



CHI CHAT

with Grandmaster

Issue No: 57

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FROM THE GRANDMASTER'S DESK

Greetings!

With the start of the New Year and the Lunar New Year just around the corner, I would first like to wish you all and your loved ones heaps of good health, happiness and success for 2019 and beyond. It is also my fervent wish that with more tolerance and goodwill, the world will be a safer and better place to live in.

The Year That Was

2018 has been eventful for Chi Dynamics and I am very thankful for the many blessings that came our way. The highlight was surely the setting up of free Cancer Support Units in Kuantan, Kuala Lumpur and Singapore which are already benefiting cancer patients. For this, I thank all our generous sponsors and dedicated volunteers for making it possible.



Cancer Support Unit, Kuantan

Our Special Breed of Volunteers

I have now been involved with the martial arts and qigong for more than four decades, most of which time was devoted to the development of Chi Dynamics Qigong for wellness and self-healing. Looking back, I reckon we could not have come this far if not for our team of dedicated volunteers who share the same vision and beliefs of Chi Dynamics. They are truly a special breed of volunteers who will gladly roll up their sleeves and go the extra mile to help whenever they are called upon, and I look forward to their continuing support in sharing the many health benefits of Chi Dynamics Qigong with the community.

Deep Diaphragmatic Breathing

We breathe to stay alive from the moment we are born until we take our last breath before leaving this world. It is something we often take for granted, as a result of which we tend to breathe shallowly which can be detrimental to our physical and mental health. What some of us also do not realise is that we can learn to cope with situations in our lives by managing our breaths.

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We wish all our members and their loved ones **Good Health, Happiness and Prosperity** for the **Lunar New Year!**

- **Grandmaster Anthony Wee**
& the **Chi Chat Editorial Team**

Our ancient ancestors in the East had known all along since time memorial the link between breathing and the state of our physical and mental health; hence this was how the art of breathing has been perpetuated in the yoga and qigong disciplines. However, it is only in recent years that Western researchers and medics are acknowledging the link after scientific studies show conclusively that breathing patterns change when stress, anger, pain and emotions are experienced.

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In a study at the Universite de Louvain led by Dr Pierre Philippot, a group of participants were asked to record their breathing patterns as they bring on thoughts and feelings of happiness, peacefulness, sadness, anger and panic. At the end of the exercise, the researchers found a distinct link between emotions and breathing as similar breathing patterns were experienced by all the participants for each scenario—i.e.

- ◆ long inhalations and exhalations for **happiness**,
- ◆ slow, steady breaths for **calmness**,
- ◆ long, forced breaths for **anger** and
- ◆ short, sharp breaths for **panic**.

A second group of participants were then asked to do the reverse by recording their emotions after following the breathing patterns experienced by the previous group. Surprisingly, their feelings matched exactly with that of the participants in the first group.

This discovery may be ground-breaking to the Western world but it is not new to us. We already have deep diaphragmatic breathing as the cornerstone of our Chi Dynamics Qigong discipline. Our proprietary breathing techniques, coupled with appropriate exercises, also go further to enhance the immune system, increase bone density, strengthen muscles, stimulate the organs, etc.

Warton Ong on Talking Point

On 10 January, Alexandra Centre Instructor Warton Ong was featured on Media Corp's Talking Point programme on the subject of the alarming number of **Road Rage** incidents on Singapore roads. In his capacity as a Professional Counsellor at the Singapore Counselling Centre, Warton shared his views on how an easy deep breathing technique can help in suppressing anger and aggressive behaviour which may endanger lives.



Warton Ong on national television sharing his views on how breathing can help suppress anger and aggressiveness

According to Warton, *"Our breathing becomes very chaotic whenever we are triggered and this inhibits the way we think, feel and act. Once we stabilise our breath and get our thinking brain back in action, we will realise that we need not retaliate because that will endanger lives"*.

