



CHI CHAT

with Grandmaster

Issue No: 54

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FROM THE GRANDMASTER'S DESK



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Tampines Changkat Workshop

The turnout of so many volunteers and instructors at the Tampines Changkat Cancer Care Workshop on July 8 speaks volumes for the spirit of volunteerism amongst Chi Dynamics members. Thanks to their presence and assistance, the Workshop which was attended by 150 participants was a success.

Besides the regulars from Alexandra Centre, the volunteers included members from the Church of the Immaculate Heart of Mary (led by Sifu Michael Kang), the Radin Mas Community Club (led by Senior Instructor S.J. Chiang), and the Tampines Changkat Centre (led by Sifu Lawrence Chong). They all showed up to lend a hand in one way or other, be it manning the registration desk, as-



sisting and ushering participants, attending to catering arrangements, sharing testimonials or demonstrating the finer points of Chi Dynamics Qigong exercises to the workshop participants.

It was indeed heartening to witness teamwork at its best and I would like to place on record my sincere thanks to Sifu Lawrence Chong for initiating and organising the event,

and everyone else for contributions of their time and effort towards the success of the Workshop.

As the photographs of the eventful afternoon on pages 4 & 5 depict, the aims of the Workshop were well accomplished. The volun-

teers found doing their bit for the community most fulfilling while many of the participants found the Workshop beneficial.

In fact, the Workshop was so successful that some of the other centres are now considering to repeat the workshop for their constituencies soon. Stay tuned for announcements when details are finalised.

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www.chidynamics-qigong.com



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From the Grandmaster's Desk—continued from page 1

Chi Dynamics Qigong Accreditation

Through the good offices of Datuk Alan Yong, we are seeking accreditation from the Ministry of Sports in Malaysia for our Chi Dynamics Qigong wellness programme. We are now in the process of preparing the prospectus and syllabus for the Basic, Intermediate and Advanced levels, and will share details of the Prospectus with you as soon as it is finalised.

Should our application be approved, Chi Dynamics will be the first Qigong association in Malaysia to be granted such certification.

A Walk Down Memory Lane

Datuk Alan Yong and I go back many years. Recently, he shared with me an old photograph which brought back many pleasant memories of my stint in Perth, Western Australia, and which I would like to share with you.

Taken in 1996, the photograph below shows Datuk Yong receiving his first Chi Dynamics instructor certificate from me. Looking on were key

members from Chi Dynamics' Perth Chapter—Robyn Hudson and Jenny Hall on the left behind Datuk Yong and Shane Francis on the right behind me.

Datuk Yong was an exemplary student and as you are probably aware, he founded the Chi Dynamics Malaysia Chapter on his return to Malaysia.

One Happy Family!



I am glad that one of the things that has evolved from Chi Dynamics Qigong classes is the opportunity for members to interact and bond outside the classes. Tampines Changkat takes

the lead in arranging such outings with the most recent one to Marina Barrage on July 1. As you will see on pages 8 & 9, the members had a ball of a time of fun and fellowship.

Training Aids



In case you are not aware, we have copies of training aids and display charts in the Training Aids folder which you may download from our website (<http://www.chidynamics-qigong.com>). Topics include the Block Breathing Method, Exhalation Techniques, Butterfly Stretch, The Positive Effects of the Art of Chi Dynamics, Energy Gates, Finger Meridians, Qi Meditation Postures, Open-Eye Candlelight Meditation, Wu Mei Slapping Bag, 5 Foods that Trigger a Stroke and the recently added Tips for Cancer Care Trainers.

For the benefit of our newer members, I am attaching a summary of Syllabus for Chi Dynamics Qigong Practitioners to master for the Basic, Intermediate, Advanced and Instructor levels (see page 3). This chart is also available on our website and you may download it any time at your convenience when you need to refer to it. I hope you will find the training aids useful.

Grandmaster Anthony Wee



Chi Dynamics Qigong & Meditation System

THE SYSTEM OF 5 ESSENTIALS

The foundations of Chi Dynamics Qigong and Meditation are the 5-Essentials which comprises the following:

The 5 Breathing Methods:

Fu · Chui · Tu · Pi · Xi

The 5 Internal Organs Exercises:

- Lungs
- Heart
- Liver & Spleen
- Kidneys
- Digestive Organs

The 5 Elements Vital Energy Techniques:

- Metal—Contracting Chi
- Wood—Expanding Chi
- Water—Descending Chi
- Fire—Rising Chi
- Earth—Stablising Chi

The 5 Chi Flows:

- Blood Flow (Oxygen)
- Heat Flow
- Electro-magnetic Flow
- Vibratory Flow
- Neuro-Chemical Flow

