



# CHI CHAT with Grandmaster

Issue 09

18 February 2014

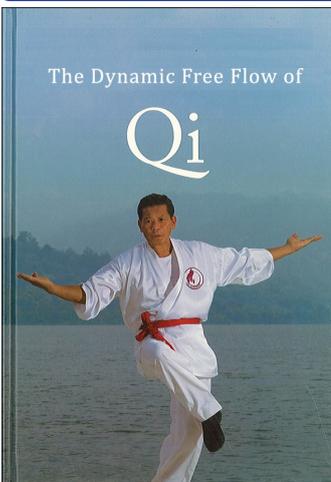
*This publication is for internal distribution to CDI members only. If you have any feedback, questions and/or experiences to share, please email me at [gmasteranthony@gmail.com](mailto:gmasteranthony@gmail.com). Your contribution will be very much appreciated.*

**Grandmaster Anthony Wee**

## In this Issue

- From the Grandmaster's Desk 1
- Ask Grandmaster 2
- Qi Healing Workshop 2
- The Five Essential Methods of Breathing 3

 Find us on: **facebook**



**The Dynamic Free Flow of Qi**  
by Grandmaster Anthony Wee

**Price: S\$40**

To purchase a copy, please contact your Centre Instructor.

## From the Grandmaster's Desk

Since my last update, I am glad to report that preparations for our forthcoming May workshop are moving forward smoothly as planned.

The Organising Committee headed by **John Tee** is currently getting the nitty-gritty aspects of the workshop in place and I expect it will be all systems go very soon.

Meanwhile, I trust you are aware that we have set aside 150 tickets at a special price of \$50 for our members before opening ticket sales to the public. These 150 "early-bird" tickets are available while stocks last or you register before 04 April 2014, after which tickets will be sold at the published rate of \$80 per participant.

**I strongly recommend that you book early through your centre instructors to avoid disappointment.**

Earlier this week, I had the pleasure of hosting a dinner for the Workshop Organising Committee and volunteers at Mushroom Café, MacRitchie Reservoir. Besides the opportunity for all present to be briefed and updated on the status of the Workshop preparations, the occasion was also for members to socialise and



**Members interacting and enjoying dinner**



**The Organising Committee deep in discussion**



get to know each other better.

I was indeed heartened to observe the warm camaraderie among the members and the way they are working closely together harmoniously. To all of them, many thanks again for chipping in your time, effort and resources to organise the workshop.

**Grandmaster Anthony Wee**



**Organising Committee Chairman John Tee leading the briefing.**

## Ask Grandmaster

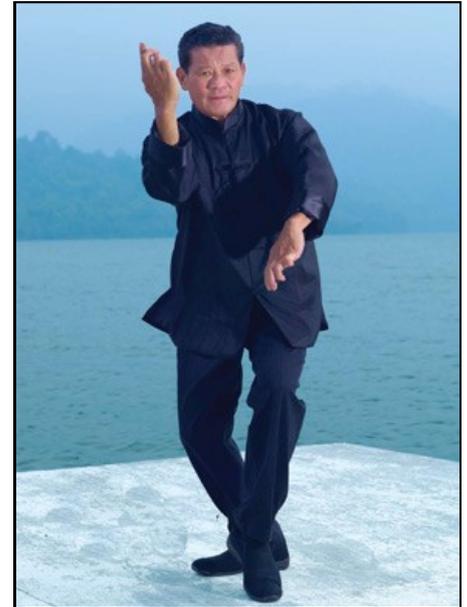
**Question:** In the last issue of Chi Chat, you mentioned that you will be talking about how the **5 Essential Methods of Breathing** are related to the **5 Elements of Energy**, and how they are used to stimulate the vital organs, at the 'Healthy Living' workshop on 04 May 2014. Can you please elaborate on this?

**Answer:** Yes, with the help of my team of qualified instructors, I will demonstrate how the 5 Essential Methods of Qi Breathing (**Fu, Chui, Tu, Pi and Xi**) are related to a broader spectrum of the 5 Elements of Energy (**Metal, Water, Wood, Fire & Earth**) and the stimulation of the vital organs. In summary:

- The '**Fu**' method of breathing which stimulates the nervous system and the brain is related to the '**Metal**' element in the gathering of Qi energy. It is frequently used in meditation, either in sitting or standing postures, and there are 10 standing postures in all.
- The '**Chui**' method of breathing which is frequently used in Block Breathing relates to the heart and the

lungs. An effective method to detox and to aid cancer patients in their recovery, it is also effective for those having cardio/respiratory ailments. The method engages the cool, cascading '**Water**' element energy to stabilise the over-heated '**Fire**' temperament energy.

- The '**Tu**' method is commonly used for the stimulation of the liver, spleen, kidney and digestive organs. Related to '**Wood**' Qi-energy that expands outwards from the core of Tan Tien (*the centre of 'acquired' Qi*), it strengthens bones, muscles and tendons.
- The '**Pi**' method is related to the '**Fire**' element which heats up the Triple Warmers, the three functions of the cardio vascular/respiratory, the digestive and disposal of waste and the reproductive functions of the organs which balances the hormones.
- Finally the '**Xi**' method is related to the '**Earth**' element that stabilises the energy within the systems. It also stimulates the 'Thymus' (*the Master*



*Gland of the immune system*) and the Thyroid glands. Although not commonly used, it is effective as a balancing energy when one feels unstable and yet is unable to pin down the causes. Meditation with this breathing technique is recommended.

