



FROM THE GRANDMASTER'S DESK

Our CSUs Are MAD!

I am so glad that our Cancer Support Units (CSUs) in Petaling Jaya and Kuantan are **Making A Difference** (i.e. **MAD!**) for their trainees. Established only about a year ago, the CSUs have reported that several of their trainees have made remarkable progress and recovery from their ailments. Among them who will be sharing their experiences with us in the following pages are Mr Alex Chung, Mrs Kwan Lai Seong, Madam Casey Khoo and Mr Khoo G.G. from Petaling Jaya and Mr Chia Yoon Yen from Kuantan.

There is little doubt that the untiring efforts of our selfless volunteers have contributed significantly to the heartening outcomes and I commend them unreservedly for their passion in making the difference for our trainees suffering from various types of cancer. Their commitment to help those in need is very much appreciated and deeply respected by the community and especially the trainees. I am very proud to have them on our team.

The CSU@MTC

Currently, the Petaling Jaya CSU has a registered pool of more than 50 cancer survivors and caregivers. thanks to its coordinators, Y.T. Sia



Philoeno de Souza, Y.T. Sia and Tze Lin, the driving forces behind CSU@MTC with Grandmaster Anthony Wee (seated)

and his wife, Tze Lin. Together with Instructor Philoeno de Souza, they run a tight ship with very little financial assistance and yet they have accomplished so much for their trainees in such a short time. What impressed me is their willingness to go the extra mile for their trainees.

When Sia learned that Alex Chung was immobilised and suffering in pain, he went beyond the call of duty by visiting Alex in his home to teach and supervise him on the Chi Dynamics Qigong Block of Breathing technique. He kept in touch via

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WhatsApp to provide encouragement, remind him to do due diligence with Block of Breathing and to check on the side effects of medication. After about three months, Alex was well enough to make his way and climb the two flights of stairs up to join the CSU at Main Training Centre (MTC) for training.

Sia and Tze Lin have also organised a series of workshops, the last of which held on 29 June was a resounding success. It was attended by 93 participants, including 36 cancer survivors and 27 caregivers (see pages 3 to 5). At the workshop, I was particularly impressed with the catchy tagline they came up with which speaks volumes for the DNA of Chi Dynamics!

We care, we share;

We dare to share!

Stay healthy and be happy always!

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From the Grandmaster's Desk —continued from page 1



Daily morning training session at Taman Pasif in Kuantan



Sifu Ong Kah Yong and Maryam Shantinathan Abdullah leading the exercises

The CSU@Taman Pasif

Over in Kuantan, the CSU is a hive of activity at Taman Pasif where classes are held every morning from 7.30 am to 8.30 am. A division within the Society of Wellness & Health Arts (SWHA) whose founding President is Datuk Alan Yong, the CSU in Kuantan is headed by Mr Larry Yong with the support of 10 volunteer facilitators. All the facilitators are trained by the indefatigable Sifu Ong Kah Yong, who has been offering his services since 1998.

On an average, attendance at the Taman Pasif training sessions is between 30 and 40 each morning. Given that there are always newcomers since the classes are open to the public, the trainees are divided into two groups with Sifu Ong paying more attention to teach the newcomers. When they are more proficient, the newcomers will then 'graduate' and move to the second group which is led by the facilitator on duty.

As with the CSU@MTC, the CSU@Taman Pasif has benefited many trainees. One good example is Mr Chia Yoon Yen, whose stage-4 lymphoma cancer went into remission six months after he was introduced to Chi Dynamics' Block of Breathing technique. For more details, read about how Mr Chia overcame his ailment in the inset.

Kudos to all our volunteers!

Evidence of the CSUs making a difference for our trainees has been overwhelming and I thank all our volunteers for sharing the Art of Chi Dynamics Qigong and helping cancer patients cope with their ailments. I truly marvel at the testimonies of our trainees who are in remission, especially in Madam Casey Khoo's case (*see page 5*), when she was able to gain control of her battle against stage 4 cancer without medication and discontinuing chemotherapy treatment.

Grandmaster Anthony Wee

PERSEVERANCE PAYS & I'M DELIGHTED!

by Mr Chia Yoon Yen

In September 2017, I was diagnosed with stage-4 lymphoma cancer and underwent a 10-hour surgery which left me with a loss of taste and hearing. My eyesight and speech were also affected and I suffered pain on my right hand.

