



CHI CHAT with Grandmaster

Issue 20

09 September 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.

In this Issue

From the Grandmaster's Desk	1
SJ Chiang—Naturalist & Entrepreneur	2
Activating the Belt Channel Workshop	4
Ask Grandmaster	5
Invitation to a Free Talk-cum-Demonstration by Grandmaster Wee	6

APPOINTMENT



Grandmaster Anthony Wee is pleased to announce the appointment of **Michael Koe** as the instructor-in-charge of Chi Dynamics' centre at Botanic Gardens with immediate effect.

Michael's mobile contact is 9836 7151.



MEDAN RETREAT

I am very pleased to report that nearly 40 members, including several from Malaysia and Thailand, have already registered for our Medan Retreat at *The Hill Hotel & Resort Sibolangit* from 10 to 12 October 2014. This encouraging response is well beyond my expectations as I was hoping for an attendance of about 30 members.

Registration will close on 15 September 2014 or sooner if all places are taken up. If you have not already done so and wish to attend, please register as soon as possible to avoid disappointment.

SHARING THE BENEFITS OF OUR BRAND OF QIGONG

The Chi Dynamics brand of Qigong is now practiced by many people around the region to enhance and maintain a healthy and active lifestyle,

and also for self-healing. The unique diaphragmatic breathing techniques and exercises that I developed have worked well for many people and, with the help of my sponsors and volunteers, I intend to continue sharing the many benefits with others through regular training classes and free workshops.

SEPTEMBER WORKSHOP



The *Activating the Belt Channel* workshop on 06 September'14 was attended by about 40 health conscious participants. Sponsored by Komoco Motors, this free workshop focused on exercises and proper breathing methods that help to burn out fats and sugar in the blood, reduce and control weight, slim the waistline and relax the mind and body (see page 4 for more workshop highlights).

THE EMERGENCE OF 'MEDICAL QIGONG'

Although Qigong has been in existence for thousands of

years, Western society is only now beginning to accept that Qi energy can be harnessed for medical therapy. Evidence that Qigong exercises can improve one's health and are beneficial to the various functions and organs of the body are already well documented, and there are numerous ongoing scientific studies on Qigong as an effective eastern 'alternative medicine'. The fact that the International Medical University (IMU), Malaysia invited me to participate in the *International Conference on Healthy Ageing: Bridging Science and Health Care* speaks volumes for the acceptance of Qigong by the Western medical fraternity.

At the Conference which will be held in Kuala Lumpur on 19 October 2014, I will be showing the participants how the Chi Dynamics brand of Qigong can help them stay active and healthy into their golden years. For more details, please see page 4.

It looks like October is going to be an eventful month for Chi Dynamics and I look forward to your participation in the Medan Retreat and the special workshop in Kuala Lumpur.

Grandmaster Anthony Wee

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Senior Instructor

S. J. CHIANG

Naturalist & Entrepreneur



Senior Instructor **Chiang Sing Jeong** may be a familiar face at Chi Dynamics' Botanical Gardens and Alexandra Centres but not many members are aware that this affable gentleman is an ardent naturalist and successful entrepreneur.

Popularly known to members as SJ, he built the first Butterfly Park and Insect Kingdom in the region and was part of the creative teams behind the conceptualisation of several museums in China. Besides being active in community service, he is also in the food business, which took off with Sarpino's Pizza some years back. Today, besides a number of cafes and restaurants, his home-grown Pezzo Pizza chain boasts 17 locations in Singapore and with more in the pipeline soon.

Happily married with 3 children and 1 grandchild, SJ is a popular instructor whose classes are both enlightening and entertaining. To get to know him better, we spoke to him recently and this was how our conversation went.

Chi Chat: SJ, please tell us a little about yourself.

SJ Chiang: I grew up in a simple environment, where there were plenty of opportunities to come into contact with nature. As a curious child, I was captivated by the little creatures and intricacies of the natural world. This interest only grew stronger as I shaped up as a young boy.

