



CHI CHAT *with Grandmaster*

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FROM THE GRANDMASTER'S DESK



The Spirit of Volunteerism

At the recent free PAUM Cancer Care & Prevention Workshop in Kuala Lumpur, many Chi Dynamics instructors and members readily answered my call for volunteers. And when I requested for cancer care trainers to assist me in the forthcoming free Changkat Cancer Care Workshop in Singapore, I was equally pleased with the spontaneous response.

To all of you who have time and again rallied around to volunteer for a good cause, thank you very much for your unwavering support. Your contribution of valuable time and effort has made a difference to many people in need of care and support, and I sincerely hope there will be more opportunities for us to work together and ingrain the culture of giving back to the community into the DNA of Chi Dynamics.

The 1st Cancer Care Trainers Workshop (9 May)

On 9 May, 26 CD members from all walks of life in Singapore turned up at the Alexandra Centre for the first of two training workshops to ready them as cancer care trainers for the July Changkat workshop.

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Attentive volunteers at the Workshop

Among those present were faithful members like S.C. Kan, who is one of CD's founders, and other long-standing CD supporters like Kow Yew San, Loey Ah Chee and John Tee, who all have always stood up to be counted whenever I needed help at workshops and events.

The focus at the 9 May workshop was on how to present the tech-

niques of Block Breathing to beginners in a palatable and acceptable manner. It may seem easy to learn, and in fact it is, but it is harder to master it for maximum benefit if you do not get the techniques right.

At the second workshop on 6 June, I will dwell on protective Qi and how to replenish it after healing.

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From The Grandmaster's Desk—continued from page 1

Making a difference for cancer patients and survivors in Kuantan

Our Chi Dynamics team in Kuantan is an excellent example of what volunteerism is all about.

Spearheaded by Chief Instructor Sifu Ong Kah Yong and Chief Trainer Larry Yong, the team recently set up a new Cancer Support Unit in collaboration with the Society of Health and Wellness Arts (SWHA) in Kuantan.

Located at the SWHA Centre, the Unit is manned by cancer care instructors who are specially trained to conduct Chi Dynamics proprietary breathing techniques and exercise classes to empower cancer patients and survivors to tap into their inner strengths for self-healing, and to assist them cope with their ailment. The free classes are conducted every Sunday from 11am to 2.30pm.

My wife, Edna and I were guests of Datuk Alan Yong at the opening ceremony of the Kuantan Cancer Support Unit on 27 May. The occasion was a joyous one and we thoroughly enjoyed the warm and gracious hospitality of the Kuantanites who made us feel so much at home.

A slight downpour at the opening ceremony did not dampen spirits at all. In fact, it was welcomed as showers of blessings which augurs well for the Unit.

It is most heartening to witness the dedication and passion displayed by our Kuantan team which has done so much to promote and share our brand of Qigong with the community at large. Their commitment to the cause has resulted in the largest Chi Dynamics membership in Malaysia. Through their initiatives, they have



Joy and laughter at the Official Opening of the Kuantan Cancer Support Unit



Our first group of cancer afflicted members in Kuantan



Block Breathing in session under the supervision of Kuantan Cancer Care trainers

managed to get permission to use the town park facilities for its daily morning training sessions which may see turnouts of more than a hundred members.

Kudos to Sifu Ong, Larry Yong and their team of instructors and volunteers for keeping the Chi Dynamics flag flying high in Kuantan!

After the official opening, I participated in a Sunset Training Workshop for members and a Block Breathing session which was well attended by our first group of cancer patients and survivors.



From left to right: Edna Ong, Ms Mariam (in charge of registration) and Ms Yap (Cancer Care Trainer Supervisor)

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From The Grandmaster's Desk—continued from page 2



Participants at the Sunset Training Workshop



Grandmaster Anthony Wee addressing the workshop with Datuk Alan Yong looking on

“Eat half, breathe double, laugh three times more”

The remarkable comeback of Dr Mahathir Mohamad as Malaysia's Prime Minister at the recent historic 14th Malaysia General Election stunned the world. At the age of 92 when he should be enjoying his well-earned retirement, he managed to topple the Barisan National party which had held power for 61 consecutive years since Malaysia's independence in 1957.

