

Complementary Health & Exercise

Winter 2011

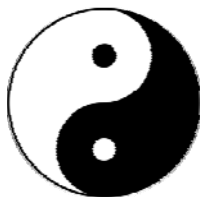
FREE!

New year resolutions



The Mechanics of the Three Nails

by William C. C. Chen



The Quarterly Magazine bringing you news
and programs on complementary methods of
healthcare and exercise.



七星武道



The Sports Hub
250 Civic Centre Plaza,
Glendale Heights,
IL 60139

630 260 6060

Saturday, January 15th
10:00am - noon



Self- defense for Women

Learn the four levels of self defense; then learn and practice practical techniques that anyone can use to defend themselves and avoid becoming another statistic.



The Sports Hub
250 Civic Centre Plaza,
Glendale Heights,
IL 60139

630 260 6060

Friday, March 11th
6:00pm - 8:00pm

Wear comfortable clothing!

Complementary Health & Exercise

Winter 2011

Editor & publisher - John Robertson
630 229 4434 John@7StarsMA.com
www.7StarsMA.com



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Seven Stars
Martial Arts

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Because of the nature of some of the products, services or techniques advertised/discussed in this magazine, you should consult a physician before using these products or services or applying these



T'ai Chi Sword

January 13th & February 24th
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of Confucius

"To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right."

Editor's Notebook

My thanks to all those students that came to our annual dinner in November; we topped last year with 48 in attendance, you all helped make it a great success! We missed those of you that could not make it. We gave out lots of awards, raised \$252 for our Relay for Life team, enjoyed great food and good company. I hope you went on to enjoy a wonderful Thanksgiving. Mark the date for next year in your calendar; November 22nd from 2:00-4:00pm at the Silverado Grill in Elmhurst, we will see you then!

Our 'Relay for Life' team is now established, check under 'community - relay for life' to join or to contribute.

I am in the process of updating the articles pages of my website, they are now organized according to the main subject of the article, such as: Tai Chi and Shingles. This will make it easier to locate the articles you are looking for. I also have a huge amount to scan and post, and those will be appearing as I get to them. If you do see any articles on Tai Chi, falls, Health Balls or anything you may find of interest please bring them in.

Our new product catalogue is now available, both paper and as a 'green' downloadable version from our website. There are lots of great gifts for family and friends; give a healthy gift, one that will help the recipient live a longer life. What better gift can you give?

Please share the benefits you are receiving from your practice of Tai Chi with your friends and neighbors, you are welcome to bring anyone to a Tai Chi for Health or Beginners Tai Chi Chuan class to let them experience classes before they register. Feel free to take as many

John Robertson

*"He lives most life whoever
breathes most air"*

Chinese Health Balls

Chiming chrome sets only \$10.00!



available in
1", 1¼", 1½", 1¾" 2" & 2¼"

Cloisonné enamel sets only \$12.00!



Available in 1¼", 1½" & 1¾"

Sun & Moon
Yin & Yang
Dragon &



Phoenix

Panda's

Dolphin's



Solid steel from \$20.00!

1", 1¼", 1½" & 1¾" - \$20.00

2" & 2¼" -

\$25.00



Jade from \$20.00!



Yellow jade - \$20.00
Cloudy green jade - \$25.00
Black jade - \$30.00
Translucent jade - \$35.00



Marble - \$15.00



Agate - \$40.00

This is just a selection of our stock - which is constantly changing! Call to confirm availability!

630 229 4434

John@7StarsMA.com

www.7StarsMA.com/webstore/healthballs.html

Learning Lunches

Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while increasing productivity, reducing absenteeism and cutting health care costs.



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- Tai Chi for Health
- Tai Chi Chuan
- Natural Energy Healing
- The Six Healing Sounds
- An Introduction to Karate
- Adult & Child Self-defense
- Falls? They don't have to happen to you
- Discover the Secrets of Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434

John@LearningLunches.org

www.LearningLunches.org

Health and safety education in your location, at your convenience

Tips to help your resolution succeed

Author unknown

Choose an attainable goal.

Choose resolutions that are attainable. Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

Limit your number of promises.

You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions. Focus on your goals.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year.

This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Set realistic, achievable goals

Plan on Success

Write it down and read it, often.

People who consciously write down a goal, and read it often are more likely to succeed in achieving that goal.

Create a game plan.

