

On 12 January 2005, soon after 8:00 p.m., Yu Yat our eldest son coughed so continuously that he had not enough time to catch his breaths. This situation persisted. At 10:00 p.m., his lips turned purple and the face all red due to the labour and oxygen deficiency. We decided to send him to the hospital. The doctor said he had wheezing bronchitis and would stay until his conditions stabilized. Amy would do the night shift in the hospital keeping him company while Conrad would do the day shift. At that point, we knew we had to postpone this event.

Let us thank all the speakers and participants who were so willing to accommodate us and agreed on the spot that the date of the event would be changed to 20 February 2005. So, here we are, finally.

We have no preconception what theme this event will have. Just like last year, we asked around for inputs and let things pop up themselves. As it turned out, three speakers will focus on more learning-related issues while three others on more health-related issues. Therefore, we grouped them into morning and afternoon sessions and let participants choose to come to one or both of them. Again, as it turned out, this scheme is well-received. We have a larger number of participants and they need not sit for things less interesting to them.

When Conrad learnt his first balance back in 1997, the facilitator always told him to “trust the process” and “follow the flow”. To tell you the truth, he had absolutely no idea what she meant by these words. They were Martian to him. As a business executive, his training and experience always told him to plan ahead and prepare for any scenario. In a word, it was “control” - expect accidents but allow no surprise. He was a fervent believer in the doctrine of active intervention then.

Now, he is converted into the doctrine of passive management – look for twists and enjoy new experiences – through eight years of doing balances on himself and others. It was a life-changing decision. Things become easier for him as he is able to “surrender” himself more. His health improves and his wellness is enhanced.

To us, Kinesiology is only a technology to attain “balance”. The latter is the end, and the former is only one of the means to this end. That is why we have invited Arden Wong and Becky Ma to give their presentations, the contents of which is technically not too “kinesiological”.

Our vision for this conference is a platform on which people share their vision and technology to attain balance. So, enjoy the presentations and find your own way to be more balanced.

Amy Choi and Conrad Ho