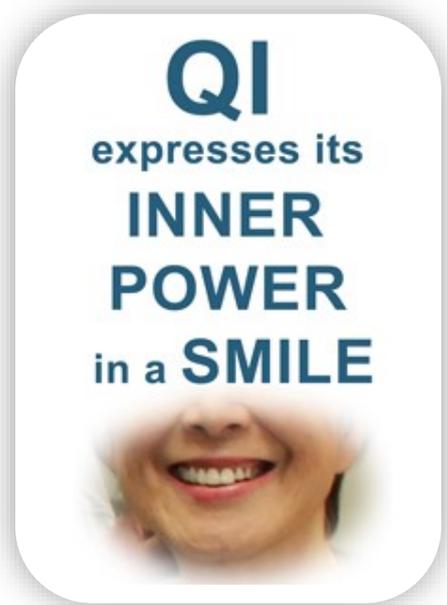
When he was asked how he managed to remain so fit and mentally alert at his age, he replied ***“Always eat less”***. This is good advice as eating moderately is good for your health. However, I would add that one should also learn to breathe the correct Qigong

way twice as much to acquire more Qi energy, and laugh three times more as laughter is the best medicine for healing.

Remember that emotional blockages are easily cleared by laughter and to smile while meditating and doing Qigong exercises as often as you can. So, when you next meet your fellow Qigong colleagues and others, be sure to be generous with your smiles; it costs you nothing and you get friendly smiles in return.

I wish you all Happy *‘Smiling’* and *‘Qigonging’!*

Grandmaster Anthony Wee



CANCER CARE TRAINERS WORKSHOP @ ALEXANDRA

On Wednesday 9 May evening, four strangers formed one of the many, varied subgroups spontaneously bundled together amongst the volunteers for the upcoming Cancer Care Workshop at Tampines Changkat Community Club.

Alex Chua, Billy Fong, Rictor Yeo and I exchanged brief introductions and preliminary concerns regarding the best methods of conveying the purpose and fundamentals of our practice without overburdening novice (and potentially fearful) new learners. Indeed, it was probably the fact that we discussed more than demonstrated that earned us the patient, but mildly peeved, stare of the Grandmaster!

Nonetheless, we managed to come to some form of consensus in our deliberations, punctuated as they



were by the hand flicks, shoulder rolls and butterfly stretches we showcased to one another. By this point, of course, the “ice had melted” and Warton seized his moment to ask that most pertinent question:

“Why did you volunteer?”

The simple, but universal, answer to which was: *“To give something back”*.

Of course, there were variations on the theme, as many of those volunteering are cancer survivors themselves and, therefore, hold a strong and very personal belief in the vital-

ity and power of Qigong.

It is, perhaps, this core concept of Qi Dynamics – a generosity of spirit, and a sense of holistic altruism, that stimulated the “inner-smile” and urged us all, irrespective of our divergent backgrounds, conditions, circumstances and creeds, to share the benefits we have each been afforded.

We look forward to our next session in June and, thereafter, to meeting with our participants in July so that we may “pay it forward” to those in need of the care Qigong has enabled us to give.

Andrew Lucy



Volunteers getting to know each other at the Workshop

(from left to right: Alex Chua, Rictor Yeo, Billy Fong (back facing front) & Andrew Lucy)



Andrew Lucy

MEET SOME OF OUR VOLUNTEERS

“Having benefitted and having been inspired by all my instructors in Chi Dynamics, it is only natural and a privilege to share my albeit still limited knowledge, which I am confident will help energise and assist in the recovery of cancer patients” - Lam Wei Choong (Alexandra Centre)



Lam Wei Choong

I was first introduced to Chi Dynamics in 2016 by my friend and ex-colleague, Annie Cheung, who has since returned to Connecticut, USA. Although she had a rather hectic job, crisscrossing Asia Pacific on a weekly basis, she shared with me that what sustained her, despite her punishing travel schedule, was practicing Chi Dynamics Qigong daily.

