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COMPLEMENTARY

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Volume 9, number 3

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Things You'll Regret When You're Old

They say youth is
wasted on the young.

Are you wasting yours?

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No Regrets

FEATURES

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Contact Reverend John

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Complementary Health & Exercise

Summer 2014

Editor & publisher - John Robertson



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The wisdom of Confucious

"He who speaks without modesty
will find it difficult to make his
words good."

Editor's Notebook

We finish the spring quarter with a workshop at Relax4Life in Barrington; 'Moving Meditation Practices for our Time' on June 21st. The morning session explores the use of labyrinths, with the opportunity to walk 3 outdoor and 1 indoor labyrinth plus the use of finger labyrinths. In the afternoon participants have the opportunity to learn the Tøai Chi Qigong Shibashi sequence of 18 movements. This is a great opportunity to experience two unique practices. Plus if you are a social worker, counselor, massage therapist or school teacher you can earn 8 CEUs for this workshop!

A big thank you to everyone who came out for our Qigong in the Park classes, the weather was perfect all but one day. Look out for this May/June next year!

All our Tøai Chi for Health, Tøai Chi Chuan and Qigong classes continue through the summer, with a break of the last 2 weeks in July. As busy a time as the summer may be for many people remember it is important to take time for yourself and to continue to work on your health and wellbeing. Remember new and returning students are always welcome in all of our classes!

If you are interested in sharing your love of Tøai Chi, our teacher training program is scheduled to start in September. Check out the page on our website under the students section or speak to an instructor. There are employment opportunities for those satisfactorily completing the training.

Also in September we will be attending the World Ki Gong (Qigong) Club clinic at Granlibakken Resort in Tahoe, CA so be sure to be in class in October and see what we learn this year!

John Robertson

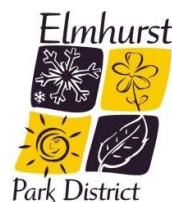
*"He lives most life whoever
breathes most air"*

Tøai Chi Express

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Friday at 5:45pm sessions
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15 things I wish I'd known about



After a year of grief, I've learned a lot. I've also made some mistakes along the way. Today, I jotted down 15 things I wish I'd known about grief when I started my own process.

I pass this onto anyone on the journey.

1. You will feel like the world has ended. I promise, it hasn't. Life will go on, slowly. A new normal will come, slowly.
2. No matter how bad a day feels, it is only a day. When you go to sleep crying, you will wake up to a new day.
3. Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next day. Okay one month, not okay the next. Learn to go with the flow of what your heart and mind are feeling.
4. It's okay to cry. Do it often. But it's okay to laugh, too. Don't feel guilty for feeling positive emotions even when dealing with loss.
5. Take care of yourself, even if you don't feel like it. Eat healthily. Work out. Do the things you love. Remember that you are still living.
6. Don't shut people out. Don't cut yourself off from relationships. You will hurt yourself and others.
7. No one will respond perfectly to your grief. People—even people you love—will let you down. Friends you thought would be there won't be there, and people you hardly know will reach out. Be prepared to give others grace. Be prepared to work through hurt and forgiveness at others' reactions.
8. God will be there for you perfectly. He will never, ever let you down. He will let you scream, cry, and question. Throw all your emotions at Him. He is near to the brokenhearted.
9. Take time to truly remember the person you lost. Write about him or her, go back to all your memories with them, truly soak in all the good times you had with that person. It will help.
10. Facing the grief is better than running. Don't hide from the pain. If you do, it will fester and grow and consume you.
11. You will ask "Why?" more times than you thought possible, but you may never get an answer. What helps is asking, "How? How can I live life more fully to honor my loved one? How can I love better, how can I embrace others, how can I change and grow because of this?"
12. You will try to escape grief by getting busy, busy, busy. You will think that if you don't think about it, it'll just go away. This isn't really true. Take time to process and heal.
13. Liquor, sex, drugs, hobbies, work, relationships, etc., will not take the pain away. If you are using anything to try and numb the pain, it will make things worse in the long run. Seek help if you're dealing with the sorrow in unhealthy ways.
14. It's okay to ask for help. It's okay to need people. It's okay, it's okay, it's okay.
15. Grief can be beautiful and deep and profound. Don't be afraid of it. Walk alongside it. You may be surprised at what grief can teach you.

