



CHI CHAT with Grandmaster

Issue 13

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This personal message is for internal distribution to CDI members only. If you've any interesting health-related experiences to share with our readers, please email to gmasteranthony@gmail.com.

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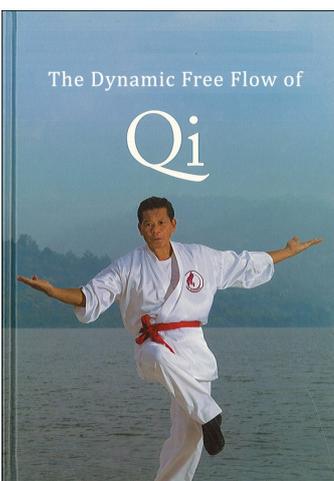
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A Resounding Success! *Kudos to our volunteers!*



The volunteers and the Masters (seated from left: Grandmaster Anthony Wee, Shaolin Master Shi Di Hong, Sifu Loo Kok Seng and Master Dennis Wang. Silat Master Sheik Alau'ddin is not in the photograph)

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The Dynamic Free Flow of Qi
by Grandmaster Anthony Wee
Price: S\$40
To purchase a copy, please contact your Centre Instructor.

After five months of planning and hard work, "The Natural Path to Active Living" workshop finally took place last Sunday. Judging from the level of participation and enthusiasm displayed, the event was a tremendous success with the day's programme being executed so seamlessly and professionally.

The volunteers and members of the organising committee definitely deserve full marks for the fantastic outcome! Backing this up, Grandmaster Anthony Wee said "**The organising committee so ably led by John Tee is my best committee since the revamp of Chi Dynamics. Thank you all for your fine efforts. The**

camaraderie you displayed augurs well for the future of Chi Dynamics".

The Workshop kicked off with a delightful performance by the Wushu Kids from Poi Ching School.

Following John Tee's welcome address, Grandmaster Anthony Wee took the audience through "The Intricacies of Qi Essentials" with demonstrations by his team of senior instructors.

Singapore's sporting legend Sheik Alau'ddin then took over the stage with a presentation on how the Silat art of defence plays a part in fitness and health, before Shaolin Master Shi De Hong captivated the

audience with the traditional 8 Brocade exercises.

After the lunch break, Master Dennis Wang held the audience spellbound when he demonstrated how to induce a state of tranquility to overcome stress and tension. Next, Shaolin Master Shi presented how YiJinJing and XiSuiJing can help to strengthen muscles and tendons. According to a Chinese saying shared by Master Shi, the stretching of the tendon by one inch could add an additional 10 years to one's life span.

The final item before question time was the awesome display of internal Qi strength by Sifu Loo Kok Seng and his team.

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Shaolin Master's special training for Volunteers



As our volunteers at Sunday's workshop were busy ensuring that everything went on smoothly, some of them may have missed out Shaolin Master Shi De Hong's presentation. Because of this, Grandmaster Anthony Wee arranged for Master Shi to conduct a special training session at the Alexandra Centre for these volunteers on Tuesday 06 May'14 evening.

After Master Shi's informative and entertaining presentations on Sunday, it was not surprising that many of the volunteers as well as regular members turned up for the special training session.

Before the training session began, Grandmaster Wee warmly welcomed Master Shi and Master Dennis Wang to the Chi Dynamics (CD) family with the announcement that he has appointed Master Shi as CD's Special Shaolin Qigong Advisor and Master Wang as CD's Honorary Patron.

After the presentation of certificates of appointment, Grandmaster Wee commented, *"Because of our shared values and close collaboration, it is only logical that we join forces and move forward together. The ultimate aim is to cast our nets wider and share our respective art forms with others."*



For the volunteers and members, it was an evening very well spent as they found Master Shi's presentations most interesting and enlightening.

