



FROM THE GRANDMASTER'S DESK

Greetings!

2020 is here and I wish all our members, volunteers, instructors and sponsors and their loved ones a very Happy and Healthy New Year.

May the Lunar New Year of the Rat also bring Joy, Peace and Goodwill to the world.

As the seasonal festivities are still going on while I write this message, I hope you have not overindulged too much in partying, drinking and eating. Have fun while you can and enjoy everything in moderation but most importantly, do not neglect your Qigong breathing, stretching and meditation exercises.

Deep Breathing & Meditation – the Elixir of Good Health



Since time immemorial, deep diaphragmatic breathing has been the cornerstone of Yoga and Qigong

practices for good health and self-healing in the East. The West used to pooh-pooh such notions but in recent years, the Western medical science fraternity has been backing up many ancient Eastern beliefs scientifically. Studies now support that deep breathing enhances good health as it improves blood flow, detoxifies the body, stimulates the lymphatic system and improves digestion; studies also concur that meditation helps patients overcome depression, anxiety, pain and a variety of conditions such as high blood pressure and irritable bowel syndrome by easing the workload on the heart.

From the above, it seems there is little disparity between East and West medical therapy except that the East takes a holistic inductive approach by treating health as a balanced state and diseases as an unbalanced state, while the West adopts a deductive approach by treating health and disease separately. In addition, the East believes in the smooth and balanced circulation of internal energy (Qi) for good health and this is achieved through deep breathing, meditation and Qigong stretching exercises.

HIGHLIGHTS

- P.1: From the Grandmaster's Desk
- P.2: Ask Grandmaster
- P.3: Changkat Breakfast to Welcome 2020
- P.4: A Chat with Sifu Shane Francis
- P.5: Health & Medical Snippets
- P.6: Goodbye 2019, Welcome 2020!

Let's take a look at why and how the ancient practice of meditation is good from medical science's point of view.



The heart is the body's most important organ as it functions like a pump to distribute blood through the body. It pumps about 100,000 times and circulates 6,000 to 7,500 litres of blood daily to supply oxygen and nutrients to tissues and remove carbon dioxide and other wastes through the kidney, liver and lungs.

On an average, the heart beats 72 times per minute which works out to 0.8 seconds per heartbeat - 0.3 seconds of contraction and 0.5 seconds of relaxation. Under stressful physical and emotional conditions when the body demands more blood in less time to react, the relax-

Continue on page 2



www.chidynamics-qigong.com



chidynamicsinternational@gmail.com

Follow us:



From The Grandmaster's Desk - continued from page 1

ation phase is reduced to 0.4 seconds to increase the heartbeat to 82 times per minute, which means only 80% of blood gets purified. Should the relaxation phase be reduced further to 0.3 seconds, only 60% of blood is purified and invariably the reduced supply of oxygenated blood may have dire consequences to your health. In such situations, meditation helps to get the supply of oxygenated blood on even keel by calming the brain.

Plans for 2020

Retreat: 2019 was an extremely good year for Chi Dynamics with the emergence of a number of new instructors in Malaysia all raring to go to make a difference for the community. This new generation of instructors are our future leaders and I reckon it is time for them to take the lead in some of our activities. What's in the pipeline for them is to organise this year's retreat which will focus on cancer support activities and with the veteran instructors acting as advisors. The retreat is open to all our members in Malaysia, Singapore and Australia and tentatively, it will be held in Kuantan. More information will be announced as soon as details are finalised.

Workshops: A number of workshops are being planned for 2020, the first of which took place at the CSU@MTC in Kuala Lumpur on 19 January. After the very successful Cancer Support Workshop in Kuala Lumpur in November last year, plans are also in the pipeline for similar workshops in Singapore and other parts of Malaysia and we hope more volunteers will come forward to help us with these projects.

In the meantime, live a fulfilling and exemplary life with a sense of purpose to be a blessing to others by sharing and supporting people who are interested or need Qi energy for healing. To stay hale and hearty, remember to do your daily Qigong exercises, eat less food (*especially processed foods*), meditate whenever you have the opportunity to do so, and learn to forgive those who have been hurtful to you.

Grandmaster Anthony Wee

YI DAO QI DAO
FOCUS WITH YI (INTENT), AND QI (ENERGY) WILL FOLLOW

ASK GRANDMASTER

Question: Why is the clearance of emotional blockages essential for self-healing and how does healing sound meditation help in clearing emotional blockages?

