

Complementary Health & Exercise

Fall 2012

FREE!

How to add 10 Years to your life:
The Do's & Don'ts



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



七星武道

T'ai Chi for Health & Leisure

The 8 Step T'ai Chi form is a shorter more compact version of the 24 posture form taught in our T'ai Chi Chuan classes.

It requires less time and physical space and is great for those without the room to practice the 24 form.

October 27th 9:00-2:30pm

Blue Lighthouse Holistic Center
2000 Larkin Ave. Elgin, IL 60123

To register: call 224-629-4398
daisy@bluevioletbodyworks.com

December 27th 9:00-2:30pm

七星武道



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

630 229 4434 www.7StarsMA.com

Complementary Health & Exercise

Fall 2012

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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 techniques.



T'ai Chi Sword

September 27th & November 8th
Thursdays - 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

"If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people."

Editor's Notebook

We have some great classes this quarter; starting September 30th with a T'ai Chi Qigong Shibashi class; October 27th and December 27th we have more 8 Step T'ai Chi classes. The compactness, simplicity and effectiveness of the 8 Step form is proving very popular, and Shibashi is so effective at building vitality.

T'ai Chi for Health classes start at Bloomingdale Park District on September 19th; Wednesday at 1:00pm. Great to be able to offer this amazing exercise system at a new location!

All our established classes continue on their usual days. For those that enjoy the 24 form; you may consider trying out our T'ai Chi Sword class at Villa Park Parks & Recreation. It is the natural follow on from the 24 form and it is a lot of fun using a sword! You will learn much more about yourself and movement!

Do you want to learn energy work? Check your availability for our next series of Reiki classes in the new year. Level 1 will give you the basics to work on friends and family, level 2 the public, and level 3 - Master gives you everything you need to be an accomplished energy worker.

Also reserve March 13th to come out and experience a Chinese Tea Ceremony at The Tea House in Naperville, and then enjoy some awesome Chinese food. Full details will be in the Winter 2013 issue; which will be focused on tea and its benefits.

John Robertson

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

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.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to 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.

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630 229 4434

John@LearningLunches.org
www.LearningLunches.org



Health and safety education in your location, at your convenience

明德格物

Ming De Ge Wu

From the Confucian classic Da Xue (Great Learning) "明德格物" (Mingde Gewu) is a chengyu advising one to strive for moral and intellectual improvement--constant cultivation of a "new you".

"Sapientia et Virtus" in Latin, it is also the school motto of the University of Hong Kong. "Sapientia" means wisdom; it represents the best results of Gewu (格物) - a systematic, earnest and objective way of lifelong learning. "Virtus" is more than just virtue; it is all the qualities that make a human human: compassion, piety, ethics, etc.

Mingde (明德) is to improve on all these human qualities, or simply speaking, to be a better person.

Together, Mingde Gewu is the Confucian ideal of perfecting oneself.

The open pages of the book are inscribed with two Chinese phrases, mingde 明德 ('illustrious virtue') and gewu 格物 ("the investigation of things"). Both phrases are taken from the Confucian classic The Great Learning.

The first phrase, mingde 明德 ('illustrious virtue'), occurs in the opening sentence: 'The Great Learning teaches the display of illustrious virtue, the renewal of the people, and repose in the highest good.' (大學之道，在明明德，在親民，在止於至善。) In a gloss on this sentence, the Song Dynasty philosopher Zhu Xi (朱熹) explained that these were the three great duties of a ruler. Scholars of the Confucian school have traditionally believed that illustrious virtue is the perfect nature that man is born with.

This nature becomes perverted by the various temptations of life, and the great task of education is to restore it to its original purity. The display of the characters mingde on the University's shield therefore alludes to the noble function of education in restoring 'illustrious virtue.'

The second phrase, gewu 格物 ('the investigation of things'), occurs in a description of how wise rulers set about cultivating wisdom and virtue: 'Wishing to rectify their hearts, they first sought to be sincere in their thoughts. Wishing to be sincere in their thoughts, they first extended to the utmost their knowledge. Such extension of knowledge lay in the investigation of things.' (欲正其心者，先誠其意。欲誠其意者，先致其知) Zhu Xi glossed this phrase as 'exhausting by examination the principles of things and affairs.' (致知在格物)

Both phrases are extremely appropriate for an institution of higher learning. Both in Chinese and European tradition, the function of a university is not simply to inculcate knowledge, but to train young people to become responsible members of society; or to use an older idiom, 'to display illustrious virtue'. Similarly, empirical investigation ('the investigation of things') is the main principle of scientific enquiry. Indeed, the phrase gewu was used for a while in nineteenth-century China to translate the Western concept of 'natural science', before it gave way to the modern Chinese term for science, kexue (科學). In a word, mingde 明德 and gewu 格物 express the respective ideals of the Arts and the Sciences, the two great branches of academic knowledge.

