

Finger Labyrinths: a journey to the center of the self



Thursday, February 12th
6:00pm @ Courts Plus

Gain peace & engage mystery for personal & spiritual renewal by walking the finger labyrinth



COMPLEMENTARY Winter 2015 FREE! HEALTH & EXERCISE

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

Volume 10, number 1

www.7StarsMA.com

Circulation: 300+

22 Unnecessary Attachments Carefree People Don't Have

Life is about attachments. It's about picking up things along the way until we have a bag full of relics and lessons from the past.

Our load gets heavier with each passing year until we no longer remember what it's like to walk without a heavy burden.

We attach ourselves to so many things that soon we find that our natural right to freedom is nothing more than an illusion.

Continued on page 10

INSIDE THIS ISSUE

- 4 Fight Disease, Calm The Mind And Slow Aging
 - 6 Life Lessons You Should Unlearn
 - 8 22 Things Happy People Do
- Full class schedules and more!



FEATURES

• 3 Notebook • 9 & 12 Tai Chi class schedules • 18 Events • 19 Calendar

Holistic Ceremonies

Created just for you

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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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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@7StarsMA.com



Complementary Health & Exercise

Winter 2015

Editor & publisher - John Robertson



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Seven Stars
Martial Arts



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The wisdom of Confucious

"They must often change
who would be constant in
happiness or wisdom. "

Editor's Notebook

Welcome to our first edition of 2015, how quickly the year has gone by! A big thank you to everyone that attended our annual dinner; what a great time! Good company, good food, plenty of recognition of students and we raised over \$400 for Chicago Voyagers!

Bringing our total raised for the year to \$1410! Plus we donated 20 used cell phones to the DuPage Sheriffs cell-link program; to help give seniors in need an emergency use cell phone.

The new year also brings some changes to our schedule in Elmhurst and Villa Park; they will both change to the same format as Roselle. The beginning and continuing students will be together for the first hour, the continuing students then remain for an additional 30 minutes to work on the complete form.

This allows beginners to transition to the continuing class much easier, and it gives the continuing students the time to work on the first half of the form. It has worked extremely well in Roselle for the past year.

Our full schedules for 2015 are now up and available on our website, as are details of a new offering - a full week of T'ai Chi and Qigong classes in the beautiful and scenic Sedona, AZ. Full details are online. We have a special offer for the first 7 students to register, \$250 off the full package price!

This issue has a focus on happiness and contentment; many people suffer from Seasonal Affective Disorder (SAD) at this time of year. So remember that exercise, particularly mind-body exercise can be a great help to counter the effects.

Have a very merry Christmas and a happy new year!

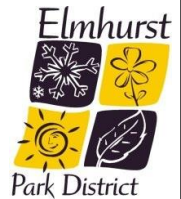
John Robertson

T'ai Chi Express

Mondays at 8:00pm starting
June 1st & July 13th

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

Finger Labyrinths: A Journey to the Center of the Self

Experience relief from the stressors of daily life and solve problems using this mindful technique.

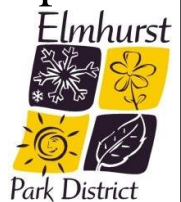
Labyrinths can provide a unique way to gain renewed vitality and meaning in your life.

When tracing a finger labyrinth you get the impression of going on a long journey with many twists and turns, getting closer then further away before finally reaching your destination.

February 12th ~ 6:00pm

Courts Plus

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



This Ancient Martial Art Can Fight Disease, Calm The Mind And Slow Aging

The Huffington Post 01/08/2014 10:13 am EST

Americans have no difficulty adopting ancient practices into their health regimens. Take yoga, the ancient mind-body practice and contemporary fitness craze (and \$27 billion industry), which continues its prominence in the mainstream -- even after decades of increasing popularity.

Many forms of meditation, likewise, have been touted for stress-relieving, health-promoting benefits by prominent leaders in business, media and the arts. And then there's tai chi.

Like yoga, tai chi is a type of moving meditation -- a gentle exercise that focuses on the breath and prioritizes ease of movement-- that comes with a host of health benefits. And, like yoga, there are distinct styles and lineages of tai chi along with more modern and hybrid incarnations.

Many of the tai chi moves tell stories and involve mimicking animals -- featuring names like "Embrace the tiger and return to mountain" and "White crane spreads its wings" -- all performed with relaxed muscles and ease of movement. Through maintaining focus on the breath and physical movements, the practitioner is thought to be able to help to direct the flow of Qi, or life force, in the body.

The practice originated over 2,000 years ago in China as a martial art called T'ai chi ch'uan. It is said to have been created in the Wu Dong Mountains by a Taoist priest, who observed a white crane preying on a snake and then mimicked its actions.

Today, tai chi is known as a low-impact exercise popular with older adults and practiced by over 2 million Americans each year. Harvard University has even devoted a research program to studying the health benefits of the ancient Chinese art.

"In this high-tech world that's all about speed, greed and instant gratification, tai chi is the antidote to bring us back to balanced health," Arthur Rosenfeld, tai chi master and author of *Tai Chi: The Perfect Exercise*, told Reuters.