Grandmaster: In a nutshell, Qigong is the art of managing the body's vital energy (or **Qi** - *the life source*) to promote wellness and self-healing by integrating and regulating an optimal balance and harmony between the body and mind.

In the body, there are three major energy gateways known as Dan Tians through which Qi flows and is stored, namely:

♦ **Upper Dan Tian**

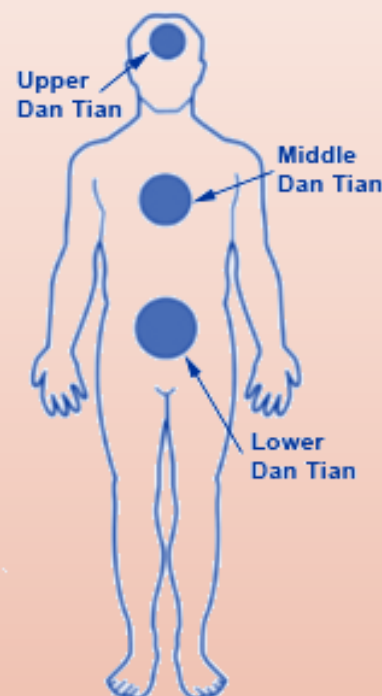
or the seat of Yi (*mental power of focus*) at the forehead between the eyebrows

♦ **Middle Dan Tian**

or the seat of Shen (*the emotional centre*) at the sternum

♦ **Lower Dan Tian**

or the centre of Qi power below the navel



When the smooth flow of Qi through the body's system is impeded, stagnation and blockages occur. This often affects the flow of emotional Qi at the centre of the Shen adversely, and leads to physical impairment of the body's internal organs.

In Qigong, healing sound meditation helps to release stress by vibrating and massaging the internal organs (*the heart, lungs, liver, spleen, kidney and triple warmer*) to clear blockages and remove stale Qi from the body. Associated with a specific organ, each sound has a specific purpose when it resonates and stimulates the Vagus parasympathetic nervous system to harmonise emotions and create a state of inner peace. For example, the "woo" sound vibrates the heart and lungs, and the "shi" sound clears the spleen and liver.

CHANGKAT BREAKFAST TO WELCOME 2020



On the morning of 05 January, 2020, 43 members from the Changkat Centre turned up for the first training session of the New Year. After the training, it was time of fellowship over a sumptuous breakfast at the Tampines Changkat Community Club. Besides celebrating the start of a new decade, members also took the opportunity to welcome Changkat's former Assistant Instructor, Alice Pang, who now resides in Brisbane, Queensland, Australia.



A chat with

SIFU SHANE FRANCIS

Grandmaster's Most Senior Disciple in Australia



Many a time when Grandmaster Anthony Wee shares his Qigong and martial arts experiences during the spell when he was residing in Perth, Western Australia, the name Shane Francis will invariably crop up. This is not surprising as Shane is perhaps Grandmaster Wee's most *dinky-di** supporter in Australia. (* Australian slang for 'loyal', 'true')

Grandmaster Wee remembers fondly how devoted Shane was in learning Qigong and Kung Fu. "When he was a young lad of 18, he used to turn up at my house in the mornings for free Kung Fu and Qigong lessons and training; in return, he would do gardening and odd jobs for me in the afternoons. He was very serious about mastering Kung Fu and

Qigong. He was particularly interested in the healing art of acupuncture and cupping. Today, after more than 30 years training with me, he remains my best trained disciple in Perth as he continues to share his knowledge and skills in the Arts of Qigong and Kung Fu for the benefit of the community at large".

Currently the Regional Manager with StarTrack (part of Australia Post), 48-year-old Shane is married with a 17-year-old daughter. Very much a family man, his only other passion outside the family is for Qigong and the Art of Wu Mei Kung Fu. Chi Chat caught up with Sifu Francis for a chat and here is what he shared with us.

Chi Chat: Hi Shane. You started learning Qigong and martial arts at the young age of 18. How did this come about?

Shane: It began with my father who started Qigong training a few years before me. He encouraged my mother, and eventually me when I was 18, to join the training classes. I also had a passing interest in martial arts then but did not actively pursue it until later. At the age of 19, I became Grandmaster Wee's disciple and since then have been practicing and teaching Qigong for 30 years, and Wu Mei Kung Fu for 29 years.

Chi Chat: What was it that made you continue with it until now?

Shane: I reckon it was a combination of factors that kept me so engrossed in the Art of Chi Dynamics Qigong and Wu Mei Kung Fu. Everything feels so natural, correct and effective. And with a great teacher like Grandmaster Wee fuelling my enthusiasm, it has become an integral part of me.

