

An Introduction to Chinese Health Balls

Courts Plus: March 7th
The Abbey: April 30th
Lombard Park District: May 7th

Reduce your risk of carpal tunnel, repetitive stress, trigger finger, arthritis, rheumatism and many hand related issues.



COMPLEMENTARY

Spring 2014 **FREE!** HEALTH & EXERCISE

Your reliable source for information on complementary forms of health and exercise

Volume 9, number 2

www.7StarsMA.com

Circulation: 300+

39 Ways to live, & not merely exist

"The proper function of man is to live - not to exist."

Too often we go through life on autopilot, going through the motions and having each day pass like the one before it.

That's fine, and comfortable, until you have gone through another year without having done anything, without having really lived life.

That's fine, until you have reached old age and look back on life with regrets.

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Full class schedules and more!

*Live the LIFE you live
Love the LIFE you love*

FEATURES

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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.

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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



Complementary Health & Exercise

Spring 2014

Editor & publisher - John Robertson



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Seven Stars
Martial Arts



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The wisdom of Confucious

"Virtue is not left to stand alone.
He who practices it will have
neighbors. "

Editor's Notebook

Welcome to spring! It may be hard to think of spring with snow still on the ground, and cold temperatures, however it will be here soon, definitely in time for our Qigong in the park classes which start at 10:00am on April 6th, I promise!

The first part of each class will be the same every week, with the 12 Points Tapping, Arm Swinging and T'ai Chi Qigong Shibashi - this gives everyone the opportunity to become familiar with the exercises.

The second half will be different each week depending on what people request. These classes are a all \$10 drop-in, or pre-pay for all 6 and pay only for 5!

After each class in the park there will be a class at The Lighthouse center in Winfield from 1-4:00pm. On April 6th we start with Discover the Secrets of Chinese Health Balls, April 13th The Eight pieces of Brocade, April 20th The Frolics of the Five Animals, April 27th The Tangram: a simple puzzle or not? May 11th The Finger Labyrinth: a journey to the self and end on May 18th with The Magic of the Pendulum. These classes all require pre-registration. Register for all 6 and pay only for 5!

We also have one-day intensive classes on T'ai Chi Express on May 10th, The Six Healing Sounds on June 15th and T'ai Chi Qigong Shibashi on June 21st. See your instructor for more information on these classes, or check out our website.

Remember to sign up for our e-mail list in class, this will keep you up to date with all our scheduling and includes lots of useful articles and information.

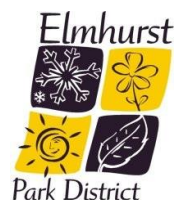
John Robertson
*"He lives most life whoever
breathes most air"*

T'ai Chi Express

Every Monday at 8:00pm
April 14th & June 2nd

Courts Plus

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



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

It requires less time & space and is great for those without the room to practice the 24 form, or those with busy lives who still want the all the benefits of T'ai Chi

Friday at 5:45pm
March 14th - April 25th



The Sports Hub
250 Civic Center Plaza,
Glendale Heights
630 260 6060

5 Secrets to Transform Your Life... Magically!

By Michael Bovenes

In my 25 years of pursuing personal empowerment and conscious living, I've learned some pretty powerful lessons that have transformed my life. These are my top 5 lessons that can expand your awareness and quickly change your perception of yourself and your life. When this happens you will shift and lift your vibration instantly, opening you to new possibilities and more positive experiences to flow into your life.

"Nothing changes until you do"

- Lazaris.

This quote is very true. Here are five lessons that can create positive changes in your life, rapidly, changing your perspective and your life magically.

1) Be responsible for the positive events you've created.

How often do we think of responsibility as an obligation when we've done something wrong. Start thinking of responsibility as a gift that leads to freedom.

Begin by owning the successes you've created in your life and be responsible for them.

You create your own reality; the beautiful and positive as well as the ugly and negative experiences and events in your life. You either create by consciously causing (i.e., visualizing, setting goals, taking action) or by unconsciously attracting (i.e., holding beliefs, attitudes, thoughts and feelings that vibrate within you).

You are responsible for everything that has happened in your life. Make a list of all the wonderful experiences you've experienced. Review your friendships, health, lifestyle, and all the wonderful things that came out of the blue and manifested into your life. You also created these experiences by attracting them and by enabling yourself to receive the good.

The quickest way to be responsible for the good in your life is through celebration. When you celebrate you are rejoicing in the good and taking responsibility for the wonderful events in your life. Celebration is a powerful act of creation.



2) Allow complexity rather than demand simplicity.

I know you think this must be a typo, but I meant to reverse the words. How can complexity be good for you? First of all, the word complex suggests intricacy; it does not imply struggle or difficulty. Complexity requires you to be more conscious with your life. It promotes deeper thinking & provides the foundation for personal empowerment and positive growth.