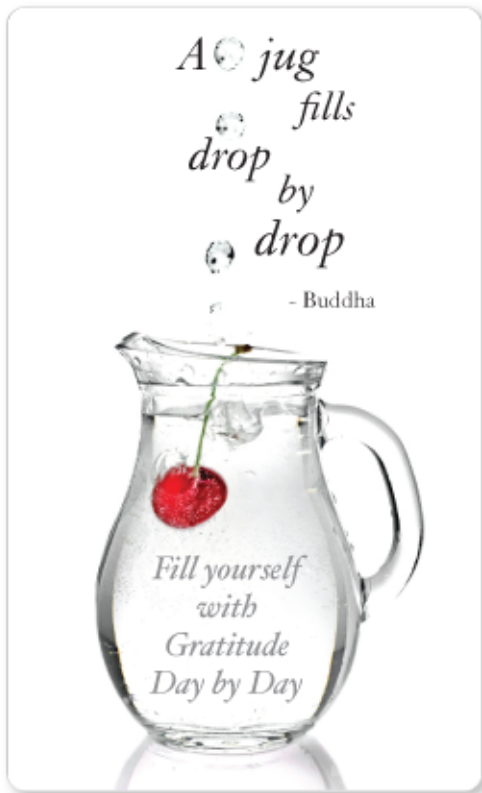
If possible write a comprehensive plan on how to achieve your goal. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Setting smaller monthly goals will help you reach a bigger end goal. Then, if you aren't able to reach your final goal, you will have made many smaller, but significant, achievements along the way.

Keep a journal

A journal helps you recognize your positive steps and makes it harder to go back to the same old habits.

Write your own personal plan and you'll be more likely to succeed

Continued on page 6



A recent study has found that people who keep a gratitude journal were less likely to be stressed or unhappy.

Learn to surmount your difficulties, become a better person and bring abundance into your life

Keeping a Gratitude Journal



Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

6:00pm Friday,
February 4th



Saturday, February 26th
2:00pm - 3:00pm

The Sports Hub
250 Civic Center Plaza,
Glendale Heights, IL 60139



630 260

Friday, March 18th
11:00am - noon

The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126



630 993
8193

Holistic Hands Energy Healing

John Robertson

Reiki Master Practitioner & Teacher

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John@7StarsMA.com 630 229 4434
www.HolisticHands.wordpress.com

Give it time

Most experts agree that it takes about 21 days to create a habit and 6 months for it to actually become a part of your daily life.

Review your resolution

Realize that things change, review your goal each month. Your goals and needs may be very different in April than when you made your resolution in January.

Embrace change, even if that means that your resolution is altered

Reward yourself with each milestone.

Each month you stick with your resolution, or are moving towards your goal, treat yourself to something special. But, be careful of your reward type.

If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to something non-food related, like a professional massage.

Avoiding Failure

Make contingency options

Don't assume sticking to your plan will be smooth sailing. Plan on hitting bumps along the resolution road and be prepared with specific ways to overcome them.

What will keep you from skipping your workout or stop you from having a cigarette? This may mean seeking help from family or a professional, writing in a journal, etc.

Ask friends and family members to help you so you have someone to be accountable to.

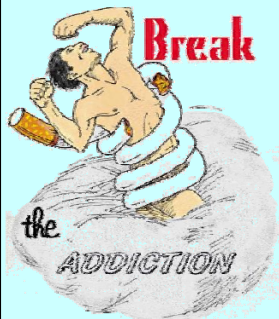
Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively.

Don't go it alone! Get professional assistance.

Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional.

Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves people's success rate.

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a FREE
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E-mail: Darla@7StarsMA.com

www.7StarsMA.com/hypnotherapy.html



An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.

Free Health Balls for all participants

Tuesday, January 4th 6:00-7:00pm

Warrenville Park District,
3 S. 260 Warren Avenue, Warrenville, IL 60555
~ To register call 630 393 7279

Saturday, February 27th 1-2:00pm

Lombard Park District, Sunset Knoll Recreation Centre,
820 S. Finley Avenue, Lombard, IL 60148
~ To register call 630 620 7322

Friday, March 4th 6:00-7:00pm

Courts Plus, 186 S. West Avenue, Elmhurst, IL 60126
~ To register call 630 833 5064

Balance your body, mind and spirit through the use of Chinese Health Balls!



Cobblestone Walking



Aging can be seen as beginning with the feet; where reflex points correspond to organs, muscles, and glands. Modern mats are used to apply acupressure from the body's own weight stimulating the whole body. Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.