What struck me immediately, in my introduction class, was an absence of the traditional Tai Qi/Qigong music and instead I heard the soothing strains of André Popp’s ‘Love is Blue’ (*popularised by Paul Mauriat*) and similarly relaxing melodies of Teresa Teng!

It was a little later that I realised that these melodies were to help ease us into the first two of Chi Dynamics five precepts: Song (*relax, loosen, release of tension*) and Ching (*stillness, calmness, quietness*).

Another striking and inspiring observation was to witness the dedication and selflessness of our instructors, Sifu Roland Hong and Grandmaster Anthony Wee. For a few days each week, Sifu Roland and instructors such as Michael Koe and Warton Ong patiently teach, lead and correct beginners and more advanced students through Chi Dynamics’ warming up, loosening and Qi-gathering exercises/meditation – all on a voluntary basis.

Personally, I have benefitted mentally and physically from Chi Dynamics. Even though I’m admittedly somewhat of a slacker (*frequent travels*), the morning CD exercises help set me up for the rest of my day and evening. A simple illustration – if I had done my morning CD exercise, I would invariably sit up straight (*and even do Qi breathing while seated*) for hours-on-end in front of my laptop. Should I slack for a morning, somehow my body would follow suit with a slumping posture.

When Grandmaster Wee informed us a couple of months back that he was conducting a free cancer workshop in Singapore and needed volunteers – I signed up immediately.

Having benefitted and having been inspired by all my instructors in Chi Dynamics, it is only natural and a privilege to share my albeit still limited knowledge, which I am con-

fident will help energise and assist in the recovery of cancer patients.

I look forward to the Cancer Care and Prevention Workshop on 8 July 2018!

“We signed up for the workshop to learn how best to share the benefits of positive energy with others”

- Michael Teo (Alexandra Centre)



Michael Teo

My wife, Mee Ling and I have been practising Chi Dynamics Qigong for 1½ years. As it has done us a world of good, we decided to join the Cancer Care Trainers Workshop to learn and enable us to share the benefits of positive energy with others.

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Meet Some Of Our Volunteers —continued from page 5

“Block Breathing has enhanced our immune system and energy levels, and we want to share it with others”

- James Lim (Alexandra Centre)



James Lim

My wife, Jane and I were introduced to Chi Dynamics by my sister-in-law Susan Richmond two years ago. Since then, we have benefitted from the Qigong classes at the Alexandra Centre which we attend at least once a week. The block breathing exercise is particularly effective as it boosts our immune system. And during my regular jogging and cycling sessions, I can feel my energy level is also enhanced.

We enjoy every session with the dedicated Sifus with SWEAT, especially when our commando instructor Roland Hong is in command!

“Count your blessings and make your blessings count”

- Vivienne Khoo (Changkat Centre)

So, by volunteering for the workshop it offers me an opportunity to give back the blessings that I received through my cancer journey.

I have been practising Chi Dynamics Qigong for about 2½ years since I was diagnosed with cancer in 2015. It was introduced to me by my friend, who was a cancer patient (*but have since passed away*).

After picking up and practising the Qigong exercises daily, I regained my energy and was able to start walking. Slowly, I progressed to being able to do my daily chores again.

Looking back, I am very glad that I was given the chance to learn Chi Dynamics exercises. I work diligently on it so that I can continue to improve my health and not be too dependent on drugs to manage my condition.



Vivienne Khoo

“I want to share with others how Chi Dynamics Qigong has improved my health” - Celina Ee (Alexandra Centre)

Since taking up Chi Dynamics Qigong 1½ years ago, my health has improved, and I have learned how to relax. I enjoy the five breathing methods, meditation and the self-healing exercises, which are taught in English. I also practice Wu Mei Qigong which focuses on speed, strength and stretching.

Volunteering for the forthcoming Changkat Cancer Care Workshop is an opportunity for me to befriend fellow Singaporeans and share with them how Chi Dynamics Qigong’s breathing and exercises can be applied to their daily lives and do wonders for them like they did for me.