The choice of the classic The Great Learning for these texts was not fortuitous. The Chinese characters for 'Great Learning', daxue (大學), also mean 'university' in Chinese.

This is best understood through the analogy of polishing a rough stone. Polishing a stone involves using grit to polish away imperfections. During training students are exposed to repeated and increasingly difficult challenges, which are like adding grit. Like a rough stone every student comes to the martial arts with weaknesses or flaws. Through repeated practice students learn to overcome these challenges or polish their character, body, and spirit.

Continued on next page:



Learn to use your own healing abilities

Reiki

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, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

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



Register early ~ class is limited to 6 participants!

Level 1

Sunday, January 27th
9:00am - 5:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

Level 2

Sunday, February 17th
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$37! Plus! get a laminated hand position and symbols chart free!

Level 3

Sunday, March 24th
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, two laminated symbols charts, a session CD, and a Reiki for Dummies book free ~ a total saving of \$86!



七星武道

The Lighthouse Center, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:

www.7StarsMA.com/Metaphysicsclasses/Reiki.html



Lucky Bamboo

Single bamboo stalks ~ \$1

Super Green food~ \$1

Buy 5 stalks and get ~
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Single stalks in a container ~ \$4

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use any container you already
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To order:
speak to your
Instructor or call
630 229 4434

Your bamboo will
be delivered next
class



Continued from the previous page:

In the same way that various stones have different characteristics, each student is unique. Some students may be like diamonds; others may be like rubies or sapphires. An instructor cannot change the student's fundamental nature, in the same way a diamond cannot be changed into a ruby.

However, each stone and student can benefit from polishing.

Tai Chi contain many facets such as flexibility, open hand skills, weapons skills, fighting and self-defense.

Like a stone cutter an instructor is responsible for making the student as brilliantly polished as possible from all these angles.

Trust in your instructor is imperative, especially as a beginning student, because you may be focused on only one of these facets. However, the experienced eye of your instructor may see that your overall skill/brilliance is limited by a different facet than the one on which you are focused. Without trust in your instructor you may not be able to withstand these difficult times in your training.

When the repetition seems to be endless and boring, when the challenges seem to be more than you can withstand, or when your training seems to be going in a direction that you don't understand, remember the concept of ryun ma: training is a life long process of endlessly trying to improve or polishing.

練磨

Ryun Ma

These are some of the techniques we use to refine and improve ourselves; strength training, stretching, and practicing our basics. If you need any help with your training speak to an instructor.

At first it may seem contradictory that an exercise that is so gentle and spiritual could also contain violence but it is precisely this dichotomy the makes Tai Chi complete.

Tai Chi uniquely incorporates both the Yin and the Yang, the positive and negative of Chinese cosmology. For these reasons Tai Chi has been called the iron fist inside the velvet glove, the combat application is the thorn on the rose.

50 Secrets



of the world's



longest living people



Thursday, October 18th
7:00pm - 9:00pm

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

630 620 7322



 **ROSELLE PARK DISTRICT**

Thursday, November 8th
7:30pm - 9:30pm

Clauss Rec Center
555 W. Bryn Mawr Ave,
Roselle, IL 60172

630 894 4200

Thursday, December 13th
10:00pm - noon

630 993 8193

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



Keeping a Gratitude Journal



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

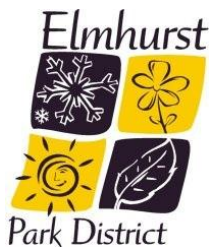
Learn to surmount your difficulties, and become a better person.

November 3rd 2:30-3:30pm

Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126

630 833 5064



December 11th 7:30-8:30pm



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

630 620 7322

Ways to improve the yourself & the world

One. Give people more than they expect and do it cheerfully.