The 5 Compulsory Basic Exercises:

- Loosening—Hand Flicking
- Loosening—Shoulder Roll
- Stretching—Butterfly Stretch
- Swinging—Mao Swing
- Chi Meditation—10 Postures

1. BASIC LEVEL

Qualifying Period: Minimum 6 months

- **Hand Flicking**
 - ◇ Sideways, palms facing upwards and downwards
- **Shoulder Roll**
 - ◇ Snake Form (Yang and Yin version)
 - ◇ Turtle Form
- **Anti-Osteoporosis**
- **Sword Stretch**
- **Butterfly/Lymphatic Stretch**
- **Chi Ball Exercise**
- **Crane Walk**
 - ◇ Small Crane
 - ◇ Big Crane
- **Fong Yang Swing**
- **Mao Swing**

3. ADVANCED LEVEL

Qualifying Period: 12 months after Intermediate Grading

- **Yi Chi Kung**
- **Chi Massage**
- **Cross Clap Swing**
- **Water Crane Walk**
- **Magnetic Dance**
- **Gathering Chi or Chai Chi**
- **Fa Chi—Transmitting Chi**

4. INSTRUCTOR LEVEL

Qualifying Period: 6 months after Advance Grading

- **Loh Han So**
- **Tiger Claw**
- **Iron Shirt**
- **Chi Kung Chan Fa**

2. INTERMEDIATE LEVEL

Qualifying Period: 9 months after Basic Grading

Internal Organ Exercises

- Lungs
- Heart
- Liver and Spleen
- Kidneys
- Digestive Organs

Lymphatic Drainage

- Hands
- Body/Head
- Legs

Five Elements

- Metal
- Wood
- Water
- Fire
- Earth

Meditation

- 10 Postures Standing Meditation (10 Points Charging)
 - ◇ Earth Position
 - ◇ Magnetic Ball
 - ◇ Chi to Lower Dan Tian
 - ◇ Standing Zen
 - ◇ Sky Position
 - ◇ Chi to Bai Hai
 - ◇ Chi to Upper Dan Tian/ Third Eye
 - ◇ Chi to Middle Dan Tian
 - ◇ Storing Chi at Lower Dan Tian
 - ◇ Earth Position
- Inner Orbit Meditation

This leaflet is produced by Grandmaster Anthony Wee, Founder of Chi Dynamics (International). For more details, please refer to Grandmaster Wee's "The Free Flow of Qi" and Training Manual which are available to all instructors.

CHANGKAT WORKSHOP



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"I found out about this Workshop from a Breast Cancer Foundation support group member. The Chi Dynamics exercises are not difficult as I am also practising Yoga"
- Joan Ng



They call themselves the 3Cs (from left: Carole Lombard, Adele Koh and Ben Leong)

"I learned about this Workshop from a member of the Breast Cancer Foundation support group. I enjoyed the stretching exercises and am considering enrolling at Chi Dynamics to further my learning"
- Carole Lombard

"Like Carole, I learned about the Workshop from the Breast Cancer Foundation. I reckon the different types of Chi Dynamics breathing methods, which I enjoy, are unique" —Adele Koh

"I have been a Chi Dynamics student for some months and currently I am practising at the Church of Immaculate Heart of Mary centre" - Ben Leong



Volunteer Instructor, **Dr Andrew Lucy** showing participants the Hand Flick exercise.



Mr & Mrs Hoo Yoke Fei

"I was recommended by a friend who recently attended Grandmaster Wee's workshop in Kuala Lumpur. She said that the simple exercises are helpful for those going through chemotherapy treatment like me" - Mrs Hoo

Below: The Chi Dynamics Team after the Workshop



Volunteer Instructor, **Celine Ee** showing participants the meditation exercise.



Volunteer Instructor, **Billy Fong** sharing the finer points of finger meridians.



Volunteer Instructor, **Janet Chung** demonstrating the Butterfly Stretch exercise.

The Vagus Nerve and Healing

By Sarah Manning

For the last 3 months, I have been working with a 9-year old child who has daily anxiety attacks – to such an extent that he needs family with him all day at school. I am part of the team supporting him back to health – my task is to offer practical breathing and movement techniques.

Really? Can it really help?

We have succeeded in making a change, such that this is no longer daily – but he still has to practice.

While reading widely, I found this YouTube 45-minute presentation on “[Healing the Vagus Nerve](#)” by Sally Gray, N.D, that resonated with the Qigong we practice with Grandmaster Anthony Wee, and I thought to

share it with you. Visit <https://www.youtube.com/watch?v=xPQBKePhx0> to check it out. If it stirs you back to *your daily qi gong practice* – then it will have been useful!