Wednesdays at 1:00pm
starting January 12th
& February 23rd



3 S. 260
Warren Avenue,
Warrenville,
IL 60555
630 393 7279

Feng Shui Tips

From one of our students

The Feng Shui cure of putting a red flowering plant outside the front entryway of your house in order to invite fortune to your door.

Placing any flowers or flowering plant outside the front entryway, at the left of the door as you look at it from the street, is also believed to usher in Health, Happiness and Prosperity, the Three Great Blessings according to Feng Shui.



So assess your own front door area and make it come alive with potential, possibility and, of course, Divine light!

Cane Fu: for health and self-defence

Wednesdays at 2:30pm, starting
January 12th & February 23rd

Improve balance, co-ordination, flexibility and strength, reduce stress, release tension and learn how to protect yourself.

Canes will be available to purchase, or bring your own!



3 S. 260
Warren Avenue,
Warrenville,
IL 60555
630 393 7279



Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills. Dr. Mehmet Oz on Oprah

In Elmhurst

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

All students meet every
Monday at 8:00pm
January 10th & February 21st

Continuing students meet every
Tuesday at 12:30pm
January 11th & February 22nd

Beginner students meet every
Thursday at 12:30pm
January 13th & February 24th

Call: 630 833 5064

In Lombard

Sunset Knoll Recreation Centre
820 S. Finley Road,
Lombard, IL 60148

All students meet every
Monday at 6:00pm
January 10th & February 21st

Call: 630 620 7322



In Roselle

Clauss Recreation Center
555 W. Bryn Mawr Avenue,
Roselle, IL 60172

Beginner students meet every
Tuesday at 9:00am
January 11th & February 22nd

Continuing students meet every
Tuesday at 10:05am
January 11th & February 22nd

Call: 630 894 4200

In Villa Park

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

Beginner students meet every
Tuesday at 2:00pm
January 11th & February 22nd

Continuing students meet every
Thursday at 2:00pm
January 13th & February 24th

Call: 630 834 8970



ROSELLE PARK DISTRICT



New Year Resolutions

John Robertson - December 2010

The New Year can be a time to reflect on the previous year, to express gratitude for the many things that have happened, and a time to set resolutions, or goals, for the year ahead.

In 2005 approximately 45% of American adults made one or more resolutions; down from the 88% of Americans who did so in 2001.

Of those that do make resolutions:

34% will set a New Year's Resolution related to their wallet
i.e. a financial goal

38% will set a New Year's Resolution related to their waistline
i.e. a weight or fitness goal

47% will set a New Year's Resolution related to their head
i.e. a self-improvement type goal

31% will set a New Year's Resolution related to their heart
i.e. a relationship or dating goal

Of those people that do make resolutions:

75% quit in the first week

of those remaining another 71% quit after 2 weeks

of those remaining another 64% quit one month

of those remaining another 46% quit after 6 months

leaving 8% to achieve their goals

According to a study, only 8% of Americans say they achieve their New Year's resolutions. The way it seems to work now, setting a New Year's Resolution is a recipe for defeat for the majority who try.

It has come to be one of the nation's most masochistic traditions.

While a lot of people who make new years resolutions do break them, research shows that making resolutions is useful.

People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't make resolutions. In order to achieve a goal, it needs to be set - it can give people the drive to set about that goal.

So this year I would like to give you a different take on resolutions; rather than try to change something - try to experience new things.

Sources:
Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys, University of Scranton. Journal of Clinical Psychology, Volume 58, Issue 4

Continued on page 16



The Goals I am setting for myself this year are to:

Try _____

See _____

Taste _____

Listen to _____

Visit _____

Start _____

Stop _____

Organize _____

Read _____

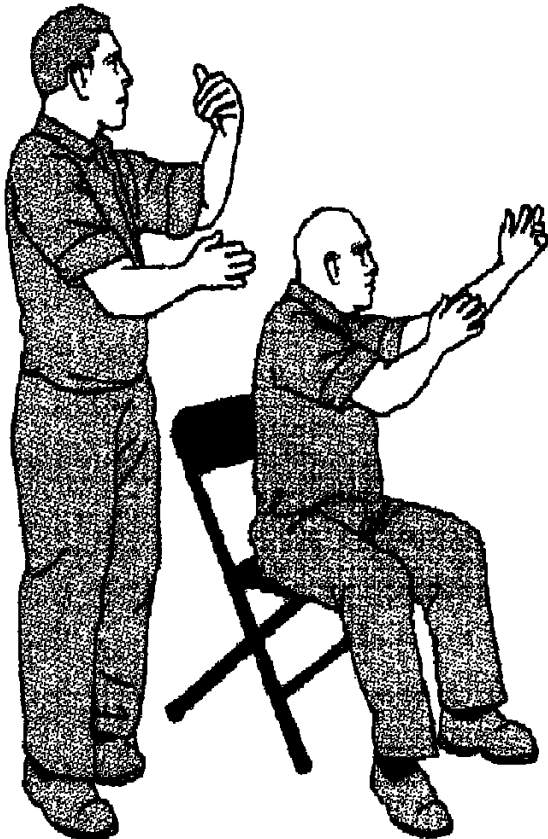
Play _____

Learn _____

Tai Chi for Health

The experts agree...

"If you want to be healthy and live to 100, do Qigong." Dr. Mehmet Oz



Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do; energizing and deeply relaxing; it brings health and vitality to all who practice it.

All our classes are suitable for participants of all ages and abilities; participants may choose to sit or stand during class



Every Monday at 5:00pm
January 10th & Feb 21st

Sunset Knoll Rec. Centre
820 S. Finley Road,
Lombard,
IL 60148



630 620 7322

Jan 12th & February 23rd
11:15am - 12:15pm

The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126



Elmhurst 630 993
Park District 8193

Thursday at
10:30am
January 13th & Feb 24th
111 E. Foster Avenue,



The Mechanics of the Three Nails

by William C. C. Chen

Rooting is everything. It is both a base and a foundation. It is one of the most important things in life. A good building must have a strong and firm base. A successful company needs a good foundation. A healthy plant requires a healthy root. The excellent flow of Tai Chi Chuan movements must have a steady, firm root. Without a strong root, the whole body will not be able to relax.

Relaxation is the ultimate goal for all Tai Chi Chuan players. Soft, slow, gentle flowing movements require a strong and firm base in the foot. Once the foot is firm, the other parts of the body can move freely and stay relaxed. The foot's root itself should not be too relaxed or loose.

When the entire foot is rooted, the three points on the medial or inner aspect of the sole are of particular importance. The first point is the big toe; the other two points are on the inner part of the heel and the inner part of the ball of the foot. These points are on opposite sides of the instep.

I call these points "the three active nails." When the foot is rooted, these three points grip like three nails penetrating the ground. In the movements of Tai Chi Chuan, these three points are aligned with the weight-bearing centerline of the upper body. They are very active and play a crucial role in our everyday movements. As we walk, the root foot of the three nails propels the other foot to make a step. They assist in serving a cup of coffee or tea, or even help our fingers to turn a door key.

These three active nails appear to have the same consequential effect as the three electron guns in a TV. Just like the electron guns that receive satellite signals from a TV station and reflect the signals out to the TV monitor, these three nails receive the signals from the series of memory shapes of Tai Chi Chuan in the mind and transmit them through the thigh into the body.

If such that the slow movements of Tai Chi Chuan are the result of the three nails transmitting signals from the mind to the body, then the three nails should be in command of the body, not the waist.

Although the waist is named in the Tai Chi Classics as being in command of the body, it was only from an

external or the outer body's viewpoint. It might have been overlooked or not realized what was behind the movement of the waist. Especially since activities in the three active nails are very little. It is hard to notice. Like a little computer chip, the three nails have almost no movement. In the movements of Tai Chi Chuan, one can see clearly that the waist turns, and body follows; one might assume that the waist was in command.

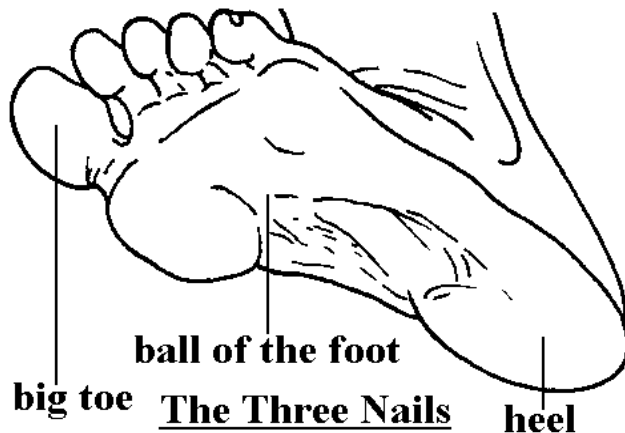
My studies of body mechanics indicate that the three active nails actually control the thigh, which controls the body. In the early 1960's, I sensed the turning of the waist was controlled by the thigh muscles. At that time, I thought the thigh was in command. As I practiced the slow movements, it appears that the thigh muscles helped make possible the turns and moves.