To view the video clip, [click here](https://video.toggle.sg/en/series/talking-point-2018/ep33/738030) or visit <https://video.toggle.sg/en/series/talking-point-2018/ep33/738030>.

The segment where Warton appears in starts from 14:48.

Private student from Kuwait

Last month, I had the pleasure of meeting an interesting student from Kuwait who came to me for private lessons. Mr Alali Qutaibah (or "Q" as he prefers to be called) practises TCM in Kuwait and has a keen interest in Qigong. He hopes to be certified as a Chi Dynamics Qigong instructor as he believes TCM and Qigong, as well as western medicine, are the best of two worlds that go hand-in-hand for wellness and self-healing.



Plans for 2019

I am looking forward to 2019 with anticipation. On the cards for the first half of the year is another free Cancer Care Support Workshop for the Radin Mas Constituency. Later in the year, we have plans for *"The Feel of Qi"* workshop which focuses on healing Qi meditation techniques.

2019 Retreat

Tentatively, this year's offshore retreat is being planned for some time in September and Sifu Michael Kang has been tasked to organise it. The likely venue is the serene and inviting Serena Hotspring Resort in Kim Boi, which is 90 km and 2 hours by road away from the hustle and bustle of Hanoi, Vietnam.

The 4-star Resort boasts 135 rooms and villas good for 300 guests and facilities including hotspring/onsen, sauna, spa, gym, conference halls, dining and outdoor exercise grounds. It offers a harmony of fresh air, unspoiled

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Serena Hotspring Resort



nature, and stunning views of rice fields and blue-tinted mountains and is the perfect venue for a retreat.

Please stay tuned for details which will be announced as soon as they are finalised. Meanwhile, please keep on with your daily breathing, stretching and meditation exercises. If you have any specific health issues to address, please do not hesitate to contact me and I will advise how Qigong can be of help.

Grandmaster Anthony Wee

GRANDMASTER IN SYDNEY

Whilst in Sydney, Australia recently, Grandmaster Anthony Wee took the opportunity to catch up with members of the Chi Dynamics Sydney Chapter over lunch.



Pictured here from left to right are: Alice Khoo (*Instructor*), Teh Aik Leong, Tee Khoo, Grandmaster Wee and Tan Kim Seong (*Chief Instructor*)

ASK GRANDMASTER

Question: What is the Qi energy circle of healing?

Answer: It is a Chi Dynamics Qi energy sharing meditation for group healing which allows those who are deficient in Qi to receive excess Qi from those with healthy levels of Qi. Since Qi is all around us in nature like the sun and the earth's electromagnetic field, the exercise is best performed under the morning or setting sun in places where there are waterfalls, mountains, forests and trees. Any number of people can participate and here is how the exercise is done.



As in the photo on the right which was taken at a recent Workshop in Kuala Lumpur, form a circle with the left palm facing up (*not touching*) below the downward facing right palm of the



person next to you on the left, and your right palm facing down (*not touching*) above the upward facing left palm of the person on your right. The downward facing palm is the palm giving Qi to the person on your right while that facing upward is receiving Qi from the person on the left.



UP CLOSE & PERSONAL WITH LEONARD WONG

The focus of Chi Dynamics Qigong may have undergone changes from martial arts to health and wellness, but two things have stood the test of time - its proprietary diaphragmatic breathing techniques and its team of dedicated volunteers with the same vision of caring and sharing. The first is now universally accepted as a key to wellness and the second is something Chi Dynamics is so blessed with, and cannot do without.

In this issue, we spoke to Leonard Wong Kim Fatt (64), one of our permanent instructors at the Cancer Support Unit at the Main Trainer Centre in Subang Jaya, and below is what he shared with us.

Chi Chat: Leonard, please tell us a little about yourself and what you do.

Leonard: I am in the business of blending industrial and automotive lubricants. I have three grown up children – Carin (36) a civil engineer, Victor (31) a Business Administration graduate and John (25) a Civil Engineer. All of them still rely on my dear wife, Lindy, as the home maker and manager!

