



CHI CHAT

with Grandmaster

Issue No: 56

01 December 2018

FROM THE GRANDMASTER'S DESK

Parodies

Recently, someone I know joked about his receding hairline when he quoted the parody "*Hair* today, gone tomorrow". I responded with another parody for greying hair: "*Hair* today, *dye* tomorrow" and we had a good laugh.

But on a more serious note, we realised that these parodies are so true in life as we all have to leave this world when our time is up. We do not know when but meantime, it is important that we live a healthy life to its fullest and be thankful for whatever blessings that come our way. And if we are in a position to be of help to others in need in any way, let's roll up our sleeves and do it like what our team of Chi Dynamics volunteers are doing.

Our Cancer Support Units

As a non-profit group, Chi Dynamics' main objective is to share its proprietary breathing techniques and exercises with the community at large. Designed for the well-being of practitioners and for self-healing, these techniques and exercises also help cancer patients cope with their illness and facilitate recovery. We

have witnessed many encouraging outcomes and this has spurred us to set up Cancer Support Units in Kuantan, Kuala Lumpur and Singapore in order we can do more for cancer patients in need of help. Last month, I conducted another Cancer Support Workshop in Sydney and hopefully, we may soon have a unit there to serve those in need (see page 6).

Our Volunteers

Currently, each Cancer Support Unit is manned by volunteers who are trained to provide guidance and advice on Chi Dynamics exercises and diets, as well as moral and emotional support. These volunteers come from all walks of life and I wish to thank them all for their time, patience and passion to make a difference for cancer afflicted patients undergoing treatment and recovery.

At the Cancer Support Unit in Kuala Lumpur, we are truly blessed to have the voluntary services of Y.T. Sia and his wife, Tze

HIGHLIGHTS in this Issue

- * P.1— From the Grandmaster's Desk
- * P.2—Ask Grandmaster
- * P.3 —Meet Y.T. Sia & Tze Lin -
- * P.5— Fight Cancer with Oxygen
- * P.6—Health & Medical SNIPPETS
- * P.7— Sydney Cancer Care Workshop
- * P.8— New Members @ Alexandra Centre

Lin. Less than a year ago whilst looking for meaningful ways to contribute back to the community, the semi-retired couple came upon the idea of a support group for cancer patients. When the idea was endorsed by the Chi Dynamics Malaysia Chapter, it was full steam ahead for the dynamic couple and in no time, the Chi Dynamics Cancer Support Unit in Kuala Lumpur was established.



Y.T. Sia & Tze Lin

continue on page 2



www.chidynamics-qigong.com



chidynamicsinternational@gmail.com

Follow us:



YouTube

From the Grandmaster's Desk—continued from page 1

Recently, the Unit celebrated its first 100 days of operation which has already benefitted more than 20 people, and the number is growing.

For more on Sia and Tze Lin, please see page 3.

Fake News

The proliferation of misleading news, scams and hoaxes on the internet is alarming. Everyday, heaps of dubious information are posted online that leave many wondering what and how to differentiate what is genuine and what is fake.

And to make matters worse, some of us may have the tendency to share such information instantly without checking its source and authenticity.

I receive many postings on medical and health topics from friends and family members almost daily, and I am sure many of you do too. How-

100 days Celebration at the Cancer Support Unit



ever, before you hasten to share the information with others, make it a point to check its authenticity. This is to ensure you do not become part of the chain that spreads misleading information which may lead to negative consequences. Your due diligence will also help to

reduce the glut of junk mail floating around in the world wide web.

Happy reading, keep well and all the best wishes to you.

Grandmaster Anthony Wee

ASK GRANDMASTER

Question: I am new to Qigong and often hear instructors mentioning about feeling the Qi during classes. However, I have yet to experience this and wonder why I am unable to feel it.

Answer: Basically, the Qi energy coursing in our body along the Qi channels and meridians are from:

- infra-red modulated energy (heat), and
- Electromagnetism

Both of which are present in all living organisms. When intensified and concentrated, these energetic

movements also move the blood circulation.

A person who is very relaxed may feel a buzzing sensation on the skin like ants crawling, tremors or even vibrations along the channels. Such feelings are subjective and could vary from buzzing to violent swaying, or even rolling on the floor.

Experienced instructors would supervise and make sure trainees are not hurt. It is a natural manifestation of Qi energy. If you do not feel anything, it is normal and with more practice, you soon will.

However, the key is to be relaxed.

"Qi, the life force of energy, is all around us. It is available in the form of solar energy from the sun, the earth's electromagnetic field and other natural sources such as the open seas, mountains, valleys, waterfalls, forests and trees. Negative ions which are plentiful in these areas have a synergistic effect on Qi breathing methods and enhance self-healing"

- Grandmaster Anthony Wee



Meet Y.T. SIA & TZE LIN

- *volunteers passionate about sharing and enriching lives*

Although they are relatively newcomers to Chi Dynamics, **Y.T. Sia** (56) and his wife **Tze Lin** (55) have already made an impact with their noble acts of volunteerism. One of the results of their initiatives is the Cancer Support Unit in Kuala Lumpur.