What the Dying Want Us to Know About Living

Death teaches us not to rush past the things we'll wish we had more of at the very end of life

by Alexandra Rosas Sunday, August 25, 2013

Twenty-five years ago, I held my grandmother's hand as she passed away. Two and half weeks ago, it was my mother's hand that I held as she left our world.

I was there for the last days of life with both my mother and grandmother, and in our time together, they spoke of things with a sadness and urgency that they never had before.

There's an old photo I have of my mother, which I've always loved. In it, she's a young, sharply dressed working woman in South America, and you can feel the determination in her stride. I showed her this photo just a few weeks ago, and you could've heard the pride in my voice as I asked if she remembered where she was going on the day it was taken.

"I have always hated that picture," she said, which startled me. "I was always in a hurry. Hurrying. Always. For what?" She took a deep breath, and gently said it one more time, "Always in a hurry"

What left me astonished and teary-eyed was not the surprise of her hating the picture, but that these words were exactly the ones my grandmother had spoken to me on the morning of her own passing. I had been sitting vigil at her bedside and she was growing weaker with each day in the hospital. Stroking her hand, I spoke softly to her, "Abuela. Abuela, do you hear me? Remember when you would take us to the grocery store across the street from our house at the start of every summer, and you began our first day of vacation with a popsicle?"

Smiling, with her eyes still closed, she quietly answered, "I would tell you all to hurry, make your flavor choices, and to hurry. There was much to do. I would let you take your time choosing now, if I

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could. Things could have waited."

What the dying want us to do ô and wish for us to know ô is to regard our lives as precious moments making up our days. They want us to focus less on the big picture of building a large body of evidence that proves our accomplishments, and more on the true wonders in our life ô the kind where we find unexpected beauty that will be remembered with a wistful smile.

Like walking with your child alongside you, going somewhere without purpose. Or waiting patiently while five- and six-year-old children choose, change their minds, choose, and then change their minds again, about the root-beer-flavored or the banana-flavored popsicles.

My mother and grandmother were telling me loud and clear that as we live our lives, we have to stop running and chasing what we think leads to happiness, and slow down before we rush past the very thing we'll wish we had more of at the very last hours of our days.

It's not too late to make sweet memories of children or grandchildren skipping alongside us, of us just being and not doing, of grateful children looking up to us smiling with orange-stained mouths, yelling excitedly, "Thank you for waiting for me until I picked my flavor, Grandma! I didn't know if I wanted the green or the orange!"

After hearing these words ô not once, but twice ô from loved ones who know everything they are about to leave behind, I know this is something I'll be working on to change.

And I'm forever grateful for the second chance.





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Call 630 229 4434 or register online at:

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



How to Look Back on Your Life with No Regrets

By The Daily Mind
Posted: 15 Feb 2009

"My religion is to live and die without regrets."
Milarepa, Tibet's greatest ever yogi.

Imagine this. You are old, frail and sick. You are laying in your bed with your children and family members around you. They are crying. Their eyes are red and their faces pull forced smiles trying to make you feel better about what is happening. You are dying.

Now ask yourself this question: are you regret free? Are you going to slip away in to the afterlife knowing that you lived a good and moral and full life? Or, are you going to be panicking because your mind is full of regrets and you aren't ready to leave?

In this post I want to give you a few simple ways to make sure you live your life without regrets. I truly believe that when death comes the most important thing you can have by your side is the knowledge that you have absolutely nothing to worry about.

Why this is so important to know
First of all I want to talk a little bit about why it is so important to live and die without regrets. It is not a complicated philosophical argument or even a religious teaching. The reason it is so important is because all of us, at the time of death, are scared out of our mind.