In April, I was introduced to Chi Dynamics Qigong and found its low impact exercises and Block of Breathing technique helpful as I gradually felt stronger and energised. The pain on my right hand was eventually gone and I got back my sense of taste; my eyesight, hearing and speech also improved.

So I persevered and practised daily at the CSU Taman Pasif group. When I am out of town, I would make it a point to practise on my own. It is now a daily routine for me to start each day with Block of Breathing for 30 minutes when I wake up.

After six months of diligent practice, I was delighted that PET scan results showed that I was cleared of cancer in October 2018!

I am happy that Chi Dynamics Qigong has done wonders to improve my condition. I am now well enough to volunteer as a facilitator at the CSU to share with others in my similar condition the benefits of Chi Dynamics Qigong Block of Breathing and exercises.



HEALING DETOXIFICATION WORKSHOP

The Healing Detoxification Workshop held at the Cancer Support Unit (CSU) at MTC on 29 June 2019 was a resounding success! 93 participants, including 36 cancer survivors and 27 caregivers, listened attentively to Grandmaster Anthony Wee who presented an enlightening talk on healing detoxification.

Grandmaster spoke on the essence of healing and how Chi Dynamics Qigong can help with a comprehensive detox through breathing, fasting and dieting. Charred meats and sweet sauces should be avoided; instead, he advised the participants to go for anti-inflammatory herbs like Penny Wort (*Pegaga*) and Coriander (*Ketumbar*).

Grandmaster stressed that drinking warm water early in the morning is beneficial as it helps to flush out toxins and improve the digestive system. Regular massage of all the fingers early in the morning and before sleeping, and soaking the feet in hot water every night to clear blockages of all the 12 meridians for good Qi flow to internal organs, are also helpful. And so does keeping plants like the Ficus tree, Water Jasmine, Bamboo, Pines and Weeping Willow indoor or outdoor of the house as they send out Qi and detox the house during the day. Grandmaster also emphasised that smiling, laughter, singing or humming are effective ways for body, mind and spiritual detoxification.

To boost the immune system and protect the internal organs, the body's core temperature needs to be raised. Grandmaster explained how this can be achieved by doing Block of Breathing for at least 30 minutes 3 times a day, and placing hot pads on the essential points of the body.

Grandmaster maintains that a well-trained and experienced Qigong healer is able to use touch and non-touch approach to heal others. He demonstrated the non-touch Fa Qi healing hand approach and the attendees were amazed by his Dao Yin capability in harnessing strong healing Qi radiation.

According to Grandmaster Wee, *"The workshop went exceptionally well, thanks to the organising committee, particularly Sia, Tze Lin and Philo. Many thanks also to Mei Lan, Kuan, Philip, P.C., Yee Fock, C.W. Hew and many others who helped out. I am very pleased that four of our trainees went into remission after joining the CSU and I thought their testimonies were the highlight of workshop"*.

And indeed, the highlight of the Workshop were the inspiring testimonies of the four trainees (see pages 4 & 5). The Workshop has also drawn in more trainees when a record attendance of 32, inclusive of six new cancer survivors and two caregivers, turned up for the 6 July session.

For CSU@MTC enquiries, please WhatsApp: +6019 223 3939



Interaction before the workshop



The audience listening attentively



Grandmaster explaining how plants absorb bad Qi



Grandmaster using Yi (intent, focus, determination) to channel Qi to his palm in preparation for Fa Qi. Focus on a point, Qi will flow to that point, Yi Dao Qi Dao.



MAKING A DIFFERENCE AT CSU@MTC!

Mr Alex Chung, Mrs Kwan Lai Seong, Mr Khoo G.G. and Madam Casey Khoo are among some of our trainees who have benefitted much from our Cancer Support Unit (CSU) in Petaling Jaya.

They share their recovery stories with us below.

MY MIRACULOUS RECOVERY

by Mr Alex Chung Kee Siong

I was diagnosed with stage 4 lung cancer in June 2018 and to date, I have gone through 15 cycles of chemotherapy treatment. During the initial stages of my treatment, I suffered intense pain on both legs and was only able to move around in a wheelchair.



At the end of July and after three rounds of chemotherapy treatment, I was introduced to Mr Y.T. Sia, the Co-ordinator of the CSU at MTC. When he saw my feeble condition, he graciously volunteered to come to my home to teach and supervise me on Chi Dynamics' proprietary Block of Breathing technique and a series of exercises to enhance my immune system.

