

CHI CHAT

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with the GRANDMASTER



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For Members Only



DOWN MEMORY LANE : Remember the good old days? See page 11

FROM THE GRANDMASTER'S DESK

I am writing from the Western Australian capital of Perth, where I spent 3 weeks of quiet solitude. Breathing Meditation. Healthy food. Diet control. Losing weight. I feel so good after that.

A healthy lifestyle is not about Qigong alone. It's a whole setup. Mentally and physically surrendering to the demands of organic basic intrinsic needs of our lives.

It's not money or the pursuit of material gains. It's being content with what one has and maximizing the benefits from those organic and basic qualities in us all.

So it's the Yi again... Yi leading the Qi for the benefit of the self. No need to buy it, as we all have it in us already. Building up the Qi is our job. The Yi will take over control and protect us. It's in our genetic makeup -- Survival of the fittest, Evolution at its best.

Yi Dao Qi Dao. Enjoy your own Qi flow. If you still haven't found it, don't give up. It's near, it's inside you.

Best regards,

GRANDMASTER ANTHONY WEE
Founder, Chi Dynamics
International

意到 气到 (YI DAO QI DAO) THE IMPACT OF QI BREATHING

Grandmaster Wee recently met one of his classmates at a wedding reception in Singapore.

This classmate who has been practising Qigong for more than 40 years used to be one of the senior instructors at Chi Dynamics.

Meng Lai (real name withheld for privacy) shared a scary health incident with Grandmaster Wee.

He said that in March this year, for no apparent reason, his urine was red, a sign of blood in the urine. There were no other signs and symptoms like upper back and side (flank) pain, high fever, and chills, nausea, and vomiting, lower abdomen discomfort, frequent, painful urination, or burning with urination discharge

Shocked and worried, he went straight to the Polyclinic where they analyze urine samples to look for white blood cells, red blood cells or bacteria. The results of the urine test show the Hemoglobin (RBC) was many times out of the normal range (Normal ref range: 14.0-18.0g/dL range). The white cell count (WBC) was far

out of the normal range as well (Normal reference range: 4.0-10.0x10 power of 9g/L).

He was asked to visit Singapore General Hospital to see medical specialists for further consultations. The earliest available specialist appointment was two weeks later.

While waiting for his appointment, he decided that since the symptom could be coming from the bladder, or kidney or urethra area, he would do something about it.

He started to increase his breathing exercise throughout the day.

This was what he did:

Breathing in from Yong Quan to Dan Tian and breathing out from Dan Tian to Yong Quan with the mind focusing on regulating the spleen, kidneys, liver and the reproductive system.

He said the breathing out must be slow and long.

Each cycle of breathing was about 60 minutes.

He did several cycles of breathing throughout the day.

He did it in a standing position, and in a sitting position when he was tired.

One week after the intensive breathing exercise, he experienced a feeling of intense lightness around his abdomen area, and the redness of the urine had also gradually subsided. By the second week, he observed no redness in the urine.

Just to have peace of mind, he went to see the specialist when the appointment came.

At the specialist center, they performed several tests and procedures, including urine sample analysis, ultrasound, CT scan, and cystoscopy to see the inside of the urethra and bladder.

After spending a day at the specialist center and incurring almost \$2,000 for all the tests and consultation, he was relieved to learn the test results were negative and there was no abnormality. He was given a clean bill of health.

THE KONGS QIGONG JOURNEY - THANKS TO GRANDMASTER WEE

BY T.S. KONG

How apt is the saying “when the student is ready, the master will appear” in our qigong journey! My wife Lai Ho and I were invited by Ronald and Susie Lim, our long-standing Singaporean friends, to lunch in their home in September 2014. Grandmaster Wee and Edna were among the guests. The subject of Wellness for the mature happened to be a subject of discussion over lunch. It was Ronald who suggested that we should try Chi Dynamics qigong in our pursuit of wellness and good health. Before we left Singapore for our Inner Mongolia tour following the lunch, Ronald presented an autographed copy of ‘The Dynamic Free Flow of Qi’ for our bedtime reading on the tour.



Mr and Mrs Kong doing the Water Crane exercise

Owing to our nomadic lifestyle, this book was left in my carry-on luggage on our Inner Mongolia tour, back to London, then to Kuala Lumpur in January 2015 and back to London again. It was during our Wellington visit early April 2015 that I managed to read the book. My first exploratory qigong session at the Alexandria Centre in Singapore was a 30-minutes diaphragm breathing training.