The major reason to allow your life to be complex is because that is the nature of living life as an adult. Life is complex, it isn't simple, have you noticed? The child inside of us wants everything to be simple. But if you are over the age of 10, then your life isn't simple anymore so stop resisting and begin to accept complexity as a natural part of life. When you try to make your life simple, it ends up becoming much more difficult. It is a paradox.

We exhaust ourselves by demanding that life be simple, and it isn't. It's like trying to fit a square peg into a round hole. When you allow your life to be complex, it suddenly becomes much more easy to manage and handle. It is a paradox, the more complex you allow your life to be, the easier it becomes. Likewise, the simpler you try to make your life, the more struggle you'll encounter.

The ego loves the simple answer. The answer to all of your problems can be summed up in one simple statement. Love yourself. That is true and simple. So do

that and your life will change, however, I hope you'll agree that loving and understanding yourself, isn't simple, it is complex. The task of self-love requires a whole lot more than just saying the words, "I need to love myself more ... ta da!"

The simple answer to a good relationship is to never argue with the other person. That is simple, but very difficult because you have to put yourself in the position to deny your individuality and uniqueness in order to agree with the other person all of the time. This simple answer will create a much more difficult relationship, and eventually will fail. In the long run, you may resent and sabotage it.

Accept yourself and your life as a complex beautiful work of art, don't belittle yourself by trying to make it simple. Life is complex, intricate and amazing.

3) Learn how to dance with chaos.

We judge chaos as bad and wrong and we set up whole societies with laws, rules and regulations to minimize chaos and that is a good thing. Surely, living chaotically 24/7 would be overwhelming and unproductive.

Unfortunately, we have developed a resistance to all chaos and we have replaced it with control. Being in control feels good, and experiencing chaos is bad or so we are conditioned to think/believe. The truth is you need to be willing to dance between the two.

Every change produces chaos. In order to change something in your life you must be willing to go through a period of chaos. It is easier to see chaos with bad changes (i.e., getting divorced, losing a child or losing your job) but likewise good changes also produce chaos (i.e., getting married, having a child or starting a new job). Chaos isn't bad, it is a necessary part of all change and it precedes change.

Allow yourself to befriend chaos instead of resisting it. Learn to dance, take tennis lessons, develop a new routine for your workout, rearrange the furniture in your home, clean out a closet and as you start to feel the chaos emerge embrace it and relax into the chaos and you'll be amazed at how quick and fun you can learn new skills and create positive changes in your life.

When you bring fear into chaos it changes the chaos into confusion and anxiety. When you bring love and

Continued on page 8:

T'ai Chi for Health & Qigong teacher training

Learn the foundations of Qigong and T'ai Chi and how to teach the core curriculum to allow you to successfully facilitate Qigong & T'ai Chi for Health classes.

Over the yearlong program we will delve into the history, philosophy and exercises of Qigong, learning how to explain and teach them.

Application forms, dates, tuition and more information is available on our website

www.7StarsMA.com/Students/TeacherTraining.html

**Program begins
September 2014**



七星武道



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

John@7StarsMA.com

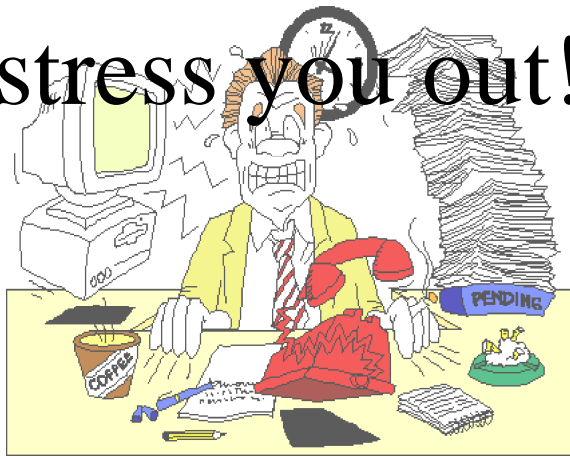


630-229-4434



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

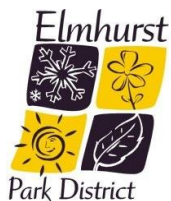
Don't let stress stress you out!



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

April 24th ~ 7:00pm



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

May 16th ~ 7:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322



Cranky Old Man

Author unknown



What do you see nurses?What do you see?

What are you thinking . . . when you're looking at me?

A cranky old man,not very wise,

Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply.

When you say in a loud voice . . 'I do wish you'd try!'

Who seems not to notice . . . the things that you do.

And forever is losing A sock or shoe?

Who, resisting or not lets you do as you will,

With bathing and feeding The long day to fill?

Is that what you're thinking?. . Is that what you see?

Then open your eyes, nurse .you're not looking at me.

I'll tell you who I am As I sit here so still,

As I do at your bidding, as I eat at your will.

I'm a small child of Ten . . with a father and mother,

Brothers and sisters who love one another

A young boy of Sixteen with wings on his feet

Dreaming that soon now a lover he'll meet.