The Block of Breathing technique and exercises Sia taught me did a world of good for me and my condition improved; I stopped coughing and could breathe better, and I began to regain my weight which had drop significantly when I was first diagnosed with the cancer. After three months under Sia's guidance, I was able to climb the two flights of stairs up to the MTC training venue for classes which I have been attending weekly ever since.

I am very grateful to the coordinators and instructors at the CSU for their earnest efforts in helping me cope with my ailment. ***They made me feel so much at home and the good news is that my last PET and CT scans in May 2019 has confirmed that there are no more traces of cancer cells in my body!***

KEEP GOING, NEVER GIVE UP!

by Mrs Kwan Lai Seong

I was diagnosed with stage-2 colon cancer in July 2018 and was operated on immediately.

In September 2018, I was introduced to the CSU@MTC by a friend who was a caregiver, and who had attended the Qigong training session at MTC with a cancer survivor.



When I first started practising Chi Dynamics Qigong at CSU@MTC, I remember being very weak and my body temperature was very low, as it has always been since I was young. I had to have a towel to keep my body warm and the air-conditioning and wall fan had to be switched off too when I was practicing.

However, after ten weekly sessions and thanks to Mr Sia, Tze Lin and Philo who guided me patiently through the Block of Breathing technique and the low impact exercises, my health improved tremendously and my core body temperature rose to the extent that I no longer feel cold as before. My husband and caregiver who accompanies at my weekly sessions share the same experience. His core body temperature is now consistently warm and he is more energetic throughout the day.

The classes at the CSU which I now attend regularly calm and give me the confidence in recovery. Besides learning and practising the important Block of Breathing technique and exercises, we often have time to discuss and share tips on diets that are suitable for cancer survivors. In addition, we are fortunate to have Grandmaster Anthony Wee visiting the CSU to give us encouragement and tips at workshops. But most of all, I find the camaraderie that has developed amongst the trainees and instructors has encouraged every one of us to keep on going and never to give up.

continue on page 5



THANK YOU FOR YOUR ADVICE, BROTHER!*by Mr Khoo Giap Guan*

After my surgery in January 2018, my brother who is a Chi Dynamics Qigong Assistant Instructor in Sydney, taught me the Block of Breathing technique whenever he visited me in Malaysia. When the CSU@MTC was launched in August 2018, he advised me to join it, which I did immediately.

I was then undergoing oral chemotherapy when I first joined the CSU. The unpleasant side effects, especially the pain, made me very weak but I persevered on with the treatment. However, practising regular Block of Breathing and the essential exercises daily at home helped tremendously in boosting my immune system and reducing the discomfort and pain. Every Saturday, I also attend the CSU training sessions at MTC where I received lots of encouragement and attention from the CSU instructors and also fellow trainees.

I now have a daily routine of two or three Block of Breathing sessions; in addition, I make it a point to go for morning walks and do diaphragmatic breathing for at least an hour.

Thanks to my brother's advice, my health has improved a lot; I sleep well, have better appetite and have gained back my weight.



There is little doubt that the heartening outcomes at our CSUs are the result of our selfless volunteers' untiring efforts, and I commend them unreservedly for their passion in making the difference for our cancer survivors.

**Grandmaster Anthony Wee****CD QIGONG IS THE "ELIXIR" FOR WELLNESS!***by Madam Casey Khoo*

I was diagnosed with stage 3 sigmoid colon cancer in 2015 and went through 8 cycles of chemotherapy. A year later, the cancer had spread to the liver and 3 lesions were found. Radiofrequency ablation (RFA) was done on one and I was advised by the oncologist to go for another cycle of chemotherapy as the cancer had reached stage 4.

But I decided against it as I reckoned chemotherapy is not really a cure but will only prolong my life for another 1 to 2 years.

This year, another CT scan revealed that the other lesions were benign, thanks to my confidence in the practice of Chi Dynamics Qigong!

I practise Chi Dynamics Qigong's Block of Breathing technique every morning and whenever I can, even when I am on holiday. The breathing techniques and exercises help to relax my mind and body, support my emotional well-being and build up my stamina. It also helps to reduce the numbness of my fingers and toes due to the side effects of my chemotherapy treatments.

I would like to thank Grandmaster Anthony Wee for Chi Dynamics which has really helped me emotionally and physically. I also would like to thank the trainers who are passionate to teach and for always monitoring us to make sure that the breathing techniques and exercise movements are done correctly, and my caregiver, Mr. Shanker, for his endless support throughout the difficult time I went through.

