



# CHI CHAT with

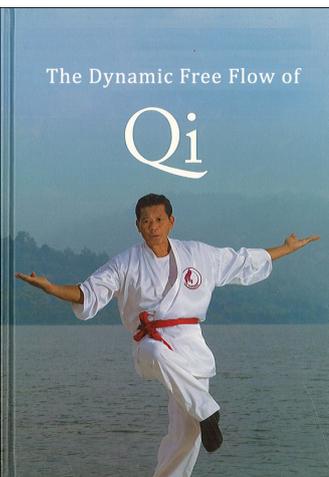
Issue 15

10 June 2014

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

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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.

## From the Grandmaster's Desk

It has been ten months since this Chi Chat publication was launched and we are already into our 15th issue. Time has certainly flown past rather quickly.

If you have visited our new website recently, you will notice that it is taking shape. We now have copies of all Chi Chat issues and the entire Cancer Care booklet featured online; notes and charts are also available for downloading under the Training Aids section and the population of Testimonials is in the pipeline.

I sincerely hope that Chi Chat and our website, together with our social media presence on FaceBook and YouTube video, are all playing their part in keeping members informed of activities within the Chi Dynamics community and also serving as channels for members to communicate and share experiences with each other. If you have any feedback and suggestions to help us improve these interactive publications and electronic communication channels to make them more relevant to our members, please do share them with me.

I was pleased to learn from the "Active Living" workshop Finance Committee that we registered a small surplus at

the end of the event — thanks to the generous support of our sponsors and the committee's prudent management of funds. As the surplus is not huge, the committee has recommended that we retain the amount and use it to fund our future workshops.

***I fully support this proposal and henceforth, all our workshops will be free to everyone, including the public.*** This move is in line with our objective to reach out to a wider audience. I also reckon it will encourage more of our members to be trained to share the benefits of our brand of Qigong with others, especially with those suffering from cancer.

I would like to reiterate that it is my intention for Chi Dynamics to continue serving the community unconditionally

and in this connection, I wish to thank you all for helping me achieve this quest.

I was happy to see the good turnout of participants for the "Combating Pain and Discomfort" workshop. As some of you may have noticed, we have improved our presentations by projecting Power-Point slides onto a big screen instead of the small flip chart.

In the last issue, I touched on plans for more retreats before the end of the year. ***Thanks to suggestions received from members, I have now decided to have just one planned in the second weekend of October in Medan, Indonesia, which is easily accessible for our Singapore and Malaysian members.*** Planning is now in progress and details will be announced as soon as they are finalised.



## My Cancer Healing Journey—by Michelle Yong

In November 2011, I discovered that I had Stage 2 Breast Cancer after a tumour was removed from my left breast. Instead of undergoing chemo/radiotherapy after the surgery, I decided to change my lifestyle by going on a healthy diet of 2-3 portions of fish/chicken weekly, fruit juices and exercise. I was happy to go back to work after a month's rest but unfortunately another lump appeared in April 2012 and had to be removed immediately.

After the second surgery, I opted for chemo/radiotherapy treatment and underwent six cycles of chemotherapy and 25 days of radiotherapy between May and August 2012. Whilst continuing with my vegetarian diet, I also took up Qigong exercises and enhanced my spiritual beliefs.

It was after a week into my chemo treatment that I learned about Grandmaster Anthony Wee's book from my cousin. We immediately looked up the Chi Dynamics' website and I signed up for the classes. Since then, with both my cousin and sister's support, we travelled 40 km every day to attend Khadijah's class for the next three months.

Basically, the Chi Dynamics therapy is simply regular doses of Block Breathing, exercises and a healthy diet. As it worked so marvellously well for me, please allow me to share my experience with you.

### My daily routine

I start each morning by drinking four cups of filtered water before doing 30 minutes of Block Breathing, after which I would drink a cup of fresh vegetable juice and then proceed to do my Qigong exercises.

Breakfast is next, followed by another 30 minutes of Block Breathing.

I would complete another two more sessions of Block Breathing before the end of the day. In between these sessions, I keep myself occupied with washing, cooking and walking my two dogs.

On certain days, I could manage to squeeze in an additional session of Block

Breathing which I find so beneficial.

In addition to my daily routine, I also attend Grandmaster's weekly cupping treatment on Saturday mornings to boost my immune system.

After each cupping treatment, I find that I could breathe very deeply during my Block Breathing sessions for the next couple of days.

### How Block Breathing has benefitted me

As you will gather by now, Block Breathing has so far played a very important role in my cancer healing journey. Here are the reasons:

- After each session of Block Breathing I would feel fresh, relaxed and rejuvenated.
- My appetite during treatment and until today has been very good. Many of my friends were pleasantly surprised that I could out eat them!
- I was warned of mouth sores, but luckily I only experienced very light peeling of skin in the mouth. I also practised 'oil pulling' in the mornings and use a herbal-based toothpaste.
- When I have trouble falling asleep some nights, Block Breathing does wonders to help to calm my anxious feeling of not being able to sleep. In-



*Michelle posing with Shaolin Master Shi De Hong*

variably, I would fall into deep sleep whilst practising Block Breathing.