Not until in middle 1980's that I began to realize that the thigh itself has no ability to make any moves or turns without the help of the foot which is rooted firmly on the ground. Therefore, the rooted foot, and specifically the "three active nails" are in control and energized; the fingers to move palms and fists, and body follows.

The three active nails, or the points on the foot, form a plane that produces stability under all conditions, and with all physical activities. Whether one is walking, dancing, golfing, or playing tennis, the three active nails create the necessary stability rooting required for the specific activity. Without the ability to firmly root the three active nails, these physical activities could not be performed.

The general opinion in Tai Chi Chuan is that one should root on the "bubbling-well" point, which lies just lateral to the back of the ball of the foot. The "bubbling-well" is a single point; the beginning of an important meridian. It is good for the energy circulation, but not necessarily for physical actions or movements.

Based on Principles of mathematics and physics, three points determine a plane, and three basic colors combine to make all others. We need at least combinations of three elements, such as the three active nails, to execute all different physical activities. The "bubbling-well" alone is not capable of producing the movements of Tai Chi Chuan or other physical activities.



Even though the root foot is firmly rooted on the ground, without the "Tan Tien's" support, the active nails will be inactive. The mind assigns the signal to the nails, and the Tan Tien compresses the energy down to activate the nails. The three active nails transmit the signals through the thigh to the fingers, palms, fists or the other foot, wherever the actions are taking place.

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A longer workshop taking an in-depth look at an exercise system that has been in use for 2,000 years.

Their use can reduce the risk of carpal tunnel syndrome, repetitive strain injury, tendonitis, rheumatism and arthritis.

*Call for early
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bonuses!*

They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.

**Saturday, March 19th
9:00am - noon**

The Lighthouse Center, 165 S. Church Street, Winfield, IL 60190

~ To register call 630 229 4434 or visit
www.7StarsMA.com/schedules/healthballsschedule.html



**Balance your body, mind and
spirit through the use of
Chinese Health Balls!**

A careful examination of the inner movements of my body, I have discovered the hidden components, the "three active nails," which can activate the thigh muscles; the combination of muscles in the thigh can support joints in the leg, and provide strength and stability for the body.

They can bear the weight of the body and provide power for such common sports as running, jumping, wrestling and boxing. They are also able to help the knee and ankle to absorb the cumulative impact of those activities as well as holding the Tai Chi Chuan posture and producing the wonderful gentle movements.

Among the muscles of the thigh, the most important one is sartorius muscle, which is very powerful and the longest muscle in the body. It begins from the pelvis, spirals down and across the front of the thigh and along the inner side of the knee, and connects to the underneath of the kneecap.

In recent years, there are many Tai Chi Chuan players that have knee problems. This may be the result of over-relaxation of the knee and collapsing and sinking too much on the rooted leg. Without the countervailing support of a firmly rooted foot, it places undue stress on the knee joint.

Over time, such over-relaxation or collapsing may lead to weakening of the sartorius muscle and other related muscles which support the knee, causing them to strain to relieve the pressure on the knees resulting from the weight of the upper body.

Rooting with the three active nails and allowing the signal to transmit adequate muscle energy to protect the knee from the pressure caused by downward pulling gravity.

When the three active nails are strongly secured on the ground, the mind and body will be relaxed. In turn, a relaxed body with a peaceful mind will loosen the joints, softening the muscles, and will open all the vessels and meridians.



The ancient art of tie chicken.

That allows the inner energy to flow easily, and moves the upper body freely, without interrupting the root. The root will continue to stay firm and sturdy. It will achieve the soft, slow and beautiful fluid of the movements of Yang Style Tai Chi.

William CC Chen is one of the most respected Tai Chi Instructors teaching

Holistic Hands Reflexology

~ more than just a
foot rub ~ it promotes
healthy living ~



Your body is reflected in your feet; you can expect to improve circulation, decrease muscle tension & soreness and for positive changes to occur throughout your body.

The stories the feet can tell!
Your toes reveal how you cope
with your feelings and thoughts.
Discover your true self through
toe reading.