With lots of uncertainties in our minds, Lai Ho and I attended our very first Sunday qigong training class on 19 July 2015. The Grandmaster was excellent to reassure us that three training sessions would be sufficient for us to continue our qigong practice anywhere in the world. He also gave great emphasis to the importance of regular qigong practice, daily if at all possible, irrespective of the period one has been practising the Art of Chi Dynamics. After attending three Sunday qigong classes, Lai Ho and I left for Europe in early August and embarked on a two-week river cruise from Budapest to Amsterdam. With the clear objective of regular qigong practice, we managed to maintain our Chi Dynamics qigong training every morning either in our stateroom or on the deck of the river boat, Viking Bragi.



Mrs Kong doing the Mao Swing

Upon our return to Kuala Lumpur in October 2015 and whenever we are in the country since we started to attend the Sunday qigong class, Lai Ho and I have made it our top priority and work our weekly schedule around it. Besides these Sunday qigong classes during the periods we are in Kuala Lumpur, we continue with our Chi dynamics qigong exercises daily wherever we are in the world.

The next notable milestone of our qigong journey was the Qigong Retreat at the Pavana Chiangmai Resort in late April 2016. Grandmaster Wee led some 40 odd Chi Dynamics members and their spouses on a journey of discovery and self-renewal at the retreat. Pavana was a green, clean and tranquil sprawling retreat with its own organic farm to produce free-range chicken and eggs,

fresh fruits and vegetables for its own use. The comprehensive weekend programme included opening our energy gates, meditation with lights and healing sounds, organ exercises, bone strengthening exercises, as well as stretches and postures to prepare the mind and body for advanced meditation.

Lai Ho and I take Irene Gunn's maxim to heart. We do not see Chi Dynamics qigong practice as work but just as part of our daily routine. We do not feel compelled to practise qigong but try to enjoy it and making it as part of our lifestyle. Hopefully, it will become a habit eventually and we enjoy the benefits as a result.

In our pursuit of wellness and good health as we mature (Lai Ho is 74 and I am 76), Grandmaster Wee's introduction of the Art of Chi Dynamics to us in July 2015 was incredibly timely. Over 2 years of regular practice of the Art, we do feel fresh, strong and energetic throughout the day. Our most sincere thanks to Grandmaster Wee for making this possible.

SOUNDS GOOD FEELS GOOD WHY WE JOINED CHI DYNAMICS

BY SUE AND BRIAN RICHMOND



We were recommended by a friend to consult Grandmaster Wee on my wife Sue's chronic eczema condition early last year. Since our introduction to Qigong then, we have become more aware of its benefit for our wellbeing. Especially for Sue, she is amazed at her recovery as she has consulted numerous medical experts before that but nothing seemed to help.

I myself found that Qigong has helped me to sleep better and I do feel more energetic and this has definitely helped in my

work. We are both also very encouraged and inspired looking at how Qigong has benefited so many fellow participants, restoring them to good health and looking happy.



Award winning DJ from MediaCorp's radio station Gold 905, Brian has been voted "Most Popular DJ" and "Friendliest DJ" by listeners in 2007.

In 2006, Brian was bestowed the "Lifetime Achievement" award by MediaCorp. That year, he was also given a special award by COMPASS in recognition for his contribution in the promotion of local music talents in Singapore. Having been in broadcasting since 1971, over the years he has emceed a variety of events from corporate to promotional and product launches, variety shows, dinners and dances, high society events and awards shows.

He currently hosts The Vintage Showcase on Sundays from 8am to 12pm.

GOLD 905 is an English radio station of MediaCorp in Singapore. It broadcasts classic hits from the 1980s and 1990s. It is one of the oldest stations in Singapore.