Here are five reasons why tai chi could very well be the "new" yoga.

It helps prevent and fight disease.

Studies have found that when used to supplement traditional forms of treatment, tai chi can help maintain bone density, reduce pain among arthritis patients, promote heart health, reduce hypertension, and improve quality of life and reduce stress for breast cancer patients, among other health benefits.

"A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," Peter M. Wayne, Harvard Medical School professor and director of the Tai Chi and Mind-Body Research Program, told Harvard Health Publications.

It's as beneficial for the mind as it is for the body.

In addition to relieving stress, tai chi is also scientifically proven to help fight depression among the elderly.

In tai chi, the focus of the mind is on the breath and the physical sensations in the body, which can help to still racing thoughts and increase body awareness. These meditative aspects of the practice help to bring the practitioner many of the same cognitive benefits of traditional seated meditation, including an increased sense of awareness, calm and well-being.

Tai chi may also help to boost well-being by improving both the length and quality of practitioner's sleep.

A 2008 UCLA study found that practicing tai chi chih, one particular variation of the practice, was effective in improving moderate sleep complaints among older adults. It also reduced drowsiness and inability to concentrate during the day.

It can help you age gracefully.

Tai chi can help improve flexibility and promote a health range of motion in older adults, while also building muscle strength.

What's more, women at risk for or suffering from osteoporosis should take note that research has found tai chi to be effective in increasing mineral bone density.

Tai chi could also be one of the most effective methods of promoting good balance and preventing falls in older adults, according to WebMD. Research from the National Institute on Aging found that tai chi reduced fear of falls and risk of falling among older adults.

It can teach you how to slow down - and how to let go.

The term tai chi itself indicates the harmonious union of opposing forces -- and it's all about going with the flow and moving fluidly within your own physical limitations.

In tai chi, "the objective is not to over-exert or strain one's natural state, but to achieve unity with one's essential nature, thereby releasing the body's intrinsic energies," writes Simmone Kuo in Long Life, Good Health Through Tai-Chi Chuan.

It's accessible to almost anyone.

Tai chi isn't just for older folks. Yes, it's low impact, but anyone can enjoy the numerous health benefits of the practice. Even those who are in poor health can begin a tai chi practice and potentially improve their physical condition.

The practice can even be adapted for those in wheelchairs or recovering from surgery, according to Harvard Medical School experts, and it has been shown to improve balance and motor control among individuals with Parkinson's Disease.

Tai Chi for Health & Qigong teacher training

Learn the foundations of Qigong and Tai Chi and how to teach the core curriculum to allow you to successfully facilitate Qigong & Tai 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 2015**



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*



Life Lessons You Should Unlearn

By Martha Beck

In the past 10 years, I've realized that our culture is rife with ideas that actually inhibit joy. Here are some of the things I'm most grateful to have unlearned:

1. Problems are bad. You spent your school years solving arbitrary problems imposed by boring authority figures. You learned that problems -- comment se dit? -- suck. But people without real problems go mad and invent things like base jumping and wedding planning. Real problems are wonderful, each carrying the seeds of its own solution. Job burnout? It's steering you toward your perfect career. An awful relationship? It's teaching you what love means. Confusing tax forms? They're suggesting you hire an accountant, so you can focus on more interesting tasks, such as flossing. Finding the solution to each problem is what gives life its gusto.

2. It's important to stay happy. Solving a knotty problem can help us be happy, but we don't have to be happy to feel good. If that sounds crazy, try this: Focus on something that makes you miserable. Then think, "I must stay happy!" Stressful, isn't it? Now say, "It's okay to be as sad as I need to be." This kind of permission to feel as we feel -- not continuous happiness -- is the foundation of well-being.

3. I'm irreparably damaged by my past. Painful events leave scars, true, but it turns out they're largely erasable. Jill Bolte Taylor, the neuroanatomist who had a stroke that obliterated her memory, described the event as losing "37 years of emotional baggage." Taylor rebuilt her own brain, minus the drama. Now it

appears we can all effect a similar shift, without having to endure a brain hemorrhage. The very thing you're doing at this moment -- questioning habitual thoughts -- is enough to begin off-loading old patterns. For example, take an issue that's been worrying you ("I've got to work harder!") and think of three reasons that belief may be wrong. Your brain will begin to let it go. Taylor found this thought-loss euphoric. You will, too.

4. Working hard leads to success. Baby mammals, including humans, learn by playing, which is why "the battle of Waterloo was won on the playing fields of Eton." Boys who'd spent years strategizing for fun gained instinctive skills to handle real-world situations. So play as you did in childhood, with all-out absorption. Watch for ways your childhood playing skills can solve a problem (see #1). Play, not work, is the key to success. While we're on the subject...

5. Success is the opposite of failure. Fact: From quitting smoking to skiing, we succeed to the degree we try, fail, and learn. Studies show that people who worry about mistakes shut down, but those who are relaxed about doing badly soon learn to do well. Success is built on failure.

