Towards Healthy Well-Being with Wai Dan Gong

By : Engr. Dr Ooi Teik Aun and Engr. Mah Soo

The topic of 'Health or Wealth?' and which is better of the two has been widely discussed and debated. Is it so difficult to have both 'Health and Wealth' at the same time without achieving one alone and sacrificing the other?

IEM held its Open House 2006 on 7 May 2006 at the Dewan Tan Sri Mahfoz Kahlid, Bangunan JKR, K.L. The event was graced by the Deputy Minister of Works, Y. Bhg. Dato' Engr. Mohd Zin bin Mohamed as the Guest of Honour. During this celebration, one of the highlights in the programme was when Master Yeoh Tong Eng led a group of IEM members through a performance of Wai Dan Gong to show how easy and graceful the routine of Wai Dan Gong could be performed by all gender and age group. He later demonstrated Chinese Calligraphy to all present within nine seconds to produce the Chinese character 'Heart' and the two English words of 'EQ'. One could see that there was also some art form associated with the writing. He explained that this combination indicated "One can achieve what one has in mind". He later presented it to the Guest of Honour.

Soo Tian Tiong introduced us to the healthy looking Master Yeoh, who does not seem to look his age of 94. During the conversation, Engr. Mah learnt that Master Yeoh was previously suffering from frequent nocturnal urination, allergy rhinitis, insomnia, tinnitus and haemorrhoids, but after taking up Wai Dan Gong, his health improved and the chronic illnesses disappeared. He went to Taiwan in 1983 to become the disciple of thefounder, Grand Master Cheang Tze Tong. Since then, it is his aspirations not to commercialise, but freely spread the practice and benefits of Wai Dan Gong to all those who are interested in good health and happiness.

Figure 1: IEM President with Master Yeoh and some Wai Dong Gong members from IEM

There were evidence of the above when some of the IEM Members who joined in the conversation attested that after following Master Yeoh through the exercise, they experienced benefits such as relief from some of the above illnesses together with noticeable improvement in their stamina and health. They hope more of our members could take the trouble to find one hour of their time from their 'tight working schedule' every week on Mondays and Wednesdays to experience for themselves the benefits of goodness towards healthy well-being that others have already found out through Wai Dan Gong practices.

Master Yeoh has presented talks at numerous venues including The Institution of Engineers, Malaysia. For the past six years, classes were held at The IEM Penthouse every Monday and Wednesday from 8.00 p.m. to 9.00 p.m. without fees. Those interested could contact The IEM Secretariat at telephone 03-79684001 or Master Yeoh's Handphone 012-2872292 for more information.

So if it costs just two sessions of one-hour of one's time and commitment to join in to share the benefits of a healthy lifestyle by recharging your batteries of life-force, or "Qi", there should not be any excuse not to give it a try to check out the benefits that Wai Dan gong can bring. This could keep oneself in good shape and health so that one could still continuously join in the rat race towards wealth creation and accumulation. With this, one may conclude that one could achieve both 'Health and Wealth' at the same time. Remember, 'Wealth Without Health is not Sustainable!' ■

Figure 3: Demonstration of Chinese Calligraphy by Master Yeoh

Figure 2: Demonstration of Wai Dan Gong during IEM's Open House on 7 May 2006