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CHI CHAT with Grandmaster

Issue 03

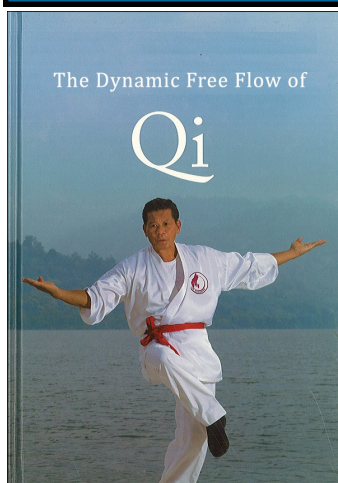
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From the Grandmaster's Desk

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If you have any health issues or questions on the *Chi Dynamics Art of Qigong*, please email them to gmasteranthony@gmail.com



The Dynamic Free Flow of Qi
by Grandmaster Anthony Wee
Price: S\$40

To purchase a copy, please contact your Centre Instructor.

Time has really flown by rather quickly. It seems like only yesterday when we first launched this in-house publication, and now we are already into our third issue.

About 60 participants attended the Managing Stress & Hypertension Workshop on 05 October. Kicking off the Workshop with a presentation on the types, causes and treatment of hypertension, *Dr Joan Tjia* stressed the importance of lifestyle adjustments and advised hypertension sufferers to quit smoking and reduce their alcohol, salt, cholesterol and saturated fats intake.

I then shared with the participants several factors that can assist hyper-

tension sufferers cope with their problem. These include the correct way of breathing (e.g. *the Chi Dynamics block breathing method which has proven to be beneficial to many practitioners*), proper diet and regular exercise. With the assistance of my instructors,

the participants were also shown the recommended exercises to combat stress and hypertension; these included the *Butterfly Stretch* and the *Mao Swing* which are especially suitable for older and less agile people.

After the Workshop, members who stayed behind had a hilarious time viewing the videos and photographs taken at the recent retreat. From the squeals of laughter and animated body language, I believe many are looking forward to the next retreat.

Until then, please continue to practice and enjoy the benefits of the *Chi Dynamics Art of Qigong*.



Dr Joan Tjia and Grandmaster Anthony Wee presenting at the Workshop



Participants doing the Butterfly Stretch exercise under the guidance of Instructor Royston Tan



Senior Instructor Roland Hong demonstrating the Mao Swing

Lawrence Chong—*The Changkat Crusader*

Lawrence Chong (62) is a school principal dedicated to serving the community. On Sunday mornings when others in the teaching profession are enjoying their well-deserved break from school, he can be spotted at the Tampines Changkat Community Club's basketball court where he champions senior citizens to live active and healthy lives through the Chi Dynamics (CD) Art of Qigong. Indefatigable and with a youthful appearance that belies his age, Lawrence goes beyond contributing just his time and energy to serving the community. A caring person, he is often seen helping the older members under his charge with uniform and excursion expenses, and even to the extent of paying for their membership fees.

We caught up with Lawrence for a chat and here is what he shared with us:

Chi Chat: Lawrence, what drives you on to do community work so earnestly and why is your focus on senior citizens?

Lawrence: During the course of my community work which spans more than 36 years, I have encountered many elderly citizens who are not leading active and healthy lives. Some are just not aware of how and what healthy practices like exercises and proper dieting are, while others do not have the opportunity and/or facilities to exercise and stay healthy. As I thought this category of our ageing population needs more help than others, I decided to focus on them.

Chi Chat: Why did you choose the Chi Dynamics Art of Qigong and not other art forms like Tai Chi?

Lawrence: Besides the Chi Dynamics Art of Qigong, I also practice Tai Chi. However, I find the Chi Dynamics training more systematic and the skills gained are more impactful. From my experience, I am usually energised with a warm sense of tranquility and peacefulness after each Chi Dynamics training session. It is a great feeling and I find myself in a state of general wellness.