Two. Marry someone you love to talk to. As you get older, their conversational skills will be as important as any other.

Three. Don't believe all you hear.

Four. When you say, 'I love you,' mean it.

Five. When you say, 'I'm sorry,' look the person in the eye and mean it.

Six. Be engaged at least 6 months before you get married.

Seven. Believe in love at first sight.

Eight. Never laugh at anyone's dreams. People who don't have dreams don't have much.

Nine. Love deeply and passionately. You might get hurt but it's the only way to live life completely.

Ten. In disagreements, fight fairly. No name calling.

Eleven. Don't judge people by their relatives.

Twelve. Talk slowly but think quickly.

Thirteen. When someone asks you a question you don't want to answer, smile and ask, 'why do you want to know?'

Fourteen. Remember that great love and great achievements involve great risk.

Fifteen. Say 'bless you' when you hear someone sneeze.

Sixteen. When you lose, don't lose the lesson.

Seventeen. Remember the three r's: respect for self; respect for others; and responsibility for all your actions.

Eighteen. Don't let a little dispute injure a great friendship.

Nineteen. When you realize you've made a mistake, acknowledge it and take immediate steps to correct it.

Twenty. Smile when answering the phone. The caller will hear it in your voice

Twenty-one. Spend some time alone.

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
September 24th & November 5th

Continuing students meet every
Tuesday at 12:30pm
September 25th & November 6th

Beginner students meet every
Thursday at 12:30pm
September 27th & November 8th

Call: 630 833 5064

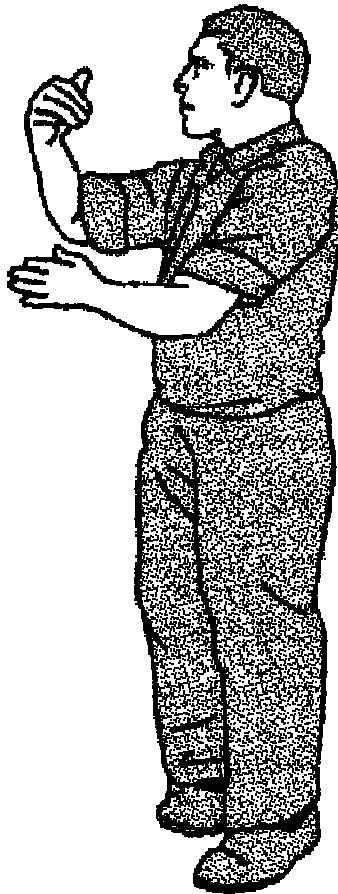
In Lombard

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

Beginner students meet every
Monday at 5:00pm
September 24th & November 5th

Continuing students meet every
Monday at 6:00pm
September 24th & November 5th

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
September 25th & November 6th

Continuing students meet every
Tuesday at 10:05am
September 25th & November 6th

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
September 25th & November 6th

Continuing students meet every
Thursday at 2:00pm
September 27th & November 8th

Call: 630 834 8970



ROSELLE PARK DISTRICT

How to add 10 Years to your life: The Do's & Don'ts

Source unknown

"Old age is the most unexpected of all the things that can happen to a man."

Trotsky

It is said that although death is certain, the time of death is most uncertain. Wise people have been trying to teach us this for thousands of years. Long life is considered by many to be the most precious gift that one can be given for it is rare and valuable; an unlikely chance to experience more, contribute to society and redeem our faults.

And although we will never be able to permanently cheat death, modern science is now showing us dozens of ways to add years to our life. In this article I want to show you some interesting things I have found about how to add at least ten years to your life, broken down into a list of do's and don'ts.

Why live longer?

While researching this post I have come across an interesting perspective of why would I want to live a long life? Why would I want to grow old and lose my mobility, friends and perhaps sanity? Wouldn't it be better to pass away younger whilst still relatively healthy and independent?

From one point of view I guess this attitude is right. I can understand why people would be afraid of living to an old age if old age meant only degradation in the quality of their own life. But, from another perspective I think old age is quite a wonderful thing. Time is so limited and fleeting, any extra amount I am given to accomplish my goals would be most welcome.

A different focus

The key thing here, I think, is that your focus must be on charity, contribution, service, others. If you are just trying to live a long life because you are afraid of death or because you don't want to leave your nice house then the whole idea seems silly. But if you want to live a long life in order to help others, then you are on a very different track.