A groom soon at Twentymy heart gives a leap.

Remembering, the vows that I promised to keep.

At Twenty-Five, now I have young of my own.

Who need me to guide . . . And a secure happy home.

A man of Thirty My young now grown fast,

Bound to each other With ties that should last.

At Forty, my young sons . . . have grown and are gone,

But my woman is beside me . . to see I don't mourn.

At Fifty, once more, Babies play 'round my knee,

Again, we know children My loved one and me.

Dark days are upon me My wife is now dead.

I look at the future I shudder with dread.

For my young are all rearing young of their own.

And I think of the years . . And the love that I've known.

I'm now an old man and nature is cruel.

It's jest to make old age look like a fool.

The body, it crumbles grace and vigour, depart.

There is now a stone . . . where I once had a heart.

But inside this old carcass . A young man still dwells,

And now and again my battered heart swells

I remember the joys I remember the pain.

And I'm loving and living life over again.

I think of the years, all too few gone too fast.

And accept the stark fact . . . that nothing can last.

So open your eyes, people open and see.

Not a cranky old man .

Look closer see ME!!



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

Saturday, March 15th
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

Saturday, April 19th
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 \$57! Plus! get a laminated hand position and a symbols chart free!

Level 3

Saturday, May 17th
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, 2 laminated symbols charts, a session CD, & a Reiki for Dummies book free ~ a total saving of \$158!



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



Continued from page 5:

understanding into chaos, it can lift into excitement and joy. How you relate to chaos determines the outcome of the changes you desire to create.

4) End your tug of war between fear and love.

You've heard a "half" truth, it goes like this, "Love is the absence of fear," "You can't feel love and fear at the same time." Sounds good and it is a simple answer, but the truth is that love is a complex emotion and is the only emotion that seeks to understand your fear. Love can heal and transform your fear into value. In our world of duality, love has its own shadow, it is the fear of loss. The more you love someone or something, the more you fear of losing it.

Most people are so afraid of fear that they take a shortcut and decide to resist love because they fear they may get hurt, disappointed, etc. This allows fear to diminish your ability to love. When you understand that love has its own fear to deal with, then you can let it be part of the equation.

The next time you feel the fear of loss, you can make a conscious choice to say to yourself, "OK, fear I feel you but I am not going to stop loving!" When you commit to love in the face of fear something magical happens. You become more empowered and your ability to love deepens. Fear has a purpose, it is there to show you what really matters to you in life. When you are afraid of losing someone or something, aren't you really telling yourself how important that person or thing is to you?

Focus on loving, if and when fear surfaces, don't run from the love. Rather, challenge yourself to plunge full force with love and watch how quickly it transforms fear into value. When you love in spite of fear, you empower yourself and reduce the fear, thus creating a complex relationship between love and fear. This complexity can provide a monumental leap forward in your ability to love more deeply and can actually transform your fear into value.

5) Stop Judging your Emotional Nature.

As children we learned to define positive emotions as love, happiness, peace, gratitude and joy, and negative emotions as anger, fear, guilt, shame, pain and loneliness. The way emotions feel and function are the root of these categorizations. It is true that all emotions either expand or contract, depending on

their nature.

"Positive" emotions are expansive in nature and allow us to relax and feel greater freedom. Likewise the typically labeled "negative" emotions constrict, pull in and feel tight. They often signal that something is out of balance in your life, like the warning lights on your car's dashboard, telling you to slow down and check under the hood. This is a very good thing to have available and isn't negative.

The problem arises when we judge and label our emotions as positive (good), or negative (bad). Emotions aren't negative or bad, they can all become positive resources to help guide and direct your life.

I define "negative emotions" by the way you relate to them. Any emotion (expansive or constrictive) that you refuse to feel, ignore, deny or distract yourself from and repress or harbor becomes negative.

Even love and gratitude that you refuse to feel, ignore or repress can become destructive energy in your system.

Negative Emotions: Any feeling (expansive or constricting) that you:

- 1) Refuse to Feel (ignore)
- 2) Deny or Distract Yourself from
- 3) Repress
- 4) Harbor and Hold onto

Positive Emotions: Any feeling (expansive or constricting) that you:

- 1) Seek to Understand
- 2) Are Willing to Feel
- 3) Express Appropriately
- 4) Release and Let Go

When you begin to honor and respect your feelings, both expansive and contracting, you can open an avenue of information that can guide you out of confusion, self-doubt and into the arena of understanding, confidence and deeper motivation. Learn to value both and you will open yourself to greater self-empowerment.

These five lessons can quickly change your life, by changing the way you relate to chaos, complexity, love and fear, and your emotional nature. It all begins by remembering to take responsibility for your life, and to celebrate all of the good things you've created in your life so far.