Think about when you lose some little trinket that you treasure. It might be a necklace, wedding ring or your car keys. Think about how frustrated and anxious you get. You are so attached to that item you can't bare to be separated from it even for a few moments.

Now imagine death.

At the time of death it is not just your keys or your necklace that you are leaving behind. It is everything. You are leaving behind your kids, your house, your spouse. You are leaving your morning coffee and your local park and all your life habits. Most distressing, however, is the fact that you are leaving behind your body. The very body that you have groomed and cared for and cleaned and loved your entire life. It is time to separate from it. And that is bloody scary.

At that point in time the only thing you have to rely on is a calm mind. If you are in a negative space; thinking about all your possessions and attachments that you are parting from then your death will be painful. If, however, you are calm, collected, happy and regret free your death will be no drama whatsoever.

How to look back on your life with no regrets

Now that I have done a little bit of an introduction I want to talk about a few things that you need to do if you want to die without regrets. If you have ANY IDEAS of your own I would love to hear them. This is one area where you can never have enough knowledge.

1. Do no harm

All the major religions and philosophies of the world have one thing in common. They all speak of the fact that the very core and heart of their teachings is the idea that you should do no harm.

This is the most important thing of all. If you have spent your life harming people your death will be an occasion full of fear and regret. If, however, you have spent your days helping people and lived a loving and caring life there will be no cause for fear at the time of death. Why would there be? How could anything bad come from a life spent helping others?

If you want to die without regret it is important to do no harm. Don't harm others with your body or your harsh speech. Don't gossip about people and ruin their reputations. Don't kill or injure animals. As a great Indian Buddhist master once wrote in his seminal text:

“Even a tiny spark can set fire to a whole mountain-side. Do no harm whatsoever.” - Shantideva

2. Waste no time

One of the major regrets that all people have is the recollection that you wasted a lot of your spare time doing things that had no real benefit. I touched on this in the recent post on recognizing your faults but I wanted to mention it here as well.

Continued on page 13:

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

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Continuing students meet every
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June 10th, August 5th & Sept 31st

Beginner students meet every
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Call: 630 833 5064

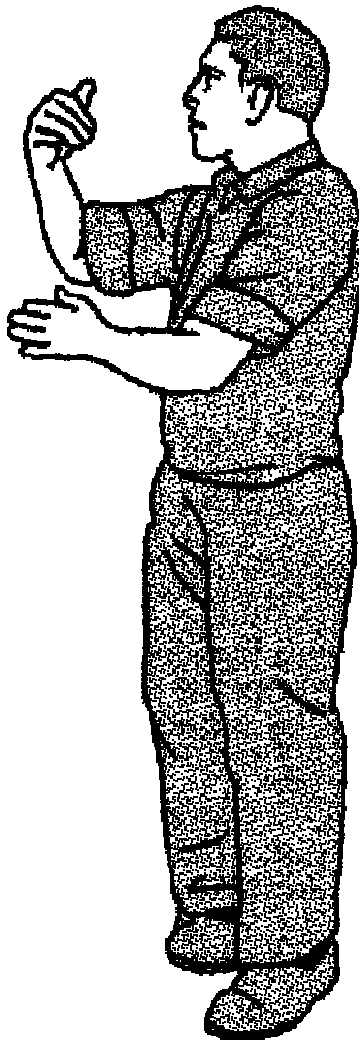
Lombard

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

Beginner students meet every
Monday at 5:00pm
June 9th, August 4th & Sept 30th

Continuing students meet every
Monday at 6:00pm
June 9th, August 4th & Sept 30th

Call: 630 620 7322



Roselle

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

Beginner students meet every
Tuesday at 9:00am
June 10th, August 5th & Sept 31st

Continuing students meet every
Tuesday at 9:00am
June 10th, August 5th & Sept 31st

Call: 630 894 4200

Villa Park

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

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Tuesday at 2:00pm
June 10th, August 5th & Sept 31st

Continuing students meet every
Thursday at 2:00pm
June 12th, August 7th & October 2nd

Call: 630 834 8970



Things You'd Regret When You're Old



They say youth is wasted on the young. Are you wasting yours?
posted on December 17, 2013 at 1:01pm EST

1. Not traveling when you had the chance.

Traveling becomes infinitely harder the older you get, especially if you have a family and need to pay the way for three-plus people instead of just yourself.