My first job in the working world was with a Japanese company, Bridgestone Tires. Thinking back, it was the start of my learning journey. I was deeply impressed by the company's unwavering strive for creativity, impeccable customer service and the highest product quality. My five years with the company would be a great influence in the next paths I took.

I returned to my first love – Nature – and

embarked on building the first Butterfly Park and Insect Kingdom in the region. While the notion of wildlife conservation usually revolves around large animal species such as the elephants and tigers, I believe that we should also do our part in protecting the smaller species which also play a vital role in maintaining the ecological balance.

Chi Chat: What other paths did you take?

SJ Chiang: Following the successful development of the Butterfly Park and Insect Kingdom, I ventured into the exciting and challenging arena of museums. I was indeed excited and honoured to be part of the creative team behind the conceptualisation of the Tianjing Natural History Museum, Hefei Natural History Museum and the Lianying Gang Natural History Muse-

um. It was such an immensely satisfying experience to share my knowledge on an international stage and to build these museums into reality.

Chi Chat: What about your food ventures? Please tell us a little about them.

SJ Chiang: I started my food venture at Sarpino's Pizza chain with a partner, Then, together with my son and a capable young team, we created the home-grown Pezzo Pizza brand in September 2012. Today, the chain has 17 outlets in Singapore and more are already in the pipeline. Our first overseas outlet has also just opened in Chengdu, China this month.

Chi Chat: That seems to be lots on your plate, SJ. So what's next on your agenda?

..... continued on page 3

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Senior Instructor S J Chiang—Naturalist & Entrepreneur continued from page 2

SJ Chiang: Currently, the creative streak in me sees me delving into further research and the development of innovative F & B products, while continuing to bring the Pezzo brand to greater heights with new products and new markets.

I am also looking forward to an exciting collaboration with the Singapore Science Centre to build another Butterfly Park and Insect Kingdom within the Centre.

Chi Chat: How did you get involved in Chi Dynamics Qigong as an instructor?

SJ Chiang: My first contact with Qigong was about 11 years ago during a business trip. I was experiencing stiffness in my arms and knees, and a friend of mine suggested that I take up Qigong. After a few months of practising Qigong, I could sense a significant difference in my health. My interest grew and I then took up a nine-month long instructor course two years later and eventually became a full-fledged instructor in 2005. Today, I am certified as a Senior Instructor by Grandmaster Wee.

Chi Chat: What is so good about Chi Dynamics brand of Qigong that made you become an instructor?

SJ Chiang: I appreciate the scientific methodologies behind the Chi Dynamics' brand of Qigong, especially how deep diaphragmatic breathing can truly do wonders for our health. When practising it, I feel a sense of peace and contentment in my

heart and most importantly, I feel a sense of balance in my life.

Whenever we feel scared or angry, I learnt that toxins are released in our bodies and these will harm us. With Qigong, I feel a strong sense of tranquility which calms me and enables me to control my temper.

I also find it fascinating to learn and experience the benefits of meditation. Furthermore, Qigong is also an anti-aging activity!

Chi Chat: Tell us how you manage to juggle your time between your business ventures, family obligations, grassroots activities and Qigong classes?

SJ Chiang: We all have the same 24 hours daily and I strive to make the best use of my time.

My daily routine usually kicks off early at 7am with a Qigong session at the Botanic Gardens, followed by breakfast with my fellow practitioners until about 10am. I will then spend the next couple of hours with administrative matters in the office.

After lunch, I will do my usual rounds at the various Pezzo outlets and also do feasibility studies of new projects and venues for my various businesses.

The day usually ends with Qigong classes which I teach about twice a week, and time with my family. My wife and I dote on our little granddaughter and always look forward to spending time with her; she is such a bundle of joy!

Chi Chat: We understand that you are also very much involved with community work. What motivates you to spend your time and energy on this?

SJ Chiang: Yes, I have been rather active in community service for a number of years organising events and community projects for the residents. I enjoy listening to



SJ Chiang receiving his Senior Instructor's Certificate from the Grandmaster

young people's ideas and aspirations, and it is always very meaningful to share my experience and help them turn their dreams into reality.

Chi Chat: What advice can you offer to budding CDI members who aspire to be Qigong Instructors?

