



# CHI CHAT

## *with the Grandmaster*

Issue 38

01 February 2016

### From the Grandmaster's desk

When my students tell their friends that many of their ailments disappear when they diligently do the exercises they learnt at Chi Dynamics, they are met with interest. But when they go on to say that their exercises are fundamentally about breathing, they are more often than not, met with scepticism. Why is that so?

Breathing seems automatic and instinctive, what is there to learn? The truth is that many people are not breathing properly. This becomes noticeable when we are anxious or stressed, and we take extremely short and shallow breaths. It disrupts the balance of gases and deprives key areas of our bodies of the oxygen they need to operate efficiently. On the other hand, controlled, focussed and deep breathing helps combat stress and brings physical and emotional benefits. Thus, Chi Dynamics practitioners – through the block of breathing technique – improve the performance of our immune and the nervous systems. Proper breathing reduces the lactic acid in our muscles and the level of stress

hormones in the blood, lowers blood pressure and heart rate, aids digestion and the absorption of nutrients and water into our body cells. When our cells are loaded with oxygen, the body performs at a higher level, and fights off all kinds of diseases.

As we enter a new year, it would be great if we could encourage and teach others to breathe properly. Indeed, I have had cancer patients who practise block of breathing diligently, for hours daily, and successfully overcame their illness, in the best case scenario. And we have had also testimonies of people who do it somewhat intermittently, in a baseline scenario, and managed to combat the bad side effects of chemotherapy treatment. Thus through our cancer workshop, we could reach out to help relieve the pain and trauma of cancer sufferers.

I also find that many people are expressing an interest in learning about healing. Some of you may have a talent that just needs to be properly guided and honed. I can form

#### a *Chi Dynamics Healers Circle*.

The objective is to enhance such potential healing abilities through an evidence-based approach. Participants would learn touch and non-touch healing methods that are free of wizardry or mysticism. There is simply no mystery in performing *tui nah* using herbal poultices, acupuncture, cupping, and in non-touch transfer of *qi* to stimulate energy flow. This knowledge will also educate people against succumbing to claims of miracle healers who want to charge high prices to relieve your pain.

Last but not least, it's also time to think about our annual retreat. This year, we have chosen the dates of **April 22-25** in ChiangMai. The venue features an organic farm amid natural reserves. It presents a great environment to gather Qi, far away from the stresses of work and daily living or the seduction of shopping and constant facebooking ! **Do sign up quickly as places are limited !**

I wish all of you full breaths of qi!

### In this issue

<i>From the Grandmaster's Desk</i>	1
<i>Upcoming 2016 Retreat</i>	2
<i>Grandmaster Welcomes</i>	2
<i>Ask Grandmaster</i>	2
<i>Unique artwork presented to Grandmaster Wee</i>	3
<i>Qi Flow for Health/ Healing</i>	4-5
<i>SBG Field Trip</i>	6

*This publication is for internal distribution to CDI members only. Should you have any health-related experiences to share with fellow members, please email them to gmasterranthon@gmail.com.*

**Grandmaster wishes everyone a Happy Lunar New Year, and that the year of the monkey will be a swinging good one!**



# Upcoming 2016 Retreat – Sign Up Now!

It's here - the 2016 Chi Dynamics Retreat, from 22-25 April, at The Pavana ChiangMai Resort. It is a unique opportunity to spend a few precious days building up our emotional and physical well-being. Grandmaster has developed a sustained programme for participants, who will learn and practise essentials like harnessing Qi from the rising and setting sun, sensing the earth's natural vibrations, activating one's own Qi Energy Gates, breathing exercises and meditation through healing sounds.

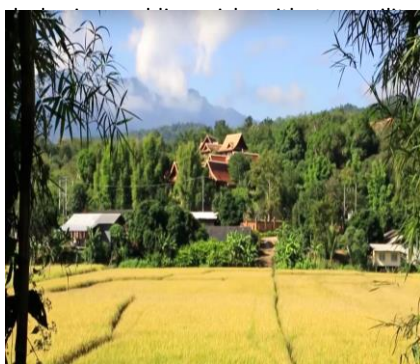
The venue is located within a verdant hillside landscape of mango groves and

and natural beauty. We shall also be eating a healthy diet from the resort's own organic farm, free-range chickens and eggs, and some fish, with less red meat. It will be a totally holistic experience.

