



CHI CHAT

with Grandmaster

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FROM THE GRANDMASTER'S DESK

Reflections

2018 is coming to a close and it is that time of the year to take a step back to reflect on our activities during the preceding 12 months.

The period in question has indeed been eventful for the Chi Dynamics fraternity as you will note from the highlights and milestones summary in page 3. Besides ongoing efforts to promote Chi Dynamics Qigong for wellness and self-healing, we have trained and built up teams of cancer support instructors, organised a retreat at The Pavana Resort in Chiangmai, Thailand and free cancer care and prevention workshops to

reach out to many in need of support, and launched new Cancer Support Centres in Kuantan and Kuala Lumpur. To cope with increased membership, another training centres was set up in the Botanic Gardens, Singapore.

I reckon we have done reasonably well for a non-profit organisation with limited resources in sharing our brand of Qigong with people in need of it. For this, I would like to thank our generous sponsors, dedicated instructors and faithful volunteers for making it possible with their unwavering support.

However, let us not rest on our laurels. With the innate spirit of volunteerism among our members, let's continue to step up our efforts to promote Chi Dynamics Qigong for wellness and self-healing to those in need.

What's in the pipeline?

Prompted by the encouraging response to the recent free Cancer Care workshop

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at the Tampines Changkat Community Club, Senior Instructor S.J. Chiang is planning to organise a similar one for the Radin Mas constituency. Details will be announced when they are finalised.

Meanwhile, as our brand of Qigong has grown significantly in stature and popularity over the years, we are planning to seek accreditation for it from the Ministry of Sports in Malaysia. Should our application be successful, Chi Dynamics will be the first Qigong association in Malaysia to be granted such certification.

Going Organic?

With global warming, the world we live in is undergoing great changes. Glaciers are breaking up, sea levels



Our free Cancer Care Support Workshops in Malaysia and Singapore were well attended.

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From the Grandmaster's Desk—continued from page 1

are rising, droughts, floods, storms and forest fires are becoming more severe. All these catastrophes are doing serious harm to the environment and wildlife, and will get worse if nothing is being done to save the environment for future generations.

Fortunately, concerned governments and organisations around the world are now beginning to realise the serious consequences of global warming and are now taking positive steps, however small, to prevent the situation from getting worse.

Last month, after a long legal battle, the US Environmental Protection Agency banned the use of Dow Chemical's *chlorpyrifos*, a toxic pesticide which is known to cause learning disabilities in children. In another landmark case, a court in San Francisco, USA ordered the giant agricultural company, Monsanto, to pay a huge US\$289 million compensation to a man who is suffering from terminal cancer caused by its popular weed killer, *Roundup*. And in Mexico, a winery recently intro-

duced a fully certified organic wine which is free of sulphites, preservatives or any kind of external agents.

On our part, we should also help to prevent further damage to the environment and to human life by switching over to organic food which does not use pesticide, synthetic fertilisers, antibiotics and hormones that are contaminating soil and water. Going organic will reduce greenhouse gas emission which in turn helps to conserve biodiversity, reduce soil erosion and preserve wildlife. And growing your own organic fruits and vegetables in your own backyard, or even in an apartment, can be fun and therapeutic. For more on organic farming, please turn to pages 7 & 8.

I am now back in Kuala Lumpur after spending some time in Perth Australia last month and I look forward to catching up with you soon. Meanwhile, keep well and do not forget to do your breathing and stretching exercises daily.

Grandmaster Anthony Wee



Above: A backyard organic vegetable garden
Right: Mulberries grown in an apartment



The Cassava Plant

- a miracle cancer cure or poison?



Of late, there has been a lot of buzz on the internet about the cassava plant (*or tapioca as it is known in Asia*) being a miracle cure for prostate and bladder cancer.

Before you rush out to stock your larder with cassava, please be warned that if it is not prepared properly, the plant can be deadly as it contains a toxin called linamarin that triggers the production of cyanide.

In 2005, 27 school children in the Philippines died of cyanide poisoning and 100 more were hospitalised after eating a snack of cassava. Similar fatal cases have also been reported in countries around the region and in Africa.

Whilst there may have been isolated cases that cassava has helped cancer patients, it is best to wait for clinical trials to prove that it is in fact a cure for cancer.



HIGHLIGHTS & MILESTONES (Oct'17—Sep'18)

27-30
October'17

Retreat at The Pavana Resort in Chiangmai, Thailand. 27 participants attended the retreat.



February
2018



The new Botanic Gardens training centre was set up with Michael Koe in charge.

23
February'18

About 800 participants attended a workshop in Kuantan! This is by far the largest turnout in CDI history.