SJ Chiang: In my teaching journey, I have learnt that there are several requisites to be an effective instructor.

Firstly, I reckon that it is most important to be a good example for your students and to practise what you preach.

Secondly, be very clear and concise in your instructions so that your students can learn and follow the steps easily when you teach and do demonstrations.

Finally, a relaxed and friendly approach is highly recommended as it creates a conducive environment for learning.

As Qigong has such an impact on my life, I always strive to share my experiences with all my students and everyone I meet. I sincerely hope that you too will also enjoy and share many meaningful and happy moments with others as well.



Pezzo's first overseas outlet in Chengdu, China



Activating the Belt Channel Workshop — by John Tee

The workshop commenced with floor exercises conducted by Senior **Instructor Royston Tan**. Participants were led through block breathing, leg raises, carp and lymphatic drainage stretches. The objective of these exercises is to condition the body, remove toxin and prepare the body for self-healing meditation.

Following the floor exercises, **Grandmaster Anthony Wee** took over to teach and lead the group on 'Activation of the Belt Channel' in both sitting and standing positions.

As the Belt Channel connects the *ren* and *tu* channels (i.e. *the autonomous and central nervous systems*), activating it is synonymous to activating both these channels – there lies its importance.

Sitting Position:

- The Belt Channel has 4 key points formed from the primordial point to just below the left and right floating ribs and on to the *ming men* on the back.
- Seated in a comfortable position on chairs, cushions or on the floor, what is important to participants is that they should be comfortable.
- Participants were first taught to focus on their primordial point (*Guan Yuan*) which is about an inch below the *lower dan tian*. The *Guan Yuan* is the seat of one's innate Qi; it is one that we are



Grandmaster Wee activating the Belt Channel in the sitting position

born with as oppose to the *lower dan tian* which is the seat of our acquired Qi, and which we can acquire and build.

- Participants were instructed to start with 10 long and slow *chui* exhalations before switching to *fu* exhalations while focusing on the 4 points in the Belt Channel with very slight and gentle rotation of the body in either direction of their preference.
- The hands then assumed *earth* position before progressing to *magnetic ball* and then *open hand* to harness Qi from the universe.
- The harvested Qi is then poured to the *bai hui* before the hands return to *earth* position to stabilise the Qi.
- Qi generated is then stored in the *lower dan tian* at which point the body

should slowly stop its gentle rotation with hands back to *magnetic ball*.

- As always, at the end of every meditation, closing exercise is performed.

Standing Position:

- Participants assumed the *qigong* stance to perform the *fong yang* swing. At the start, participants were taught to turn to the right and perform 3 exhalations before turning to the left and repeat the exhalations. 3 or 9 sets should be completed before reverting to the standard *fong yang* swing for at least 5 minutes.
- This is followed with the *ying version sword stretch* for at least 5 minutes.
- These exercises will activate the belt channel and have the added benefit of burning away blood sugar, reducing stress, toning the stomach muscles and reducing the waistline.

Han Yang Ru Yi Gong

Master Dennis Wang then taught some of the basic exercises for Han Yang Ru Yi Gong, the art that focuses on achieving stillness with movements to develop both the yang and yin Qi.

Participants were shown how to stand comfortably with the tail bone tucked in, and to keep the mental focus on the *lao*

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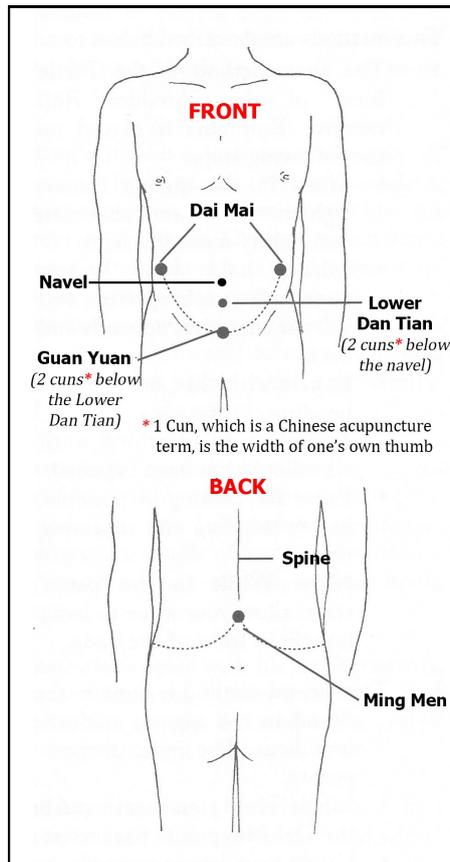
Ask Grandmaster