To obtain maximum benefits, participants are discouraged from making private trips out of the retreat venue for shopping or sightseeing. First, this would disrupt the experience and focus of other participants and secondly, it takes away from your purpose of joining the retreat. All personal

the retreat. It is a time for putting aside our daily concerns and worries to focus on doing something very energising and positive for our minds and bodies.

Places are very limited as we can only cater for a small group – 30 for the Singapore group. **To guarantee your place, on a first-come, first-serve basis, please sign up and make full payment (non refundable ) by 28 February 2016; S\$600 for single occupancy and S\$450 for twin sharing. Cheques to be made to 'Chi Dynamics'. Contact Ronald Lim +6596212326 or Michael Koe +6598367151**



## Grandmaster Welcomes



Janet CHUNG

Faridah BTE MOHD  
HUSSAIN

Andrew LUCY

## Ask Grandmaster

**Question:** In the exercises taught at Chi Dynamics, are there fundamental principles that one must bear in mind? Which are the most important qigong exercises?

**Answer:** Simply put, the most important principle to keep in mind is the breathing rhythm focussing on the “tan tian,” which is about two fingers’ width below one’s navel. In the breathing technique we teach at Chi Dynamics - “block of breathing” - the emphasis is on holding the breath at the tan tian to a rhythmic count of 4 (or longer if comfortable), before breathing out to a count of 6 (or longer if comfortable), while pulling in the abdomen, and then pausing for another count of 4, before repeating the cycle. Stick to a rhythm you are comfortable with eg, 4-6-4 or 6-9-6. It is more beneficial to keep to a regular rhythm, all the while focussing on the tan tian. This breathing method allows the qi and blood to flow through the body, with the tan tian acting like a furnace that sends out energy and

increasing oxygenation to the rest of the body.

Another principle to remember is that the mind and body should be in sync. There is greater benefit when the mind is focussed on the body's movements while exercising, particularly on breathing. Our exercises are designed to stretch the limbs, the body parts, and even massage the lymph nodes. By focussing on the co-ordination, you will work both your left and right brain.

If you have time for only one kind of exercise, the butterfly stretch is the most all-encompassing. You build balance through the transfer of body weight from one leg to another; the sinews and muscles of your legs are worked in the forward and backward movements, which also helps build knee strength; the upward stretching of the arms activates the lymph nodes in your armpits and neck area. The entire body is exercised. Frequent and regular practice of the butterfly stretch will help stave off the ills of old age.

## Unique art work presented to Grandmaster Wee

Singaporean photographer-artist, Charlie Lim, completed a special oil painting-photograph of Grandmaster Anthony Wee, using a special torch light in a camera technique that he developed. Charlie captured - in one single shot - Grandmaster in various martial art poses. This unique art work was presented to Grandmaster Wee during the December Chi Dynamic workshop in Singapore. Thanks to Dr Tan Kee Wee for his sponsorship.



**Charlie Lim** -The Painter of Light. His works have been exhibited at the Singapore Design Festival (2009). Globally, Charlie has appeared on Channel News Asia's Prime time Morning, Channel U's *Money Matters*, and most recently is one of 200 international artists featured in the World Wide Art Book Vol. II. To learn more about the artist, visit [www.CharlieLim.com](http://www.CharlieLim.com)

# Qi Flow for Health/Healing

Grandmaster Anthony Wee conducted in December a "Qi Flow for Health and Healing" Workshop, the last for 2015. It sums up all the important concepts and benefits of the various Chi Dynamics exercises. Here is a quick guide:

Part I-Loosening Exercise	Health/Healing Benefits
Block breathing	Enhances immune system
Leg raise	Stimulates kidney, liver and spleen
"Scissor " leg stretch	Improves circulation to the discs between the vertebrae
Carp	Strengthens core muscles
Lymphatic stretch	Detoxification and working the lymph nodes
Plank	Warm up core abdominal muscles
Cat & Cow pose	Eases the back, shoulders and neck
Child pose	Decompresses the spine and takes the pressure off the vertebrae.
Part II-Harnessing Energy from Nature	
Hand flicking	Opens meridian points along arms & hands Relieves carpal tunnel syndrome
Yi Qi Kung	Yi & Qi are united as one in this relaxing healing form
Butterfly stretch	Enhances lymphatic drainage, massages san yin meridians.
Sword stretch	Strengthens thigh muscles, improves flexibility of knees, hips, spine
Fire Eagle stretch	Stimulates the triple warmer meridians
Fong Yang swing	Clears Ren & Tu channels, releases shoulder & neck tension
Mao Swing	Burns blood sugar, lowers cholesterol levels
Part III-Meditation	How well you feel the qi depends on how focussed you are
10 postures standing meditation	Improves digestive system, endocrine system; stress hormones are regulated; also improves immune system - enhances functions of white blood cells; circulatory system - improves blood circulation and delivery of oxygen to cells