- Block Breathing certainly generates quality sleep. Although I sometimes manage with only 4-5 hours of sleep after Block Breathing, I would still be able to wake up fresh to perform my daily routine. Seeing how much I have benefitted from Block Breathing, my husband also picked up deep diaphragm breathing and this has helped him tremendously in falling asleep almost immediately every night!
- I was warned of nausea after chemo treatment but fortunately I never experienced it. There were occasions when I felt nausea coming on but it would just go away as soon as I lie

*... continued on page 3*

*“Seeing how much I have benefitted from Block Breathing, my husband also picked up deep diaphragm breathing and this has helped him tremendously in falling asleep almost immediately every night!” - Michelle Yong*

## My Cancer Healing Journey—*continued from page 2*

down for a Block Breathing session.

- My body joints, especially at the pelvic and lower back areas, would ache for 1 – 2 days after chemo. However, the aches would disappear after a session of Block Breathing without having to take the medication prescribed by my oncologist, who was not at all pleased when I told him that I don't need the medication after my first visit.
- On days whilst waiting to see my doctor, I would keep myself busy practising Block Breathing in my seat. Unknowingly, this helped me to maintain normal body temperature and blood pressure readings.
- Another noticeable benefit I experienced is that Block Breathing relieves the discomfort of the tightening feeling of my left breast when I first lie down.
- There were times when I experienced dizzy spells after rushing around in between house chores and appointments but here again, just 10 minutes of Block Breathing would set me up as good.
- So far, I have experienced three inci-

dents of skin rash (*twice during chemo treatment and once couple of months ago*). My oncologist prescribed two tubes of medication for me to apply and I was instructed by the pharmacist to stop using it as soon as the rash has subsided because the medication contained steroid. I never used it. Each time I felt itchy, I would focus on deep breathing or slapping (*paida*) wherever that was itchy. The rash would last 4-5 days.

- **On my last visit to my oncologist after completion of all my treatment, I presented him all the unused expensive medication he had prescribed me, to be given to his patients who could not afford them.**

After two years since I first started my chemo treatment, I continue to practise an hour of Qigong exercises in the morning and at least 2-3 sessions of Block Breathing daily. I am also attending Grandmaster's cupping treatment sessions.

I strongly believe that Block Breathing has helped me calm my anxieties, manage my body aches and rashes, sleepless nights, overall oxygenating and energising my entire body.

In the words of Grandmaster Wee: "*We have to fight cancer at all frontiers, by conventional treatment, Qigong, dieting, etc and Block Breathing serves as a daily 'medication' to counter the cancer cells. We therefore need to practise it at least 4 times a day*".

*Michelle Yong (May 2014)*

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*We therefore need to practise it at least 4 times a day"*

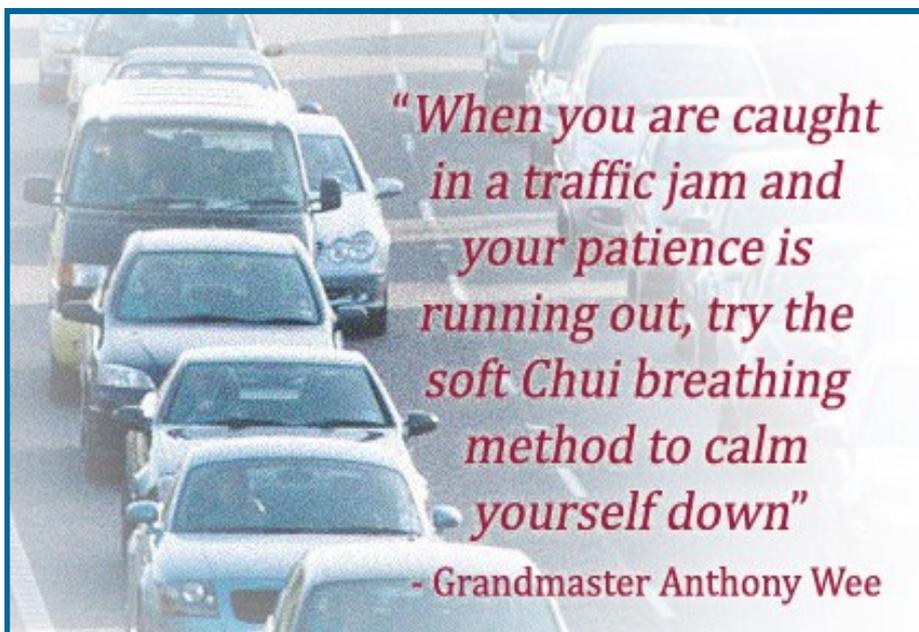
**- Grandmaster Anthony Wee**

### Healing Sessions at Subang Jaya

Grandmaster Anthony Wee is conducting **FREE** healing sessions **for members only** at the Main Training Centre, Subang Jaya on Saturdays, 10 am to 12 noon.

For appointments, please contact **Mary Heng** mobile [+60126713823](tel:+60126713823).

***Donations are welcome.***



## Ask Grandmaster

**Question:** I am considering to qualify as a Chi Dynamics instructor. Can you please advise me the pre-requisites to be an instructor?