*The defatigable **Lawrence Chong** whose youthful looks belies his age.*

“My first impression of Lawrence when I first met him in the late 1970s was that he was a sincere person with good leadership qualities. I was absolutely right as he has since proven himself to be an excellent leader with a passion to serve the community at large”
- Grandmaster Anthony Wee

Chi Chat: When did you get started on the CD Art of Qigong?

Lawrence: It all began when I attended a workshop conducted by Grandmaster Anthony Wee in 2003, after which I found myself attending the Chi Dynamics classes conducted by one of the Grandmaster's senior instructors, Mr Nicholas Chia, at the Chinese Gardens on Sunday mornings. As the Art turned out to be most beneficial for my health and general wellness, I decided I should share it with others, and that was when I took the next step to be trained as an instructor.

Chi Chat: So that led you to Changkat. Tell us a little more about this training centre.

Lawrence: I first started the Changkat Community Club training centre in 2005 with only 7 members. Today, the class has grown considerably to about 50. Besides our training sessions which are held every Sunday from 8am to 9.15am, I encourage my members to attend the workshops conducted by Grandmaster Anthony Wee by arranging transportation for them.

We also have our regular social outings to bond and to get to know each other better. For example, there were outings to Gardens by the Bay and MacRitchie Reservoir, morning walks from Henderson Wave to Hortpark, practice sessions at Toa Payoh Garden, and even combined training sessions with other CDI Centres at the Botanic Gardens.

Chi Chat: It looks like you have one big happy 'family' at Changkat. What plans do you have for the future?

Lawrence: Yes, our group has indeed grown considerably and in this connection, I would like to express my gratitude to **Alice Pang** who assisted me at the centre for many years until recently when she moved to Australia to be with her grandchildren. I would also like to acknowledge **Ms Peh Ah Seah** who has the important task of coordinating all the weekly communication and attendance the past six years, and **Ms Cecilia Ang** for her assis-



Lawrence conducting a training session at Toa Payoh Garden

....continued from page 2

tance at training sessions. And of late, I have been fortunate to have **Arthur Low** assisting me with the training at the centre.

Thank you very much Alice, Ms Peh, Ms Ang and Arthur! Without your industrious efforts and contributions, the Changkat centre would not have grown to be what it is today.

Moving forward, I would very much like to have more instructors so that we can conduct more training sessions to reach out to more people. I hope some of our other instructors in the Chi Dynamics International group will come forward to volunteer their services.

Chi Chat: Finally, Lawrence, do you have any advice to share with our readers?

Lawrence: As the Chi Dynamics Art of Qigong has enhanced my health tremendously, I would advise all to practice it diligently. I believe the Art has also helped to slow down my ageing and testimony of this is your mention of my 'youthful appearance'. Thank you for the compliment!

"I am impressed with Lawrence's stamina and dedication in imparting the *Chi Dynamics Art of the Qigong* to the heartlanders despite his busy schedule as school principal and Chairman of Changkat Tampines Community Centre" - Arthur Low



Lawrence experiencing peace and harmony through meditation



Outings and training sessions are arranged at venues close to nature. Besides MacRitchie Reservoir (see above photo), the Changkat group also made a trip to Gardens by the Bay.



The Group on a leisurely morning walk from Henderson Wave to Hortpark



One big family! The Changkat group at a combined training session with members from other CDI Centres at the Botanic Gardens.

Ask Grandmaster

Question: What is 'Chi' and why does it feature so prominently in all forms of Chinese medicine and the Chi Dynamics Art of Qigong?

Answer: In traditional Chinese medicine concepts, "Chi" is the internal life force energy which flows along the body's meridians (or pathways) and is vital for a person's health and well-being.

"It is imperative to master breathing as this has an effect on our health just as food and exercises have" -

Grandmaster Anthony Wee

Sickness and disease occur when the flow of Chi is blocked or hindered. To correct this, the practice of acupuncture uses fine needles inserted at specific meridian points to stimulate Chi flow.

However, the Chi Dynamics Art of Qigong applies various unique breathing techniques and exercises to enhance the circulation and balance of Chi within the body. In addition, the Chi Dynamics Art also teaches the practitioner a mind-body connection, using the mind (Yi) to lead the Chi to where the mind focuses.