Based on my happy experience, I would strongly recommend the Art of Chi Dynamics Qigong as the 'elixir' for good health and well-being.



On 12 May, members of Chi Dynamics IHM Centre volunteered to perform our annual canteen duty of serving breakfast to parishioners attending Sunday masses at the Church of the Immaculate Heart of Mary (IHM). This is our way of showing appreciation to the Church for allowing us to use its premises to hold our weekly Qigong class.

It was a surprise that more members turned up to support the event than at our weekly classes, demonstrating the exemplary camaraderie spirit of the group and much admired by many non-Qigong church goers. Also, it is interesting to note that most of IHM Centre members are not parishioners of the Church.

Led by our capable Instructor Cecilia Ang and coupled with the generosity of members, the event raised a record sum of \$2,978 which was happily donated to IHM.

Sifu Michael Kang



After more than five years of regular attendance at the Chi Dynamics Alexandra Centre, **Catherine Poh** and **Larry Ong** have been inducted as Honorary Members of Chi Dynamics by Grandmaster Anthony Wee.

Catherine has been with the Centre since the day the Centre started in March 2012. She earned the nickname “Butterfly Cat” when she won the Butterfly Stretch Challenge in 2015.

A golf enthusiast, Larry was introduced to Chi Dynamics in 2014 by a friend.

“My decision to join and stay with Chi Dynamics for the last five years was easy as the exercises and breathing methods are beneficial to my physical and mental well-being”, Larry said.

Keep going with Chi Dynamics Qigong, Catherine and Larry!



Catherine Poh



Larry Ong

THE CODE OF CHI DYNAMICS

As a non-profit, non-religious and non-political organisation, Chi Dynamics's main objective is to promote good health and well-being through the practice of its system of Qigong.

Over the years, the organisation has grown from strength to strength, thanks to our volunteers whose passion to do more for cancer patients and the community is now etched into the DNA of Chi Dynamics. To continue and sustain our growth, members are reminded to conduct themselves with integrity and humility at all times and abide by the Code of Chi Dynamics.

THE CODE OF CHI DYNAMICS

- The primary objective of the Art of Chi Dynamics Qigong is to promote Good Health, Wellness and Self-Healing.
- All members are expected to conduct themselves with integrity and humility at all times.
- Irrespective of rank or seniority, all members must work closely together in harmony to share the benefits of the Art with the community at large.
- As the Art is not a competitive sport, there must not be any rivalry on who is better in terms of skills and knowledge.

HEALTH & MEDICAL

SNIPPETS™

New Blood Test to Diagnose Alzheimer's Disease

After a two-year-long study, researchers from the National University of Singapore have come up with a new blood test for diagnosing Alzheimer's disease. Known as the Amplified Plasmonic Exosome (APEX) system, the test is the first of its kind in the world. It also claims to be most accurate and the fastest in the world for detecting the disease as it takes just an hour to provide results after analysing certain proteins in blood samples.

According to Assistant Professor Shao Huilin from NUS iHealthtech, the test is expected to be in use for early detection of Alzheimer's disease within the next five years and will cost around \$30.

The Benefits of the Papaya Fruit

Tasty and nutritious, the tropical papaya fruit is rich in vitamin C and A, folate and fibre. It also has antioxidant & anti-inflammatory properties that are helpful in improving a range of health conditions.

1. It contains papain, an active compound that decreases inflammation
2. Its antioxidant properties help to reduce the risk of heart diseases and cancer; studies have also found that the fruit may be helpful in delaying the progression of Alzheimer's Disease.
3. Its enzymes protect against skin damage and help to heal skin disorders and wounds.
4. Its rich fibre content helps to relieve digestive disorders such as diarrhoea, constipation, stomach cramps and irritable bowel syndrome.



Studies now suggest that papaya seeds, which are often discarded, are also edible and highly nutritious. Besides the beneficial antioxidant, anti-cancer and digestive health properties mentioned above, recent studies suggest that the seeds may also protect kidney function.

Further studies are on-going but meanwhile, doctors have warned that excessive consumption of the seeds may cause infertility.



