

CHI CHAT

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with the GRANDMASTER



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For Members Only



At the Chiangmai retreat in October

FROM THE GRANDMASTER'S DESK

We had a fantastic opportunity to bond with fellow Chi Dynamic members, both old and new, at the Pavana resort in Chiangmai in October. They came from all walks of life, from Australia, Singapore and Malaysia. (See story on Page 3)

I was particularly moved to have my sisters attend and their feedback was very encouraging. As were those from some of our newest members. In particular Dawn and Kok Wah, both first timers, enjoyed themselves beyond their expectation.

Our next retreat will be in Bandung or Punchak near Jakarta. I've requested Ronald Lim and Michael Kang to do some research and recommend suitable resorts. Those who have other destination suggestions, please feel free to contact either Ronald and Michael (Singapore) or Mei Lan (Malaysia).

PLEASE HELP TO MAKE CHI CHAT BETTER

I would also like to take this opportunity to invite all members to contribute to Chi Chat and make it your newsletter.

I want Chi Chat to be an interactive platform for members to share not only articles pertaining to Health and Healing, but also reports on what their centres have done to make them enjoy being members of the Chi Dynamics community.

We welcome stories on the centres' qigong workshops, charity projects like visits to welfare homes, birthday parties, field trips, etc. We also invite suggestions on how to make Chi Dynamics more relevant to your daily lives, as well as questions for our regular column Ask Grandmaster. Just send your ideas or questions to chidynamicsinternational@gmail.com. I hope all instructors will encourage their members to help make Chi Chat a truly community platform wherever we have Chi Dynamics. Thanks to all who have contributed to Issue 48.

Many thanks and best regards to all.

MERRY CHRISTMAS AND A HAPPY NEW YEAR !

GRANDMASTER ANTHONY WEE

Founder, Chi Dynamics International

ASK GRANDMASTER

I am a middle-aged female and was diagnosed with autoimmune disease. I am on long-term medication and would like to know which form of Chi Dynamics breathing techniques would be helpful. In addition, which nutritional diet I should consider?

Grandmaster:

Published studies show women are more prone to autoimmune diseases at a rate of about 2 to 1 compared to men. Often the disease starts during a woman's childbearing years.

The immune system mistakes parts of your body like joints — as foreign. It then releases anti-bodies that attack healthy cells causing inflammation, swelling and pain.

A study from Carnegie Mellon University, published on Jan. 29, 2016 in the journal Biological Psychiatry, showed the blood samples of participants who underwent meditation exercises had lower levels of Interleukin-6, a biomarker of inflammation, than those who do not practice meditation or any mindfulness exercises.

Simply, the body cannot rest and heal when it is multi-tasking. Therefore we need to find time to slow down and rest. The following can help to detox the body and reduce inflammation.

CHI DYNAMICS BREATHING:

- **FU BREATHING**

Before bed time, do Fu "block breathing" for 5 to 10 minutes to relax the mind

- **CHUI OR SOFT TU BREATHING**

To accompany the Chi dynamic stretching exercises (example: butterfly and crane forms) for 15 minutes or more per day.

MEDITATION

Depending on severity of the symptom(s), practise about 10 to 20 minutes per cycle, several times a day.

DIET

To avoid setting off an immune response, try this:

- 80% greens, fish, eggs, no dairy or meat
- Low to no sugars and caffeine intake.

OUR CHI DYNAMICS QIGONG RETREAT IN CHIANGMAI

BY LAM WEI CHOONG ALEXANDRA CENTRE SINGAPORE



Be Still and quiet the mind; Relax and loosen up these were two Precepts of Chi Dynamics that 27 attendees to the October 27-30 Qigong Retreat had aplenty, in the cool, serene and tranquil terrains and exercise facilities at the Pavana Resort Chiangmai.

I must confess being initially overwhelmed by the 3-day program and wondered silently, how I can possibly last through the very 'long' weekend that begins daily with the 7 am Qigong methods of harnessing the Sun's energy and continuing throughout the day with Qigong exercises that finally end around 9.30pm!

