). While doing so, focus on the Tan Tien.

- ◇ Hold for 4 to 6 seconds. Then exhale through the nose slowly and hold for up to 6 seconds.
- ◇ This exercise may be practised in the standing, sitting or lying down position.

IMPACT: Relaxation response is stimulated, and stress will be released after 30 minutes.

*** CHUI** (Related Element: Water)

Chui breathing cools down the body. It helps to enrich the oxygen in the blood, enhance Qi flow and reduce stress, emotional tension and anxiety.

METHOD

- ◇ As in the Fu method, inhale through the nose and hold for 4 to 6 seconds. Then pucker up and exhale gently through the pursed (whistling) lips at a constant and controlled rate.
- ◇ Longer exhalation of 9 to 12 seconds will result in more alkaline and this will help relax the body.
- ◇ This exercise may be practised in the standing, sitting or lying down position.

IMPACT: Stress is reduced. Tensions in the upper body is released as over heated neck and shoulders are cooled down; headaches are also cleared.

TU (Related Element: Wood)

This breathing method energises the kidneys, spleen, liver and digestive organs; it also nourishes the bones.

METHOD

- ◇ Inhale with slightly greater force and hold your breath for 6 seconds. Then exhale slowly for 9 seconds with a controlled and guttural "haaa" through the mouth.
- ◇ Throughout this exercise, the pelvis is kept locked by contracting the gluteus muscles of the buttocks and the anus.
- ◇ As this technique is used in exercises involving all organs below the diaphragm, it is best practised standing up.

IMPACT

After 30 minutes, energy and heat will flow to the body.

LOW IMPACT EXERCISES

The recommended low impact exercises are Flicking Hands, Shoulder Rolls (Snake and Turtle forms) and the Butterfly Stretch.

- With its gentle movements, the **Flicking Hands** exercise is good for healing and the practitioner's well-being. The upward flicking movements open the lungs, pericardium and heart meridians while the downward movements open the meridians of the large intestine, triple warmer and the small intestine.



- The muscular movements of the Shoulder Roll (Snake and Turtle forms) exercise is good for detoxing the lymph nodes. Besides achieving harmony of movements, these exercises stimulate the left and right sides of the brain as well as the internal organs.



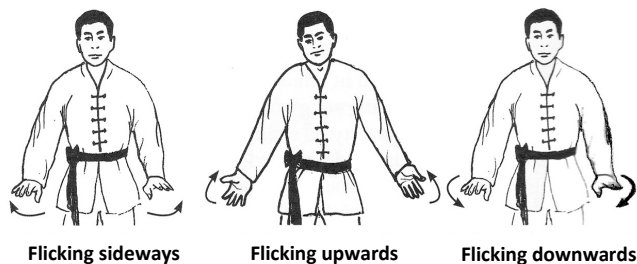
- The Butterfly Stretch exercise improves lymphatic flow in both the upper and lower parts of the body. It also brings into effect Yin/Yang balance, aids coordination between right/left brain and mind (Yi)/Qi, regulates upper and lower body movements and breath, and stimulate all the meridians in the hands and legs.



The Shoulder Roll exercises relaxes the neck and shoulder muscles. When performed with longer and more drawn-out exhalation, the Snake form Shoulder Roll is said to enhance longevity.



* FLICKING HANDS



Flicking sideways

Flicking upwards

Flicking downwards

METHOD

- ◇ With hands at the side of the body, elbow and shoulders relaxed, flick the hands sideways inwards and outwards for 1 to 3 minutes. This action is like when we flick our hands dry.
- ◇ Next, turn the palms upwards and flick your hands for a further 1 to 3 minutes.
- ◇ Then turn the palms downward and continue flicking the hands for another 1 to 3 minutes.
- ◇ On finished, stay in the standing posture for at least 3 minutes to allow the energy to flow freely throughout and nourish the body.
- ◇ When flicking, walk slowly in a circle for 10 minutes.

IMPACT

This exercise stimulates blood circulation to the limbs of the body and boosts Qi flow to the organs. It also enhances detoxification and tones muscles.

SHOULDER ROLL (*Snake Form*)

This exercise is performed in two positions – the Yin and Yang stances.

YIN STANCE

- ◇ Stand with legs together, knees touching and slightly bent.
- ◇ Maintain a light contraction on the perineum or Hui Yin and focus on it throughout the exercise.
- ◇ Use strong Chui breathing – in on the upward movement of the shoulder and out on the downward movement.
- ◇ Make large backward circular movements with your shoulders with the front shoulder lower than the back shoulder before each roll.



Rolling the right shoulder

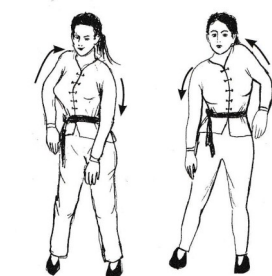


Rolling the left shoulder

- ◇ At the end of 1 to 3 minutes, move on to the Yang Stance.