CHI DYNAMICS QIGONG - ESSENTIALS

REFERENCES: GRANDMASTER ANTHONY WEE'S REGULAR WORKSHOPS

BY SOLVEIG DE FONTGALLAND

<p>What is CD?</p>	<p><i>What is Chi Dynamics -Qigong ?</i> A system of breathing techniques with gentle stretching & meditative exercises developed by G.Master A. Wee</p> <p><i>What are the objectives ?</i> To trigger the mental Power of the mind called "Yi" to enhance & direct 'Qi' energy to self heal ourselves.</p> <p><i>Where & what was the basis.of C.D. QIGONG ?</i> It's traditionally based on training systems of Bodhidharma the founder of Shaolin Zen Meditation, Yoga & Kungfu. Estimated in 645AD. However our CD not based in Buddhism at all. It also has some training from Southern Shaolin Wumei focusing on strengthening internal body system & Chi meditation self healing mechanism. Our aim is solely for health & self healing .</p> <p><i>What's the difference between Taiji and Qigong ?</i> Taiji is a relatively younger set of exercises developed by Chan San Fung about 800 years ago ...Qigong in our system had a history of 1600 years ... While Taiji is martial arts based, Qigong is health & wellness based without martial arts at all.</p> <p><i>How would you sum up CD-Qigong in a Nutshell.?</i> A set of Meditative & breathing exercises with a Mindful (Yi) focus on Energy (Qi) activation & enhancement for the sole benefits of wellness & healing .</p>
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Generating Qi Flow	Description	Breathing method	Time	Benefits/Focused
<p>Block Breathing</p>	<ul style="list-style-type: none"> - Lie down on your back - Elevate head and legs, the head must be lower than the legs, e.g., if the head is resting on a pillow, the legs must rest on 2 pillows. - Relax and “soften” your shoulders and upper body - Focus your mind on the lower abdomen or “Dan Tian” located 2 finger width below your navel, referred as Qi Generator, bio-dynamo, seat of Qi or furnace.- “Where your focus is, that is also where your energy is!” - Inhale gently through the nose, allow the air to inflate the lower abdomen. Focus on the inhalation process, i.e., the air moving into your lower Dan Tian - Pause & hold your breath for 4 seconds - During the pause, gently draw up the pelvic floor/scrotum and smoothly tighten the anus which will result in a gentle tilting upward of the pelvic area. - Exhale by blowing through your pursed lips gently and evenly for 6 seconds or more. (the longer you take to exhale, the more relaxed and alkaline the body will be). As you exhale, squeeze the abdomen <ul style="list-style-type: none"> – starting with the Dan Tian area- , back towards your spine. Focus on the exhalation process, i.e., the air moving out from the lower Dan Tian through your mouth. - After fully exhaling, pause a second time for 4 seconds and relax the entire lower pelvic area ` before repeating the process again. 	<p>Deep diaphragmatic, soft Chui</p>	<p>20 min</p>	<p>Enhance immune system</p> <ul style="list-style-type: none"> - Digestive system: Improve digestion & absorption of nutrients + enhance intestinal excretion of waste - Balance PH system by lower acidity of the body - Regulate endocrine system - Improve blood circulation & lower blood pressure - Release of endorphins for pain relieve - Deep relaxation of the body

Generating Qi Flow	Description	Breathing method	Time	Benefits/Focused
<p>Qi Gong Stance</p>	<ul style="list-style-type: none"> - Stand with feet shoulder width apart, toes pointing slightly inwards. Knees should be slightly bent and turned outwards comfortably. Toes should be visible on looking down. (=leg twist) - Tilt the pelvic forward and gently contract the anus (= pelvic lock) - Place 60% of body weight on the front ball of the feet. - Abdominal should be held firm (=abdominal lock) - Three points in line along vertical axis: Crown point (Bai Hui) / Perineum point which is between anus and genitals (Hui yin) / mid point between the two ball of the foot (Yong Chuan) - Keep your focus in front with the chin slightly tucked in (=neck lock) - Upper body should be relaxed with the arms hanging loosely. Palms facing the body, 4 to 6 inches in front of the thighs. Focus on the lower dan tian. - Stand with feet shoulder width apart, toes pointing slightly inwards. Knees should be slightly bent and turned outwards comfortably. Toes should be visible on looking down. (=leg twist) - Tilt the pelvic forward and gently contract the anus (= pelvic lock) - Place 60% of body weight on the front ball of the feet. - Abdominal should be held firm (=abdominal lock) 	<p>Fu breathing with the tongue curled up and touching the palate just behind the front teeth</p>		<ul style="list-style-type: none"> - Opens up the meridians and vital "gates" - Facilitate the flow of Qi in Du & Ren channels