According to Grandmaster Anthony Wee, *"Sia and Lin are volunteers with conviction and heart. Less than a year ago, they spoke to me about starting a support group for cancer afflicted people. They reckoned that since they and Chi Dynamics share similar ideals, a cancer support group under the auspices of Chi Dynamics would be a meaningful way to contribute back to the community"*.

Today, the Cancer Support Unit in Kuala Lumpur is up and going. Recently, it celebrated its first 100 days of operation which has benefitted more than 20 cancer patients, and the number is growing.

Curious on what makes Sia and Tze Lin tick, Chi Chat caught up with Sia for a short chat. Below is what he shared with us.

Chi Chat: Please tell us a little about yourself.

Sia: My wife and I are on semi-retirement mode and we have a 25 year-old son studying in the USA. Our semi-retirement came a bit earlier than planned as an adoptive measure with the business trend and economic climate in the country. Nevertheless, we still maintain our international media promotion business to keep ourselves occupied and financially stable. In the last 20 years, we



have managed many projects to promote the international marketing and branding in foreign direct investment, tourism destinations, airlines and business conferences.

During my free time, I like to be with mother nature—gardening, farming and taking care of my pets. These activities give me time and space to relax my mind plus the realisation of caregiving and love bonding in a natural way. Besides seasonal travelling for leisure, I read to enrich my knowledge especially in alternative healing, natural food and herbs, and spiritual and ancient treatments which are my new focus interests.

Chi Chat: How did you get involved with Chi Dynamics?

Sia: We have been involved in qigong practice and cancer care since July 2015. Over the years, we

have initiated a few Cancer Care groups and formed a core group comprising survivors and caregivers.

Through our experience, Lin and I share a common philosophy: i.e. at organisational level, NGOs should never have any profit making element built-in their activities and operations. Whereas, at the personal level, one should give selflessly without expectations of rewards, ego, position and status.

We were always on the lookout for better and more dynamic healing approaches. When we came to know about the Chi Dynamics Cancer Care Workshop organised by PAUM in April 2018, we immediately signed up. At the workshop, I bought a DVD and two Chi Dynamics reference books to explore and learn more.

continue on page 4



Meet YT Sia & Tze Lin—Volunteers passionate about sharing & enriching lives —continued from page 3

Thereafter, Lin and I decided to join the weekly practice at PAUM Centre. At the same time, we studied the Chi Dynamics books and watch the DVD several times.

Our Chi Dynamics Qigong journey began in mid-July 2018 when Lin and I decided to join Grandmaster Wee's private class upon the recommendation by our hometown friend, Mr Teo Cheng Wee.

Chi Chat: Are there any compelling reasons for volunteering for a good cause which speaks volumes for you and your wife?

Sia: We believe the desire to help others runs in our blood. It comes naturally as both of us were active in school and university, involving ourselves in many community and charity related activities. Whilst running our business, we supported various charities.

Chi Chat: How do you see the Chi Dynamics Cancer Support Unit growing to play a bigger and more meaningful role in the community?

Sia: Sustainability of any Cancer Support Unit (CSU) needs good support from the Association and dedicated volunteer instructors or trainers. Coupled with committed good leadership of the person-in-charge of the centre, the CSU will be able to roll out quality supports to cancer survivors and caregivers. This includes embracing the belief that quality builds quantity and it will grow organically. Then only, the CSU can effectively play a prominent role in the community. It is not an easy task to gain confidence of any cancer survivor or caregiver to subscribe to the CSU approaches as part of their complementary healing regime. Management skill-set and time is required.

Chi Chat: Finally, do you have any lessons in life you would like to share with our readers?

Sia: Everyone comes to this world with nothing, and leaves with nothing. Love yourself, care for others, stay healthy and be happy always. Believe and you can, that's the power of Yi!



Sia and Tze Lin at a National Cancer Society event



A class in session



Group photo after a Cancer Care Workshop



Lunch and bonding after practice at the Centre

FIGHT CANCER with O₂XYGEN

In 1931, Dr Otto Heinrich Warburg (1883-1970) was awarded the Nobel Prize for his ground-breaking discovery that cancer cells are characteristically low in oxygen which normal cells need plenty of for energy. Because of the lack of oxygen, the German doctor found that cancer cells tainted by toxins turn to the fermentation of sugar as an alternative; this in turn results in the production of acids and ultimately allows cancerous cells to multiply when the cell pH levels are lowered and the ability of DNA and RNA to control cell division is destroyed.