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

Elmhurst

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

Continuing students meet every
Tuesday at 12:30pm
April 15th & June 3rd

Beginner students meet every
Thursday at 12:30pm
April 17th & June 5th

Call: 630 833 5064

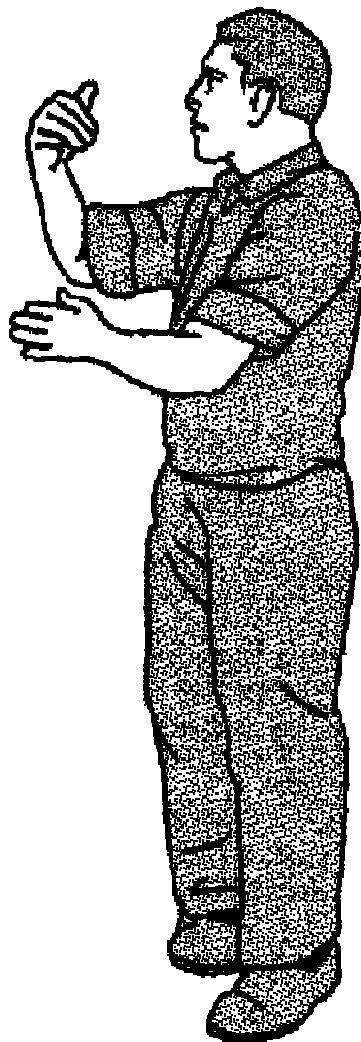
Lombard

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

Beginner students meet every
Monday at 5:00pm
April 14th & June 2nd

Continuing students meet every
Monday at 6:00pm
April 14th & June 2nd

Call: 630 620 7322



Roselle

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

Beginner students meet every
Tuesday at 9:00am
April 15th & June 3rd

Continuing students meet every
Tuesday at 9:00am
April 15th & June 3rd

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday at 2:00pm
April 15th & June 3rd

Continuing students meet every
Thursday at 2:00pm
April 17th & June 5th

Call: 630 834 8970



39 Ways to Live, & Not Merely Exist

"The proper function of man is to live - not to exist."

Jack London

From the front cover:

That's fine; until you see your kids go off to college and realize that you missed their childhoods.

It's not fine. If you want to truly live life, to really experience it, to enjoy it to the fullest, instead of barely scraping by and only living a life of existence, then you need to find ways to break free from the mold and drink from life.

What follows is just a list of ideas, obvious ones mostly that you could have thought of yourself, but that I hope are useful reminders. We all need reminders sometimes. If you find this useful, print it out, and start using it.

Today.

1. Love. Perhaps the most important. Fall in love, if you aren't already. If you have, fall in love with your partner all over again. Abandon caution and let your heart be broken. Or love family members, friends, anyone -- it doesn't have to be romantic love. Love all of humanity, one person at a time.

2. Get outside. Don't let yourself be shut in-doors. Go out when it's raining. Walk on the beach. Hike through the woods. Swim in a freezing lake. Bask in the sun. Play sports, or walk barefoot through grass. Pay close attention to nature.

3. Savor food. Don't just eat your food, but really enjoy it. Feel the texture, the bursts of flavors. Savor every bite. If you limit your intake of sweets, it will make the small treats you give yourself (berries or dark chocolate are my favorites) even more enjoyable. And when you do have them, really,

really savor them. Slowly.

4. Create a morning ritual. Wake early and greet the day. Watch the sun rise. Out loud, tell yourself that you will not waste this day, which is a gift. You will be compassionate to your fellow human beings, and live every moment to its fullest. Stretch or meditate or exercise as part of your ritual. Enjoy some coffee.

5. Take chances. We often live our lives too cautiously, worried about what might go wrong. Be bold, risk it all. Quit your job and go to business for yourself (plan it out first!), or go up to that girl you've liked for a long time and ask her out. What do you have to lose?

6. Follow excitement. Try to find the things in life that excite you, and then go after them. Make life one exciting adventure after another (with perhaps some quiet times in between).

7. Find your passion. Similar to the above tip, this one asks you to find your calling. Make your living by doing the thing you love to do. First, think about what you really love to do. There may be many things. Find out how you can make a living doing it. It may be difficult, but you only live once.

8. Get out of your cubicle. Do you sit all day in front of computer, shuffling papers and taking phone calls and chatting on the Internet? Don't waste your days like this. Break free from the cubicle environment, and do your work on a laptop, in a coffee shop, or on a boat, or in a log cabin. This may require a change of jobs, or becoming a freelancer. It's worth it.

9. Turn off the TV. How many hours will we waste away in front of the boob tube? How many hours do we have to live? Do the math, then unplug the TV. Only plug it back in when you have a DVD of a movie you love. Otherwise, keep it



Live *life* Laugh *lots* Love *forever*

off and find other stuff to do. Don't know what to do? Read further.

10. Pull away from Internet. You're reading something on the Internet right now. And, with the exception of this article, it is just more wasting away of your precious time. You cannot get these minutes back. Unplug the Internet, then get out of your office or house. Right now! And go and do something.



