

## Wellness Medical Qigong Upgrade Retreat 2017

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On the 17<sup>th</sup> of November 2017, over 142 Wellness Medical Qigong (WMQ) students and practitioners congregated at DZH Health Resort tucked within the pristine jungles of Peninsular Malaysia, for the WMQ Update Retreat 2017.

Held over a 3-day weekend, attendees from eleven countries, namely Australia, France, India, Indonesia, Japan, Malaysia, Myanmar, Russia, Singapore, Syria, Thailand, sat enthralled as Master Sifus, yoga facilitators and medically trained WMQ practitioners imparted holistic insights on the convergence of energy healing and allopathic medicine that would help elevate and enhance the proficiency and knowledge of the practitioners in their journey, as a WMQ healer.

The weekend commenced with a welcome message by Master Tan, the founder of WMQ who shared the brief history of this modality that he conceived. He revealed that the conception and growth of WMQ would not have progressed exponentially to where it is today, if not for the cumulative effort by an Inner Circle comprising individuals who were devoted to his vision from day one and who had stood by, providing counsel and sound advice, to say the least.

Those who were present at this event were privileged as Master Tan revealed, for the very first time, the identities of the Inner Circle members, namely Dato' Eddie, Datin Mariam, Ngim Kai Weng, Lee Yoke Kwan, Albert Shoon, Ralph Krattli and Ng Siew Lee whose introduction was met with a round of applause, gratitude and admiration as Master Tan acknowledged them in a heartfelt tribute.

A celebration of achievements was then kicked-off with the acknowledgement for the amazing Social Services work that continues to be extended at the Lam Wah Ee Hospital by Lim Mee Li, Kwong Yew Leong, Wendy Ang Bi Kong and Teo Ai Cheng. Tan Teng Chuan, Alan Tan Lian Kim and Simon Looi Eng Kieng was also acknowledged for the same WMQ social services, rendered at the Jinjiang Polyclinic.

General Social Services recognition was also extended to Datin Yoon Wei Lin, Wan Chee Wing, Sergey Oreshkin, Maria Churaeva and Gavin Hsieh for their role in mobilising the WMQ family in rendering charitable support like during the recent floods in Penang.

Throughout the weekend, Master Tan was proud to confer the certification of Level 1 Trainers (QGE) to Deepak Singh, Tony Lim Thiam Beng, Andy Yeap Hean Hee, Ng Yee Seng, Lim Mee Li, Kwong Yew Leong, Tan Teng Chuan, Mirjana Malignon, Wan Chee Wing, Tony Chiam Swee Aik, Suwaluck Mahantakhun, Anothai Emwattana (Ta), Ma Sein Mya (Jane), Herry Sungkno, Susiawan Hidajat (Ming), Merta Jasa (Yung), Edy Purnomo, Tham Tuck Hoong, Wendy Ang Bi Kong, Teo Ai Cheng and Veera Vasinvarthana; with Cecelea Chen Kwee Yan, Albert Teow Lai Huat and Hideki Chogo being certified as Level 1 & 2 Trainers (QGE & SHT).

One of the highlights of the weekend was the 'graduation' of WMQ practitioners to the esteem status of Sifu. Sifu Deepak Singh, Sifu Lim Mee Li, Sifu Kwong Yew Leong, Sifu Tan Teng Chuan, Sifu Herry Sungkno, Sifu Victor Lim Sun Sang, Sifu Wendy Ang Bi Kong, Sifu Teo Ai Cheng, Sifu Dr. Diogo Amorim and Sifu Dr. Fernando Salgado were honoured with standing ovations as several of them revealed

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heart-tugging recollections of their journey which was fraught with trials and tribulations, as well as dramatic stories on the healing abilities of WMQ that was experienced by their respective patients.

As the weekend progressed, practitioners were high in anticipation as Master Tan proceeded to reveal the next level of recognition, which was for the conferment of new Master Sifu; a title which no one had ever acquired thus far, aside from himself. Energy surged throughout the room as Master Sifu Connie Lee Yoke Kwan, Master Dr. M Ganasan, Master Steven Lim Kian, Master Fred Fu Chee Hang and Master Per Van Spall were conferred this prestigious honour with admiration from the audience.

The atmosphere was then immediately super-charged as the pinnacle of the weekend's series of acknowledgements unfolded. It was explained that there was a traditional elevation of the title Master Sifu to Grand Master Sifu, which was customary. It was an immensely emotional moment when the entire room of WMQ practitioners were upstanding and bowed in unison as Master Sifu Connie announced that Master Sifu Tan will now be conferred and honoured as Grand Master Sifu. This distinction was received with gratitude and sealed with a solemn promise by Grand Master Sifu in which he would uphold his oath of rendering continuous support to this dedicated students.

As the weekend progressed, practitioners were introduced to a new meditation modality called SunYoga which was discovered by Grand Master Tan and Master Sifu Connie during their encounter with its founder, Uma Sankar Sunyogi. Over the weekend, by dawn's early light, practitioners were led through the WMQ exercise routines followed by SunYoga under the guidance of SunYoga facilitators, Mr. Ramdas and Mr Diamond. It's prudent to say that everyone who experienced the SunYoga meditation would never look at the Sun, the same way again.

The weekend also included talks by Grand Master Tan who shared tips on physical health and heart and Master Sifu Connie touching on the dynamic perspectives of energy and its healing capabilities. Master Sifu Steven's sharing was peppered with humour as he imparted advice for participants to be committed to their patients and to just 'do it'.

Master Sifu Dr. M. Ganesan shared his immense knowledge on the synchronicity of the ancient philosophy, history and practise of Yoga and its correlation with WMQ. He elaborated how each of the movements within the WMQ practise, while appearing subtle, was paramount in the alignment and transportation of Qi within ones inner and outer orbit and its consequential effects.

Dr. Eow Giak Bee, a medically trained neurologist, gave an engaging talk entitled 'Paradigm Shift in Neurology – Healing Neurological Disorders by Understanding the Mind'. In summary, she shared an insightful perspective on the theory of E-'motion' and Dis-'ease' and how medical issues can arise from emotional distress. This led to an in-depth Q&A session that carried late into the night.

In her session, Dr. Teo Mei Shi who is a medical doctor specialising in breast cancer surgery imparted the latest in allopathic medical intervention, for the treatment of this prevailing disease. Dr. Teo also revealed her experience as a WMQ practitioner and

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advised how discernment must be practised to ensure that holistic wellness modalities are used responsibly, with the patient's best interest at heart.

As the retreat grew to a close, Grand Master Tan shared two new techniques on how practitioners could increase their Qi. He also gave a sneak peek into the possible venue for the 2019 retreat, the upcoming plans for the globalisation of WMQ and future training courses.

Grand Master Tan also re-emphasised the over-riding theme of this year's retreat, which was 'commitment'. Practitioners were reminded that they must be committed to their patient's recovery and that the WMQ modality must be used to treat patients with compassion.

At the point of conclusion, a round of applause and appreciation was extended to all practitioners who sacrificed their time and energy as volunteers in the organising committee. Participants left rejuvenated with support from senior practitioners, new Sifus and Master Sifus who generously extended advice and provided doses of encouragements throughout the weekend. New found friendships and support networks were forged and energy levels peaked to an all time high, as the WMQ family departed for home with an invigorated vision towards the continued success of WMQ in 2018 and beyond.

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