

Kampung Senang Testimony of Shannen Huang Volunteer



Why I Volunteer

How did you get involved in volunteer work?

My journey to voluntary work began through my participation in one of my company's Social Recreational Committee activities. We brought children from the Singapore Children's Society out for a half-day tour of the Marina Barrage followed by kite making and kite flying activity. The children were very well behaved. Being around them made me aware of their longingness for family and social togetherness and their desire for more of such activities.

Are there any consciousness awakening events that triggered your desire to volunteer?

In 2005 I learnt that I suffered from fundus flavimaculatus (FFM), a degeneration that progressively led to blindness. In 2011, complications set in and doctors injected me with intravitreal Lucentis which saved the majority of my central vision. However, doctors told me there was little likelihood I would ever recover my vision.

I embarked on a journey to search for alternative therapies for my condition. In 2011 March I met my teacher, Ang Koh Chnee, a second generation Master in the practice of China Soaring Crane Qigong (中国鹤翔庄气功) and meditation practices in Choa Chu Kang. Subsequently in early 2012, I met John Wong, Chief of Bio Quantum Programs from Transcendental Connection, who in 2005 was struck with extensive nerve damage that caused him to be paralysed from the neck down and total blindness. His miraculous recovery manifested through awakening his healing power through strong consciousness inspired my own recovery. Through his mentorship, I learned that dis-eases manifest themselves when our body starts to have a mind of its own through poor diet, late sleeping habits, emotional and mental imbalance which pulls us away from nature's way of healing and regenerating our cells. We are all Nature's creation of perfection and wholesomeness and by partnering with Nature each of us can tap into our innate ability to heal ourselves and lead healthier lives. I learnt the science and spirituality behind awakening my own healing power and redirected my focus away from my own medical condition to helping others seek their path to recovery.

In what capacity are you volunteering at Kampung Senang?

I am volunteering in the area of Neurofeedback training at Kampung Senang Lorong Ah Soo. I agreed to become a trained practitioner by dedicating 50 hours of volunteer work on top of 15 hours of formal training. I also do counselling sessions for members from Kampung Senang Holistic Support for Person Affected by Cancer (HSPC). My bachelor degree major in Psychology, 2 years of Soaring Crane Qi Gong training and my Mastery Mentorship Program at Transcendental Connection have set strong theoretical foundations for my counseling experience. I am able to appreciate the scientific principles behind many healing modalities, such as Neurofeedback training which can help people to improve the quality of life, power of concentration and clarity of mind.

How much time have you set aside for volunteering? Does volunteering interfere with your personal or professional life?

I volunteer regularly for 5 hours a week. I strike a balance between my volunteer time commitment and my professional life to earn a living. My family members and all my friends are supportive of my volunteer aspirations.

What benefits have you derived from volunteering?

While volunteering I experience the unconditional stream of love and compassion coming from other volunteers and therapists who dedicate their service to other fellow beings. Besides the human interactions, there are other behind-the-scenes activities such as data entry administration, arranging follow-up therapy sessions for beneficiaries, and accounting for money after flag day. I would not be able to experience these activities in a corporate environment. Volunteering has given me a window into the world of social enterprises.

Relate a volunteering experience that made a strong impression on you.

During my very first counselling session I met a HSPC member who was at stage 4 cancer victim. Throughout the counselling session I connected to the HSPC member by being steadfast in my belief that the member would be healed eventually. I filled the counselling room with love, hope, and compassion, leaving no room for fear, negativity or doubt. The member could feel my strong positive energy and was very happy to have met me and requested for a follow-up session. I am gratified that the counselling sessions helped the member decide on which chemotherapy program to undergo at the restructured hospital.

What motivates you to want to carry on volunteering? What advice would you have for people interested in volunteering

I want to carry on volunteering so I can give hope to those who are in need of healing. In turn, I find that volunteering gives me hope and strengthens my own resolve to heal myself. If you are interested in volunteer work, it's important to plan your time well. It is also important to be able to give your undivided time and attention to those in need. I would recommend Kampung Senang as a volunteering opportunity because it is a place where people are cared for. It is a place where people may achieve inner peace and in turn create peace in the outer world. And that is as it should be as Kampung Senang in Malay stands for "Village of Inner Peace".