In my younger days, I was an active person. I took up Taekwondo and graduated with a black belt some 40 years ago. Badminton was another sport I enjoyed playing since school days, and which I still do with a group of friends.



A gathering of Chi Dynamics members at the Lick Hung Centre



Chi Chat: Do you still practice Taekwondo?

Leonard: No. Unfortunately, that came to halt when I started to feel breathlessness during my exercises. After a series of medical tests and consultations, I eventually had to go through an open-heart surgery with two bypasses.

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

Leonard: After my heart surgery, I felt very weak and could not even keep up with much older people during morning walk sessions. I realised then that the best option to regain my strength is to take up some slow and low impact exercises and that opportunity came about when Chi Dynamics Qigong was introduced to me by Instructor William at the Lick Hung Centre.

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Leonard and his wife, Lindy

Since then, I never looked back as my health improved tremendously. Six months after joining and practising Chi Dynamics Qigong diligently every day, I began to experience the “Chi” that kept me swaying and vibrating, sometimes rather vigorously but I felt good. The experience motivated me to want to learn more about Chi Dynamics Qigong and so I enrolled to be trained as an Assistant Instructor, and subsequently a full Instructor a few years later.

Chi Chat: What do you reckon is the best aspect of Chi Dynamics Qigong?

Leonard: After 11 years of practice, I would say quite positively that the best aspect of Chi Dynamics Qigong is the Block of Breathing exercise which offers multiple benefits for the digestive, PH, endocrine, circulatory and immune systems and opens the Kuan Yuan meridian for self-healing.

Presently, 80% of the practitioners at our Cancer Support Unit have experienced vibrations of their limbs and/or swaying of the body. This is good as according to



Leonard (back row, in front of the first banner on the left) with participants after a Cancer Care Support workshop

“Leonard is a dedicated and enthusiastic instructor. I am very glad to have him in our Chi Dynamics team.”

Grandmaster Anthony Wee

Grandmaster Anthony Wee, the vibrations are a positive reaction to our breathing and Yi focus on the Qi energy for self-healing.

Chi Chat: Did you have to make any sacrifices to juggle your time between running your business and volunteering at the centre?

Leonard: Not at all, as being on semi-retirement mode, I reserve Saturdays solely for Qigong. This may in some instances interfere with my family life during weekends but my wife, Lindy, is always understanding and supportive of what I do at the Cancer Support Unit. Also, she specially appreciates it whenever I use Qi to relieve her back aches!

Chi Chat: How has volunteering at the centre brought you joy and fulfilment to your life?

Leonard: I sometimes have to put in a lot of hard work to train the participants at the Unit but watching them put their trust in me and improving their health as they go along is most rewarding.



MANAGING STRESS



In this demanding and ever evolving world, we all experience stress at some time or other. When it occurs, be it anxiety, emotional relationships, workplace pressures, life-threatening situations or just getting out of your comfort zone, a '*fight-or-flight*' response is triggered by the body.

In a '*fight-or-flight*' situation, the brain floods the body with hormones and chemicals such as adrenaline and cortisol to put you in a high-alert mode for physical action and to help you decide whether to face the music or to run away from it. As a result, you tense up, your blood pressure and heart rate shoot up, you breathe faster and perhaps perspire – reactions that go to sharpen your senses to deal with your threat and/or survival.



There are two types of stress. "*Eustress*" is good stress while "*Distress*" is bad stress.

When released, *eustress* enhances your focus to react decisively to tasks like defending yourself or rising to the occasion in the face of challenges; it is a short term reaction which may also be the result of excitement like falling in love or when delivering a speech before a large audience.

Eustress is good as it had helped our ancient ancestors to survive harsh winters in their caves, cope with the pressures of hunting for food to fill their stomachs, and fend off predators like sabre-toothed tigers. In such life-or-death situations, the dramatic surges of adrenaline activate superhuman strength and courage in ordinary people to do impossible feats and to save lives.