John Robertson

~ Certified Toe Reader ~

~ Reflexologist &
Reiki-Reflex Practitioner ~

To book a session call: 630 229 4434

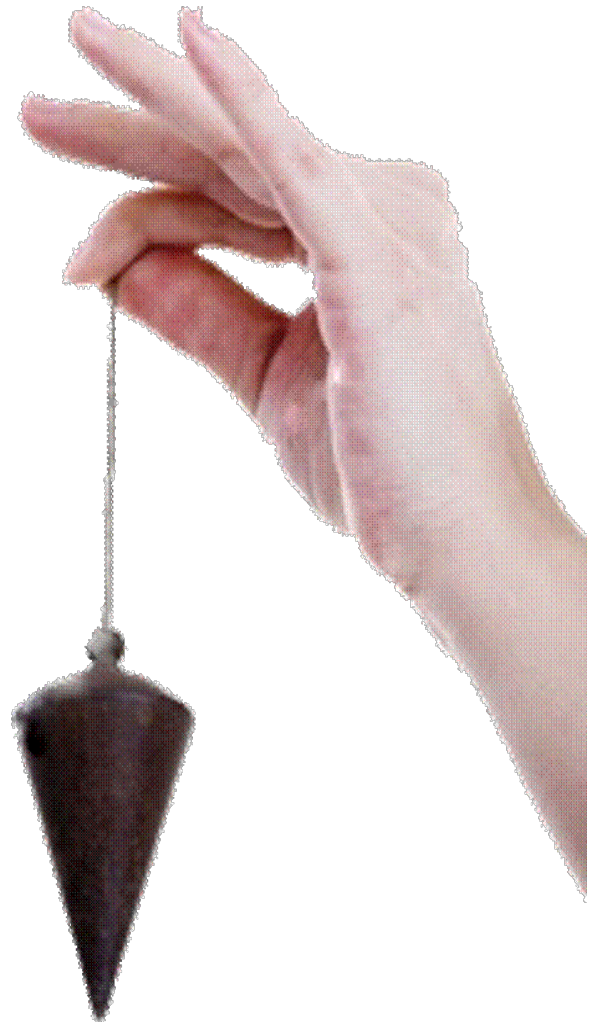
John@7StarsMA.com

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The Magic of the Pendulum

Learn to communicate
with the depths of your
subconscious mind,
tune
into your intuition and
tap the unlimited
potential
of your own mind

bring your own pendulum
or purchase one of ours!



Sunday, January 30th
9:00am - noon

The Sports Hub
250 Civic Center Plaza,
Glendale Heights, IL 60139



630 260

Sunday, February 27th
9:00am - noon

Sunset Knoll Rec. Centre
820 S. Finley Road,
Lombard,
IL 60148



630 620 7322

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

1:00pm - 4:00pm
Saturday, March 5th
COURTS PLUSSM



New Year Resolutions -continued from page 10

Using the sheet on page 11; create for yourself a list of experiences that you may have considered, things you have wondered about, and lessons you would like to learn; but have never tried - and set a goal to try them this coming year.

*Set goals of experience & challenge
rather than seeking change.*

The sheet has a list of verbs to get you started; take some time to fill each line in, maybe you have more than one for a verb, maybe you have some extra's to add on - whatever you feel is right for you.

There is no need to complete the entire sheet, there is no reason to restrict yourself to just one sheet - do whatever you feel is right for you.

Cut out the page and post it somewhere prominent, perhaps on the refrigerator door, and as you work your way through your list cross off those you accomplish.

The accomplishment of a goal is the reward in and of itself, not something that you need to be rewarded for; you may choose to take the time to *celebrate* achieving a goal and bask in the knowledge that you have achieved something that maybe you thought you would never do.

The article 'Tips to help your resolution succeed' on page 4 will give you some tips to help you on this journey of discovery.

Remember that this year is about exploration and wonder, and it is OK not to complete your list. It is OK to do just what you feel like doing, and about what you want to accomplish.