Besides showing how YiJinJing exercises help to strengthen muscles and tendons to promote strength, flexibility, speed, stamina, balance and coordination of the body, Master Shi also demonstrated how the XiSuiJing exercises purify the body and the mind through the regulation and enhance-

ment of the body's internal energy, blood fluids and nutrients. The key benefit of the YiJinJing and XiSuiJing exercises is that the stretching and strengthening of the tendons and muscles help to stimulate and activate the various organs to improve health.

As the photograph at the top of the page shows, the group thoroughly enjoyed Master Shi's training session.

Tan Kim Seong — “The Gallant One”!

Whilst the English Premier League has “The Special One” and “The Chosen One”, do you know that over here in Chi Dynamics we have an instructor known as “The Gallant One”?

This gentleman is none other than the affable **Tan Kim Seong** who has a remarkable track record of ‘rescuing’ damsels in distress.

A former M&E Consultant Engineer specialising in the construction of electronics and semi-conductors factories, Kim Seong (aged 66) is retired and now shuttles between Kuala Lumpur and Sydney, Australia where he and his family have settled. He is an instructor at the Bandar Utama Centre, Petaling Jaya whenever he is back in Malaysia; he also teaches and serves as Deputy Chief Instructor at Chi Dynamics’ Sydney Chapter which has a growing number of Qigong enthusiasts.

We caught up with Kim Seong for a chat recently when he was in Singapore to attend “The Natural Path to Active Living” workshop. Below is what he shared with us.

Chi Chat: Kim Seong, how did you get started with Chi Dynamics?

Kim Seong: It all began around 2003 when it dawned upon me that since my late father was diabetic and had osteoporosis and high blood pressure, and my mother was also hypertensive, there was a very high probability that I may also be likewise in the future. So I decided to do something about it and after some research into the options of staying active and healthy, I joined Chi Dynamics’ new centre at Banda Utama. I was in fact one of its charter members!

Chi Chat: And what happened next?

Kim Seong: After joining the centre and reading Grandmaster’s book “The Flow and The Power of Chi Dynamics”, I was certain that I made the right decision as the Chi Dynamics exercises and movements were a tremendous help in improving my health. However, what pleased me most was when I realised my dream of climbing the 4,095.2 metres Mount Kinabalu in 2005. This feat would not have been possible if not for three months of intensive Chi Dynamics block breathing and exercises in preparation for the adventure of a lifetime. Since then, I went on to qualify as an Assistant Instructor in 2006, and subsequently as an Instructor in 2008.

Chi Chat: What motivated you to become a Chi Dynamics Instructor?

Kim Seong: I enjoy teaching and sharing with others the many benefits Chi Dynamics has to offer. I also find a lot of satisfaction whenever trainees with medical and/or health challenges under my charge show significant improvement in their health and general wellbeing.

Chi Chat: Do you have any interesting anecdotes to share with our readers?

Kim Seong: Yes, I would like to relate two incidents where my Chi Dynamics training was put to good use. The first occurred on a tour in Kunming, China when one of the tour members ran out of breath whilst climbing up a low rise hill and started to convulse. I went to the rescue, held her hands to calm her down, and told her to follow my instructions to take deep breaths rhythmically. After a while, she calmed down and eventually recovered well enough to continue with the rest of the Kunming tour.

Chi Chat: And what was the other incident?

Kim Seong: The second incident happened in a market when a lady walked up to me and ask, “Uncle, can I hold your hands?” I thought it was my ‘lucky’ day but when I discovered that this lady was about



Tan Kim Seong with Grandmaster Wee at the recent workshop

to faint, I quickly led her to a bench to sit down. I told her that I was a Qigong instructor and guided her to do deep rhythmic breathing. She was very weak but slowly regained her breath after following my deep breathing instructions. She was grateful for my assistance and told me that she was going through a stressful time and hardly slept for two weeks after her husband had suffered a stroke. As with the lady in Kunming, I was pleased that I could be of help to damsels in distress.

Chi Chat: Thank you for sharing with our readers, Kim Seong. Do you have any helpful advice for our members?