In contrast, *distress* is negative stress which creeps in when crises are prolonged and causes cortisol in the blood to build up to levels that can be mentally and physically harmful to the body in the long run. The elevated levels of cortisol are known to cause depression, anxiety, digestive, sleep and skin problems, increase blood pressure, cholesterol, weight gain and the risk of heart diseases, lower bone density and immune function, and interfere with learning and memory.

On the other hand, cortisol levels that are too low may also cause a primary adrenal insufficiency disease that damages the adrenal glands, resulting in muscle and weight loss, fatigue and mood swing issues. Experiencing stress is inevitable in one's lifetime but you can manage its impact by taking steps to keep cortisol levels under control and to boost your physical & emotional health.

- ◆ Rest, sleep well and learn to relax. Listening to music helps. De-stress through daily sessions of Block Breathing and meditation to enhance Qi and blood flow and the nervous system.



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The Cortisol-Stress Connection

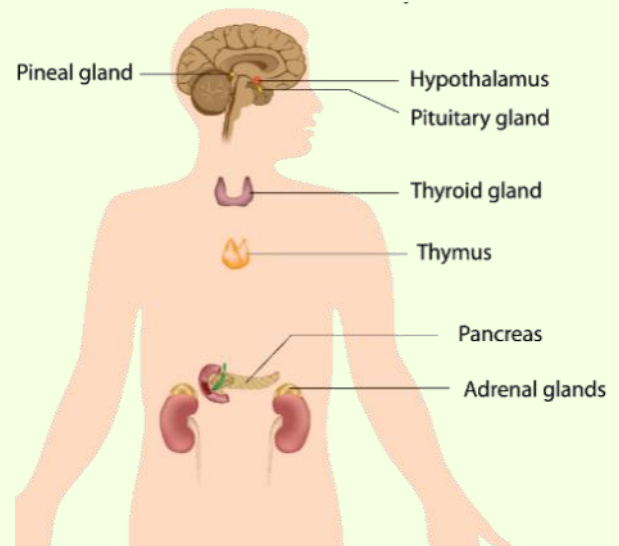
Cortisol is a steroid hormone produced by the adrenal glands* and its secretion is controlled by the hypothalamus** in the brain. Among its functions, it helps the body to regulate blood pressure, keep inflammation down, increase blood sugar, enhance the immune system and boost energy to cope with stress.

Levels of cortisol fluctuate depending on what the stress the body is experiencing. When it is too low, the hypothalamus will sense it and promptly send signals to the adrenal glands to release cortisol hormones which are then distributed and received by cortisol receptors present in most cells of the body.

* The adrenal glands that sit on top of your kidneys are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

** The hypothalamus is a small region located at the base of the brain. Linked to the nervous system, it plays a crucial role in many important bodily functions, including the release of hormones via the pituitary gland.

The Endocrine System



- ◆ Eat a healthy diet and exercise regularly to keep the body in good shape.
- ◆ Take a positive outlook in life. Be cheerful, helpful and avoid negative thoughts and feelings towards others.
- ◆ If necessary, change your lifestyle to keep your body from reacting to stress.
- ◆ Have a good sense of humour. Laughter triggers the release of endorphins which gives you a sense of well-being as it relieves physical tension and stress while boosting the immune system. When shared, laughter also fosters healthy friendships as it binds people together.



Health & Medical

SNI PP ETS

Walking is good for health and your mind

According to a recent study by the American Cancer Society, people who walked six hours per week had a lower risk of dying from cancer and cardiovascular and respiratory diseases than not being active at all.

Walking is also great medicine for your mind. A daily walk could reduce the risk of dementia by 40%, according to Anders Hansen, a physician and psychiatry specialist from the Karolinska Institute in Sweden.