2. Not learning another language.

You'd kick yourself when you realize you took three years of language in high school and remember none of it.

3. Staying in a bad relationship.

No one who ever gets out of a bad relationship looks back without wishing they made the move sooner.

4. Forgoing sunscreen.

Wrinkles, moles, and skin cancer can largely be avoided if you protect yourself.

5. Missing the chance to see your favorite musicians.

õNah, dude, I'd catch Nirvana next time they come through town.õ Facepalm.

6. Being scared to do things.

Looking back you'd think, What was I so afraid of?

7. Failing to make physical fitness a priority.

Too many of us spend the physical peak of our lives on the couch. When you hit 40, 50, 60, and beyond, you'd dream of what you could have done.

8. Letting yourself be defined by gender roles.

Few things are as sad as an old person saying, õWell,

it just wasn't done back then.õ

9. Not quitting a terrible job.

Look, you gotta pay the bills. But if you don't make a plan to improve your situation, you might wake up one day having spent 40 years in hell.

10. Not trying harder in school.

It's not just that your grades play a role in determining where you end up in life. Eventually you'd realize how neat it was to get to spend all day learning, and wish you'd paid more attention.

11. Not realizing how beautiful you were.

Too many of us spend our youth unhappy with the way we look, but the reality is, that's when we're our most beautiful.

12. Being afraid to say "I love you."

When you're old, you won't care if your love wasn't returned õ only that you made it known how you felt.

13. Not listening to your parents' advice.

You don't want to hear it when you're young, but the infuriating truth is that most of what your parents say about life is true.

14. Spending your youth self-absorbed.

You'd be embarrassed about it, frankly.

15. Caring too much about what other people think.

In 20 years you won't give a damn about any of those people you once worried so much about.

16. Supporting others' dreams over your own.

Supporting others is a beautiful thing, but not when it means you never get to shine.

17. Not moving on fast enough.

Old people look back at the long periods spent picking themselves off the ground as nothing but wasted time.

18. Holding grudges, especially with those you love.

What's the point of re-living the anger over and over?

19. Not standing up for yourself.

Old people don't take shit from anyone. Neither should you.

20. Not volunteering enough.

OK, so you probably won't regret not volunteering Hunger Games style, but nearing the end of one's life without having helped to make the world a better place is a great source of sadness for many.

21. Neglecting your teeth.

Brush. Floss. Get regular checkups. It will all seem so maddeningly easy when you have dentures.

22. Missing the chance to ask your grandparents questions before they die.

Most of us realize too late what an awesome resource grandparents are. They can explain everything you'll ever wonder about where you came from, but only if you ask them in time.

23. Working too much.

No one looks back from their deathbed and wishes they spent more time at the office, but they do wish they spent more time with family, friends, and hobbies.

24. Not learning how to cook one awesome meal.

Knowing one drool-worthy meal will make all those dinner parties and celebrations that much more special.

25. Not stopping enough to appreciate the moment.

Young people are constantly on the go, but stopping to take it all in now and again is a good thing.

26. Failing to finish what you start.

I had big dreams of becoming a nurse. I even signed up for the classes, but then...

27. Never mastering one awesome party trick.

You will go to hundreds, if not thousands, of parties in your life. Wouldn't it be cool to be the life of them all?

28. Letting yourself be defined by cultural expectations.

Don't let them tell you, "We don't do that."

29. Refusing to let friendships run their course.

People grow apart. Clinging to what was, instead of acknowledging that things have changed, can be a source of ongoing agitation and sadness.

30. Not playing with your kids enough.

When you're old, you'll realize your kid went from wanting to play with you to wanting you out of their room in the blink of an eye.

31. Never taking a big risk (especially in love).

Knowing that you took a leap of faith at least once even if you fell flat on your face will be a great comfort when you're old.