December
2017



Peggy Foo & John Tee were inducted as Honorary Members, a new membership category that recognises the loyal and continuous support of members.

28 April
2018



PAUM Cancer Care & Prevention Workshop.
Over 400 attended the Workshop

9 May'18 &
6 June'18

Cancer Care Trainers Workshop @ Alexandra Centre



To enlarge the pool of volunteer Cancer Care Trainers, Grandmaster Anthony Wee conducted two Cancer Care Trainer workshops on 9 May and 6 June.

27 May
2018

Official Opening Ceremony of the Cancer Support Unit in Kuantan, Pahang, Malaysia



8 July
2018

Tampines Changkat Cancer Care & Prevention Workshop



About 150 participants turned up at the Workshop. Thanks to the many instructors and volunteers who helped in one way or other, the Workshop was a success.

4 August
2018

Official opening of the Cancer Support Unit in Petaling Jaya, Malaysia



ASK GRANDMASTER

Question: Is Zen Buddhism meditation the same as the meditation practised in Chi Dynamics Qigong?

Grandmaster Wee: In a nutshell, the answer is “yes”, but without any religious implications for Chi Dynamics as it is a non-religious organisation. Zen meditation (*minus the Buddhism part*) goes hand-in-hand with Chi Dynamics and neither is complete without the other. Please let me elaborate.

Zen Buddhism

The father of Zen Buddhism is Bodhidharma, an Indian monk who went to China to spread Buddhism some 1,750 years ago in the 5th century. There are different accounts of his roots. Some claim that he was the third son of an Indian King, whilst others say he was from the Kayastha caste of warriors, which is more likely as he was known for his prowess and knowledge in martial arts.

Known as Da Mo to the Chinese, he would remain silent for days and even years meditating without saying a word. Once after an altercation with the Emperor, he retreated to a Shaolin Temple and spent nine years meditating in front of a wall in a small cave (*known as Da Mo Cave*). This feat was well recognised by the Buddhist monks at that time and Da Mo was eventually appointed as the abbot of the temple.

Some years back, I visited Da Mo Cave which is now a shrine for Shaolin followers. It was a challenging hour's walk up the steps to the cave and even longer coming down as it

was raining that day, and I had to take an unpaved path which was less muddy and slippery.

At the Shaolin Temple, Da Mo had noticed that the monks were in a poor state of health, which was the result of their strict vegetarian diet and the sedentary task spending hours translating Buddhist scriptures from the ancient Indian language, Sanskrit, into Chinese.

To remedy this, Da Mo introduced a set of exercises to transform the monks physically, mentally and spiritually. This worked wonders for the monks and testimony to this was when 500 of them, against all odds, defeated over 5,000 bandits in a battle during the Sung Dynasty. After this famous victory, it was decreed that monks in the Shaolin Temple may have meat in their diet. Till this day, it is the only Buddhist temple where meat is allowed.

There are many myths surrounding Da Mo who is revered by many followers. One legend has it that his meditation concentration in the cave was so intense that his image was engraved on the wall before him. Other myths include him crossing the Yangtze River on a single reed and reappearing three years after his death.

Da Mo's teachings and combat techniques have evolved over the centuries and are now shared by millions of people worldwide in martial arts like Kung Fu, Karate and Silat. Among his legacies is the Art of Zen Meditation (or **Zazen**) which trans-



Grandmaster Wee meditating. Behind him is a calligraphed “Zen” which was presented to him by Sifu DeHong, the Principal Instructor of the Shaolin Temple Training Centre in Mount Song, Henan..

cends beyond Buddhism, and which is inherent in Chi Dynamics Qigong.

Chi Dynamics Qigong Meditation

Chi Dynamics Qigong meditation is in fact Zen meditation without the religious aspect of Buddhism; its focus is not on spiritual enlightenment, but on my proprietary deep diaphragmatic breathing technics for self-healing and the wellness of the body and mind.

Just as short as 5 minutes or up to an hour of Chi Dynamics Qigong meditation will help practitioners to achieve a state of tranquillity by clearing their minds of distractions, and harness Qi to flow freely through the meridians of the body to facilitate wellness and self-healing. Medically speaking, the ‘fight or flight’ syndrome is subdued, and the parasympathetic nerves are enhanced to calm the practitioner.

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Ask Grandmaster—continued from page 4

On a separate note, scientists have recently confirmed that meditation is a good way to relax the body and mind when they discovered that brain wave frequencies vary according to different circumstances and

activities. They established that the best range for meditation is between 7.5 to 14 Hz (the Alpha State) when the brain is calm and relaxed. In this meditative state, the heart beat slows down and allows

the body time to regenerate and the brain to function at its optimal level. This tranquil state may also alleviate pain, discomfort, stress and anxiety, which confirms what Da Mo knew centuries ago.