The list of people who continued to help others right into their twilight years is long and includes wonderful names like:

Shakyamuni Buddha (81 years)

Mother Teresa (87 years)

Gandhi (78 years)

Benjamin Franklin (84 years)

Adding ten years to your life would be a wonderful achievement if it meant you could spend more time working to benefit others, helping your family and friends and contributing to your community and society. Unfortunately, however, there is no way we can add so many years to our life that death is averted. We must always try to remember that.

How to add 10 years to your life of the do's and don'ts

DO – Meditate

Modern science is now beginning to study the effects of meditation on longevity with some very promising results. In India I had often heard stories of monks and nuns who lived to an extremely old age and I often wondered whether this had something to do with their dedicated meditation practice.

Dr. Robert Keith Wallace is a pioneer in this field and published a study in the Journal of Neuroscience which showed that those who practiced meditation for just a five year period had a biological age somewhat 12 years less than their chronological age.

So why does meditation increase your lifespan? Lots of reasons. The main three, however, relate to its ability to deal with stress, longevity and immunity hormones. Dr. Vincent Giampapa has done studies that show how massively these hormones are affected by some simple meditation practice.

Many of these studies have shown that you just need to take a few minutes each day to sit down, relax and focus on your breathing. Calm your mind down and focus on the breath coming in and out of your nose and

there is a good chance you will avoid certain illnesses. Scientific proof that the mind can affect the body in a big way.

DON'T – Stress

More than ever before we have concrete evidence that stress can kill you. Sure, it won't kill you right away but it will lead to things like heart disease and perhaps even cancer. Robert Sapolsky has spent more than 30 years studying the effects of stress. In an interview with Stanford Report he mentions that stress is designed to keep us alive by helping us run away from predators or fight off enemies, and it does this extremely well by releasing certain hormones. But nowadays those same hormones are being released when we worry about money or our next bill. And overtime this has devastating effects on the body.

Stress is also dangerous because it can lead to other life-shortening practices like smoking or binge drinking. When you feel stressed at work you often come home to a junk food meal and some beer to make you feel better. And this makes you sick.

If you want to add 10 years to your life you need to learn how to deal with stress. It is important to realize that you will never be able to eliminate all the causes of stress in your life; the bills will keep coming. The goal is to develop some techniques to deal with those life events.

DO – Drink Green Tea

Green tea has been drunk in China and other regions of Asia for thousands of years. It has formed an integral part of their medical system and has long been known as a substance that can have very positive effects on the body. And now western medical science is backing up those claims with various studies that point to the health benefits of green tea.

One study surveyed 40,000 people over a ten year period and found that drinking green tea made you less likely to die of cardiovascular disease. And considering that heart disease is the leading cause of death in the western world, it might mean that green tea can significantly increase your life span.

When drinking green tea it is important to buy it from an ethical producer who is located in a non-polluted region. There is some evidence that suggests that toxins in the air and soil can be absorbed into the tea plant and passed along to your body. It is also very important to drink tea without any milk as a protein in the milk can damage some of the beneficial enzymes in the tea.

Tea also has the dual effect of calming you down which can definitely reduce your stress levels.

DON'T – Stay up late

I have written about sleep a lot of times in this newsletter; how to wake up fresh, how to get to sleep, why staying up late is bad for you, etc. I have always felt the effects of a bad night's sleep on my own body and mind but the more I look in to the matter, the more I realize that science is discovering the same thing. Late nights and erratic sleep are now understood to be contributing causes to conditions like obesity, diabetes, heart disease and cancer.

The interesting thing about sleep is that no one knows why we do it. But we know that we need it. Since the beginning of our species the body has forced us into shutting down each night for around six to 12 hours. And now that we have the internet, busy careers and, of course, the TV, we are all getting a lot less sleep. And this is worrying a lot of experts.

If you want to live an extra 10 years it is important that you have good sleep habits. Try to make sure you go to bed and wake up at the same time each evening and morning, don't drink things like red wine and coffee before bed which cause you to have poor sleep, and make sure you are getting enough hours. The ironic thing about all of this, however, is that you will probably spend an extra ten years asleep!

DO – Exercise every day

This is nothing new. Exercise has long been known to have benefits like weight loss, increased cardiovascular health and an increased level of emotional well being. But what is just coming out now is how much exercise you need to achieve these benefits. And it is bad news for sweat haters. You need exercise every day. One recent study went so far as to say that you will not lose weight in the long term unless you exercise an hour every single day. That is a lot.