32. Not taking the time to develop contacts and network.

Networking may seem like a bunch of crap when you're young, but later on it becomes clear that it's how so many jobs are won.

33. Worrying too much.

As Tom Petty sang, "Most things I worry about never happen anyway."

34. Getting caught up in needless drama.

Who needs it?

35. Not spending enough time with loved ones.

Our time with our loved ones is finite. Make it count.

36. Never performing in front of others.

This isn't a regret for everyone, but many elderly people wish they knew just once what it was like to stand in front of a crowd and show off their talents.

37. Not being grateful sooner.

It can be hard to see in the beginning, but eventually it becomes clear that every moment on this earth from the mundane to the amazing is a gift that we're all so incredibly lucky to share.

Tai Chi for Health

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

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Addison

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
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Thursday at 11:00am
June 12th, August 7th & October 2nd

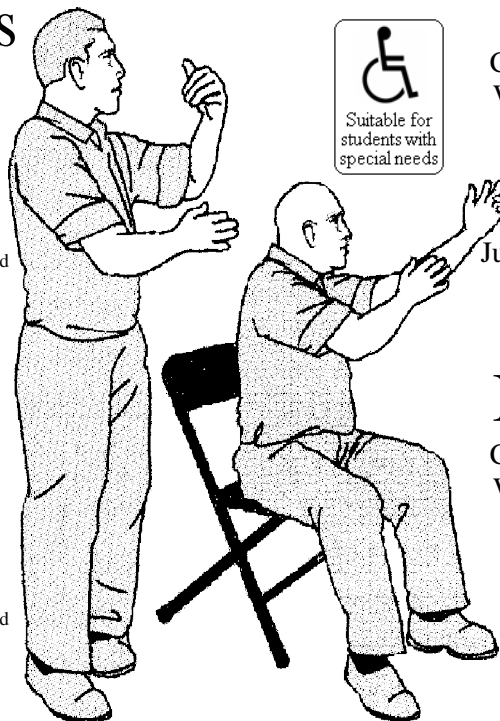
Call: 630 595 9333

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June 12th, August 7th & October 2nd

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Continued from page 8:

Human life is so precious. It is so rare and it is endowed with opportunities that no other species has. We have the mind, body and inclination to relieve the suffer of others. Not many animals can claim that they have this ability. But we do. We have the potential to travel the world, experience new things and grow as a person. We have the ability to love and the ability to bring joy to others' lives.

This opportunity is so rare. It is so rare than even some other humans can't claim to possess it. Impoverished souls in Africa and India and those in war torn countries do not have the opportunities that we relatively wealthy people in the west have. Wasting it would be the worst crime of all.

I truly believe that when death comes I will be more regretful of wasted time than of anything else. For the most part I do not harm a lot of beings and I do my best to help out when I can but, like a lot of humans, I am infected with the virus of laziness. I do not use my time well. If I want to die without regret I need to do something about this. And you do as well.

3. Take every opportunity that comes by
When you talk to the elderly about their lives one thing inevitably comes up - missed opportunities. Everyone has a story about an opportunity they had to work in a great firm or travel to a distant land or play for a great sporting team. And everyone regrets not taking that opportunity when it presented itself.

Something that I feel is very important is to take every opportunity that comes along. The reason for this is simple - you will regret not taking an opportunity a lot more than you will regret taking it and it not working out. For example, it would be a lot better to take a job in a distant land and find out it isn't right for you than it would be to turn it down because you were afraid.

If you want to get to the end of your life and have no regrets you need to seize every opportunity that comes along. It doesn't matter how small or big it is, never turn down something because you are too afraid that it won't work out. 90% of the time you will only get one shot.

4. Travel the world

In 2006 my best mate was diagnosed with a rare and aggressive form of cancer. The doctors found the disease quite late and by that time it had spread to his bones and lymph nodes. It didn't look good. During

that time he said something interesting to me, something that has stuck with me. He said that he felt extremely lucky to have traveled.