11. Travel. Sure, you want to travel some day. When you have vacation time, or when you're older. Well, what are you waiting for? Find a way to take a trip, if not this month, then sometime soon. You may need to sell your car or stop your cable bill and stop eating out to do it, but make it happen. You are too young to not see the world. If need be, find a way to make a living by freelancing, then work while you travel. Only work an hour or two a day. Don't check email but once a week. Then use the rest of the time to see the world.

12. Rediscover what's important. Take an hour and make a list of everything that's important to you. Add to it everything that you want to do in life. Now cut that list down to 4-5 things. Just the most important things in your life. This is your core list. This is what

matters. Focus your life on these things. Make time for them.

13. Eliminate everything else. What's going on in your life that's not on that short list? All that stuff is wasting your time, pulling your attention from what's important. As much as possible, simplify your life by eliminating the stuff that's not on your short list, or minimizing it.

14. Exercise. Get off the couch and go for a walk. Eventually try running. Or do some push ups and crunches. Or swim or bike or row. Or go for a hike. Whatever you do, get active, and you'll love it. And life will be more alive.

15. Be positive. Learn to recognize the negative thoughts you have. These are the self-doubts, the criticisms of others, the complaints, the reasons you can't do something. Then stop yourself when you have these thoughts, and replace them with positive thoughts. Solutions. You can do this!

16. Open your heart. Is your heart a closed bundle of scar tissue? Learn to open it, have it ready to receive love, to give love unconditionally. If you have a problem with this, talk to someone about it. And practice makes perfect.

17. Kiss in the rain. Seize the moment and be romantic. Raining outside? Grab your lover and give her a

Continued on page 13:

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.

Elmhurst

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

Wednesday at 11:15am
April 16th & June 4th

Call: 630 993-8193



Addison

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
April 17th & June 5th

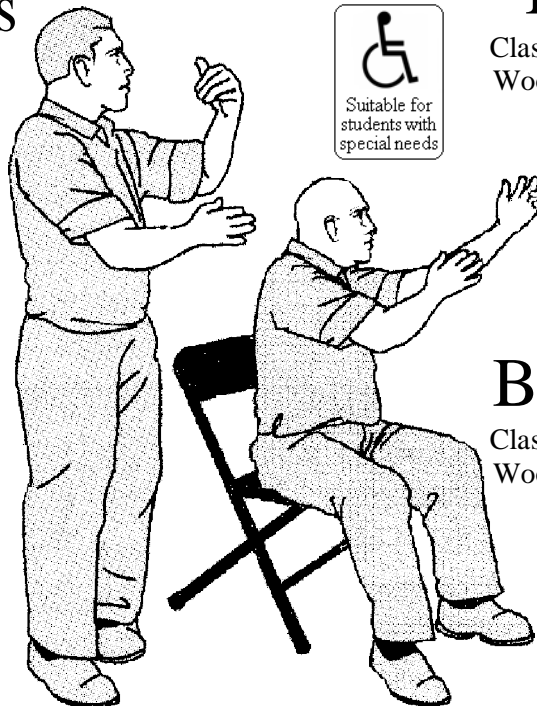
Call: 630 595 9333

Glendale Heights

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
April 17th & June 5th

Call: 630 595 9333



Bensenville

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
April 17th & June 5th

Call: 630 595 9333

Wood Dale

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

Thursday at 11:00am
April 17th & June 5th

Call: 630 595 9333

Bloomingtondale

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
April 17th & June 5th

Call: 630 595 9333



Continued from page 11:

passionate kiss. Driving home? Stop the car and pick some flowers. Send her a love note. Dress sexy for them.

18. Face your fears. What are you most afraid of? What is holding you back? Whatever it is, recognize it, and face it. Do what you are most afraid of. Afraid of heights? Go to the tallest building, and look down over the edge. Only by facing our fears can we be free of them.

19. When you suffer, suffer. Life isn't all about fun and games. Suffering is an inevitable part of life. We lose our jobs. We lose our lovers. We lose our pets. We get physically injured or sick. A loved one becomes sick. A parent dies. Learn to feel the pain intensely, and really grieve. This is a part of life -- really feel the pain. And when you're done, move on, and find joy.

20. Slow down. Life moves along at such a rapid pace these days. It's not healthy, and it's not conducive to



living. Practice doing everything slowly -- everything, from eating to walking to driving to working to reading. Enjoy what you do. Learn to move at a snail's pace.

21. Touch humanity. Get out of your house and manicured neighborhoods, and find those who live in worse conditions. Meet them, talk to them, understand them. Live among them. Be one of them. Give up your materialistic lifestyle.

22. Volunteer. Help at homeless soup kitchens. Learn compassion, and learn to help ease the suffering of

others. Help the sick, those with disabilities, those who are dying.