For good health and well-being, it is important that there is good blood circulation and Qi energy flow along the meridians to nourish all the organs to function optimally.



For more details on my unique breathing techniques and exercises, please refer to my book, "*The Dynamic Free Flow of Qi*".

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?

Answer: The answer is "no" unless I am a 'mentalists' 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 without any physical contact with the power of his "invisible force". I was impressed and asked the master to do the same to me as I wanted to experience the force myself. After some hesitation, he agreed.

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 reckon 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 discovered 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.




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Display Charts

We have a series of Chi Dynamics training charts which are currently on display at the Alexandra Centre. If you wish to have a set of these charts, please email gmasteranthony@gmail.com and soft copies will be forwarded to you.

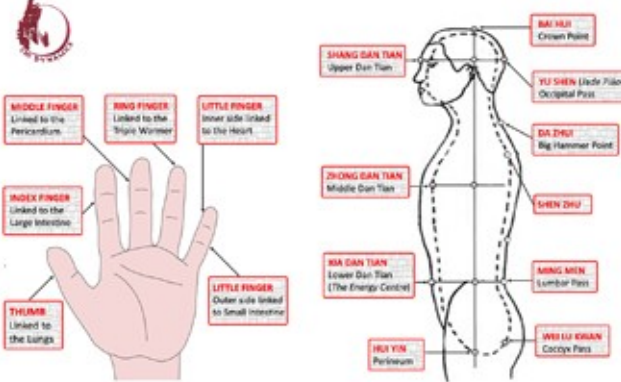
Each of these charts is in A3 size (420mm by 297mm). If you do not have a printer to print A3 size documents, we suggest you have it done at a fast print shop which are able to laminate the charts as well. We hope you find the charts useful.

THE POSITIVE EFFECTS OF THE ART OF CHI DYNAMICS



- HEAT GENERATION** at the lower Dan Tian.
- HEAT FLOW FROM THE LOWER DAN TIAN** to other parts of the body.
- PROPER BREATHING** which increases oxygen intake, reduces stress, tension, anger and other negative emotions.
- INTAKE OF OXYGEN** - efficiency up to three times from normal, resulting in better stamina.
- COMPRESSED DAN TIAN** - Dan Tian generates flow of "Chi" and vibration.
- INCREASES BLOOD FLOW** which results in improved delivery of oxygen to cells.
- HEAT, BLOOD AND VIBRATION** flow from the lower Dan Tian to the spinal column and upward to the crown of the head.
- AUTONOMIC NERVOUS SYSTEM** is enhanced and stimulated.
- VIBRATIONS IN THE BODY** massage, tone and revitalise the muscles, tissues and tendons.
- REJUVENATES THE BODY** and enhances the immune system.
- INDUCES MEDITATIVE PEACE AND MENTAL CALMNESS** - physical stillness but motion in "Chi Flow".
- INNER POWER** - increases the body's resistance to germs, viruses and physical impact.
- INNER HEALTH** - the ultimate goal.

FINGER MERIDIANS ENERGY GATES



FINGER MERIDIANS

- THUMB** Linked to the Lungs
- INDEX FINGER** Linked to the Large Intestine
- MIDDLE FINGER** Linked to the Pericardium
- RING FINGER** Linked to the Triple Burner
- LITTLE FINGER** Linked to the Heart
- LITTLE FINGER** Outer side linked to Small Intestine

ENERGY GATES

- BAI HUI** Crown Point
- YU SHEN** (Lacr. Palace) Occipital Point
- DA ZHU** Big Hammer Point
- SHEN ZHU**
- SHANG DAN TIAN** Upper Dan Tian
- ZHONG DAN TIAN** Middle Dan Tian
- XIA DAN TIAN** Lower Dan Tian (The Energy Centre)
- SHEN MEN** Spleen Point
- HUI YIN** Perineum
- WEI LU KUAN** Coccyx Point

EXHALATION TECHNIQUES

There are five unique exhalation techniques in Chi Dynamics. Formulated by Grandmaster Anthony Wei, each of these techniques (Fu, Chui, PI, Tu and Xi) have particular effects on the body and each relate to one of the five elements (metal, water, fire, wood and earth).