Kim Seong: My advice is to prepare well for retirement, especially where health is concern. If you are blessed with good health, it means you are not a huge burden to your loved ones in your golden years. Age gracefully by keeping yourself occupied with hobbies and most importantly, making sure that you have a daily dose of exercises. Lastly, I would like take this opportunity to thank Chi Dynamics for preparing me well for my retirement.

Ask Grandmaster

Question:

Christian friends of mine tell me that the practice of Qigong meditation is an occult practice which borders on witchcraft and devil worshipping. It seems that there are cases of practitioners having visions and hearing voices during meditation and some are even driven to consider suicide.

Can you please comment on these claims?

Answer:

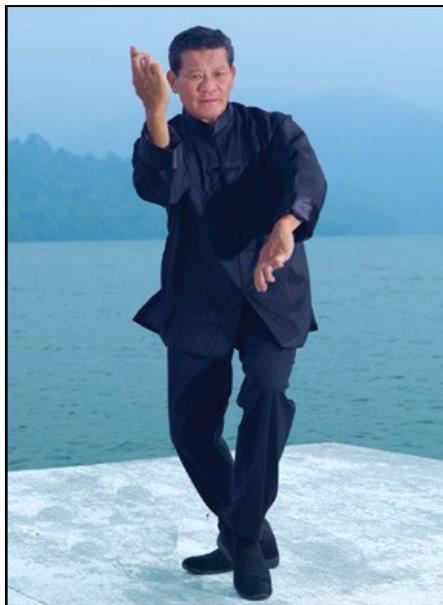
Historically, Qigong preceded all known religions by thousands of years. Its origins can be traced back to prehistoric times when human beings in days of yore would gather around a fire at night to relax and rest their minds and bodies after a hard day's work hunting and farming.

As prehistoric cave drawings suggest, the fire flames had a meditative effect as it induced the ancient cavemen to unwind and restore their strength by doing stretching and rhythmic dance movements imitating animals. Evidently, these activities, including breathing exercises, were found to be beneficial to the body and soul, and they soon became a norm – long before religion came into the picture.

I would like to state categorically that the practice of Qigong is for relaxation, self-healing and good health, and has absolutely nothing to do with devil worship. The fact that it is now practised and accepted by millions of people around the world underscores its health benefits.

It is interesting to note that the ancient people knew all along thousands of years ago that breathing meditation is a good way to relax their minds and bodies. Scientists of our time found this out only about 50 years ago when they confirmed the existence of four types of brain wave frequencies, of which the Alpha wave frequency of between 7.5 to 14 Hz is optimal for relaxation and for the brain to function at its best.

Brain waves are measured in cycles per



"Meditation harmonises your mind, spirit and body, and is a powerful tool to self-heal your body."
- Grandmaster Anthony Wee

second (Hz) and the characteristics of the four types (Beta, Alpha, Theta and Delta) are summarised below:

- **Beta Waves (14-40 Hz)**

This range of brain waves is associated with normal consciousness in an adult's day-to-day activities like thinking, reading and communicating. The

lack of beta activity may lead to mental and emotional problems such as stress, anxiety, depression and insomnia, and invariably to health problems. Conversely, concentration, energy levels and alertness can be improved by stimulating beta activity.

- **Alpha (7.5-14Hz)**

Alpha waves take over when the brain is relaxed, like when you are enjoying a TV programme, daydreaming or meditating. With the body being calmer and more relaxed during this state, heart beat slows down and this allows the body time to regenerate; the brain will also function at its optimal level. At the same time, the tranquil state may alleviate pain, discomfort, stress and anxiety.

- **Theta (4-7.5 Hz)**

These waves are present when you are in a high state of relaxation and when you doze off. In this somewhat drowsy and meditative state, great inspiration and exceptional creativity will be experienced.

- **Delta (0.5-4Hz)**

This range is experienced when one goes into dreamless and deep sleep. The deep sleep state is associated with the healing process.

