

CHI CHAT with Grandmaster

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From the Grandmaster's Desk

MEDAN RETREAT

At the recent Medan Retreat, I caught up with **Ms Eu Hui Ling**, a member whom I treated about a year ago for her severe psoriasis condition. I was delighted to see her looking so well as her skin condition had improved so much since I last saw her.

Hui Ling shared with the participants at the Retreat the difficult journey she went through with her dreadful skin problem (see page 2 for her testimony). Her amazing recovery is attributed to her consistency in doing block breathing which reversed her impaired auto immune system, and of course her self-discipline and determination to self-heal the Chi Dynamics way.

I was one of the guest speakers at the **IMU Active Ageing Workshop** organised by the Alumni of International Medical University (IMU) in Kuala Lumpur, Malaysia recently. More than 50 participants attended my session on **"Qigong for Lifetime Wellness"** which focused on how Qigong exercises and breathing techniques can help them with their mobility, energy and health in their golden years.

Assisting me with the presentation was Senior Instructor **K. K. Kuan** who impressed the participants with a **"Human Bridge"** demonstration (see photo at the bottom right corner of this page and also page 4 for more Workshop highlights).

Christmas is just around the corner and soon we will be welcoming the New Year. And three months after that, we will be celebrating the 4th Anniversary of the Alexandra Centre in early March.

Time has certainly flown past very quickly. In the four years, we have achieved much. Membership has grown considerably; we have organised a number of successful workshops and off-shore retreats; and what I find most gratifying is the number of people whose health has benefitted from our classes and treatment ses-



sions. Qigong is in my blood and my mission is to share its many benefits with the community at large, especially with those with major health challenges like cancer. I cannot accomplish this undertaking alone but fortunately, there are many volunteers amongst us to help me. To these volunteers, they know who they are, thank you very much for your valuable time and resources towards this noble cause.

Grandmaster Anthony Wee



Grandmaster at the IMU Active Ageing Workshop

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This publication 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.



K.K. Kuan demonstrating the inner power of block breathing

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MY REMARKABLE RECOVERY FROM SEVERE PSORIASIS - *by Ms Eu Hui Ling (October 2014)*



Ms Eu Hui Ling

I have had psoriasis (*clinically diagnosed by doctors at the National Skin Centre, Singapore as atopic dermatitis*) since birth, and had, in my childhood, kept the condition under control using topical steroids and the occasional course of antibiotics whenever the symptoms got too uncomfortable to bear.

Knowing that the above methods could only provide temporary, symptomatic relief, and that the efficacy of the medicines could reduce over time and even cause undesirable side effects with prolonged use, I sought other forms of treatment, hoping to find a cure for my problem. I have tried TCM, acupuncture, homeopathy, naturopathy, but with dismal results.

Condition at its worst

In April 2010, one of the alternative treatments resulted in the worst flare I have experienced, and sparked off many agonizing years of countless lapses and hospital admissions. Four days after this treatment which involved natural herbal concoctions (*the ingredients of which were undisclosed to me*)



applied all over the body, my skin was uniformly covered in pus-filled sores, raw patches and damp scabs from head to toe; it was a dreadful sight as you can see from the photograph below.

I was immediately rushed to hospital where doctors put me on strong intravenous antibiotics as they felt I was at high risk of sepsis (*blood poisoning owing to the widespread infection*). This episode resulted in a 2-month long hospital stay.

The uphill task struggling to get well

The subsequent years were spent mostly in a lot of pain and going in and out of hospital. Most times my skin was severely dry and cracked, making it excruciatingly painful to move, or when exposed to even the slightest wind. I was physically very weak, and felt cold even when others in the same room were sweating. Needless to say, I was unable to work during this period of time, and rarely left the house. Although my appetite was often fine, I did not seem to manage to put on any weight. I was around 40 kg at the time.

I could hardly sleep at night because the nerves are more sensitive at night and caused the itch to become unbearable,

and slept only in the morning out of sheer exhaustion.

There were periods (*usually right after discharge from hospital*) where my condition was considerably okay and manageable, and I was able to go outdoors without feeling too much pain and discomfort and attracting too much stares. Unfortunately, these periods never seemed to last more than a month or two.

Most of the time, my skin was very hard, dry and cracked, always flaking off (*see photograph below*). The skin on my face and extremities were often weepy and swollen.



My skin was hard, dry, cracked and always flaking off.

Meeting Grandmaster Wee

I had the good fortune of meeting and seeking help from Grandmaster Anthony Wee in late 2013 for my condition. At that time my skin condition was more or less as pictured below, maybe just slightly



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better. I remember it was very painful being in any air-conditioned environment.

At my first session, Grandmaster Wee taught me block breathing which was a rather novel concept to me. At first, I found it tough trying to focus through the pain and itch but managed to get myself relaxed enough to drift off to sleep after 20 minutes.

I admit I did not see Grandmaster Wee every month; some months it was just too painful and difficult for me to endure the trip down to Alexandra Centre. However, I did try my best to practice block breathing every night – I would do so for 30 minutes or so till I dozed off. If I was awakened by itch or pain (*which was often the case*), I would repeat the process just to be able to sleep.

Amazingly, my condition actually became relatively manageable within 3 months. I was able to go outdoors for short periods. Whenever I felt well enough to (*it was usually in the wee hours of morning*), I would go on long, slow walks, practicing block breathing while walking.