**For more on the 5 Essential Methods of Breathing, please turn to the next page.**

## Topics for the March Qi Healing Workshop

The **4th Qi Instructors & Healers Workshop** will be held on Sunday, 02 March 2014 from 3pm to 5pm.

The topics **Grandmaster Anthony Wee** will be covering include:

- The 9 Master points every Qigong exponent should know.
- How to stimulate these points by touch and non-touch techniques, and by special breathing exercises with gentle stretching and rotating movements.
- How the stimulated points trigger the meridians that are magnetically connected to the organs (*the heart, the lungs, the kidneys, the digestive*

*and the nervous systems*).

- The '**Triple Warmers**' - what and where they are located, how they are stimulated, whether they can be left unheated and their relationship to Qigong exponents.

There is a token contribution of \$30 for members attending this special workshop.

However, all instructors, guests of the Grandmaster, members of the Organising Committee of our forthcoming May "**The Natural Path to Healthy Living**" workshop and staff members of the Komoco Group of Companies are exempted.

If you have not already signed up for the

workshop but wish to attend, please email [gmasteranthony@gmail.com](mailto:gmasteranthony@gmail.com) as soon as possible.



# THE FIVE ESSENTIAL METHODS OF BREATHING

Each of the five unique exhalation techniques (*Fu, Chui, Pi, Tu and Xi*) formulated by **Grandmaster Anthony Wee** has particular effects on the body and each relates to one of the five elements (*metal, water, fire, wood and earth*).

In order to attain and maintain good health, there must be a balance in the functions of each organ and its related elements in the body. The application of Grandmaster Wee's breathing techniques helps to bring the body in harmony with the outside forces of the earth and universe in order to achieve good health and self-healing.

## PI (Related Element: FIRE)

**Technique:** 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 and magnetised.

### Benefits & Uses:

- Stimulates the triple warmer meridian that controls the body's cardio-vascular, respiratory, digestive and excretory functions.
- Burns off blood sugar, cholesterol and other toxins from the lymphatic system.
- Heightens alertness & raises heat & energy levels by driving heated Qi up from the base of the spine (Hui Yin) to the crown of the head (Bai Hui).

## FU (Related Element: METAL)

**Technique:** Breathe out through the nose with the tongue placed just behind the upper front teeth to act as conductor or bridge for the Qi energy to flow down the front of the body along the Ren (or Yin) channel.

### Benefits & Uses:

- Activates the autonomic nervous system and the endocrine glands.
- An effective stress reliever as it induces relaxation and calmness.
- Intensifies the electromagnetic energy in the hands for the purpose of healing others.
- This energy is cooling, contracting and absorbs external energy for the practitioner's benefit.

*"It is estimated that 90% of people do not breathe properly by taking in shallow breaths into the upper chest. Such shallow breathers are prone to tension and mood swings"*  
- Grandmaster Anthony Wee

## TU (Related Element: WOOD)

**Technique:** Breathe out in a controlled and forceful manner with a guttural "haaa" (sound to last 6 to 9 seconds). During the exhalation, keep the mouth and throat wide open. Throughout the exercise, the pelvis is kept locked by contracting the gluteal muscles of the buttocks and the anus.

### Benefits & Uses:

- The technique stimulates the kidneys, liver, spleen and digestive organs, and builds up both internal and external strengths.
- The contraction of the lower abdominal muscles and the muscles of both sides of the body at the kidney level allows Qi to be retained within the body for use in healing.

## CHUI (Related Element: WATER)

**Technique:** Pucker lips and breathe out at a constant and controlled rate through pursed (whistling) lips. For 'soft' chui, exhalation takes 9 to 12 seconds; the longer you take to exhale, the more alkaline and relaxed your body will be. 'Strong' chui exhalation should take 6 seconds to complete. However, exhalation time may be extended for those suffering from asthma or other respiratory problems.

### Benefits & Uses:

- Stimulates the heart and lungs.
- Slows down the rate and effort of breathing, and thus bestows a beneficial health effect.
- Soft Chui helps to reduce stress and anxiety, and enhances the flow of blood and Qi into the heart.
- Hard Chui improves and maintains the lung functions by clearing the respiratory system of stale oxygenated air. It also helps to reduce inflammation.

## XI (Related Element: EARTH)

**Technique:** Breathe out smoothly through clenched teeth with a long 'hissing' sound for between 6 and 9 seconds. During exhalation, the neck will be slightly tensed up.

### Benefits & Uses:

- This technique stimulates the thymus gland — the 'master gland' of our body's immune system.
- The energy produced is a stable, balancing and static form of energy that stimulates the immune system, thyroid and thymus.
- This technique is recommended for those who are suffering from underactive or overactive thyroid problems.