*Take some time to find joy in the
unknown, to learn and to grow.*

Holistic Ceremonies Created just for you

Weddings, vow renewals, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

Contact Reverend John

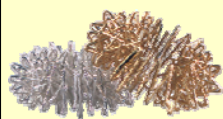
630 229 4434

John@HolisticCeremonies.com

www.HolisticCeremonies.com



Self-care Store

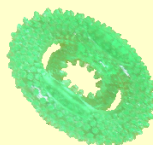


Fights for your digits - \$3

Fantastic Fingers - \$8



Positive Putty - \$8



Stress Grip - \$8



Spine Aligner - \$25



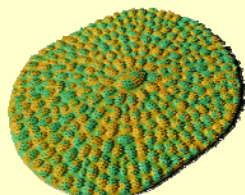
Chi Rollers - \$28
Mini Chi - \$15



Footsie - \$12 or Mini Footsie - \$8



Cobblestone mats - \$59.90



Reflexology Pad - \$19.97

To order call 630 229 4434

or buy online at

www.7StarsMA.com/webstore.html

Full catalogue available online
and from your instructor

A small history of Qi Gong

Author unknown

The earliest written mention of Qi Gong as a healing technique is found in The Yellow Emperor's Classic of Internal Medicine, or Huang Ti Nei Jing, written sometime during the Han Dynasty (206 BC-AD 220). Here it describes the fundamental natural principles that lead to good health:

"In the past, people practiced the Tao, the Way of Life. They understood the principle of balance, of yin and yang, as represented by the transformation of the energies of the universe. Thus, they formulated practices such as Dao Yin Fa Qi Gong. Exercises combining stretching, massaging, and breathing to promote energy flow, and meditation to help maintain and harmonize themselves with the universe. They ate a balanced diet at regular times, arose and retired at regular hours, avoided overstressing their bodies and minds, and refrained from overindulgence of all kinds. They maintained well-being of body and mind; thus, it is not surprising that they lived to be well over one hundred years and more."

Another early Han period record of Qi Gong practice is the Dao Yin Illustrations (Dao Yin Tu), written by the healer Hua Tuo, considered the patriarch of Chinese medicine. It includes a chart representing 44 human figures which perform movements emulating wild animals, including the wolf, monkey, bear, crane, hawk and vulture. Hua Tuo is credited with developing the "Five Animal Frolics" style, which is still popular today.

**"The superior physician teaches;
the inferior physician treats."**

(ancient medical proverb)

Up until the 20th century, Qi Gong was a closely-guarded state secret in China, passed down from monk to monk in special lineages. On demand, the monks would share their esoteric Qi Gong knowledge with their emperors, who were more often than not seeking the key to eternal life.

As it developed over the centuries, Qi Gong incorporated a variety of spiritual influences. Buddhist monks used Qi Gong to enhance their spiritual practice, strengthen their bodies and help them attain enlightenment (nirvana). Taoists used it to help them become strong and flexible like nature, with the goal of attaining immortality. During the Liang Dynasty, a Buddhist monk named Damo would develop two series of exercises to improve the health of the monks living at the Shaolin Temple. These exercises, Muscle/Tendon Changing and Bone/Marrow Washing, are still used today. Due to this influence, Qi Gong became incorporated into martial arts training.

Learn to use your own healing abilities



Natural Energy Healing

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, emotional, and spiritual planes so that the natural function of your body is restored and its natural ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



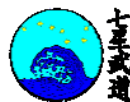
Level 1

Lombard Park District
433 E. St. Charles Rd.
Lombard, IL 60148
630 620 7322

Saturday,
January 29th
9:00am - 5:00pm



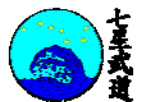
Level 1



Sunday, February 13th
9:00am - 5:00pm

The Lighthouse Center,
165 S. Church Street,
Winfield, IL 60190
630 229 4434

Level 2



Sunday, March 6th
9:00am - 5:00pm

The Lighthouse Center,
165 S. Church Street,
Winfield, IL 60190
630 229 4434

Falls?

They don't have to happen to you



Learn the risk factors, causes and consequences of a fall.

Find out simple things you can do around the home and when out and about to reduce your risk of falling.

Learn what to do if you fall; and what steps you can take to improve your balance and prevent falls.

Over 65? Your chance of falling in the next year is 1 in 3
- reduce that risk, make yourself and your home safer

Monday, January 3rd at
5:00pm - followed by free
Tai Chi class at 6:00pm
Sunset Knoll Rec. Centre
820 S. Finley Road,
Lombard, IL 60148
630 620 7322



Wednesday, January 5th
9:00am - 10:00am
The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193



Thursday, January 6th
9:00am-10:00am
111 E. Foster Avenue,
Wood Dale, IL 60191
630 595 9333