The good news is that there are so many different types of exercise you will never feel bored. Exercise doesn't have to be running or lifting weights. It could be yoga, pilates, dance classes, tai chi or kick boxing. It is important to choose a variety of different disciplines so that you do not get sick of one thing and give up on exercise altogether. One way you can do this is find a buddy that will share your passion and dedication. Go to classes together, wake each other up at 6:30am to go for a run, have fun together. This is an easy way to add years to your life.

Continued on next page:

Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, health and vitality to all who practice it.

In Glendale Heights

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

Wednesday at 6:00pm
September 19th & October 31st

Call: 630 260 6060



Now at
*Bloomington
Park District!*

In Elmhurst

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

Wednesday at 11:15am
September 19th & October 31st

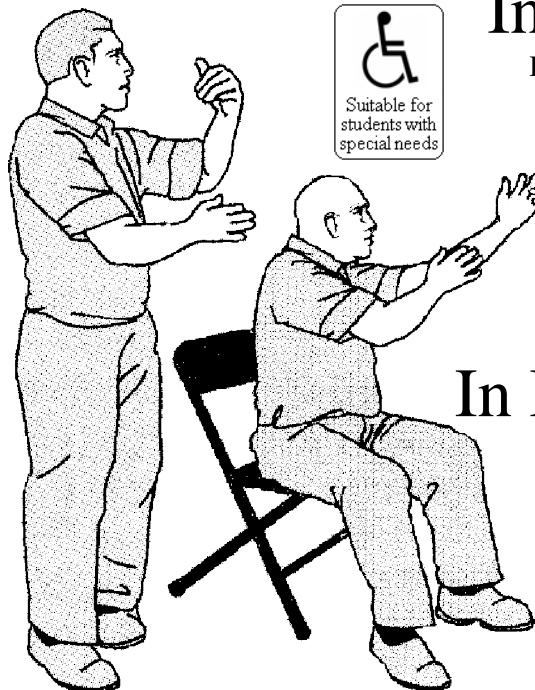
Call: 630 993-8193

In Lombard

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

Wednesday at noon
September 26th & November 7th

Call: 630 620 7322



In Bensenville

Deer Grove Leisure Center
1000 W. Wood Ave,
Bensenville, IL 60106

Tuesday at 11:00am
September 4th & October 23rd

Call: 630 620 7322

In Wood Dale

Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
September 13th & October 25th

Call: 630 595 9333

In Bloomington

172 S. Circle Avenue,
Bloomington, IL 60108

Wednesday at 1:00pm
September 19th & October 31st

Call: 630 529 3650



Elmhurst
Park District



Continued from the previous page:

DON'T – Eat Meat

This is likely to be a very controversial heading as the western world is so obsessed with eating meat. We have commercials on television telling us to eat more red meat for its iron and vitamins and we have Government sponsored cookbooks telling us that lots of meat is healthy. But, as happened in Australia a few years ago, it turned out that the cookbooks were paid for by the meat industry. Often times the advice telling us to eat meat has an ulterior motive.

There are now lots of studies that show that vegetarianism is linked with a longer life. In fact, this one tells us that if you eat a vegetarian diet for over 20 years you are likely to add four whole years to your life.

It is interesting to note, however, that the scientists don't really know why a low meat diet increases our lifespan. Is it because fruit and vegetables are so healthy, because meat is unhealthy or because being a vegetarian might also indicate other lifestyle choices? They just don't know.

Eating less meat is a way to live longer but it is also a good idea for other reason. Two of the big ones include ethics and environmental protection. The meat industry is extremely cruel to animals at every stage of their life. The living conditions are often torturous and the culling and transport stages (especially if live export) are unacceptable. In a day an age where we have scientific and documentary evidence that animals feel pain, emotions and desire happiness, it is entirely baffling that we continue to treat them with such cruelty when using them for food.

Conclusion

These few simple do's and don'ts are enough to add ten years on to your life if you do them consistently and with dedication.

But it doesn't need to stop there ó you can stop smoking and, just by that fact, you will increase your life expectancy.

Remember, living a long time is something we should aim for but not expect. It is important to use what little time we have on this planet to help others and bring about positive changes in lives of those around you. Otherwise you might spend 90 years not doing much at all.

