

# Reminiscence

Written by West Coast Park, Allison Lum



**O**n 26 February I attended the fuzheren (venue-in-charge) meeting at fanlaohuantong's (Infinite Youth) headquarters. When Ang Siong Lim and I greeted each other, he asked me to write an article on my qigong experience. Siong Lim is such a nice guy and I could not say no to him .... So here is my article.

My first encounter with Infinite Youth qigong was on Hainan Island. I attended a detox programme with Kampung Senang in February 2010. Joyce Lye who was in charge of the programme taught us Infinite Youth qigong. I liked it and called the person in charge of the Infinite Youth Association when I returned home. My first qigong session was on 6 March 2010. It is easy to remember because it's exactly the same as my address 06-310.

The four friends (Wu Jingrong, Judy Chan, Francis Koh, Li Junjie) who went to Taiwan to learn Infinite Youth qigong had started teaching it in October 2009 at West Coast Park (WCP) – the mother site. There were about fifteen persons who came to qigong daily. The four friends took turns to daigong (lead). The demand was strong and soon there were requests to start more qigong venues. I was asked to learn how to daigong. I said NO because my Mandarin was almost non-existent. But Francis Koh persuaded me and finally I said OK la.

Needless to say, I failed the first daigong test in August 2010. My fellow trainee instructor, Yek Mei Peng, also failed. So, for the next two months while the rest were exercising, both of us practiced daigong. The next daigong test was in October 2010 and both of us passed. Hurray! Our hard work paid off.

Daigong is not as easy as it looks. There are eight pages of script that you have to memorize. You need stamina to be saying the instructions loudly (otherwise gongyou cannot

hear you) and qigong-ing at the same time for nearly two hours. However, the benefits are 1) you will be good at it because you understand what you are doing and 2) you are helping others to be healthy. So, to all aspiring instructors – jiayou!!

For the past thirteen years I have enjoyed good health. The fact that Hua Eng (WCP fellow instructor) and I are permanent fixtures, that is you see us every day except Sunday, says much about our health. We are rarely sick. This photo taken in 2015 also proved that I have aged v-e-r-y slowly. The gongyou (qigong buddies) who come every day to exercise are in their 70s and 80s, they are generally healthy and did not catch COVID – impressive right?

I managed to avoid COVID from March 2020 to July 2022 that is a period of 28 months. But I caught it in August 2022 and it was quite painful. I was tired and slept for the first three days. I also had a sore throat and no appetite. Luckily my sense of smell and taste were not affected. Fast forward to March 2023, my stamina is not as good as pre-COVID. Sometimes, I get tired and breathless when I daigong. My joints are weaker now, probably from both COVID and aging. But I am happy that I have been disciplined for the past thirteen years practicing qigong daily even during lockdown. My health is not as good as pre-COVID but I cannot complain as someone who is inching towards SEVENTY.

I am grateful that I found Infinite Youth qigong. It has given me good health; and friendship in a community where people live with enthusiasm and laughter. The camaraderie will see me through the rest of my life.

The Infinite Youth Association is sincere in **helping those who are sick and hopeless to see HOPE**. I am proud to be part of this big family.



林桂香教练（左二）摄于2015年，这也印证了她的样子8年来没有什么改变。

# 练功情结

文 | 西海岸公园负责人—林桂香教练

萧耀兴 翻译



西海岸公园带功团队：（左起）徐美兰教练、白玉梅助教、林桂香教练、林华荣助教。

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2023年2月26日我参加了在返老还童气功协会总部召开的全国练功场负责人会议。当我和洪祥林师兄碰面时，他要求我写一篇关于我练功经验的文章。祥林为人和蔼良善，我无法婉拒他的请求……因此这篇文章就这样地诞生了。

我第一次接触返老还童气功是在海南岛。2010年2月，我参加了姐妹会轻安村主办的排毒营。负责该活动的赖玉珠女士教导我们返老还童气功。当时我对这套功法很感兴趣，并在回家后联系了返老还童气功西海岸公园的负责人。我第一次走入练功场学习气功是2010年3月6日。这日期非常好记，因为它恰好和我的地址06-310相同。

新加坡返老还童气功缘于2009年10月，当时我们的四位朋友胡景荣、曾宪珍、许慎原、李俊杰，前往台湾学习了返老还童功法，并开始每天在西海岸公园（WCP）练习及教功，因此这里也成为了新加坡的第一个母场。每天约有十五位功友一起练功，并由他们四位轮流带功。

由于口耳相传，慢慢的功友越来越多，很快就有在全国各地设立更多练功场的需求。就在僧多粥少的情况之下，我也荣幸的受邀请培训成为一名助教，但他们的请求却被我当下拒绝了。原因是我几乎看不懂华文。但在许慎原师兄极力的游说下，最后我说：“好吧！”

由于语言的障碍，可想而知，我在2010年8月的第一次教练养成班审核中失败了。我的伙伴易眉萍师姐也遭受同样的命运。因此，在接下来的两个月里，当其他人在练功时，我们两人就一直练习带功。直到2010年10月我们再次接受郑老师审核时，两人都顺利通过了。耶！我们的努力始终没有白费。

带功并不是想象中那么容易。你需要熟记8页的口诀，需要有气力与耐力，才能大声念出口诀（否则功友听不到你），

在将近两个小时的带功时间中也同时练功。其中的好处是：

- 1) 你会做得很好，因为你了解自己在做什么？
- 2) 你正在帮助别人保持身体健康。

因此，对于有志成为助教、教练的伙伴们，请加油！

过去的十三年里，我的身体一直都很健康。

华荣师兄，一位和我一起在西海岸公园同修的教练。我们每天固定带功（星期日除外）。当你每天都能看到我们，就证明了我们的健康状况良好。我们很少生病。每天到这里锻炼的功友们大多已经七、八十岁了，但他们通常都很健康，并且没有感染新冠肺炎，这令人惊叹吧！

从2020年3月到2022年7月，长达28个月的时间里，我成功地避免感染新冠肺炎。但是我在2022年8月感染了病毒，这让我感到相当痛苦，身体非常虚弱；在开始的三天里一直昏睡，喉咙疼痛，没有胃口。幸运的是我的嗅觉和味觉并没有受到影响。展转到了2023年3月，我的体力没有患病前好了。有时候，我带功时会感到疲倦和气短。我现在的关节比以前更脆弱，可能是因为新冠肺炎和年龄的原因。然而，我很高兴过去13年里，我一直很有纪律地每天练气功，即使在阻断期间也是如此。尽管我的健康状况没有患上新冠肺炎前那么好，但我不能抱怨，毕竟我已经快步入70岁高龄了。

我很感恩能够与返老还童气功结缘。它不仅让我拥有了良好的健康，还让我在这个充满热情和欢笑的群组里结交了许多朋友。功友们的情谊将伴随我度过一生。

返老还童气功协会真诚地帮助那些身患疾病和绝望的人，让他们在绝望中看到了希望。我为能成为这个大家庭的一员感到骄傲。