The reality was very different though, with the gradual realization that the construction of the weekend program was wonderfully planned, as only Grandmaster could, whereby tea breaks were well interspersed amidst rigorous exercises.

We had introductory exercises such as the Butterfly Stretch, and the Qigong Walk that was great for beginners to Chi Dynamics qigong and helped to loosen the body before more extensive exercises and meditation exercises such as Five Essentials of Meditation and Internal Orbit of Meditation to prepare the body/mind before retiring for the night.





After these initial exercises, we had more intensive workouts such as the Chi Dynamics Qigong walk that included the Crane animal form as well as Swings to Cymbal hands, one-legged stance. Complicated leg and arm movements were broken down into simple manageable steps by Grandmaster. He also patiently explained the rationale and benefits of each movement and posture.

To ensure that we were able to internalize the new Qigong exercises, we were broken into smaller groups primarily led by instructors Michael and Chiang. After these breakouts, 'volunteers' from each group showed their prowess in the front of the entire class.

Timely breaks were also another key feature of our retreat. After every one and a half hours of exercise, we were treated to breaks with hot lemongrass/ginger tea, fruits, and tasty snacks. Meals at the Pavana Resort were much looked forward to, as we were invariably served with fresh organic vegetables as well as tasty Thai soup, curry and even a Thai version of Bak Ku Teh!

Breaks and meals also served as opportunities for attendees to get to know each other. A common comment from attendees was that during the weekly qigong classes, there is little time or opportunity to know our fellow classmates; hence-





this was a refreshing opportunity to learn about the diverse and rich experiences of fellow Chi Dynamics students/practitioners.

All too soon, we reached Sunday evening but even then, we continued to be treated to pleasant surprises. After the Sunday dinner, we were most thrilled to be served Thai coconut ice-cream, something we requested for but wasn't available at the Resort restaurant. Michael worked with the Resort staff to make it happen. Many thanks, Michael!

Another pleasant surprise was Grandmaster's kind consent to conduct another session of the Sunrise qi gathering exercises on Monday, our day of departure. This time, even though it was to start at 6am (to ensure that we did not miss the sunrise), we were all actually looking forward to it!



W. C. Lam leading the group in Water Crane Qigong walk



All in all, it was a wonderful Retreat – with the abundance of learning, energizing and wonderful company! Our heartfelt thanks to Grandmaster, Michael, Chiang and all who helped in this Retreat.

Now awaiting our next Retreat!!



WHAT A BLESSED EXPERIENCE!