Are you over 65? Your chance of falling in the next year is 1 in 3



Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

Falls?

They don't have to
happen to you

October 11th 7:00-8:30pm

Glenside Public Library
25 E. Fullerton Ave
Glendale Heights,
IL 60139
630-260-1550



October 19th noon-1:30pm

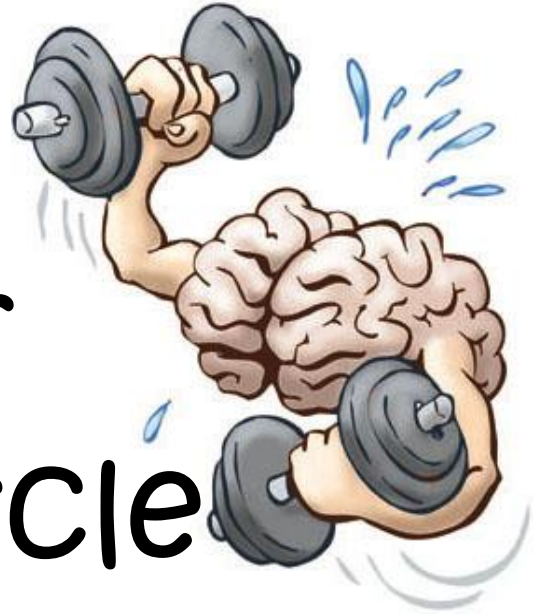


The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126

630 993 8193

Reduce your risk of cognitive decline!

Exercise for Mental Muscle



Scientific studies have shown that physical exercise can stimulate the growth of new brain cells and improve memory and the ability to learn.

Using exercises that specifically target the brain we will promote brain growth and learning.

Wednesday, October 17th
3:00 - 5:00pm

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

Call 630 229 4434
or visit w.7StarsMA.com

Friday, November 16th
noon - 2:00pm

630 993 8193



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

Tuesday, December 18th
6:00pm - 8:00pm

3 S. 260 Warren Ave,
Warrenville, IL 60555

Warrenville
PARK DISTRICT

Approaching your Tai Chi practice

By Abhayamati

None of us is born to do Taiji. We all start with poor posture and awkward actions. Becoming aware of the accumulated tensions in the body is the first step to relaxing. This is why I came up with the aphorism öfeel tense, be relaxedö.

Usually, if we feel tense we compound the tension by becoming frustrated and impatient with ourselves. This can be the case particularly as we start out on the Tai Chi path - 'if only I wasn't so tense, then I could start doing Tai Chi'.

However this awareness of tension in the body is our power to relax. The Chinese refer to tension as being like blocks of ice: hard, frozen and inflexible. The mind is like applying warmth to the ice; gradually the ice turns into water - the tensions loosen and our movements become more fluid, then the water turns into steam - and the tension dissolves away leaving the body loose and soft.

We can use other methods to help us relax: having a hot bath or a glass of wine are pleasant ways to calm our minds and relax our bodies. But, they are only temporary and when we are in a different environment ö such as having a busy day at work ö our tensions return and the cycle of stress begins again.

So, in Tai Chi we cultivate the habit of remaining relaxed whatever comes our way.

This takes time; and to begin with we must work with the accumulated tensions we have built up in our lifetime. Rather than pull away from our experience we allow ourselves to settle into awareness of what is actually there.

We cannot force ourselves to relax because force is the opposite of relaxation. Instead, we learn to behave in the very way that we would like to be all the time: receptive, aware and relaxed.

Taiji is to be enjoyed and the more we enjoy it the more we relax; and the more we relax the more we will be doing Tai Chi.

Continued on next page:

Chinese Health Balls

Chiming chrome sets only \$10!



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

Cloisonné enamel sets only \$12!



Available in 1¼ö, 1½" & 1¾ö

Sun & Moon
Yin & Yang
Pandaø
Dolphinø



Dragon & Phoenix

Solid steel from \$20!



1ö, 1¼ö, 1½" & 1¾ö - \$20
2" & 2¼" - \$25

Jade from \$20!

Yellow jade - \$20



Cloudy green jade - \$25
Translucent jade - \$35

Marble - \$15



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



Oriental Wisdom

Learn exercises and principles that have guided people to live long and healthy lives for centuries.