In order to attain and maintain good health, there must be a balance in the functions of each organ and its related elements in the body. The application of Grandmaster Wei's breathing techniques helps to bring the body in harmony with the outside forces of the earth and universe in order to achieve good health and self-healing.

FU

Related Element: Metal

Technique: Breathe out through the nose with the tongue pointed just behind the upper front teeth to act as a conductor or bridge for the Qi energy to flow down the front of the body along the Ren (or Yin) channel.

Benefits & Uses:

- Activates the autonomic nervous system and the endocrine glands.
- An effective stress releaser as it induces relaxation and calmness.
- Intensifies the electromagnetic energy in the hands for the purpose of healing others.
- This energy is cooling, soothing and absorbs external energy for the practitioner's benefit.

CHUI

Related Element: Water

Technique: Pucker up lips and breathe out at a constant and controlled rate through pursed lips (forming the "v" or "u" shape). Exhalation takes 9 to 12 seconds while for "Yong" (air), exhalation should take 4 seconds.

Benefits & Uses:

- Stimulates the heart and lungs.
- Slows down the rate and effort of breathing, and thus lowers a beneficial health effect.
- Soft Chi helps to relax stress and anxiety, and enhances the flow of blood and Qi into the heart.
- Hard Chi improves and maintains the functions of the lungs by clearing the respiratory system of stale excreted air, it also helps to reduce inflammation.

PI

Related Element: Fire

Technique: Breathe out with short, forceful but rhythmic bursts of air through the nose with the tongue curled up and touching the upper palate just behind the front teeth and with lips closed but relaxed at all times. During the exercise, avoid overexerting your voice which is a waste and magnified.

Benefits & Uses:

- Stimulates the triple warmer meridian that controls the body's circulatory, respiratory, digestive and excretory functions.
- Burns off blood sugars, cholesterol and other wastes from the lymphatic system.
- Magnifies awareness and raises heat and energy levels by shifting heated Qi up from the base of the spine (the Du) to the crown of the head (the Bai Hui).

TU

Related Element: Wood

Technique: Breathe out in a controlled and forceful manner with a guttural "hoo" sound for 4 to 6 seconds. During the exhalation, keep the mouth and throat wide open. Throughout the exercise, the palms are kept locked by contracting the gluteal muscles of the buttocks and the anus.

Benefits & Uses:

- The technique stimulates the kidneys, liver, spleen and digestive organs, and builds up both internal and external strengths.
- The contraction of the lower abdominal muscles as well as the muscles of both sides of the body at the knees level allows Qi to be retained within the body for its use in healing.

XI

Related Element: Earth

Technique: Breathe out smoothly through clenched teeth with a long "hooing" sound for between 4 and 8 seconds. During exhalation, the neck will be slightly tensed up.

Benefits & Uses:

- This technique stimulates the thyroid gland, which is the "master gland" of our body's endocrine system.
- The energy produced is a stable, balancing and stable form of energy that stimulates the immune system, digest and rhythm.
- This technique is highly recommended for those who are suffering from autoimmune or overactive thyroid problems.

BLOCK BREATHING METHOD

Deep diaphragmatic breathing is the key to general wellness as our brain and body need a continuous supply of fresh oxygen to function effectively.

The Block Breathing Method designed by Grandmaster Anthony Wei ensures that every intake brings in more fresh air and at all state air is expelled on exhalation.

Benefits of Block Breathing

- Improves blood circulation and delivery of oxygen to the cells, this enhances vitality and helps to lower blood pressure.
- Increases digestive juices which helps digestion and the absorption of nutrients, also increases good bacteria in the gut.
- Relaxes the body's Qi system with lower acidity, this helps prevent and reduce many degenerative diseases.
- Regulates stress hormones from the adrenals and the endocrine functions of the pancreas and gonads.
- Subdues the functions of the white blood cells and the body's natural killer cells.