Fong Yang Swing



Sword Stretch

# Qi Flow for Health/Healing



Guests taking part at Block Breathing Exercise



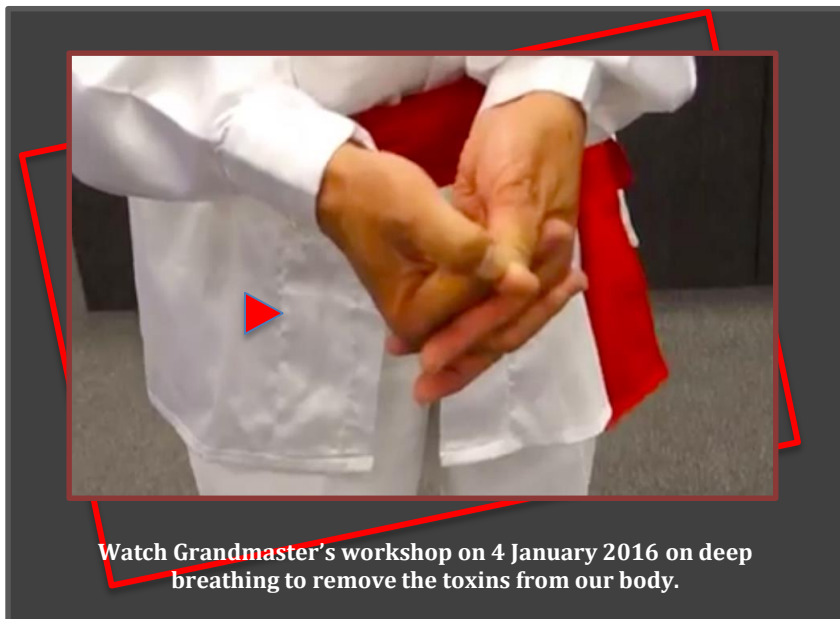
Leg raise Exercise



Standing Meditation



Plank Exercise



Watch Grandmaster's workshop on 4 January 2016 on deep breathing to remove the toxins from our body.



Lymphatic Stretch

## Errata

In Chi Chat Dec Issue No 37 in the article on Of Qigong and Yoga - Answer to Q[2] on page 2 should read "Bodhidharma was a very skilled Yogi who was able to impart *the essence of Pranayama* (breathing exercises) to the Chinese monks" instead of "...impart the Grand of Pranayama..."

"...he was also skilled in Kalaripayattu a martial art form which originated from Kerala, South India", instead of "...skilled in Karalari Prayet , a martial art form known in Kerala..."

Answer to Q[7] on page 3 should read " With some grounding in basic Yoga, it should not be too difficult to teach both, since our focus is on Qigong exercises and only elementary yoga asanas (postures) will be incorporated into our practice."

We apologise for the editing errors.

## SBG Field Trip

Grandmaster Anthony Wee led a field trip to the Singapore Botanic Gardens on January 6. Some 20 people participated, even though it meant getting there before 7.30 in the morning. For many, it was the first time they learnt about harnessing energy from old, healthy trees. Grandmaster Wee chose the Burmese Banyan (*Ficus Kurzii*), thought to be as old as the Gardens, as it provided suitable canopy. Janet Chung, a new-comer to Chi Dynamics, told *Chi Chat* that she did not know what to expect but was keen not to miss it and so took half a day of leave to attend. Following Grandmaster's instructions, after a while, she felt warm air from the ground to her palms. Then she felt a "gentle kind of energy enveloping her"; it felt "grounded and stable". After the session, she went back to work and was surprised that she was much energised throughout the rest of the work day and into the evening, when she had the usual household chores to take care of. It was a totally new and enjoyable experience for her.



Under the Burmese Banyan, bathed in the early sunlight, participants take instructions from Grandmaster.



Participants harness the Banyan's qi



Feeling the energy



Grandmaster demonstrates the qi ball



Tapping of backs, bringing the session to a close