**Answer:** In a nutshell, the pre-requisites are **passion and commitment, strong interpersonal and communication skills** and **exemplary leadership**. Let me elaborate further.

As you are the focus of attention by your trainees, personal grooming is important. Be sure you look your best and that you are neatly attired.

Communicate with your trainees confidently in a clear and audible voice to display your enthusiasm. In your delivery, keep your tone and facial expression pleasant, and remember to look at your trainees when you are speaking to them.

Get to know your trainees well, build up a rapport with them and set a pace that suits them best. For example, set a slower pace for a low energy group and step up the tempo to a higher level as and when the trainees begin to feel the Qi flow.

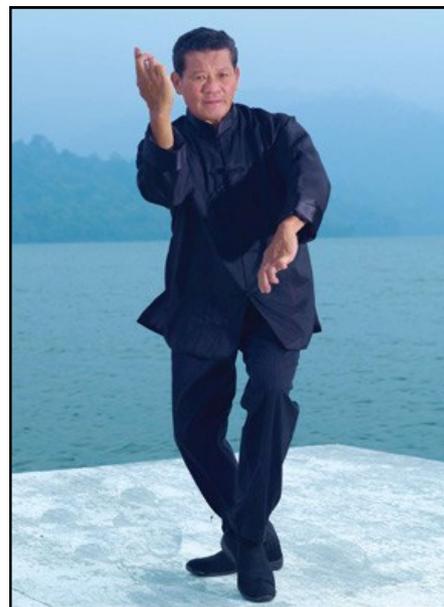
Good instructors often rehearse what they are going to teach thoroughly until they are able to deliver their instructions confidently and naturally. **Practice makes perfect**. They do not take things for granted

and often review the exercises by reading my book and training manual, and also try out the exercises themselves to feel the effect before each class.

Good instructors also make their lessons interesting by mixing and matching the exercises to suit the trainees; some even set a theme for each training session. However, instructors need to be sensitive to their trainees' responses to their training. If they are not enthused and motivated, or are not benefitting from the exercises, instructors should ask themselves why. Are they too self-conscious, too egoistic, too flippant or just unprepared? When such situations arise, they should take a critical look at themselves and take corrective steps to improve their weaknesses.

Above all, aspiring instructors must demonstrate their passion for the art and lead by example.

It takes about 14 months for a trainee to be certified as an Assistant Instructor, and a further 12 months to be a full Instructor. Assessments are stringent to ensure high standards of instruction are maintained. Candidates are also required to clock in attendance of at least 75% during the training period.



In addition, re-assessments are conducted periodically to ensure a high standard of training is maintained.

I would like to emphasise that no one is permitted to teach at our Centres unless he or she is certified by me. This includes Assistant Instructors who are permitted to instruct only under the supervision of a certified Instructor. Those who are not actively teaching for various reasons have the option to be certified annually, so that they may resume teaching when time and circumstances allow them to.

**Question:** There seems to be lots of controversy about drinking ionised alkaline water. What are your views on this?

**Answer:** Let me start by stating that the extent of acidity and alkalinity of substances and liquids are determined by their pH\* level, which is a scientific measurement of the number of hydrogen ions with pure water as the base (\* pH stands for "Potential for Hydrogen").

Pure water is neither acidic nor alkaline. On a scale of 0 to 14, its pH rating is 7. If the pH rating moves above 7, it is considered alkaline; conversely, it is deemed acidic when the pH is below the 7 mark.

The water that comes out of our taps is by no means pure for economic and pragmatic reasons. Most cities alkalise their water supply by adding minerals to raise the pH because acidic water causes damage to concrete drain pipes and copper piping. On the other hand, higher alkaline water tends to form deposits which thickens and ruptures the pipes over time.

I believe drinking alkaline water will do your body more harm than good as some of your body's organs are either naturally acidic or alkaline. For example, the stomach produces highly acidic gastric juices to digest food that reaches it, while bile reverses it to alkaline through the intes-

tines. Hence, alkaline water may adversely affect the stomach which needs to work overtime to produce more acid to digest food, and this could lead to indigestion and stomach ulcers. Furthermore, the higher percentage of metals present in alkaline water may cause thyroid gland problems.

***In the absence of scientific evidence to support the supposed health benefits of alkaline water, my advice is to stick to clean natural water that is filtered and boiled. Don't waste your money on water ionisers or be duped into drinking alkaline water.***

# Certified Chi Dynamics Instructors in Singapore



**Sifu Roland Hong**  
*Senior Instructor*



**Sifu Michael Kang**  
*Senior Instructor*



**Lawrence Chong**  
*Senior Instructor*



**Chiang Sing Jeong**  
*Senior Instructor*



**Royston Tan**  
*Instructor*



**Arthur Low**  
*Instructor*



**Nancy Tan**  
*Instructor*



**Shum Siew Khoon**  
*Instructor*



**Michael Koe**  
*Instructor*



**John Tee**  
*Assistant Instructor*



**Richard Hou**  
*Assistant Instructor*



**Leonard Cheng**  
*Assistant Instructor*

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