



FROM THE GRANDMASTER'S DESK

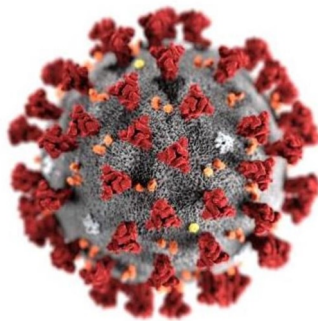
COVID-19

The COVID-19 virus outbreak has taken a heavy toll on businesses and economies around the world, especially in China where the virus is said to have originated from. As at 16 March, over 174,000 people around the world have been diagnosed with the virus and 6,687 have succumbed to it.

The common symptoms of COVID-19 virus are fever, dry cough and fatigue which may result in more serious pneumonia, breathing difficulty and respiratory failure. The virus spreads through respiratory droplets emitted into the air when an infected person sneezes or coughs and end up in the respiratory tract of another person.

As the virus is known to stay alive for as long as 9 days, it may also be passed on when your body parts come into contact with surfaces such as metal, plastic, wood and currency notes. It is therefore important that you wash and sanitise your hands thoroughly before touching your face and body parts.

Currently, there is no known cure for the COVID-19 virus. This fact and the deluge of fake news flooding the internet and social media



have caused many people around the world to panic, resulting in the rush and hoarding of face masks, disinfectants, food supplies and strangely enough, toilet paper!

It will take some time of human testing and trials before a vaccine for the COVID-19 virus is found; medical authorities reckon it may take about 12 to 18 months.

Meanwhile, what we know is that although it spreads faster, the COVID-19 virus is not as deadly as the SARS virus which affected 238 Singaporeans and claimed 33 lives in 2002/2003. So far, of the 243 people affected by the COVID-19 virus in Singapore, 109 have been discharged after full recovery and there is no loss of lives.

There is no reason for Singaporeans to worry as the government is leaving no stone unturned to ensure that the situation does not get

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any worse. The health authorities have things well under control and their preparedness and exemplary approach in tackling the virus have been recognised internationally by the World Health Organisation. Dr Michael Osterholm, an infectious disease expert at the University of Minnesota, also had this to say: *"If Singapore can't contain the COVID-19 virus, I don't see any country that can"*.

Suspension of Qigong Classes

As a precautionary measure, I have recommended that all qigong classes and group activities be temporarily suspended to minimise the risk of transmission of the virus. If classes are scheduled with the discretion of the instructors, please be socially responsible and do not join the class if you are not well or have a cough and cold; instead, see a doctor for immediate medical attention.

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What you can do in the meantime

Instead of panicking and worrying unnecessarily, here's my advice on what you should do:

- ◆ Personal hygiene is very essential. Make sure you wash your face and hands with soap and water frequently.
- ◆ Do your individual Block of Breathing exercise and the Five Essentials as regularly as you can.
- ◆ To keep the body core temperature up, eat and drink hot to warm food and do 15-minute sessions of Pi breathing (*fire breath*) at least two or three times a day.
- ◆ If possible, do your exercises outdoors instead of in a closed room with at least space of 1 to 2 metres away from the next person.



- ◆ To fortify your immune system, eat more ginger and garlic and drink plenty of warm to hot water. I have always advocated drinking warm or hot water instead of cold water and am pleased that recent studies by Western researchers have confirmed that drinking warm or hot water is beneficial. Besides detoxifying the body of harmful toxins by breaking down food in the stomach faster, warm or hot water improves the digestive tract function and reduces the risk of constipation; it also boosts body temperatures, speeds up metabolism and helps to burn calories faster.



- ◆ Observe social distancing and stay away from crowds and social functions such as weddings, birthday parties, wakes and funerals; I am sure the hosts will understand.

- ◆ Avoid physical contact with people by shaking hands, hugging or kissing, and with metal, ceramic and plastic surfaces like door knobs, elevator buttons and hand rails which are nests for the virus. You are also advised to wash your hands immediately after handling



currency notes.