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The Five exhalation techniques	Description	Benefits & Focused
FU	<i>Autonomic nervous system/Metal</i> Breath out through the nose with the tongue placed just behind the upper front teeth to act as a bridge for the Qi energy to flow down the front of the body along the Ren channel	<ul style="list-style-type: none"> - Activate autonomic (parasympathetic) nervous system & endocrine glands - An effective stress reliever as it induces relaxation & calmness. This breathing technique is used mainly in meditation. - Intensifies the electromagnetic energy in the hands for the purpose of healing others - Fu is related to metal element, like steel, this energy is cooling, contracting & absorbs external energy
CHUI	<i>Heart & Lungs/ Water</i> Pucker up lips and breathe out at a constant and controlled rate through pursed (whistling) lips. For soft chui, exhalation takes 9 to 12 sec while for strong chui, exhalation takes 6 sec.	<ul style="list-style-type: none"> - Stimulate the heart & lungs - Slow down the rate of breathing, reduce effort of breathing, relax heart muscles - Soft chui helps to reduce stress & anxiety and enhance the flow of blood & Qi into the heart. We use it in most of the circular flowing forms designed to loosen-up the body & to clear the blockages which obstruct the flow of Qi. - Hard Chui improves the functions of the lungs by clearing the respiratory system of stale air, it also helps to reduce inflammation. It is used to stimulate & energize the lungs. - Chui energy is related to the water element; it is flowing, descending, calming, fluid & flexible, yielding yet strong

<p>PI</p>	<p><i>Triple warmer/ Fire</i> Breathe out with short, forceful but rhythmic bursts of air through the nose with the tongue curled up and touching the upper palate just behind the front teeth and with lips closed but relaxed at all times. During the exercise, avoid swallowing your saliva which is alkaline & magnetised.</p>	<ul style="list-style-type: none"> - Stimulates the triple warmer meridians that controls the body's cardiovascular, respiratory, digestive & excretory functions. - Burns off blood sugar, cholesterol & other toxins from the lymphatic system. - Heighten mental alertness - Raises heat and energy levels by driving heated Qi up from the base of the spine (Hui Yin) to the crown of the head (Bai Hui). - Pi is related to Fire element, this energy is powerful, rising, heating, explosive and burning yet refining & purifying
<p>TU</p>	<p><i>Kidneys, liver, spleen & digestive organs / Wood</i> Breathe out in a controlled and forceful manner with a guttural "haaaa" during 6 to 9 sec. During the exhalation, keep the mouth and throat wide opened. Exhalation is assisted by contracting your lower abdominal muscles as well as the muscles on both sides of the body at the kidney level; the pelvis is kept locked by contracting the gluteal muscles of the buttocks as well as the anus. Those contractions allow Qi to be retained within the body for its use in self-healing.</p>	<ul style="list-style-type: none"> - Stimulates the kidneys, liver, spleen & digestive organs, and is used in exercises involving all organs below the diaphragm. - Builds up both internal & external strength - Tu is related to Wood element, it is strong, powerful, unyielding and yet expanding
<p>XI</p>	<p><i>Xi / Immune system, thyroid & thymus / Earth</i> Breathe out smoothly through clenched teeth with a long "hissing" sound for 6 to 9sec. During the exhalation, the neck muscles are slightly tensed.</p>	<ul style="list-style-type: none"> - Stimulates the thymus gland which is the "master" gland of our body's immune system - This technique is recommended for those who are suffering from underactive or overactive thyroid problems. - Related to Earth element, the energy produced is a stable, balancing & static form of energy

<p>The System of 5 essential</p>	<p>-The 5 breathing methods Fu/Chui/Tu/Pi/Xi</p> <p>-The 5 internal organs Lungs/Heart/Liver & Spleen/Kidneys/Digestive organs</p> <p>-The 5 Elements Vital Energy Techniques Metal/Wood/Water/Fire/Earth</p> <p>-The 5 Chi flows Blood flow (oxygen)/Heat flow/Electro-magnetic flow/Vibratory flow/Neuro-chemicals flow</p> <p>-The 5 compulsory basic exercises Hand flicking/Shoulder roll/Stretching/Swinging/10 postures meditation</p>	
<p>The Five precepts</p>	<ul style="list-style-type: none"> - <i>Still (&quiet) the mind</i> - 静 - <i>Relax and loosen up</i> - 放松 - <i>Sink down your centre of gravity</i> – 沉 - <i>3 locks: pelvic, abdominal & neck</i> - 收缩 - <i>Focus – use your Yi to focus your Qi into lower Dan Tian</i> – 意守丹田 	<p>Be in the right frame of mind and physical relaxation to get best results from CD training</p>
<p>The 5 fundamentals</p>	<ul style="list-style-type: none"> - <i>Still (&quiet) the mind</i> - <i>Relax and loosen up</i> - <i>Be humble</i> - <i>Inner smile</i> - <i>Focus</i> 	

DOWN MEMORY LANE...

In June 2003, the fledgling Chi Dynamics Malaysia Chapter organised a Qigong retreat in Lucky Valley, Muadzam Shah in Pahang. About 120 people attended, including instructors and members from Singapore and Australia.

Were you there? Can you recognize who were there?