STEP 1: Position Yourself

- Lie down on your back and support your neck with a rolled-up towel or small firm pillow.
- Use your other arm to support your back or the back of your knees.
- To help your blood circulation, use either pillows or a footstool to raise your legs to a comfortable height.
- If your energy level is low, place a hot pack or hot water bottle on your lower abdomen (below the navel). This will help to boost the energy (Qi) generated and to improve the flow.

STEP 2: Relax and Focus

- When in position, relax your shoulders and upper body and be comfortable.
- Then bring your focus to the lower Dan Tian. Should be at the distance, make sure you make an effort to regain your focus back to the Dan Tian.

STEP 3: Inhale

- Inflate gently through your nose.
- As you do so, allow the air to gently inflate the lower abdomen. This will cause the diaphragm to flatten and the lungs to elongate, thus allowing more air to be taken in comfortably.

STEP 4: Hold the Breath (The Pause)

- Hold your breath for 4 seconds.
- For women, pull up the pelvic floor and tighten up the anus.
- For men, pull up the scrotum and gently tighten up the anus.
- The tightening will help keep the Qi energy from dissipating.
- This pause generates energy and heat that will be used beneficially in the next step.

STEP 5: Exhale

- Pucker your lips (as though you are preparing to whistle) and exhale by blowing gently and evenly through your pursed lips for 8 seconds. Use the strong Chi method of exhalation for better control.
- As you progress, extend the exhalation process to 9 seconds or even up to 12 seconds. The longer you take, the more relaxed and stable the body will be.
- As you exhale, draw your lower abdomen back towards your spine.

STEP 6: The Second Pause

- After exhaling fully, pause again for 4 seconds before inhaling and repeating the exercise.
- To obtain healing benefits, the recommended maximum time for this exercise is 30 minutes.

BUTTERFLY STRETCH



This exercise improves lymphatic flow of the upper and lower parts of the body.

In addition, it builds the criteria of the six harmonies in an exercise. It brings into effect:

- 1) Right/left brain coordination
- 2) Yin/Yang balance
- 3) Mind (Yi) and Qi coordination
- 4) Upper/lower body movements
- 5) Regulation of movements and breath
- 6) Simultaneous stimulation of all meridians in the hands and legs

To derive maximum benefits from this exercise, perform the exercise for six minutes. This is equivalent to three sets of nine movements for each leg.

1) To Breathe - This technique builds both internal and external strength, it involves controlled exhalation with the throat making a "hoo" sound and the body weight is now transferred back to the front leg. Repeat sequence 3 times for each leg.

1. With both feet together, angle the left foot at 45 degrees and move right foot a step forward.
2. Stretch out and pull arms towards chest with palms crossed and facing the body while breathing in. For females, the left palm over the right, and for males, the reverse.
3. Hold breath, turn palms to face the feet, transfer body weight to back leg and lift up the front of the front foot.
4. While holding your breath, raise your arms and circle above the head. This movement follows the upward movement of the hands.
5. Bring the fully stretched arms down to the sides of the body. Lift up back foot as the body weight is being transferred to the back leg. (Continuation of the 1st movement).
6. As your hands pass the hips, swing hands upwards to resume the starting position. Your body weight is now transferred back to the front leg. Repeat sequence 3 times for each leg.

QI MEDITATION POSTURES

Two Postures of Qi Meditation

The first posture is a part of a moving meditation exercise which can be performed either in a seated or standing position.

The second posture of meditation is a part of a moving meditation exercise which can be performed either in a seated or standing position.

1. Earth Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

2. Magnifying Qi Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

3. Qi to Lower Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

4. Qi to Upper Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

5. Qi to Middle Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

6. Qi to Lower Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

7. Qi to Upper Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

8. Qi to Middle Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

9. Qi to Lower Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.

10. Qi to Upper Dan Tian Posture

Stand in the Tai Chi stance with the feet shoulder-width apart and the knees slightly bent. The weight is evenly distributed on both feet. The arms are held in front of the body, palms facing each other, fingers pointing up. The head is held straight up, looking forward. Breathe in and out naturally.