Chi Chat: What motivated you to become an instructor?

Shane: It was a natural progression. It would also be unconscionable to me to have been trained by someone that has put so much time into the art and passing on the knowledge, to not do the same, for the benefit of others who wish to learn.

Chi Chat: Do you see yourself continuing to teach Qigong?

Shane: Definitely. As long as I am

Continue on page 5



Shane Francis—Grandmaster's Most Senior Disciple in Australia — continued from page 4

"Shane was very serious about mastering Qigong and Kung Fu. He was particularly interested in the healing art of acupressure and cupping. Today, after more than 30 years training with me, he remains my best trained disciple in Perth as he continues to share his knowledge and skills in Qigong and King Fu for the benefit of the community at large."

Grandmaster Anthony Wee

able to, I hope to be training and teaching Qigong & Wu Mei for the rest of my life. This is not an addiction; it is a part of who I am and what I want to do in my life.

Chi Chat: We are sure you have a satisfying sense of fulfilment whenever you see your trainees enjoying the benefits from what you teach. Can you share how you felt when your trainees overcome their ailments through what you teach?

Shane: The satisfaction I feel in contributing to someone improving his or her quality of life through Chi Dynamics, Wu Mei and cupping is one that I cannot easily describe. However, as you say, it does give me a great sense of fulfilment and purpose to me.

Chi Chat: How do you juggle your time between work, family and Qigong classes?

Shane: Fortunately, I am blessed with an understanding family. Although they are not (yet) involved with my passion for Qigong and Wu Mei Kung Fu (*I'm working on it though*), they have been very supportive.

Chi Chat: Do you have any parting words of advice for our readers who are aspiring to be instructors?

Shane: **BREATHE!** This single word carries a wealth of information. Learn and share your experiences with other practitioners. By asking questions about your experiences in training, you will add to your pool of knowledge and then to the collective wisdom of those who you train with. And finally, **BREATHE!**

Health & Medical

SNIPPETS

Fasting Helps Cell Renewal

According to the Japanese cell biologist, Dr Yoshinori Ohsumi, fasting helps with cell renewal and the aging process. For his research on how cells recycle their contents, a process known as **autophagy** (or 'self-eating' in Greek), Dr Yoshinori was awarded the 2016 Nobel Prize in Medicine.

Dr Yoshinori discovered that during fasting, body cells break down proteins and nonessential components and reuse them for energy. In the process, harmful viruses and bacteria are destroyed; immunity is also boosted and thus play a part in killing cancer cells.

His work has led to a better understanding on how cells are able to manage malnutrition and infections and inspired many researchers around the world in the study of fasting.

Intermittent Fasting

Recently, researchers at the John Hopkins University of Medicine have found that intermittent fasting may be part of a healthy lifestyle as it can reduce blood pressure, help in weight loss and improve longevity.

The researchers observed that alternating between times of fasting and eating triggers a process known as metabolic switching, during which time the cells of the body use up their sugar-based fuel reserves and convert fat into energy. Besides improving blood sugar regulation, they also found that the switch suppresses inflammation, decreased blood pressure, blood lipid levels and resting heart rates.

The 16:8 Fasting Plan

A popular intermittent fasting method is the 16:8 plan in which practitioners would consume the calories they need during an 8-hour window during the day and abstain from food completely for 16 hours from evening until the next morning. During the fasting period, practitioners may consume water and calorie-free drinks like unsweetened tea to avoid dehydration.



GOODBYE 2019, WELCOME 2020!



38 members of the CSU@MTC enjoyed great fun, food and fellowship when they gathered at the MTC on 29 December 2019 to bid farewell to 2019 and welcome the New Year 2020. The occasion was a thanksgiving of sorts for the many blessings bestowed on the CSU and its trainees. From the way the members interacted warmly with each other and celebrated Patrick Yeoh's birthday which happened to fall on that day, it was evidently a celebration of wonderful friendships also.



"Thank you for arranging the delightful gathering. I enjoyed the sharing of good food, joy and fellowship very much and wish everyone a very Happy New Year 2020!" - Gary Chan

"Congratulations! The CSU is still a new centre and we have already so many active members. May 2020 bring more success to the Centre!" - P. C. Liew



"Thanks to our team of dedicated volunteers, the CSU now has 107 trainees comprising 74 cancer survivors and 33 caregivers." - Y. T. Sia