It was really interesting to see a young man who was facing death say that one thing that really helped him was the fact that he had traveled the world and seen a lot of things. He said it made him feel as though he had lived a fuller life and hadn't missed out on too much, despite his young age. I am happy to say that my friend has since recovered fully from the cancer.

If you want to die without regret I think it is not so important to see lots of things as it is to really experience them. When you travel I encourage you to stay in one place for longer than you would normally and really experience the culture and the location. Don't just go sight seeing, try and really experience what magic the place has to offer. At the end of your life you will remember these experiences.

5. Train yourself in impermanence

Death is a lot like professional sport. If you spend a lot of time training for it you will do well. If, however, you just try to fluke it there is every chance that you will fail. The time to train for death is today. The method is remembering the truth of impermanence.

When you are laying in your bed with your family around the last thing you want is a clinging mind. The last thing you want is to be so pained by your attachments that you can't bare to let go of your life. If you are attached to your house and family you will find it extremely hard to slip away.

The only way you can combat this is to remember impermanence now. Every time you see yourself becoming attached to something you should remind yourself that it won't last. Everything composite breaks. Everything that goes up comes down. Nothing lasts. Don't be depressed by this fact, be happy. For now you have the motivation for seizing the moment and making the most of life while you still have it. This is what they mean when they say you need to live in the light of death.

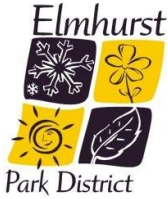
Conclusion

I truly believe that if you live your life with the goal to have no regrets at the time of death you will live a wonderful life. Don't harm, don't waste time and don't miss opportunities. These three things are essential. Your goal is to make these things happen. I can write about it until the cows come home but until you change your life for the better it is all just idle speech. I wish you the best of luck.

August 19th ~ 6:00pm

Courts Plus

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



Are you over 65?

Your chance of falling in the next year is 1 in 3



Falls?

They don't have to happen to you

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.

September 11th ~ 9:00am



630 595
9333

111 E. Foster Avenue,
Wood Dale, IL 60191



Karen Kostas

Broker

190 N York Rd
Elmhurst,
IL 60126-2715



Office: (630) 530-2500

Cell: (630) 240-5467

Karen.Kostas@cbexchange.com

Things we should say more often

Taken from numerous sources, including our own!

A list of some of the things that we should all say
more often:

- Please
- Thank you
- Excuse me
- I'm sorry
- I forgive you
- You can do it
- I don't know
- I have barbeque sauce on my shirt too
- I may disagree with you; however I respect your opinion
- You're awesome
- Something nice
- Nothing

*If you can't think of anything
nice to say don't say anything
or think harder.*

T.H.I.N.K.

Taken from numerous sources, including our own!

Using the acronym THINK, try to ask yourself these
5 questions before you speak.:

T – True

Is it True? Remember this rule about gossip: "The
more interesting it is, the more likely it is to be false."

H – Helpful

Is it Helpful? Will your words help bring about a so-
lution to a problem?

I – Inspiring

Is it inspiring? Will your words build up someone?

N – Necessary

Is it Necessary? Do we have to say anything at all?

K – Kind

Is it Kind? Are your words based on a desire to help

"THINK before you speak or text"

14 Precepts of Engaged Buddhism

Here paraphrased from the teachings of Thich Nhat Hanh

- Do not be idolatrous about or bound to any doctrine, theory, or ideology, even Buddhist ones.
- Do not think the knowledge you presently possess is changeless, absolute truth. Avoid being narrow minded and bound to present views. Learn and practice nonattachment from views in order to be open to receive others' viewpoints.
- Do not force others, including children, by any means whatsoever, to adopt your views, whether by authority, threat, money, propaganda, or even education. However, through compassionate dialogue, help others renounce fanaticism and narrow-mindedness.
- Do not avoid suffering or close your eyes before suffering. Do not lose awareness of the existence of suffering in the life of the world. Find ways to be with those who are suffering, including personal contact, visits, images and sounds. By such means, awaken yourself and others to the reality of suffering in the world.
- Do not accumulate wealth while millions are hungry. Do not take as the aim of your life fame, profit, wealth, or sensual pleasure. Live simply and share time, energy, and material resources with those who are in need.
- Do not maintain anger or hatred. Learn to penetrate and transform them when they are still seeds in your consciousness. As soon as they arise, turn your attention to your breath in order to see and understand the nature of your hatred.
- Do not lose yourself in dispersion and in your surroundings. Practice mindful breathing to come back to what is happening in the present moment. Be in touch with what is wondrous, refreshing, and healing both inside and around you.
- Do not utter words that can create discord and cause the community to break. Make every effort to reconcile and resolve all conflicts, however