YANG STANCE

- ◇ Stand with feet at shoulder width apart and use strong Chui breathing.
- ◇ Lift and pull the shoulders back alternately making large circular movements in the process.
- ◇ The weight of the body should be transferred from one leg to the other.
- ◇ On completion, remain in the standing posture and breathe out with Fu method of exhalation.



Rolling the right shoulder

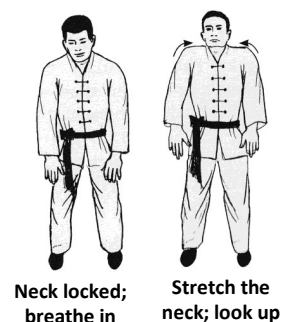
Rolling the left shoulder

SHOULDER ROLL (*Turtle Form*)

In combination with the Snake form, this exercise relaxes the neck and shoulder muscles. It is also said to enhance longevity when performed with a longer drawn out inhalation-exhalation.

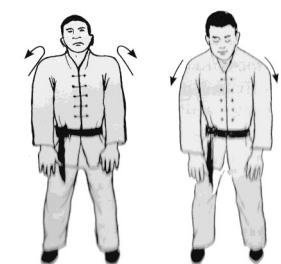
METHOD

- ◇ Adopt the standing posture, 'lock' your pelvis and keep it tilted forward with the anus slightly contracted.
- ◇ Gently arch body forward, drop the shoulders and 'lock' the neck as you breathe in.
- ◇ While holding your breath, stretch the neck upwards and roll the shoulders upwards, and then pull them back.
- ◇ Exhale using the *Tu* breathing method with the body slightly bending forward and extend your hands down in front of the thighs as you exhale.
- ◇ Hold for 4 seconds after exhalation and then relax your body.
- ◇ Repeat the sequence of movements 9 times.



Neck locked; breathe in

Stretch the neck; look up



Complete the shoulder roll

Tu out; lower your shoulders



IMPACT

These exercises clear the toxins and enhance oxygen in the blood with better blood circulation. Lymphatic toxins are also removed by the shoulder rolls with Chui breathing.

BUTTERFLY STRETCH

This exercise improves lymphatic flow in both the upper and lower parts of the body. It also brings Yin/Yang balance into effect, aids coordination between right/left brain and mind (Yi)/Qi, regulates upper and lower body movements and breath, and stimulate all the meridians in the hands and legs.

METHOD

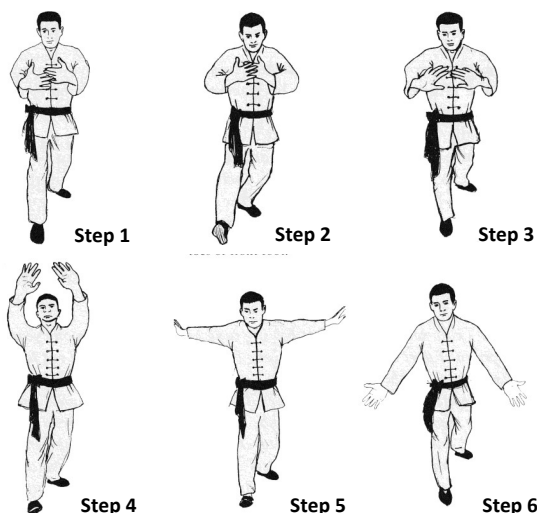
Step One: With both feet together, angle the left foot at 45 degrees and move the right foot a step forward.

Step Two: Stretch out and pull arms towards chest with the palms crossed and facing the body while breathing in. For females, the left palm should be over the right, and for males, the reverse.

Step Three: Hold your breath and as you turn your palms to face the front, transfer your body weight to the back leg and lift the toes of the front foot.

Step Four: While holding your breath, raise your arms and circle above the head. Your eyes should follow the upward movements of the hands.

Step Five: Bring your fully stretched arms down to the sides of your body. Lift up front toes as the body weight is being transferred to the back leg. Commence exhaling using the Tu method.



Step Six: Swing your hands upwards as they pass the hips to resume the starting position with your body weight now transferred back to the front leg.

Repeat the above sequence 9 times for each leg.

MEDITATIONS WITH HEALING SOUNDS

In Chi Dynamics, vibrations, rather than sounds, stimulate healing. The sound levels merely establish the strength of vibration,

The vibrations created during exhalation stimulate the vibratory frequency of the corresponding internal organ energy system.

Together with meditation, the rhythmic Fu breathing method and the Qi ball exercise, healing sounds create a peaceful mental state of mind and aids the healing process.