BY DAVID DREW - *Chi Dynamics, Perth*

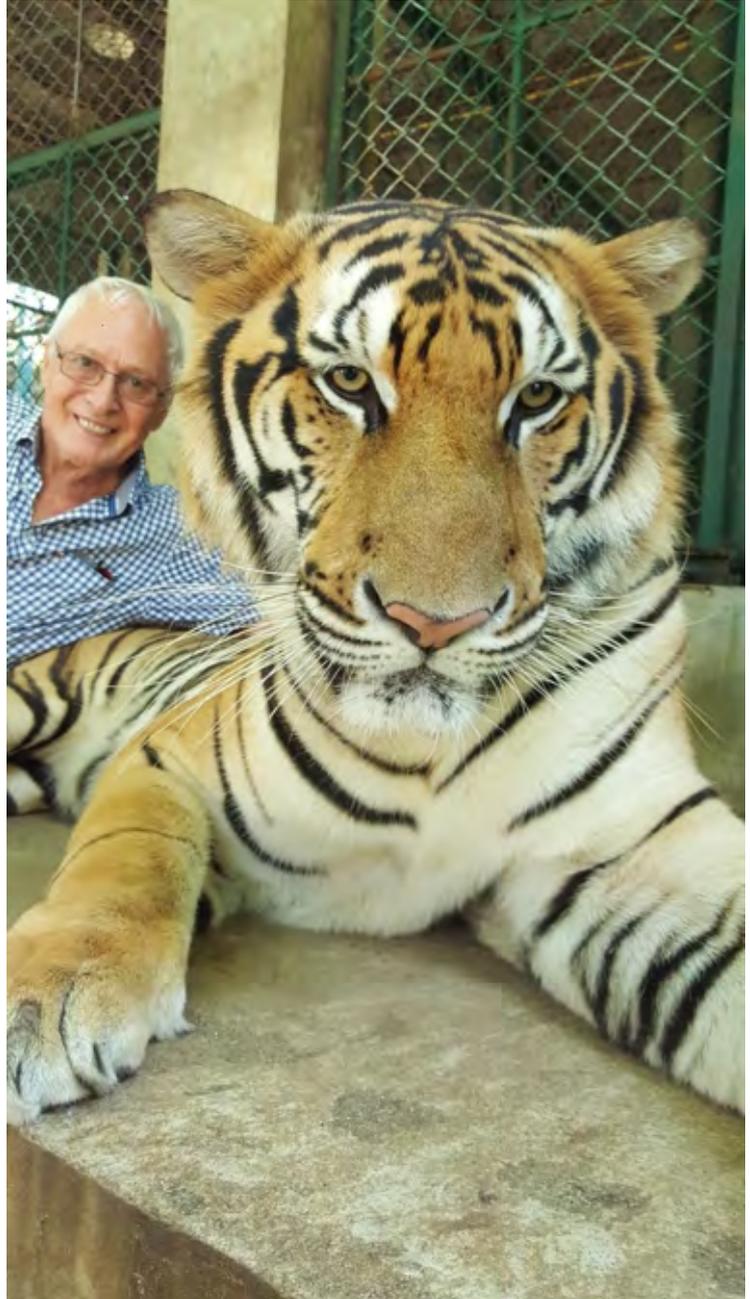
It is a very long way from Perth, but the Qigong retreat in Chiangmai, Thailand, was well worth the long journey.

The last twelve months have been extremely challenging for me. I lost Helga, my wife for almost 50 years, this time last year, and had a major operation on my spine in March.

Following the operation, I lost over 5 kilos, mostly muscle. I started walking and later jogging and swimming and recently joined a gym to build up the muscles, but realized I also needed a disciplined refresher in Chi Dynamics.

For me, the Pavana Retreat was very timely. It was a privilege to be reunited with Grandmaster for what was an extremely well-structured weekend, which not only provided ample opportunity for me to re-learn old, sometimes newly-innovated forms, and also some new ones.

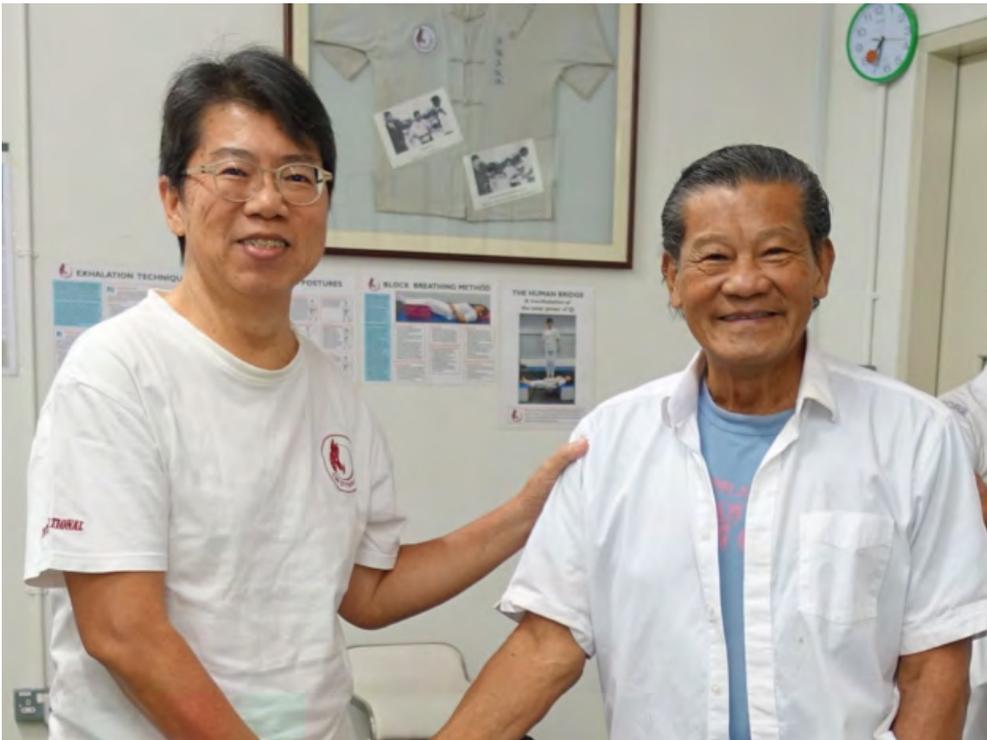
I already feel the benefit from the practices detailed in Lam's excellent summary of the retreat program. But most of all I feel blessed to have shared the experience with so many nice, friendly, like minded souls. Thank you all.