THE CONFLUENCE OF THE ELEMENTS

@ Serena Resort Kim Boi

The idyllic Serena Resort Kim Boi has all the essential elements to attract Qi for healing and rejuvenation. Located about 90 km away from the hustle and bustle of Hanoi, Vietnam, it is surrounded by **Water** (*tranquil lakes & rivers*), **Wood** (*lush greenery & bamboo grove*), **Metal** (*electro-magnetic Qi from the sun*), **Earth** (*limestone mountains*) and **Fire** (*hot spring*) all waiting to be tapped and **Grandmaster Anthony Wee** will show you how.



Executive Room



Hotspring



Bamboo Bungalow

DATES: 4th to 8th November 2019

VENUE: Serena Resort Kim Boi

COST:

- ◆ **Grand Suite Villa**
 - ◇ S\$880 per person (twin occupancy)
- ◆ **Bamboo Bungalow**
 - ◇ S\$700 per person (twin occupancy)
 - ◇ S\$1,020 per person (single occupancy)
- ◆ **Executive Room**
 - ◇ S\$600 per person (twin occupancy)
 - ◇ S\$820 per person (single occupancy)

COST INCLUDES: 1 night's accommodation in Hanoi and 3 nights at Serena Resort, Kim Boi. 5 meals daily at Serena Resort and land arrangements in Vietnam.

COST EXCLUDES: Air fares, travel insurance and expenses of a personal nature.

BOOKINGS: Please contact:

- **Ronald Lim** (chidynamicsinternational@gmail.com)
- **Warton Ong** (iwarton@singnet.com.sg)
- **Lawrence Chong** (lawrencechong888@gmail.com)
- **Michael Kang** (michaelk_sq@hotmail.com)
- **Ng Yee Fock** (+60 19-366 3383)

Rooms are limited. Please book early to avoid disappointment!

ANOTHER CHAT WITH

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THE FIGHTING NUN



After the fortuitous meeting in Singapore a couple of months ago, a group of Chi Dynamics Qigong members flew to Henan Province for the chance of a lifetime rendezvous with Wu Mei. This was on the personal invitation of the legendary fighting nun who had enjoyed the hospitality she received in Singapore so much and wanted to reciprocate.

Fittingly, the meeting took place at the famed Shaolin Temple which is synonymous with Wu Mei, the Shaolin Martial Art and Zen Buddhism. For the tumultuous and rich history since its establishment in 497AD, and for its role in the development of Chinese Zen Buddhism and the Shaolin Martial Art, the Temple is now on UNESCO's Cultural & Natural Heritage List.

Wu Mei was a most gracious host when she welcomed her guests from Singapore at The Grand Hall of the Temple. She took them on a brief tour around the Temple before settling down for a *tête-à-tête* over dumplings and tea.

Here are some of the highlights of our conversation.

Chi Chat: Thank you for your kind invitation, Wu Mei. We are very honoured to have this audience with you.

Wu Mei: You're welcome. I hope you will enjoy your stay here as much as I had enjoyed in your wonderful city. I would very much like to visit Singapore again soon.

Chi Chat: We are ardent fans of yours and as you are aware, we have incorporated your martial art techniques in our Art of Chi Dynamics Qigong. May we ask how such a petite lady like you got involved in martial arts? Was it accidental or intentional?

Wu Mei: Well, I guess it was a little of both. It all began at

my parents' courtyard watching martial art masters demonstrating their skills, when I was not supposed to; I was then only 10 years old and my mum used to give me an earful whenever she caught me snooping on what was going on.

Those martial art masters came from all corners of China to pay their respect to my dad who was a high-ranking military general guarding the central entrance of the Chinese capital with his battalion of soldiers. Some came to present their credentials, whilst others were in search of employment in the army.

As a young child, I was fascinated by the intricate movements displayed by the masters and soon began to imitate their moves, much to the amusement of my dad. Noticing my interest, he assigned an instructor to teach me the proper movements, probably more to keep me occupied and entertained as I did not think he imagined that I would be taking martial arts seriously. But I did when I began training at the age of 11, much to the displeasure of my mother.