The exercise can be done standing, sitting or lying down, and it is good to play soothing music during meditation.

30 minutes of meditation will help to release tensions from the mind and distract the mind from the earthly and unnecessary worries.

LAUGHTER THERAPY

Laughter is perhaps the best medicine for overcoming illnesses and challenges in life. The benefits are many and proven scientifically.

- ◇ Laughter triggers the release of endorphins which helps to relieve pain and give you a sense of well-being.
- ◇ It relieves physical tension and stress, and boosts the immune system by increasing immune cells and anti-bodies to fight infection.
- ◇ Laughter boosts blood circulation and increases oxygen in the body's organs.
- ◇ When shared, it binds people together
- ◇ Overall, it is good for your physical and mental health, and best of all, it is free.





CANCER CARE TRAINING

Cancer patients undergoing treatment are not the only people experiencing pain, discomfort, anxiety and mental stress. Equally affected are their loved ones and caregivers in one way or other.

When my sister was diagnosed with stage four breast cancer at the young age of 35 some years ago, her whole world collapsed on her. She was devastated, and so were members of the family and I.

Many questions flooded our minds. Why her? She doesn't smoke or drink, eats all the right food and lives a healthy life. So, what has she done to deserve it?

It was heart breaking to see her struggle with her illness and the side-effects of chemotherapy treatment, and at the same time trying hard to cope with preparations for her son's PSLE exam. Invariably, all these challenges contributed to her depression, fatigue and mood changes.

Instead of commiserating and doing nothing about it, Grandmaster Anthony Wee says there are ways to help cancer patients manage their moods by using Chi Dynamics' Block Breathing technique and exercises to 'reset' the immune system. Grandmaster Wee will show how this can be done at the forthcoming Cancer Care & Prevention Workshop, which will be held at the Tampines Changkat Community Club on July 8 (see page 9)

The Immune System and Mood Changes

As a therapist who has worked with cancer caregivers and witnessed what my sister had gone through, I have witnessed how mood changes can affect cancer patients drastically.

Studies at The Cancer Institute at Emory University School of Medicine in Georgia have revealed that most cancer treatments can activate the immune system to release inflammatory chemicals which may cause the brain circuits to trigger depression, anxiety, fatigue, impairment in memory and concentration. In such



states, the immune system may not function well and cause the patient to behave abnormally.

"If you can understand your patient's mood changes, you are likely to be a more tolerant and supportive caregiver. Furthermore, if cancer patients have learned how to 'reset' their immune systems, it will make their pre and post cancer treatments less anxious and depressed", Grandmaster Wee said.

As Grandmaster Wee needs volunteers to help out at the July 8 Workshop, he is conducting two free workshops for volunteer cancer care trainers. If you are interested in being a cancer care trainer, please register with Michael Koe (mslkoe@gmail.com / +65 9836 7151). Or Ronald Lim (chidynamicsinternational@gmail.com;

VOLUNTEER CANCER CARE TRAINERS WORKSHOP

DATES: Wednesday May 9 &
Wednesday June 6

TIME: 7pm

VENUE: Chi Dynamics @ Alexandra Centre

FEE: Free for Chi Dynamics sponsors and
subject to Grandmaster Wee's approval





CANCER CARE & PREVENTION WORKSHOP

Conducted by Grandmaster Anthony Wee
Founder of Chi Dynamics (International)

Discover how Chi Dynamics' Qigong breathing techniques and low impact Qi flow exercises can empower cancer patients to tap into their inner strengths for self-healing. The workshop also offers advice and tips for caregivers on how to cope and ease the pain and discomfort of their wards.

HIGHLIGHTS

THE ESSENTIAL BREATHING METHODS

To bolster blood and Qi flow and enhance oxygen in the blood

LOW IMPACT STRETCHING EXERCISES

To improve the immune system and wellbeing

MEDITATIVE RELAXATION EXERCISES

To release tensions, stress and clear emotional blockages

Do not miss this FREE workshop which is specially designed for cancer patients and their caregivers!

REGISTER NOW!

DATE: Sunday, 8 July 2018

TIME: 3.00pm to 5.00pm

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

For enquiries and registration, please contact Ronald Lim (chidynamicsinternational@gmail.com, +65 9621 2326), Michael Koe (mslkoe@gmail.com, +65 9836 7151) or Lawrence Chong (+65 9863 1810)

"I turned from 'self-blame' to 'self help' with Chi Dynamics Qigong"

Billy J.
(cancer survivor)

"It's a complementary therapy, not an alternative. I enjoy those calming and relaxing deep block breathing sessions which are so effective in removing negative emotions from my mind"

T.T. Yap
(relapsed cancer survivor)

"Daily Qi breathing sessions made me well again, and they took away the agony and discomfort of six programmes of chemotherapy"

Cindy T
(cancer survivor)

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