As seniors, especially those with chronic medical conditions like diabetes, lung and heart diseases, are more vulnerable to the virus, it is very important that they take special care to reduce the risk of infection. Besides practising good personal hygiene, I recommend that they increase their regular Block of Breathing and low impact qigong exercises.



Why Low Impact Exercises are good for Seniors

Besides Chi Dynamics' proprietary Block of Breathing technique, the recommended low impact qigong exercises are Hand Flicking, the Shoulder Rolls and the 10 Standing Meditation Postures. They help to stabilise the blood and Qi flow in the meridians, clear blockages, stimulate the internal organs and activate the Inner Orbit Qi for self-healing.

Many of our seniors are already benefitting from these low impact exercises. See pages 3 to 4 for more information on the exercises and the feedback we have received.

The news that made my day recently was when I learned that our Block of Breathing technique and Hand Flicking exercise had helped a 90-year-old asthmatic lady from Kuala Lumpur overcome her serious illness. With daily dosages of the exercises taught by her daughter who was one the participants at our *Best Kept Secrets of Inner Healing Workshop* in November last year, her condition improved so quickly that within a month, she did not have to depend on supplemental oxygen and life is now back to normal for her. For more on this story, please refer to Sifu Khadijah Binte Shaari's chat with the lady's daughter on pages 6 & 7.

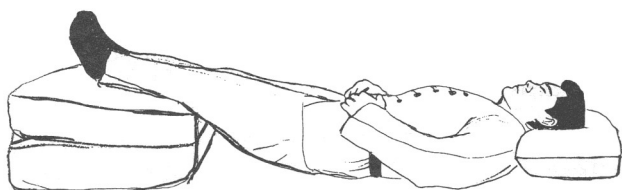
The world is currently going through very difficult times and I urge you to remain strong. Just stay positive and remember to continue with your regular Block of Breathing and stretching exercises to keep fit and healthy. Hopefully, the pandemic is fleeting and I look forward to catching up with you soon when the worse is over.

YI DAO QI DAO
FOCUS WITH YI (INTENT), AND QI (ENERGY) WILL FOLLOW

LOW IMPACT EXERCISES FOR SENIORS

BLOCK OF BREATHING TECHNIQUE

Designed by Grandmaster Anthony Wee, this deep diaphragmatic breathing technique ensures that every intake of breath brings in more fresh air and expels all stale air on exhalation. It is the key to wellness as our brain and body needs a continuous supply of fresh oxygen to function effectively.



This breathing technique:

- ◆ Improves blood circulation and delivery of oxygen to the cells, enhances vitality and lowers blood pressure.
- ◆ Balances the body's PH system with lower acidity and helps retard degenerative diseases.
- ◆ Increases digestive juices to help digestion and absorption of nutrients.
- ◆ Increases good bacteria into the gut.
- ◆ Regulates stress hormones from the adrenals and the endocrine functions of the pancreas and gonads.
- ◆ Enhances the functions of the white blood cells and the body's natural killer cells.

"I am healthier after attending Chi Dynamics as its Qigong exercises have contributed to my mental and physical well being. The Block of Breathing exercise helps to rejuvenate me and I feel very good after every training session. I also enjoy socialising with my fellow trainees at the Tampines Centre, sharing experiences and learning from each other."

- Raymond Fong (Singapore)

"I can feel Qi flow being activated immediately each time I do the hand flicking exercise. It triggers a pleasant sensation at the palms (Lao Gong) and calmness within my body"

- Sifu Ng Yee Fock (Malaysia)

HAND FLICKING

With its gentle movements and performed with strong Chui breathing, the **Flicking Hands** exercise is good for healing and the practitioner's well-being. The upward flicking movements open the lungs, pericardium and heart meridians while the downward movements open the meridians of the large intestine, triple warmer and the small intestine.