David Drew posing with a tiger in Chiangmai tiger farm.

CHI DYNAMICS INTERNATIONAL (ALEXANDRA CENTRE) LAUNCHES NEW SPONSORS CATEGORY

Grandmaster Anthony Wee launched Chi Dynamics International in March 2012 when he conducted a series of workshops at our Alexandra Centre. Peggy Foo and John Tee were among the first to join after attending the workshops. They have continued with us ever since. CD International Alexandra Centre is therefore pleased to recognise our pioneer sponsors with Honorary Sponsor status. This status will be extended to all our sponsors after they have been with us for 5 years continuously. A number of our current sponsors will be similarly recognised upon reaching this milestone.



Grandmaster congratulating John on reaching this milestone



Our first 2 honorary sponsors – Peggy Foo and John Tee

GRANDMASTER WELCOMES NEW SPONSORS

Alexandra Centre, Singapore



Alex Chua



Claire Wong



C.N.Loke



Managing Your Daily Life After Cancer Treatment

When it comes to fighting cancer, it may not be over even after the treatments are completed.

Cancer and its treatment result in some unique effects on function such as the hardening and wasting of muscles caused by radiation or swelling of limbs due to removal of lymph nodes or cancer related fatigues.

In 2014, National Cancer Institute Singapore (NCIS) found 87percent of the cancer survivors reported a change in physical function after being diagnosed with cancer and undergoing treatment (Source: "How Cancer Rehab can help Survivors", The Straits Times, November 10, 2015.)

Chi Chat recently caught up with Peggy Foo who shared her experience on how she coped with cancer treatment.

By PEGGY FOO

In late 2011, I was diagnosed with breast cancer. A friend of my husband by the name of Mr Loey Ah Chee, who came to know about my illness, suggested that I visit Grandmaster Wee when he is in Singapore.



In March 2012, I met with Grandmaster Wee and joined Chi Dynamics.

During the first session, Grandmaster Wee taught me "block of breathing" technique.

I practiced this simple and relaxing breathing technique throughout the entire chemotherapy treatment.

It has helped me tremendously during the pre and post cancer treatments. I was able to cope with the side effects such as vomiting, headache and insomnia.

I have continued to practice the unique five chi breathing techniques which I have also incorporated into my daily gym exercise routine.

I don't feel lethargic and my attention span is much better now.

I have been a sponsor of Chi Dynamics since March 2012. I attend the exercise classes regularly and also to enjoy the fellowship with other sponsors.

I wish to thank Grandmaster Wee and the instructors Roland, Chiang, Michael and Warton for their guidance. Most important of all, Mr. Loey Ah Chee for leading me to Chi Dynamics at Alexandra Centre.