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 & to eliminate it; imagine eating your meals without the threat of that harmful discomfort hanging over you.

July 9th ~ 12:30pm



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

July 12th ~ 10:00am



Annette McKinney

Acupuncture &

Oriental Medicine Intern

Call 630-629-9664 for an appointment

Clinic hours: 1:00-5:00pm
every Wednesday & Friday

National University of Health Sciences
200E. Roosevelt Rd, Lombard, IL 60148

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, September 7th
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

small.

- Do not say untruthful things for the sake of personal interest or to impress people. Do not utter words that cause division and hatred. Do not spread news that you do not know to be certain. Do not criticize or condemn things of which you are not sure. Always speak truthfully and constructively. Have the courage to speak out about situations of injustice, even when doing so may threaten your own safety.
- Do not use the Buddhist community for personal gain or profit, or transform your community into a political party. A religious community, however, should take a clear stand against oppression and injustice and should strive to change the situation without engaging in partisan conflicts.
- Do not live with a vocation that is harmful to humans and nature. Do not invest in companies that deprive others of their chance to live. Select a vocation that helps realise your ideal of compassion.
- Do not kill. Do not let others kill. Find whatever means possible to protect life and prevent war.
- Possess nothing that should belong to others. Respect the property of others, but prevent others from profiting from human suffering or the suffering of other species on Earth.
- Do not mistreat your body. Learn to handle it with respect. Do not look on your body as only an instrument. Preserve vital energies (sexual, breath, spirit) for the realisation of the Way. (For brothers and sisters who are not monks and nuns:) Sexual expression should not take place without love and commitment. In sexual relations, be aware of future suffering that may be caused. To preserve the happiness of others, respect the rights and commitments of others. Be fully aware of the responsibility of bringing new lives into the world.



Ways to Stay Young

Taken from numerous sources, including our own!

Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."

Keep only cheerful friends. The grouches pull you down.

Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

Learn different things, don't keep doing the same thing.

Enjoy the simple things.

Laugh often, long and loud. Laugh until you gasp for breath.

The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

Tell the people you love that you love them, at every opportunity.

Reduce stress. Too much has an unbelievable way of quickly aging people. Completing ridding our lives of stress is impossible. On the other hand, we can adopt simple techniques for better coping with life's problems.

Reduce Chaos. A cluttered or junky home, office, and car can make your life feel chaotic. Begin cleaning up your life by first cleaning up your surroundings. Get organized.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



Introduction to Chinese Health Balls

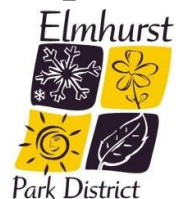
Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

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

June 27th ~ 5:30 - 6:30pm

Courts Plus

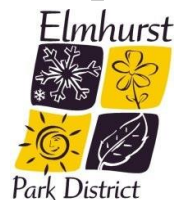
186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064



August 19th ~ 8:00 - 9:00pm

Courts Plus

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



August 22nd ~ 6:00 - 7:00pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200



T'ai Chi Sword

June 12th, Aug 7th & Oct 2nd
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

Tai Chi Qigong Shibashi

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



TheosoFEST

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

The Six Healing Sounds

Sunday, Sept 7th ~ 10:00am - 3:30pm
The Lighthouse Center in Winfield



Teacher training program starts

September 13th/14th - June 2015
Lighthouse Center in Winfield



Health Fair

Wednesday, September 10th ~ 7:00pm - 9:00pm
Bloomingdale Park District, Bloomingdale, 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