Method

- ◆ With hands at the side of the body, elbow and shoulders relaxed, flick the hands sideways inwards and outwards for 1 to 3 minutes. This action is like when we flick our hands dry.
- ◆ Next, turn the palms upwards and flick your hands for a further 1 to 3 minutes.
- ◆ Then turn the palms downward and continue flicking the hands for another 1 to 3 minutes.
- ◆ When done, stay in the standing posture for at least 3 minutes to allow the energy to flow freely throughout and nourish the body.
- ◆ When flicking, walk slowly in a circle for 10 minutes.



This exercise stimulates blood circulation to the limbs of the body and boosts Qi flow to the organs. It enhances detoxification and tones muscles, and helps to prevent carpal tunnel syndrome.

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SHOULDER ROLL (Snake Form)

This exercise is performed in two positions – the Yin and Yang stances.

YIN STANCE

- ◇ Stand with legs together, knees touching and slightly bent.
- ◇ Maintain a light contraction on the perineum or Hui Yin and focus on it throughout the exercise.
- ◇ Use strong Chui breathing – in on the upward movement of the shoulder and out on the downward movement.
- ◇ Make large backward circular movements with your shoulders with the front shoulder lower than the back shoulder before each roll.
- ◇ At the end of 1 to 3 minutes, move on to the Yang Stance.



Rolling the right shoulder



Rolling the left shoulder

YANG STANCE

- ◇ Stand with feet at shoulder width apart and use strong Chui breathing.
- ◇ Lift and pull the shoulders back alternately making large circular movements in the process.
- ◇ The weight of the body should be transferred from one leg to the other.
- ◇ On completion, remain in the standing posture and breathe out with Fu method of exhalation.



Rolling the right shoulder



Rolling the left shoulder

"The Shoulder Roll exercises enhance lymphatic drainage around the neck and shoulders and balances both the left and right hemispheres of the brain. They also open up the belt channel and massage the internal organs."

– Grandmaster Anthony Wee

"The Shoulder Roll exercises are a tremendous help in relieving tight neck and shoulder muscles, especially after long hours at work in front of a computer."

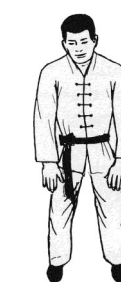
– Winnie Wai Chooi Fong (Malaysia)

SHOULDER ROLL (Turtle Form)

In combination with the Snake form, this exercise relaxes the neck and shoulder muscles. It is also said to enhance longevity when performed with a longer drawn out inhalation-exhalation.

Method

- ◆ Adopt the standing posture, 'lock' your pelvis and keep it tilted forward with the anus slightly contracted.
- ◆ Gently arch body forward, drop the shoulders and 'lock' the neck as you breathe in.
- ◆ While holding your breath, stretch the neck upwards and roll the shoulders upwards, and then pull them back.
- ◆ Exhale using the *Tu* breathing method with the body slightly bending forward and extend your hands down in front of the thighs as you exhale.
- ◆ Hold for 4 seconds after exhalation and then relax your body.
- ◆ Repeat the sequence of movements 9 times.



Neck locked; breathe in



Stretch the neck; look up



Complete the shoulder roll

*Tu* out; lower your shoulders

These exercises are good for detoxing the lymph nodes as they clear the toxins and enhance oxygen in the blood with better blood circulation. Besides achieving harmony of movements, they also stimulate the left and right sides of the brain and the internal organs.

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TEN POSTURES OF QI MEDITATION

This series of moving meditation exercises helps to clear blockages and stimulate the internal organs; it also activates the Inner Orbit flow of Qi for self healing.

The Fu method of breathing is used for this exercise. Hold for 4 seconds, then 6 seconds of breathing out and followed by another 4 seconds before the next intake of breath,

"The exercises have done wonders in rejuvenating me. Despite my age, my memory is still good I am able to walk 4km continuously without having to stop to rest."

- Jerrence Chee (Singapore)

1: Earth Posture

Focus is on the **Lao Gong** (the midpoint at the centre of the palms) to connect with the earth's pulsation and electromagnetic field.