As cancer cells are unable to survive in an oxygen and alkaline environment, one way to stay healthy and prevent or manage cancer is to provide the body with a good supply of healthy oxygen and a healthy alkaline diet.

Here are some tips on how you can do it.

Breathe well and avoid excessive intake of sugar

- ◆ Do deep diaphragmatic breathing the Chi Dynamics way to increase intake of oxygen and eliminate carbon dioxide.
- ◆ Deep diaphragmatic breathing strengthens the will power to heal and is complimentary self therapy that helps to relieve pain, reduces acidity and improves energy, lymphatic drainage, blood circulation, digestion, absorption of nutrients and the immune system.
- ◆ Avoid excessive intake of sugar (including glucose, cane sugar & fruit sugars).

Drink more water and eat wisely.



- ◆ Drink about 1.5 litres to 2 litres of filtered, ozone treated, chlorine-free water daily. Natural spring water is recommended and so are herbal drinks like lemongrass water and curry leaf water.
- ◆ Avoid high acidic drinks like sodas sweetened beverages, red meat, fried & processed food.

- ◆ Add 'antioxidants' to your diet such as the phytonutrients found in the skin of many vegetables and fruits.
- ◆ Eat more fresh, raw and naturally ripened fruits and vegetables.

Exercise to enhance your immune system.

- ◆ Go for daily walks.
- ◆ Do Chi Dynamics Qigong gentle stretching exercises combined with proper deep breathing help to boost the immune system.
- ◆ The occasional fasting also helps to detox and improve the immune system.



Meditate and destress.

- ◆ Stay positive and get rid of ill feelings.
- ◆ Be happy and smile often. Laughter is known to lower stress hormone levels, increase good HDL cholesterol and reduce inflammation of the arteries.
- ◆ Be aware of these unhealthy impact of negative emotions according to Chinese sayings:
 - ◇ Hatred corrodes the organs in which it is stored
 - ◇ Jealousy sours the heart and hardens it
 - ◇ Anger burns the liver and chars it
 - ◇ Resentment stagnates and drowns the kidneys
 - ◇ Anxiety chills the guts and freezes the bowels
- ◆ Relax, listen to music, read a book and meditate whenever you can.
- ◆ Chi Dynamics has six healing sounds that help to boost and regulate the immune system, enhance and stimulate the vagus nerve and for relaxation. These sounds generate vibrations which stimulates healing and retard the development of cancer cells.



Health & Medical

SNIPPETS

Sugar and Cancer

It is a myth that sugar causes cancer as widely perceived. In fact, our bodies need sugar to provide energy for normal healthy body cells to function effectively. However, an overdose of sugar, which comes in different forms in your diet, can be bad as cancer cells also crave on sugar and other nutrients like amino acids and fats to multiply. Too much sugar may also lead to weight gain, obesity and other types of cancer risks. Therefore, the healthy choice is to control and not have an excessively sugar-laden diet.

Cholesterol and your health

The perception that cholesterol is a 'silent killer' is also not totally correct. Just as in the case of sugar, we also need cholesterol for our bodies to function properly.

Cholesterol is made up of fat and protein and there are two types — *high density lipoprotein* (HDL) which is good as it protects against heart disease and *low density lipoprotein* (LDL) which is bad as it can build up on the walls of arteries and increase the risk of heart disease.

To maintain a healthy HDL level, exercise and a diet of fruits, vegetables, whole grains, nuts, fish and poultry are recommended. You should also avoid saturated fat and trans fat which means reducing the intake of red meat, dairy products, fried food and sugary foods and beverages.

Worldwide recall of Valsartan

The common blood pressure drug, Valsartan, has been recalled worldwide after shipments of it were found to be contaminated with N-Nitrosodimethylamine, a chemical used in rocket fuel which may cause cancer with long-term use.

Breathing & meditation for sharper minds

Researchers from Dublin's Trinity College have linked breathing patterns directly to levels of noradrenaline (also known as the 'chemical messenger' in our sympathetic nervous system) which are released in the brain whenever we are challenged or emotionally aroused. When stressed, too much noradrenaline is released and that causes our minds to stray and not stay focused. On the other hand, too little of it makes us feel lethargic and that too also affects our concentration. From their findings, the researchers concluded that by focusing and regulating your breathing, it is possible to optimise your attention level to think more clearly, which yoga and qigong practitioners already know about for centuries.

Organic food may reduce cancer risk

A new study in France has found that by switching over to organic food, the overall risk of developing cancer can be reduced by 25%, and that for lymphomas by a massive 73%. The study also found that there was a 21% reduction in breast cancer.