23. Play with children. Children, more than anyone else, know how to live. They experience everything in the moment, fully. When they get hurt, they really cry. When they play, they really have fun. Learn from them, instead of thinking you know so much more than them. Play with them, and learn to be joyful like them.



24. Talk to old people. There is no one wiser, more experienced, more learned, than those who have lived through life. They can tell you amazing stories. Give you advice on making a marriage last or staying out of debt.

Tell you about their regrets, so you can learn from them and avoid the same mistakes. They are the wisdom of our society -- take advantage of their existence while they're still around.

25. Learn new skills. Constantly improve yourself instead of standing still -- not because you're so imperfect now, but because it is gratifying and satisfying. You should accept yourself as you are, and learn to love who you are, but still try to improve -- if only because the process of improvement is life itself.

26. Find spirituality. For some, this means finding God or Jesus or Allah or Buddha. For others, this means becoming in tune with the spirits of our ances-

50 Secrets



O

f



longest living



people

This class will give you plenty of ideas to help you to live a long and healthy life.

May 15th ~ 7:00pm

Courts Plus

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



tors, or with nature. For still others, this just means an inner energy. Whatever spirituality means for you, rediscover it, and its power.

27. Take mini-retirements. Don't leave the joy of retirement until you are too old to enjoy it. Do it now, while you're young. It makes working that much more worth it. Find ways to take a year off every few years. Save up, sell your home, your possessions, and travel. Live simply, but live, without having to work. Enjoy life, then go back to work and save up enough money to do it again in a couple of years.

28. Do nothing. Despite the tip above that we should find excitement, there is value in doing nothing as well. Not doing nothing as in reading, or taking a nap, or watching TV, or meditating. Doing nothing as in sitting there, doing nothing. Just learning to be still, in silence, to hear our inner voice, to be in tune with life. Do this daily if possible.

29. Stop playing video games. They might be fun, but they can take up way too much time. If you spend a lot of time playing online games, or computer solitaire, or Wii or Gameboy or whatever, consider going a week without it. Then find something else to do, outside.

30. Watch sunsets, daily. One of the most beautiful times of day. Make it a daily ritual to find a good spot to watch the sunset, perhaps having a light dinner while you do so.

31. Stop reading magazines. They're basically crap. And they waste your time and money. Cancel your subscriptions and walk past them at the news stands. If you have to read something, read a trashy novel or even better, read Dumb Little Man once a day and be done.

32. Break out from ruts. Do you do things the same way every day? Change it up. Try something new. Take a different route to work. Start your day out differently. Approach work from a new angle. Look at things from new perspectives.

33. Stop watching the news. It's depressing and useless. If you're a news junky, this may be difficult. I haven't watch TV news or read a newspaper regularly in about two years. It hasn't hurt me a bit. Anything important, my mom tells me about.

34. Laugh till you cry. Laughing is one of the best ways to live. Tell jokes and laugh your head off.



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Watch an awesome comedy. Learn to laugh at anything. Roll on the ground laughing. You'll love it.

35. Lose control. Not only control over yourself, but control over others. It's a bad habit to try to control others -- it will only lead to stress and unhappiness for yourself and those you try to control. Let others live, and live for yourself. And lose control of yourself now and then too.

36. Cry. Men, especially, tend to hold in our tears, but crying is an amazing release. Cry at sad movies. Cry at a funeral. Cry when you are hurt, or when somebody you love is hurt. It releases these emotions and allows us to cleanse ourselves.

37. Make an awesome dessert. I like to make warm, soft chocolate cake. But even berries dipped in chocolate, or crepes with ice cream and fruit, or fresh apple pie, or homemade chocolate chip cookies or brownies, are great. This isn't an every day thing, but an occasional treat thing. But it's wonderful.

38. Try something new, every week. Ask yourself: "What new thing shall I try this week?" Then be sure to do it. You don't have to learn a new language in one week, but seek new experiences. Give it a try. You might decide you want to keep it in your life.

39. Be in the moment. Instead of thinking about things you need to do, or things that have happened to you, or worrying or planning or regretting, think about what you are doing, right now.

What is around you? What smells and sounds and sights and feelings are you experiencing? Learn to do this as much as possible through meditation, but also through bringing your focus back to the present as much as you can in everything you do.

Written on 6/19/2007
by Leo Babauta,

Leo Babauta is a writer, a runner and a vegetarian, and the owner of Zen Habits.



Say goodbye to antacids

Do you suffer from heartburn,
acid reflux, indigestion, GERD
or other digestive issues?

Would you prefer to deal with
the cause rather than masking
the symptoms with antacids
and medication?

Learn exercises that have the
potential to deal with the problem
at the root cause and to eliminate it;
imagine eating your meals without
the threat of that harmful discom-
fort hanging over you.