These classes can help reduce stress & blood pressure, build health, vitality & more. They can instill in you a greater sense of control over your wellbeing.

T'ai Chi Qigong Shibashi

Sept 30th 9:00am - 2:30pm

Relax4Life Center,
26402 Edgemon Lane,
Barrington, IL 60010

847 842 1752 www.relax4life.com

The Six Healing Sounds

Sept 27th 7:00-10:00pm

Blue Lighthouse Holistic Center
2000 Larkin Ave. Elgin, IL 60123

To register: call 224-629-4398
daisy@bluevioletbodyworks.com

5 Oriental Rules of Health & Vitality, The Eight Pieces of Brocade, The Frolics of the Five Animals, Discover the Secrets of Chinese Health Balls, Healthy Living with the Seasons coming Winter & Spring 2013

*Be guided to a higher quality of life
by the wisdom of the ancients*



Continued from the previous page:

To start with we may not enjoy practice very much.

We might even become disillusioned; we wanted to do Tai Chi to relax and enjoy ourselves, but instead we feel awkward and tense whilst doing it.

Many people decide Tai Chi is not for them at this stage. This is a shame because as I have described above they have already taken the first step towards greater relaxation. So, to start with our practice is a discipline; we go through the exercises not knowing whether anything is happening all the time feeling more of our habitual tensions. But, gradually, our body changes and our practice ceases becoming a discipline: we do Tai Chi because we want to.

A final word on tension. There is always tension in the body. If we had no tension at all, there would be nothing to hold us together, and we would flop like a big jelly on the floor. In Tai Chi, we learn to use just enough tension to carry out our movements.

If I lift a heavy sack off the floor, I might lift my shoulders, tense my lower back and pull a strained facial expression. This is using excess tension. However, I could lift the sack with the shoulders relaxed and the back soft, with a stable grounded posture and face relaxed. I could lift more weight in this way because I am using my body structure and the ground to help me.

I am also helping myself to learn to stay relaxed in whatever I do.



Don't let stress stress you out!

Stress could be called the plague of the 21st century; it is said to be responsible for around 85% of Doctors visits



Learn simple, effective ways to reduce both chronic and acute stress

November 1st 7:00 - 9:00pm



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

630 620 7322

Holistic Ceremonies

Created just for you

Weddings, vow renewals, blessings,
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



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

TheosoFEST

September 8th 2012 ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton

Tai Chi Qigong Shibashi

September 30th ~ 9:00am - 2:30pm
Relax4Life in Barrington



Holistic Health Fair

Sunday, September 30th ~ 10:00am - 5:00pm
Soup to Nuts in Geneva

Annual Student Dinner

Tuesday, November 20th ~ 2:00 - 4:00pm
Jack& Silverado Grill in Elmhurst



T'ai Chi for Health & Leisure

December 27th ~ 9:00am - 2:30pm
Lighthouse Center in Winfield



Reiki 1, 2 & Master Classes

Jan 27th, February 17th, March 24th 2013
Lighthouse Center in Winfield



Chinese Tea Ceremony & Dinner

Wednesday, March 13th 2013 ~ 2:00pm - 6:00pm
The Tea House in Naperville

World Tai Chi Day

Saturday, April 27th 2013 ~ 9:00-11:00am
Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 27th 2013 ~ 1:00pm - 4:00pm
Creekside Park / Lighthouse Center in Winfield

Relay for Life

June TBA ~ 4:00pm - 6:00am
TBA in Lombard



Chinatown Trip

Friday, Spring 2013 ~ 9:00am - 2:30pm
Chicago Chinatown

Watch out for flyers for all these events,
and check our website for updates!



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

Thursday, Oct. 25th 7:30-8:30pm

Clauss Recreation Centre at Roselle Park District
555 W. Bryn Mawr Ave, Roselle, IL 60172
~ To register call 630 894 4200

Saturday, Nov. 3rd 1:00-2:00pm

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

Tuesday, Dec. 11th 6:00-7:00pm

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

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



Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style T'ai Chi Chuan and adds Qigong movements.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.

This is an ideal for beginners.

If you are a social worker, counselor, teacher or massage therapist and want 5 CEU's for this workshop there is a \$5 additional processing fee

Sunday, September 30th 9:00am - 2:30pm

Relax4Life Center, 26402 Edgemoond Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