NEW MEMBERS @ ALEXANDRA CENTRE

We would like to welcome **Ana Teresa Varandas, Teng Fook Seng, Lee Yin Kuan, Nancy Tan, Raymond Fong** and **Jane Wong** to the Alexandra Centre.

Ana, who is from Lisbon, Portugal, has been living in Singapore the past two years. She came to know about Qigong through a friend and after googling for it on the internet, she discovered Chi Dynamics.

According to Ana, *"I decided to sign up for the class because I think this will help me to relax and improve my health in various ways"*.

Fook Seng and Yin Kuan also found out about Chi Dynamics whilst surfing the internet for Qigong classes that fit well with growing age. They decided on Chi Dynamics because it is a complete art that encompasses breathing techniques, stretching exercises and meditation by a well-known Grandmaster.

"Moreover, Chi Dynamics offers optional classes on martial arts which is something I love but did not pick up in my younger days", Fook Seng said.



Ana Teresa Varandas



Teng Fook Seng & Lee Yin Kuan



Raymond Fong & Jane Wong



Nancy Tan

Other new members are Raymond Fong, Jane Wong and Nancy Tan. They are eager learners and we hope their continued enthusiasm will benefit their well-being.

NOTE: If you have friends and relatives who wish to know more about

Chi Dynamics Qigong, please refer them to our website (www.chidynamics-qigong.com) where they may find useful information on breathing techniques, stretching exercises, meditation, cancer care tips, training charts and testimonials.



MALAYSIA'S NEW CANCER SUPPORT UNIT



Chi Dynamics Malaysia has opened a Cancer Support Unit at its Main Training Centre in Petaling Jaya, Selangor.

The first training session kicked off on 4 August with a presentation on Chi Dynamics' breathing techniques and exercises by Senior Instructor Khadijah Shaari to the first group of 17 participants. Khadijah was assisted by Philo, Joan, Tze Lin and Sia.

Gracing the occasion was Grandmaster Anthony Wee and his wife, Edna. Grandmaster Wee took to the floor at the Question and Answer session. He commended the Chi Dynamics Malaysia volunteers for their time and effort in making the Cancer Support Unit initiative a reality and said: *"I am sure their efforts will go a long way to help cancer afflicted patients cope with their ailments"*.



WELCOME to Chi Dynamics Malaysia's CANCER SUPPORT UNIT!

The Cancer Support Unit is open to all cancer survivors and their caregivers only.

If you are able to climb two flight of stairs and have not had any surgery done at least 6 to 8 weeks before, we invite you to join our classes and discover how Chi Dynamics Qigong breathing techniques and low impact Qi flow exercises can empower you to tap into your inner strengths for self-healing. The classes also offer advice and tips for caregivers on how to cope and ease the pain and discomfort of their wards.

VENUE:

D5-7-2, Jln PJU 1A/46,
Pusat Perdagangan Dana 1,
47301 Petaling Jaya, Selangor
(Basement car parking with fee is available)

DATE & TIME:

- Every Saturday
- From 10.15am to 12 noon

FEE: Free of charge

RECOMMENDED DRESS CODE:

- Light coloured T-shirt and long pants
- Casual footwear

WHAT TO BRING:

- Yoga mat
- Drinking water

CONTACT PERSONS:

- Mr Sia (019 223 3939)
- Ms Ng (012 208 3169)



Senior Instructor Khadijah Shaari kicking off the training session



Question & Answer session with Grandmaster Anthony Wee



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GOING ORGANIC

There is plenty of hype about organic food nowadays. Although consumers must pay a premium for it, global sales have soared up in recent years. Be it for budgetary, pastime or therapeutic reasons, there is also a growing trend for people to grow their own organic vegetables and fruits in their own backyard or apartment.

Organic vs Non-organic

Basically, the difference between organic and non-organic food is the way they are grown and regulated.

For products to be labelled as '*organic*', they must follow the Codex Alimentarius, or "*Food Code*" which is a set of standards and codes of practice adopted by United Nations' Food & Agriculture Organisation (FAO) and World Health Organisation (WHO) Foods Standards Programme to protect health and promote fair practices in food trade. Under the regulations, toxic pesticides, insecticides and herbicides, artificial fertilisers and harmful chemicals cannot be used to grow fruits and vegetables. Livestock must be free of antibiotics against illnesses and synthetic hormones to enhance growth; they should be raised in natural outdoor settings where they can roam freely and no genetically modified organisms (GMOs) are allowed. Other controls include nutrition value, labelling, packing, storage, transportation and the application of biotechnology.