NOTE: A consistent rhythm of breathing must be maintained throughout the exercise. Maintain nine cycles of breathing in each of the 10 postures.



2: Magnetic Qi Ball Posture

Focus is on the **Lao Gong** to connect or create a magnetic "**Qi Ball**", which will trigger a bio-feedback sensation of electromagnetism as bio-electrical impulses flow through the meridians and the peripheral blood circulation. Its intensity reflects the stress level of the person. The intensity is high for a relaxed person as the channels are unblocked, while that for a person who is stressed out will be low.



3: Qi to Lower Dan Tian Posture

Focus is on activating and storing Qi in the **Lower Dan Tian** (also called the **Lower Elixir Field**) for the body's use when needed.



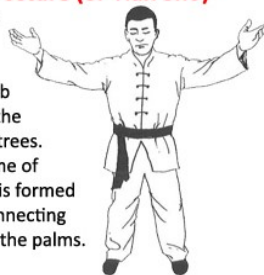
4: Standing Zen Posture

Known as '**embracing the tree**', this posture provides the electromagnetic connection between the palms (with the thumbs and fingers relaxed) and stimulates the thymus gland. It also boosts the immune system and develops inner strength when performed with the '**3 locks, 2 lifts and 1 twist**'.



5: The Open Posture (or Tian Sho)

Relax the thumbs and turn the palms to face upwards to absorb the energy from the atmosphere and trees. In addition, a dome of magnetic energy is formed over the head connecting the Lao Gongs of the palms.



6: Qi Ball to Bai Hai Posture

Bring the palms over the **Bai Hai** (the **Crown Point** or also known as the **meeting of a hundred meridians**). This posture balances the Qi flow to the brain while nourishing it. It also helps to open up the **Occipital Pass** (or **Yu Zhen Guan**) which is one of the vital Qi gates and passes for uninterrupted Qi flow in the **Inner Orbit**.



7: Qi to Upper Dan Tian Posture

Bring the crossed palms down and place them in front of the **Upper Dan Tian** (commonly known as the '**third eye**', it is located between the eyebrows). In this position, the palms stimulate the pineal and pituitary glands and play an important role in stimulating and raising the levels of the hormones melatonin and serotonin.



8: Qi to Middle Dan Tian Posture

Moving the crossed palms down to the **Middle Dan Tian** (the **seat of the Shen**, the **Inner spirit** or **emotion centre**) stimulates the salivary, thyroid and parathyroid glands. Being alkaline, saliva is good for the initial digestive process. The palms in this posture promotes a calming effect in addition to stimulating the thymus gland and the immune system.



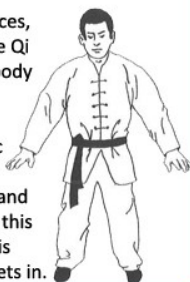
9: Qi to Lower Dan Tian Posture

Focusing the Lao Gong points to the **Lower Dan Tian** (also known as the **Lower Elixir Field**) facilitates the accumulation of Qi energy. It must be nourished by the breath and controlled by the Yi at the **Upper Dan Tian**. This is the mind-body connection of Chi Dynamics.



10: Earth Posture

This repeated posture balances, stabilises and harmonises the Qi flow in the body. Once our body is connected to the earth's pulsation rate of 7.8 Hz per second, our electromagnetic flow will be at its peak. The brain wave will also change and shift the alpha mode. When this occurs, the immune system is enhanced and self-healing sets in.



"My wife and I have been doing Chi Dynamics Qigong for about 7 years now and we find its exercises less physically demanding and easier to sustain or practise regularly to keep fit and healthy. Its emphasis on proper diaphragmatic breathing has convinced us to continue this path of practice to better health, free of injury."

- Mr Francis Teo (Singapore)



Deep Breathing, Hand Flicking & Family

- Madam Pushpa's Recipe For Wellness



Madam Pushpa (seated, second from right) surrounded by family members, with daughter Chetna next to her.