Reiki 1, 2 & Master Classes

October 25th, November 22nd, December 20th
Lighthouse Center in Winfield



Annual Student Dinner

Tuesday, November 25th ~ 2:00 - 4:00pm
Jack's Silverado Grill in Elmhurst



World Tai Chi Day

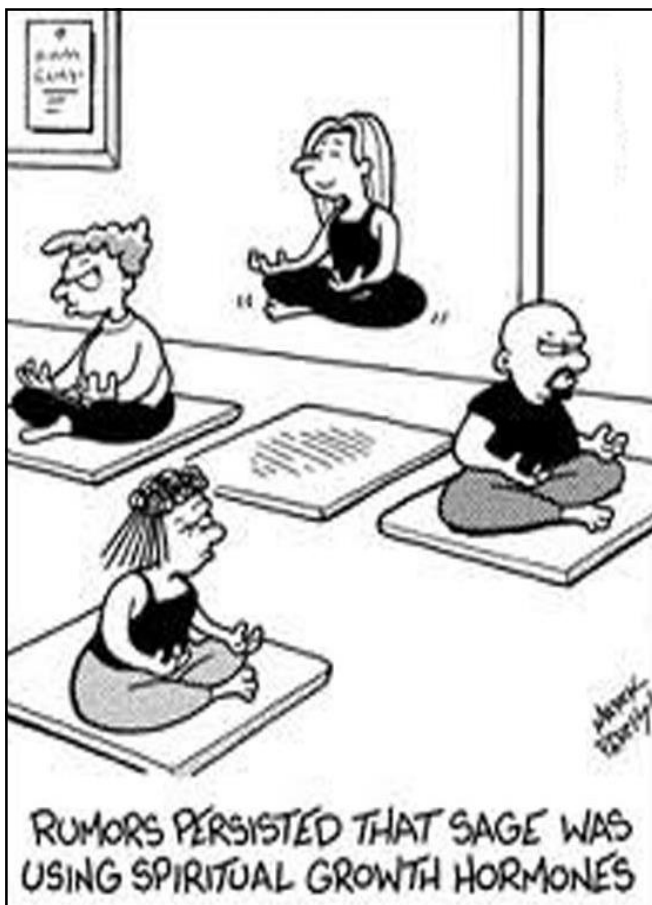
Saturday, April 25th 2015 ~ 9:00-11:00am
Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 25th 2015 ~ 1:00pm - 4:00pm
Creekside Park / Lighthouse Center in Winfield

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



Class calendar

www.7StarsMA.com

June

- 21 Tai Chi Qigong Shibashi - one day
- Relax 4 Life, Barrington, IL

July

- 9 Say goodbye to antacids
- The Abbey, Elmhurst
- 12 Say goodbye to antacids
- Bloomingdale Park District, Bloomingdale
- 12 50 Secrets of the world's longest living people
- Bloomingdale Park District, Bloomingdale
- 15 Labyrinth Workshop
- Grace United Methodist Church, Naperville
- 21 Don't let stress stress you out
- Roselle Park District, Roselle

August

- 19 Falls: they don't have to happen to you
- Courts Plus, Elmhurst
- 19 Chinese Health Balls
- Courts Plus, Elmhurst
- 22 Chinese Health Balls
- Roselle Park District, Roselle

September

- 3 Exercise for mental muscle
- The Abbey, Elmhurst
- 6 TheosoFEST
- The theosophical Society, Wheaton
- 7 The Six Healing Sounds
- The Lighthouse Center, Winfield
- 10 Health Fair
- Bloomingdale Park District, Bloomingdale
- 11 Falls: they don't have to happen to you
- Wood Dale Park District
- 13 Tai Chi for health Teacher Training
- The Lighthouse Center, Winfield
- 17 Chinatown Trip
- The Abbey, Elmhurst
- 26 World Ki Gong Club Clinic
- Lake Tahoe, CA

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.7starsma.com/community/
learninglunches.html

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 Edgemoond Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