The stringent production controls give organic produce an edge over produce grown conventionally (or '*chemically*') which do not have such wide-ranging standards and guidelines. This is perhaps one of the main reasons why consumers are prepared to pay more for their peace of mind. Another plus point for organic farming, especially where environmentalists are concerned, is the conservation of soil and water which helps to preserve the environment for future generations.

Whether organic or non-organic, it is a matter of choice for consumers depending on their viewpoint on cost, environmental concerns and health-related issues.

So, let's look at these issues which we hope will help with educated choices.

Pesticides and Fertilisers

Organic farming does not use pesticides for the control of weeds, insecticides to keep away insects and fertilisers to enhance and optimise production, whereas conventional (or '*chemical*') farming does.



Experts have warned that these chemicals are harmful to humans, claiming that they may cause cancer, birth defects and affect the sperm quality of men. Although such synthetic chemicals are deemed safe if used sparingly and correctly within the prescribed limits by the health authorities, it appears that there is a lack of measures to ensure compliance.

Antibiotics & Hormones

Organic farming does not use antibiotics to treat and prevent diseases or hormones to enhance growth to optimise production, whereas chemical farming does.



In most countries, there are regulations that limit the use of hormones and antibiotics, but here again, doubts exist whether enough is being done to ensure strict compliance and the safety of food supplies. Of grave concern is that the overuse and misuse of antibiotics to prevent illnesses in livestock has increased the levels of antibiotic resistant bacteria in animals and affected agricultural soil systems adversely.

Recent studies have found that antibiotic resistance has risen to such alarming levels that infections like tuberculosis, gonorrhoea and blood poisoning have become harder to treat. In view of this, the World Health Organisation has strongly recommended that the unnecessary use of antibiotics to promote growth and prevent disease in healthy animals must be curbed, and that antibiotics should only be used on sick animals or to prevent disease from spreading.

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Going Organic—continued from page 7



Nutrition

Researchers have found about 50 percent more healthy fat contents in organic dairy and meat compared with that from non-organic sources; this is attributed to organic animal's grass-fed diet which is rich in omega-3s. In another study, organically grown onions were found to have a 20% higher antioxidant content than that grown chemically.

Generally, a good balanced organic diet should provide all the nutrients the body needs and there is no need for synthetic supplements unless there are strong medical reasons for them. It should also be noted that the body is unable to absorb synthetic nutrients which lack the transporters and co-factors that are present in organically grown produce.

Environment

Organic food production is deemed to be good for the environment since all synthetic chemicals are forbidden in its production, and hence soil and water contamination is avoided. Besides emitting less greenhouse gas, it helps in the fight against global warming by conserving biodiversity, reducing erosion and preserving local wildlife.

The Bottom Line

On balance, there is no conclusive evidence that organic food is more nutritious or healthier than chemically grown food or vice versa; if any, the impact is minimal. However, the alleged damages chemical farming is causing the environment should be taken seriously.

If you are in doubt and you want to play it safe, the advice is to take the organic route which is free from harmful synthetic pesticides and fertilisers, and not detrimental to the environment. Or better still, grow your own organic vegetables and fruits at home as many are now doing.

Home Grown Gardens

It is not difficult to cultivate your own fruits and vegetables in your own backyard, or even in a small apartment without outdoor garden space. This trend is growing in Singapore where volunteers and gardening enthusiasts in housing estates and schools have got together to grow vegetables, fruits and herbs. In fact with more Singaporeans preferring to cultivate and eating healthier organic food, urban farms are already sprouting up on roof tops of buildings and in the newer generation of HDB flats.

For the uninitiated, there are many websites you can visit for help to get started; just Googling for 'How to start an Organic Garden at home' will take you to numerous helpful and informative sites. If you prefer, there are also courses and workshops that offer hands-on learning for beginners.

According to someone without any gardening experience we spoke to, *"It is quite easy, fun and somewhat therapeutic to grow our own vegetables and fruits in our little apartment. My husband and I started from scratch by Googling for instructions and tips on the Internet and since then we have been enjoying crops of baby pak choy and spring onions, while my grandchildren just cannot wait for the next crop of mulberries. We are now waiting to harvest sweet potatoes and hopefully strawberries soon"*.

Whether to go organic or not, Grandmaster Anthony Wee has advised that it is very important to ensure that you eat a well balanced diet of nutrients; equally important are the correct cooking methods to avoid wastage and the loss of important nutrients that the body needs.



"The recommended cooking methods are steaming, quick stir frying, oven roasting, grilling and pan frying. Boiling and deep frying should be avoided as the use of oil in the latter case may result in the formation of free radicals which may be carcinogenic and/or otherwise detrimental to health", Grandmaster Wee said.