The control systems of the body

In the same way our airconditioners have a control system to keep the air conditioner healthy and functioning correctly – so does our body. When the temperature gets too cold – a signal is sent to the system to switch off the cooling for a while – until it gets too warm and it switches it on again. This is called a feedback loop.

In the body we have two feedback systems that overlap and intercon-

nect – our nerves and our hormones. Let's focus on the nerves but recognise that when there is a change in the nervous system – it affects the hormones too.

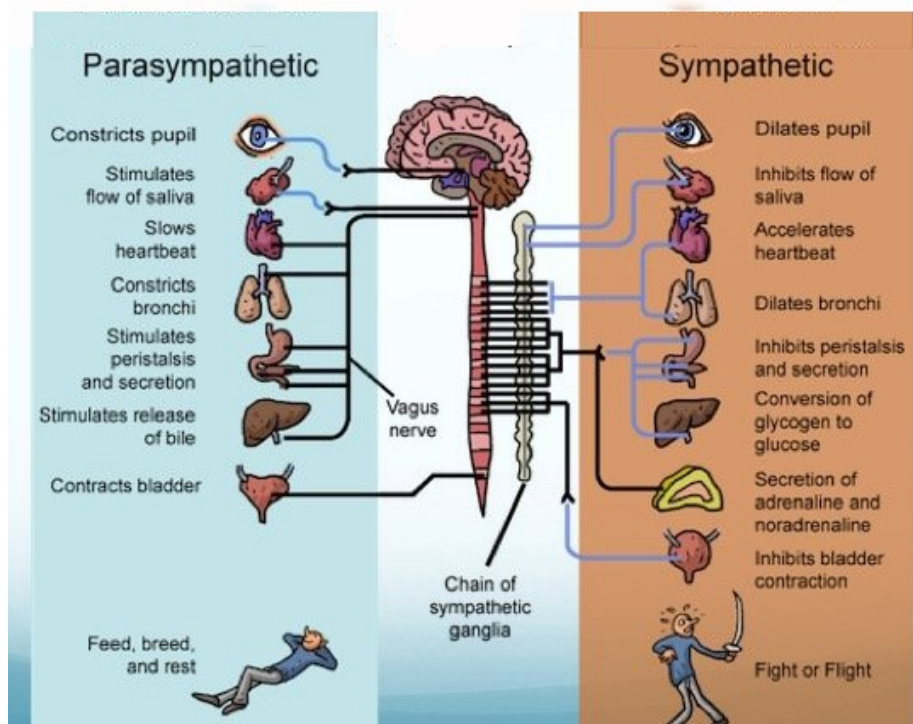
So, the activation of our body – to fight/flight/chase/be busy is one state (*Sympathetic*), and the relaxation/digest/reproduce/restore/heal/rebuild is the other (*Parasympathetic*). For a healthy body we need a healthy feedback loop and the ability to cool off and regularly relax the system.

In the picture below – see how the Vagus nerve is key to the relaxation response.

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THE VAGUS NERVE

Aptly named “vagus” (which means ‘wanderer’ in Latin), the vagus nerve is the ‘super-highway’ that connects the brain to various organs and parts of the body. A key part of the parasympathetic nervous system, this is the nerve that signals to the brain what is going on in organs such as the digestive tract (*stomach and intestines*), heart, lungs, liver, kidneys and spleen. As it plays a part in influencing your breathing, digestive functions and heart rate, it has an impact on your physiological and mental health.



Picture sourced from [YogaUOnline](#)

The Vagus Nerve and Healing by Sarah Manning—continued from page 4

So how do we stimulate the Vagus Nerve?

Sally Gray's list includes:

- ◇ Deep Diaphragmatic Breathing
- ◇ Long slow exhalation
- ◇ Meditation (*focus of Yi!*)
- ◇ Social interactions
- ◇ Laughter
- ◇ Chanting
- ◇ Massage
- ◇ (*and I would add*) Smiling

Can you see how much of our Qigong practice ticks the boxes for Vagus Nerve stimulation and a restoration of the feedback loop of the body?

"The vagus nerve is stimulated when you breathe in deeply and exhale slowly, and the preferred breathing method for this is the chui (Water element) breathing technique.

Stimulation is also enhanced by massaging the neck just below the ears and at the carotid, and with healing sound and meditation" -

- Grandmaster Anthony Wee

I felt a resonance particularly with our Block Breathing practices and the latest visualisation that Roland Hong is using for Abdominal Breathing:

As you breath IN, the diaphragm descends and applies pressure downwards towards the abdomen.