New programme to lower blood pressure naturally

A team from the Department of Public Health, Nutrition and Wellness at Andrews University in Michigan has developed a programme to lower blood pressure naturally without drugs. Named Newstart Lifestyle, the programme involves a plant-based vegan diet of fruits, vegetables, legumes, whole grains, seeds and nuts coupled with regular exercise, adequate water intake and a good night's sleep. In a study of 117 people with high blood pressure, half of the participants had their blood pressure lowered to a recommended level while others also attained lower blood pressure.



SYDNEY CANCER CARE WORKSHOP

Following the success of the Cancer Care Workshops in Singapore, Kuantan and Kuala Lumpur, Grandmaster Anthony Wee was in Sydney recently to conduct a similar workshop for Chi Dynamics Sydney Chapter members and friends on 17 November.

Grandmaster Wee shared with the participants how diaphragmatic breathing, low impact rhythmic exercises and meditation can empower cancer patients to tap into their inner strengths for self-healing. His core teaching was that deep diaphragmatic breathing helps to relieve pain, reduces acidity and improves energy, lymphatic drainage, blood circulation, digestion, absorption of nutrients and the immune system.

Grandmaster Wee also covered how to reduce acidosis the Qigong way and emphasised the importance of adopting a positive mental attitude in life. He advised the participants not to surrender to their fears and to count their blessings in life instead, and recommended laughter as the best medicine as it activates the Dan Tian and releases emotional tension, stress and anxiety.

To end the Workshop, Tan Kim Seong, the Chief Instructor of Chi Dynamics Sydney Chapter led the participants on the Turtle Roll and Mao Swing exercises and the Qi Meditation 10 Postures.

Tan Kim Seong



Seated (from left): **Tan Kim Seong** (Chief Instructor), **Grandmaster Anthony Wee**, **Alice Khoo** (Instructor) & **David Yap** (Master of Chee Kim Tong Wushu Club in Carlingford)

"Thank you, Grandmaster Wee. Your workshop was packed with useful information which are relevant to my condition. I am now reading the Cancer Care booklet and will try to put into practise all the instructions."

Ms Ysanne Park (Stage 2 cancer patient)

"Grandmaster Wee is a very effective presenter. He presented the theoretical and scientific basis of qigong, cancer care and acidosis, which are usually left unexplained, very clearly with lots of examples, illustrations and humour."

A.B. Sim & Chew

"The benefits of qigong that Grandmaster Wee shared at the workshop through examples of his father's amazing recovery and his double-decker bus feat are very convincing"

William Chua

"We greatly admire Grandmaster Wee's calling to cancer patients, irrespective of race or religion. In our books, he is a bodhisattva! His excellent lecture, which is neither controversial nor confronting, has increased our understanding of the healing aspect of qigong."

T.C. Lim & Jade



NEW MEMBERS @ ALEXANDRA CENTRE

We wish to welcome **Patricia Celestine Soong Nancy Tan, Chow Fook Heng, Toh Tian Lai, Lim Siew Ching** and **Clarence Tan** to the Chi Dynamics Alexandra Centre!

Patricia is a cancer survivor who stumbled upon Chi Dynamics' website whilst searching for holistic healing to ease her constant worry of another relapse. She decided to give Chi Dynamics a try after reading that qigong could be effective for healing when used with proper breathing methods.

According to Patricia, *"I have tried other forms of qigong involving movements with just normal breathing but felt that something was missing. After participating in the Chi Dynamics' Cancer Care Workshop in July, I found that its proprietary breathing methods helped and made the difference for me. I am glad I made the right choice and look forward to my healing journey with the dedicated and selfless instructors and my friendly fellow members who made me feel so welcome at the Alexandra Centre"*.

Fook Heng was introduced to Chi

Dynamics by Patricia. *"After Patricia shared with me Chi Dynamics' unique breathing methods, I decided to join her at the classes at Alexandra Centre as well"*, Fook Heng said.

Tian Lai, an airline and tourism veteran, believes in a healthy body and healthy mind. He has always wanted to acquire kung fu skills since an early age but did not have the opportunity because his career and raising a family took precedence. However, with children now all grown up and time on his hands, he decided to give the less combative Chi Dynamics Qigong a try to maintain a healthy body and mind. What also spurred him to act is the distressing sight of elderly people in poor health and having to be dependent on wheelchairs and caregivers.

"I told myself I must not fall into the same situation. After attending a few sessions at the Alexandra Centre, I am convinced I made the right decision to join Chi Dynamics. Hopefully, I can be useful to the community in future with whatever I learn", Tian Lai said.



"I am glad I made the right choice and look forward to my healing journey with the dedicated and selfless instructors and my friendly fellow members who make me feel so welcome at the Alexandra Centre"

- Patricia Celestine Soong



"After attending a few sessions, I am convinced I made the right decision to join Chi Dynamics. Hopefully, I can be useful to the community in future with whatever I learn"

- Toh Tian Lai



Chow Fook Heng



Clarence Tan



Nancy Tan



Lim Siew Ching