The highly successful *Best Kept Secrets of Inner Healing Workshop* held in Kuala Lumpur ended 2019 on a high note for Chi Dynamics. Apart from drawing a record attendance of about 700 participants and a stream of encouraging feedback, it is heartening to know that the event also benefitted others who were not present at the workshop. According to workshop participant **Ms Chetna Mansukhlal**, one such beneficiary is her 90-year-old mother, **Madam Pushpa w/o Mansukhlal**.

Curious to find out how this came about, **Sifu Khadijah Binte Shaari** got in touch with Ms Chetna who is a volunteer at Cansurvive Centre Malaysia, and this was how the conversation went.

Sifu Khadijah: Ms Chetna, please tell us a little about your mother.

Ms Chetna: Since marrying at a young age of 16, my mother has had a hard life coping with family household

chores of a 25 member extended family and due to that she had poor health at the age of 40. It was not easy for her as a homemaker bringing up 4 children and looking after my grandparents and father who also had health issues around the age of 50. But despite the challenges she faced, she has managed well to keep the family together in harmony.

Sifu Khadijah: What were the health challenges your mother was facing?

Ms Chetna: She suffered from asthma for many years and has been using the nebulizer for more than 40 years. Recently, she developed pneumonia which caused a deprivation of oxygen and my brother's family had to administer oxygen via a nasal cannula and antibiotics prescribed by the doctor while the rest of the family took turns to care and monitor her condition throughout day and night.

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Deep Breathing, Hand Flicking & Family— Madam Pushpa's Recipe for Wellness — continued

"My mum enjoyed the exercises which enabled her to breathe with more ease. Within a month, she no longer had to rely on supplemental oxygen. The swelling of her feet also subsided and in no time, she became more mobile and confident with her health. She is now back to her normal independent and cheerful self."



Ms Chetna Mansukhlal

Sifu Khadijah: That sounds serious enough to be hospitalised.

Ms Chetna: Yes, she was in a very weak state, but she refused to be hospitalised. However, having attended Chi Dynamics' recent *Best Kept Secrets of Inner Healing Workshop*, I taught her the Block of Breathing method with a cushion placed to elevate her legs to improve blood circulation and help to ease the swelling on her legs. When her condition improved after a week of breathing exercises, I then taught her the hand flicking exercise while doing deep breathing and releasing the air through the mouth. This was done lying down or sitting down on her bed.

Sifu Khadijah: And how did the exercises help?

Ms Chetna: Fabulously! She enjoyed the exercises which enabled her to breathe with more ease. Within a month, she no longer had to rely on supplemental oxygen. The swelling of her feet also subsided and in no time, she became more mobile and confident with her health. She is now back to her normal independent and cheerful self.

Sifu Khadijah: That's marvellous!

Ms Chetna: In fact her condition has improved so much that she is now back helping with kitchen chores although the men in the house have told her not to over exert herself. But my mum being who she is, continues to dally around in the kitchen to help out.

The exercises have definitely helped and till today, my mum continues to get relief from. Everyone in the family is very happy for her swift recovery and I am most thankful that the exercises I learnt at the recent Chi Dynamics workshop benefitted not only me but also my family members.

Sifu Khadijah: I am also sure your mother is also very blessed by the tender care she receives from her family.

Ms Chetna: Yes, we are very fortunate to be a close-knit family. Whenever my mother is not well, my brother and his sons and I are always there for her.

Sifu Khadijah: That's very nice. Thank you for sharing with our Chi Chat readers.

NEW MEMBERS @ ALEXANDRA CENTRE

A very warm welcome to **Mr Jeffrey Chua** and his wife, **Ms Jillian Pang**, to the Chi Dynamics Alexandra Centre! They first got to know about Chi Dynamics through Jillian's colleague in Kuala Lumpur who shared with them how Qigong had helped to eliminate her spinal pain and improve her overall health without going through invasive surgery. According to Jillian, *"My husband and I are fascinated by what Qigong can do to our body and we look forward to increase the quality and years of healthy life by practising it"*.



Ms Jillian Pang



Mr Jeffrey Chua