My condition had improved by leaps and bounds from mid-2014 till today. In retrospect, I realised that emotional stress was the main cause of my prolonged illness. Grandmaster Wee did point out during one of our sessions that I had a lot



Hui Ling sharing her experience and remarkable recovery in Medan

of bad Qi accumulated at the chest – a sign of poor emotional health.

Through practicing block breathing, I learnt to calm myself down. In the past the discomfort caused by my state consistently kept me in a high-strung, stressed-out mood. With this tool, I was able to conscientiously de-stress myself. I believe this was the main contributory factor in my recovery – through controlling my breathing, I was able to control my mood and emotions, and ultimately rein in the sensations of pain and itch so that they didn't have a hold over me. This initial improvement allowed me to take up other activities that all helped to improve my condition to its current state.

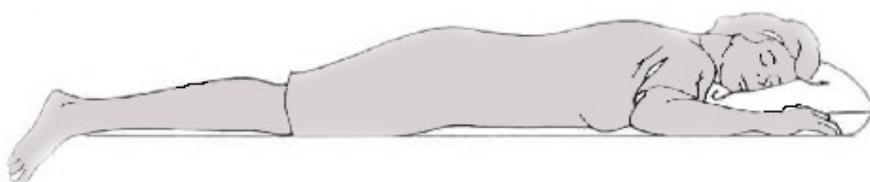
"Hui Ling's remarkable recovery is the result of her persistence and self-discipline. Her consistency in doing block breathing reversed her impaired auto immune system and put her back on the path of self-healing as I had predicted when she first consulted me late last year. When I saw her at the Medan Retreat recently, I was very pleased and happy to see her looking so well."

Grandmaster Anthony Wee

Ask Grandmaster

Question: I am a beginner in Chi Dynamics Qigong and am experiencing difficulty using the diaphragm to breathe while standing or when I am sitting. How can I overcome this?

Answer: The best posture for the deep diaphragm breathing is the **prone position**, which is also known in Yoga as the "**Crocodile**" pose.



I suggest you try breathing in this position first and gradually progress to the sitting position.

Remember to expel all stale air every time you exhale so that you can then fill your lungs with fresh air.

Keep on trying and you will eventually get there. I know you will as no one has failed yet.

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IMU Active Ageing Workshop (19 October 2014)

Grandmaster Anthony Wee was one of the guest speakers at the recent **IMU Active Ageing Workshop** organised by the Alumni of International Medical University (IMU) at the Bukit Jalil Campus in Selangor, Malaysia. Speaking on the subject "**Qigong for Lifetime Wellness**" to a capacity-packed hall of more than 50 participants, many with no idea what Qigong is all about, he demonstrated how Chi Dynamics Qigong exercises and breathing techniques can help the aged with their mobility, energy and health.

Assisting the Grandmaster with the demonstration at the talk was **Senior Instructor K. K. Kuan** who showed the audience how "**Block Breathing**" in the inclined posture is done. He also performed the "**Human Bridge**" with a member of the audience standing on his torso while suspended, and then taught the audience the simple "**Butterfly Stretch**" exercise with deep breathing for lymphatic drainage and flexibility.



Dear Grandmaster

On behalf of the Malaysian group, I would like to congratulate you for the excellent and highly successful Retreat in Medan which we all enjoyed thoroughly.

The Retreat Organising Committee headed by Co-Chairmen **Lawrence Chong** and **Michael Kang** deserves full marks for the marvelous job in planning such an informative and entertaining programme. The pace was just right, not too hectic, and we appreciate the opportunities for us to socialise and make new friends.

The Hill Resort Sibolangit was an excellent choice for the Retreat. What made it stand out was its beautiful setting of abundant flora and fauna. It is so refreshing to see so much greenery, beautiful swans swimming in ponds and animals like deer, Albino kangaroos and peacocks roaming freely in the grounds.

The rooms we stayed in are clean and spacious, and we got to enjoy 5-star facilities and services by friendly and helpful staff. We are most grateful to **Michael Kang** who arranged adjoining rooms for our group so that we can have easy access to our friends next door. Thank you, Michael. We really appreciate the extra effort you went through to comply with some of our requests.

Learning from the Three Masters was a real treat. You took us through the Animal forms and 5 Elements exercises, Shao-lin Master Shi De Hong dealt with bone density and meditation and Master Dennis Wang's Han Yang Ru Yi Qigong challenged us with difficult stretches. All in all, we gained a lot of knowledge and will always treasure the new experiences.

"Kudos to the 3 Masters for a most enlightening retreat and also to the organising committee for a well planned and executed retreat. It far exceeded the high expectations of all the participants." - John Tee



Singing, dancing and having a great time!



Mary Heng celebrating her birthday with ice cream pancake!

Finally, how could we forget the last night when you treated us to sumptuous dinner at the Chinese Restaurant, and later to a Karaoke session when many hidden singing talents were discovered. **We really enjoyed ourselves that evening, letting our hair down dancing and singing!**

The Retreat and time spent in Medan was most memorable and once again, we would like to thank you for everything, including hosting us for an additional night.

Mary Heng

ANNOUNCEMENT

It has come to my attention that some Qigong masters are using my name to sell their services at exorbitant fees.

These people are obviously profiteering and I am disassociating myself from them.

As you know, I do not endorse the charging of fees for services rendered although contributions of appreciation, however modest, are welcome to help defray some of the operational expenses of my Centres.

As and when you come across such instances when my name is being used, please bring it to my attention for verification.

Thank you.

Grandmaster Anthony Wee