Question: Having heard so much about activating the *Belt Channel*, can you please explain what exactly is it?

Please also elaborate on the exercises to activate this channel and the benefits that we may derive from them.

Answer: The *Belt Channel* (or *Dai Mai*) is the Qi channel that flows around the belly, waist and lumbar circumference. It starts from the *Guan Yuan* point (the seat of *Primordial Qi* that one is genetically born with) which is about 4 cm below the navel and 2 cm down from the *Lower Tan Tian*. The flow then radiates upwards to both sides of the floating ribs and towards the lumbar *Ming Men* or *Gate of Life* point.

When Qi is activated along this channel, one's body tends to sway involuntarily in a circular movement which relaxes the tension of the lower lumbar and belly areas. Some find the involuntary movements very invigorating whilst others experience a meditative sense of bliss and serenity as they are transported into an inner space of altered consciousness. The circular movements may come easily and naturally after some practice sessions.



Some Qigong schools focus on just this exercise as their main draw to induce wellness; for Chi Dynamics, it is part of our



recommended range of exercises for active and healthy living.

The recommended exercises for the activation of the *Belt Channel* are the *Sword Stretch* (Ying Version), the *Fong Yang Swing* and the *10 Postures*. These exercises are not strenuous and are easy to master. Done correctly and regularly, they help to burn excess fats and sugar in the blood and helps to reduce weight and the waistline.

"Activating the Belt Channel" Workshop continued from page 4

gong as they breathe normally with palms and *lao gong* facing earth, and slowly raising the hands up by flexing the elbows.

- In the first exercise, the palms move slowly towards each other until they are about an inch apart. Then pull them apart slowly in the reversed direction and repeat the entire process again. The *lao gong* should always face each other and the movement is from the elbow with the wrist relaxed but locked.
- In the 2nd exercise, the palm faced outward and with slow flex from the elbow, push outward before pulling back and repeated.

- The 3rd exercise is with the arms lowered and the palms facing forward and slowly moved forward and then backward before repeating the process.
- The 4th exercise is *flushing* - the gathering the Qi from the environment and flushing it down the body from the *bai hui* down to the *guan yuan*. For this exercise, one has to stand with their toes slightly raised.

Master Dennis Wang stressed that what he taught was just an introduction to *Han Yang Ru Yi Gong*, and that more will be shared with participants at the Medan Retreat next month. John Tee



Master Dennis Wang explaining how to achieve stillness with movements

AN INVITATION

to a free talk-cum-demonstration on the health benefits of Qigong by Grandmaster Anthony Wee on Sunday 19 October 2014



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Catch Grandmaster Anthony Wee's presentation at the
"International Conference on Healthy Ageing 2014:
Bridging Science and Health Care" organised by the In-
ternational Medical University (IMU).

Attendance is free and you can also enjoy *free health
screenings* (see details below)!

VENUE: International Medical University, 126 Jalan Jalil Perkasa 19,
Bukit Jalil, 57000 Kuala Lumpur, Malaysia

DATE: Sunday, 19 October 2014

0900—1100: Open to the public. **Free health screening** by IMU faculty
and staff at various stations: Medicine, Pharmacy, Nutrition
& Dietetics, Chiropractic, Chinese Medicine, Dentistry, and
Bone Health screening by a private company.

1100—1200: Talk-cum-Demonstration on Qigong by **Grandmaster
Anthony Wee**, Founder of Chi Dynamics (International).

1200—1300: Sponsored lunch for 200 persons. Coupons will be given
after Grandmaster Wee's talk/demonstration.