The Band of Wu Mei Warriors!
Celina Ee (*second from left*) with fellow Wu Mei Qigong practitioners Ngiam Choon Kam (*extreme right*), Philip Tan & Ruby Wang (*extreme left*)

ASK GRANDMASTER

Question: I've seen videos of people being floored by Qigong Masters without any physical contact by an 'invisible force'.

Is this 'invisible force' real, and can you perform this feat?

Grandmaster Wee: The answer is "no" unless I am a 'mentalist' or 'hypnotist.'

Let me elaborate by relating my own experience which is documented in my book, "*The Dynamic Free Flow of Qi*".

Some years back, I witnessed a famous Tai Chi and Qigong master in China flooring three of his students at various distances from three to ten feet away with the power of his "invisible force". All three of them were floored without any physical contact and I was impressed.

As I wanted to experience the force myself, I asked the master to do the same to me. After some hesitation, he agreed and so I braced myself internally in anticipation of his strike from about eight feet away.

On his first try, I felt nothing. He then came closer to me to repeat his action but again without any success.

After several attempts, he finally was close enough to touch me physically and yet he could not move me with his Tai Chi 'pushing hands' technique.

He just could not move me because of my solid stance and eventually gave up with the excuse that he was not able to 'connect' to me.

But what flabbergasted and nearly 'floored' me was when he told me that if I really want to experience his 'invisible force', I would need to be trained by him for a while!

From this bizarre experience, I reckoned the concept of 'invisible force' is linked to auto-suggestion, a form of pre-programmed conditioning.

Apparently, the minds of his students were already programmed or conditioned to react as he suggested. And that was probably why he wanted me to be trained or programmed by him if I wanted to experience the impact of his 'invisible force'.

Subsequently, I found that some of my trainees were also susceptible to the suggestion that I could floor them without me touching them. I had to quickly point out to them that they should not be so "gullible" to such suggestions. Instead, they should harness their *Yi* and *Qi* inner power to optimise *Qi* energy.



"Train your mind (Yi) to be strong so that it will only be susceptible to your positive intent and not the potentially harmful suggestions or influences of others. The power of the mind belongs to you. Do not give it away to others."
- Grandmaster Anthony Wee



This was first published in Issue No.3 (10 October 2013) and is being reproduced in this issue for the benefit of our newer members



CANCER CARE & PREVENTION WORKSHOP

Conducted by Grandmaster Anthony Wee
 Founder of Chi Dynamics (International)

Discover how Chi Dynamics' Qigong breathing techniques and low impact Qi flow exercises can empower cancer patients to tap into their inner strengths for self-healing. The workshop also offers advice and tips for caregivers on how to cope and ease the pain and discomfort of their wards.

HIGHLIGHTS

THE ESSENTIAL BREATHING METHODS

To bolster blood and Qi flow and enhance oxygen in the blood

LOW IMPACT STRETCHING EXERCISES

To improve the immune system and wellbeing

MEDITATIVE RELAXATION EXERCISES

To release tensions, stress and clear emotional blockages

Do not miss this FREE workshop which is specially designed for cancer patients and their caregivers!

REGISTER NOW!

DATE: Sunday, 8 July 2018
TIME: 3.00pm to 5.00pm
VENUE: Tampines Changkat Community Club
 3 Tampines Street 11
 Singapore 529453

For enquiries and registration, please contact Ronald Lim (chidynamicsinternational@gmail.com, +65 9621 2326), Michael Koe (mstkoe@gmail.com, +65 9836 7151) or Lawrence Chong (+65 9863 1810)

"I turned from 'self-blame' to 'self help' with Chi Dynamics Qigong"

Billy J.
(cancer survivor)

"It's a complementary therapy, not an alternative. I enjoy those calming and relaxing deep block breathing sessions which are so effective in removing negative emotions from my mind"

T.T. Yap
(relapsed cancer survivor)

"Daily Qi breathing sessions made me well again, and they took away the agony and discomfort of six programmes of chemotherapy"

Cindy T
(cancer survivor)

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