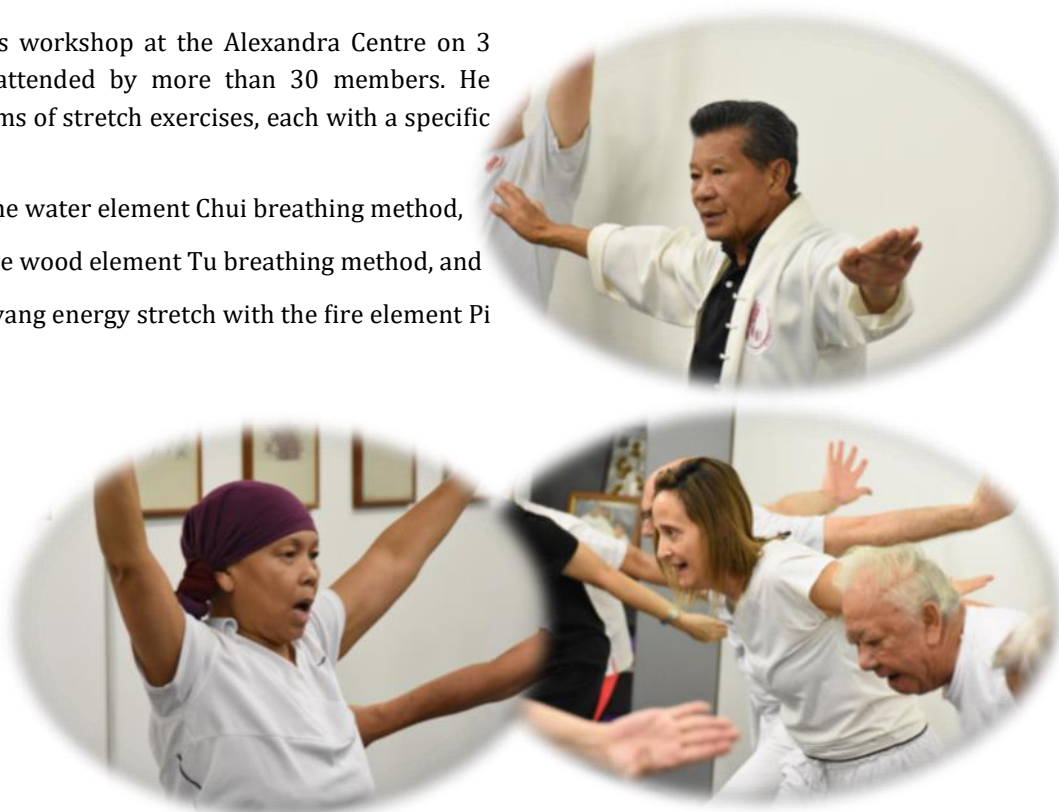


ALEXANDRA CENTRE WORKSHOP

Grandmaster Anthony Wee's workshop at the Alexandra Centre on 3 December 2018 was well attended by more than 30 members. He focused on the following forms of stretch exercises, each with a specific breathing method:

1. The Crane stretch with the water element Chui breathing method,
2. The Eagle stretch with the wood element Tu breathing method, and
3. The Fire element-rising yang energy stretch with the fire element Pi breathing method.

These exercises increase bone density, strengthen hip and thigh muscles, activate co-ordination of the left and right hemispheres of the brain with foot work, and stimulate the Triple Warmers (cardiovascular, respiratory and digestive systems).



NEW MEMBERS @ ALEXANDRA CENTRE

Once again, the Chi Dynamics Qigong website has been instrumental in a new member joining the Alexandra Centre classes. He is Kei Kagami, a Japanese national living in Singapore.

According to Kei, *"I recently joined a Tai Chi class and wanted to explore Qigong as well. After searching the internet, I found the Chi Dynamics website and contacted Ronald-san who was helpful in providing the necessary information. So, here I am at the Alexandra Centre learning and practising Chi Dynamics Qigong!"*

Another new member is Rachel Yow who was introduced to Chi Dynamics by long-time member Catherine Poh. *"Catherine advised me that the exercises have helped her to manage work stress", Rachel said.*



Rachel Yow



Kei Kagami