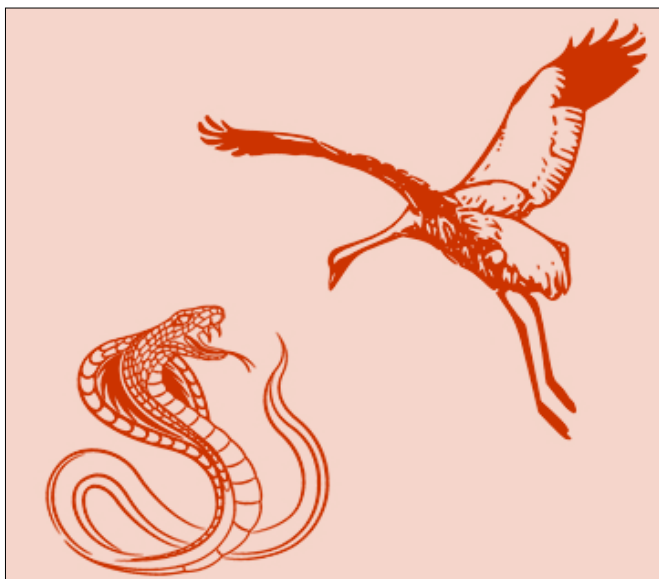
Chi Chat: And the rest is history as you went on to develop your own style of fighting which made you so famous. Tell us more how this came about.

Wu Mei: While learning from my dad's instructors, I found that too much emphasis was placed on strength, and acrobatic and unnecessary moves. As it is unlikely for me as a woman to match the strength of a male, I figured it out that instead of brute strength, the answer was to develop inner power and movements that will catch my opponents by surprise. That's where Qigong deep breathing techniques come in.

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Another Chat with the Fighting Nun—continued from page 9



One day, I came across a snake and crane locked in combat in the forest. I was mesmerised by what I witnessed as they attacked and defended themselves in their battle for survival. It was then that I realised that their characteristic movements and subtle tactics would be better suited for women.

Chi Chat: Basically, how would you describe your fighting technique?

Wu Mei: In a nutshell, it is a powerful system of self-defence with no fixed strategy or set pieces which means the opponent is unable to predict the actions to expect. It also means that one is able to respond freely and spontaneously to attacks with fatal blows that opponents do not anticipate.

Chi Chat: And what are these fatal blows?

Wu Mei: They are swift, sharp and whipping techniques of the hand and fingers aimed at the opponent's vital points at close quarters. One such blow to the eyes is enough to blind the opponent. These movements are so fast that you can hear the 'whooshes' as the hands and fingers whip through the air like a flying dagger (or "Peow Tze" in Chinese). To perfect this technique, I had to practise a thousand strikes a day to achieve accuracy and speed.

During my time, there were no television and internet like you have today, or else I can show you what I mean. By the way, I have viewed a number of videos of your Grandmaster Anthony Wee on YouTube and am very impressed by his feats.

Overtime, my techniques were passed on down the line and eventually evolved into various other martial art forms. Among my proponents was Wing Chun, whose fighting techniques are perhaps the most popular in the world of martial arts today.

Chi Chat: What about your kicks which are also known to be just as lethal as your flying dagger fingers?

Wu Mei: They are also designed for close quarter combat situations. What's unique is that they are delivered within a radius of just one and a half feet with bended knees. We do have other longer distance kicking techniques too, but our speciality was kicking with steel capped toes at the vital points of the body such as throat, jaw, knee, shin and groin.

Chi Chat: Ouch! That sounds devastating!

Wu Mei: Yes, it is. At close range, we use *Chin Na* grappling techniques to immobilise the opponent and then kick at the vital points where they are unable to block.

Chi Chat: That sure takes a lot of skill and training.

Wu Mei: Yes, it does but take note that there is also footwork to master. As you may know, I used to train on the *mui fa fong* (plum blossom posts) which I designed specially to improve my footwork as well as balance and stance. To keep fit and healthy, I am still practising on the original *mui fa fong* which I am told is probably one of the oldest martial art training tools in existence today. It's in the courtyard. Would you like to see it?

Chi Chat: Sure, we do. It will be our privilege as how often do we have the opportunity to see such a renowned, centuries-old relic!

And off we headed to the courtyard.

On the way there, Wu Mei reiterated that whilst her Art is difficult to master without any fixed strategy and set pieces, it is more effective for women because it is hard for opponents to figure out what's coming next. And coupled with the proprietary breathing techniques of Chi Dynamics Qigong for inner power, it is indeed a very powerful self-defence Art.

Wu Mei gave us a sprightly demonstration on her historical *mui fa fong* before we bade her farewell. We were thrilled to bits with our encounter with the legendary fighting nun and left the courtyard in a state of euphoria.

Truly, it was truly an unforgettable experience of a lifetime meeting the legendary fighting nun face-to-face.