May 21st ~ 12:30pm



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193

June 2nd ~ 6:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard
630 620 7322



The Six Healing Sounds



It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

Sunday, June 15th
10:00am - 3:30pm

Learn two complete Healing Sounds systems; and how to use them to promote health and emotional wellbeing.



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



七星武道

Be Strong: How to Deal with Pain & Hardship in Your Life

Every now and then life throws us in the deep end and tells us to swim. We find ourselves in overwhelming situations that we don't know how to deal with. It might be the death of a loved one, a personal illness or a case of serious depression. Here are a few ways to deal with the pain and hardships that you will encounter in your life.

The inevitability of hardships

Pain and hardships are inevitable; no one can escape them. Every single one of us, at some point in our life, will experience pain, suffering and hardships of some form or another.

The goal in saying this is not to depress you. Rather it is to inspire you. How is this inspiring you might ask? Well it is simple. Being aware of the fact that YOU WILL experience suffering is a cause for hope because, unlike many other people, you now have a chance to prepare for it. And people who prepare are never as badly affected as those who don't.

Suffering, pain and hardships are inevitable. Make sure your preparation for them is also just as inevitable. This is the most important step.

Realize that it is your hardships that make you better. How you deal with your hardships defines your future. It is the hardships that define your character. Everyone is charming and lovely when the birds are chirping and the flowers are blooming but hardly anyone is compassionate, patient and loving when they are sick, ill or under pressure. How you deal with hardships determines your character.

If you want to learn to deal with pain and hardship you need to realize that you have an amazing opportunity to grow as a person. You can prove to yourself that you are strong. You can show yourself that you have strength of character and will-power. The amazing thing about hardships and pain is that they present you with a rare opportunity to grow into a strong and decent human being.

Realize that pain and hardships won't last. There is a great truth in this universe that applies to everything. There is no corner of the world that it does not touch, no depth of the ocean that it does not find, no planet in space that it cannot reach. That truth

applies to everyone and everything. That truth is impermanence. Nothing lasts.

We have heard it all before. What goes up must come down. What comes together must eventually part. What is composite will soon break. What is accumulated will one day be dispersed. Everything in our universe is impermanent. Nothing can escape it.

As depressing as this sounds it also has an upside. The next time you are going through some pain or hardships you can remind yourself that it won't last. You can look at everything in history and feel secure in knowing that, no matter how bad things seem now, the problems won't last forever. What a wonderful thing! Like all things, suffering is also impermanent.

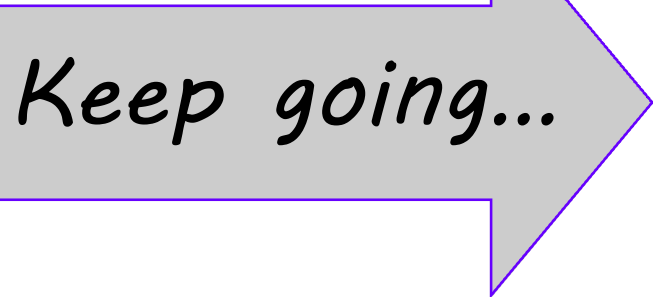
Realize that you are not alone
There is something very powerful about knowing that other people are going through what you are going through. Realizing that you are not alone is an extremely good way to deal with pain and hardships.

Let's take the example of someone with severe depression. Depression can make you feel pretty alone. In fact, 90% of the time depression makes you feel so isolated and self-orientated that you don't have a thought about other people for long stretches of time.

But when you open up to the fact that you are not alone you get a boost of some really powerful strength. You get a sense of community, of friendship, of companionship - even if you haven't met anyone else with the condition.

Just knowing that there are other people out there like you can really make you feel good.

The next step in this idea is to realize that thousands of other people have gone through what you are going through and come out the other end. They have made it through and won. They haven't died, lost hope or given up. They have faced the very same thing as you (whatever it is) and they have come out the other end. Never forget this.



Introduction to Chinese Health Balls

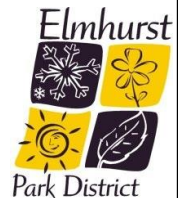
Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

March 7th ~ 6:00 - 7:00pm

Courts Plus

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



April 30th ~ 12:30-1:30pm



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193

May 7th ~ 1:00 - 2:00pm

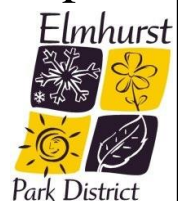
Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard
630 620 7322