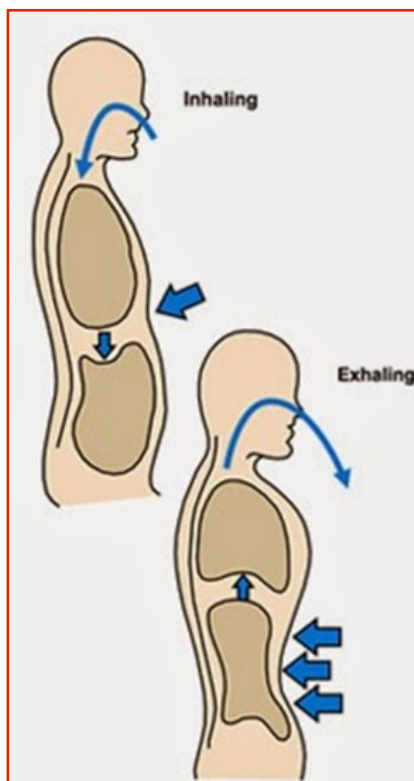
As you breath OUT, the diaphragm lifts back up into the rib area.

Now the visualisation that we add makes the difference.

As you breath IN relax/release/see/feel the energy move DOWNWARDS from:

1. Upper abdomen – just beneath the diaphragm
2. Middle abdomen – navel
3. Lower abdomen (*and pelvic floor too if you are lying down*)

As you breath OUT tone/softly squeeze/see/feel the energy move UPWARDS from:



Picture Source:

www.theyogamovement.blogspot.com/2013/11/part-3-pranayama-abdominal-breathing.html

1. Lower abdomen and pelvic floor
2. Middle abdomen – navel
3. Upper abdomen – just beneath the diaphragm

Your focus (*Yi*) the whole time is in the belly and the breath is deep into the diaphragm not in the upper chest. Since the Vagus Nerve travels across the diaphragm – optimal nerve stimulation occurs with this breathing and the upper abdominal organs have a juicy massage too.



SARAH MANNING

Sarah has been a yoga teacher in Singapore and China for 22 years. Since starting Chi Dynamics qigong with Grandmaster Anthony Wee 6 years ago, she continues to practice, reflect on and explore the healing tools of both yoga and qigong.

A GLORIOUS MORNING @ MARINA BARRAGE



The morning of July 1 is a day many members of the Tampines Changkat Centre will remember. Instead of their weekly Qigong practice at the usual Tampines Street 11 venue, 33 of them gathered at Marina Barrage for a most enjoyable morning of qigong practice under clear and sunny skies.

The greenery environment was conducive for interacting, fun and fellowship as the members chatted and took morning walks together after the practice.

The outing ended with breakfast at the Kampong Arang foodstalls where kaya toasts, kueh chup and coffee were the orders of the day.



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NEW MEMBERS @ ALEXANDRA

We would like to extend a warm welcome Daniel Low and Billy Kun to the Alexandra Centre. Both Daniel and Billy were introduced to Chi Dynamics Qigong by Odesta S.C. Kan whose full recovery from severe back problem without invasive surgery is well-documented in the Chi Dynamics website and Chi Chat publications.

According to Daniel, *"Although I don't have any back pain issues like Odesta, I decided to allocate time for Chi Dynamics Qigong exercises to maintain a healthy physical and mental wellbeing"*.

Billy, who is Odesta's brother, has also signed up for the same reason. *"My brother tells me that Chi Dynamics Qigong breathing and stretching exercises are neither too rigorous nor difficult to perform. As they have done him a world of good, and are also known to address the many aches and pains of daily life, I have taken his advice by signing up for the Qigong classes to maintain good health"*.



Daniel Low



Billy Kun



If you have any interesting Qigong experiences and anecdotes to share with our readers, please email them to me at chidynamicsinternational@gmail.com.

We welcome contributions of health-related articles and valuable feedback which will help us make this publication more informative, entertaining and relevant for our members.

Grandmaster Anthony Wee

ASK GRANDMASTER

Question: Someone told me that Qigong can cure any type of illness or disease. Is this true??

Grandmaster Wee: *The claim is absolutely untrue!* There is no way that Qigong can fix a limb with multiple fractures; only a team of orthopedic specialists can do the job. However, Qigong may help patients to recover faster with less pain and

discomfort. Let me elaborate.

Qigong is the art of achieving and maintaining good health through a system of respiratory, meditative and relaxation exercises. It plays a part in enhancing the body's immune system by harnessing and harmonising the flow of Qi (*vital life energy*) through the meridians of the body. When the immune system

is functioning efficiently, it is then able to ward off unwelcome illnesses and help patients to recover faster as a result of better blood flow to the injured areas.

In short, Qigong is not an alternative to conventional medicine. It is, however, widely recognised as a self-healing therapy to complement conventional medical treatment.