June 27th ~ 6:00 - 7:00pm

Courts Plus

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





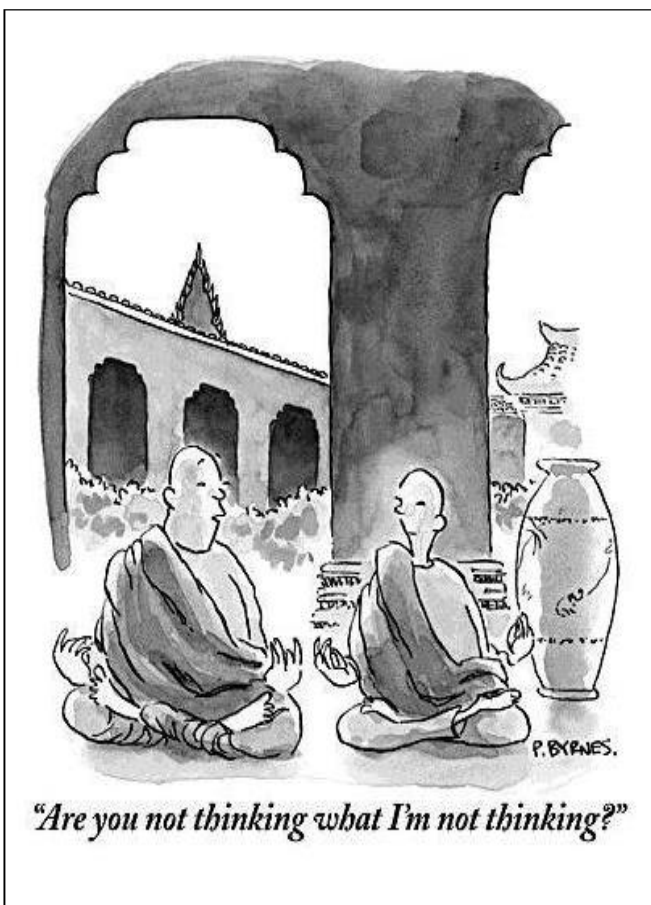
T'ai Chi Sword

April 17th & June 5th
Thursday - 3:00-3:30pm

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

630 834 8970

(Previous Tai Chi experience is required)



Upcoming Events

www.7StarsMA.com/SevenStarsStudents.html

Reiki 1, 2 & Master Classes
March 15th, April 19th, May 17th
Lighthouse Center in Winfield



World Tai Chi Day
Saturday, April 26th 2014 ~ 9:00-11:00am
Theosophical Society in Wheaton



Tai Chi Spring Gathering
Saturday, April 26th 2014 ~ 1:00pm - 4:00pm
Crescent Park / Lighthouse Center in Winfield

Tai Chi Express - one day
May 10th ~ 10:00am - 3:30pm
The Lighthouse center, Winfield, IL



The Six Healing Sounds
Sunday, June 15th ~ 10:00am - 3:30pm
The Lighthouse Center, Winfield, IL

Tai Chi Qigong Shibashi
Saturday, June 21st ~ 1:00pm - 6:30pm
Relax4Life in Barrington



Teacher training program starts
September 13th/14th - June 2015
Lighthouse Center in Winfield



TheosoFEST
Saturday, September 6th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

World Ki Gong Club Annual Clinic
September 26th-28th 2014
Granlibakken Resort in Tahoe, CA

Holistic Health Fair
Sunday, September 28th ~ 10:00am - 4:00pm
Soup to Nuts in Geneva

Annual Student Dinner
Tuesday, November 25th ~ 2:00 - 4:00pm
Jack & Silverado Grill in Elmhurst



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

Class calendar

www.7StarsMA.com

April

- 6 Qigong in the park begins
 - Sunset Knoll Park in Lombard
- 9 An Introduction to Chinese Health Balls
 - Lombard Park District, Lombard
- 24 Don't let stress stress you out
 - Courts Plus, Elmhurst
- 26 World Tai Chi & Qigong Day
 - The Theosophical Society, Wheaton
- 30 An Introduction to Chinese Health Balls
 - The Abbey, Elmhurst

May

- 4 No Qigong in the park class
- 7 Chinese Health Balls
 - Lombard Park District, Lombard
- 10 Tai Chi Express Intensive
 - The Lighthouse Center, Winfield
- 15 50 Secrets of the world's longest living people
 - Courts Plus, Elmhurst
- 16 Don't let stress stress you out
 - Lombard Park District, Lombard
- 21 Say goodbye to antacids
 - The Abbey, Elmhurst
- 22 Walking the Finger labyrinth
 - Lombard Park District, Lombard
- 27 Roselle Health & Wellness Expo
 - Roselle Park District, Roselle

June

- 2 Say goodbye to antacids
 - Lombard Park District, Lombard
- 13 Say goodbye to antacids
 - Roselle Park District, Roselle
- 15 The Six Healing
 - The Lighthouse Center, Winfield
- 21 Tai Chi Qigong Shibashi - one day
 - Relax 4 Life, Barrington, IL
- 27 Chinese Health Balls
 - Courts Plus, Elmhurst

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.

One time and ongoing classes available.

630 229 4434

John@7StarsMA.com

www.LearningLunches.org



Health and safety education in your location, at your convenience

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 exercise.

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 class 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

June 21st ~ 1:00pm - 6:30pm

Relax4Life Center, 26402 Edgemon Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