6. It matters what people think of me. "But if I fail," you may protest, "people will think badly of me!" This dreaded fate causes despair, suicide, homicide. I realized this when I read blatant lies about myself on the Internet. When I bewailed this to a friend, she

Continued on page 16:



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, April 11th
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

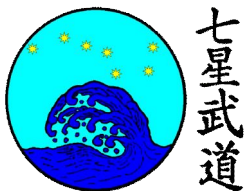
Saturday, May 9th
9:00am - 5:00pm

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, June 13th
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





happiness is...

[free] ♥

22 Things Happy People Do Differently

Author unknown

There are two types of people in the world: those who choose to be happy, and those who choose to be unhappy. Contrary to popular belief, happiness doesn't come from fame, fortune, other people, or material possessions. Rather, it comes from within. The richest person in the world could be miserable while a person living in the slums of a third world country could be happy and content. I have spent plenty of time amongst both groups to have seen it first hand. Happy people are happy because they make themselves happy. They maintain a positive outlook on life and remain at peace with themselves.

The question is: how do they do that? It's quite simple. Happy people have good habits that enhance their lives. They do things differently. Ask any happy person, and they will tell you that they í

1. Don't hold grudges.

Happy people understand that it's better to forgive and forget than to let their negative feelings crowd

out their positive feelings. Holding a grudge has a lot of detrimental effects on your wellbeing, including increased depression, anxiety, and stress. Why let anyone who has wronged you have power over you? If you let go of all your grudges, you'll gain a clear conscience and enough energy to enjoy the good things in life.

2. Treat everyone with kindness.

Did you know that it has been scientifically proven that being kind makes you happier? Every time you perform a selfless act, your brain produces serotonin, a hormone that eases tension and lifts your spirits. Not only that, but treating people with love, dignity, and respect also allows you to build stronger relationships.

3. See problems as challenges.

The word "problem" is never part of a happy person's vocabulary. A problem is viewed as a drawback, a struggle, or an unstable situation while a challenge is viewed as something positive like an opportunity, a task, or a dare. Whenever you face an obstacle, try looking at it as a challenge.

4. Express gratitude for what they already have.

There's a popular saying that goes something like this: "The happiest people don't have the best of everything; they just make the best of everything they have." You will have a deeper sense of contentment if you count your blessings instead of yearning for what you don't have.

5. Dream big.

People who get into the habit of dreaming big are more likely to accomplish their goals than those who don't. If you dare to dream big, your mind will put itself in a focused and positive state.

6. Don't sweat the small stuff.

Happy people ask themselves, "Will this problem matter a year from now?" They understand that life's too short to get worked up over trivial situations. Letting things roll off your back will definitely put you at ease to enjoy the more important things in life.

7. Speak well of others.

Being nice feels better than being mean. As fun as gossiping is, it usually leaves you feeling guilty and resentful. Saying nice things about other people encourages you to think positive, non-judgmental thoughts.

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

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

Beginner students meet every
Thursday 12:30-1:30pm
classes start:
January 8th & February 26th

Continuing students meet every
Thursday 12:30-2:00pm
classes start:
January 8th & February 26th

Call: 630 833 5064

Lombard

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

Beginner students meet every
Monday 5:00-6:00pm
classes start:
January 5th & February 23rd

Continuing students meet every
Monday 6:00-7:00pm
classes start:
January 5th & February 23rd

Call: 630 620 7322



Roselle

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

Beginner students meet every
Thursday 9:00-10:00am
classes start:
January 8th & February 26th

Continuing students meet every
Thursday 9:00-10:30am
classes start:
January 8th & February 26th

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday 2:00-3:00pm
classes start:
January 6th & February 24th

Continuing students meet every
classes start:
Tuesday 2:00-3:30pm
January 6th & February 24th

Call: 630 834 8970

22 Unnecessary Attachments Carefree People Don't Have

By Expanded Consciousness on May 18, 2014



We attach ourselves to people, opinions and superficial objects, like money and time.

We glue ourselves to abstract notions and think that life is in the things around us, next to us and instead of us. We put our worth in intangible notions and unreliable people and wonder why we can't find real happiness.

Something the Tibetan monks will teach you is that happiness comes with scarcity. With fewer attachments comes a larger sense of internal peace as you get closer to yourself, shedding the unnecessary layers.

As you try to navigate your life, remember that the heavy burdens you carry can be let go. You will be not only happier, but liberated, when you learn to let go of everything around you.

The Approval Of Others

People are going to have opinions of you as long as

they have breath in their lungs. Do yourself a favor and stop letting them waste any of yours.

Social Media

Social media platforms comprise the root of all heart-ache. If you don't want to see what your ex is posting or those horrible pictures of you when you got too drunk, just get off social media. Trust me, you can learn to live without them and you will find that life is a lot simpler on the other side.

Time

Counting the minutes is the first step to refusing to live in the moment and the second step towards wrapping your happiness in moments yet to come. You are better than that, live by the ticking of your desires, not your clock.

Your Exes

In the words of Macbeth, "What's done is done." There is no need to hold on to your exes anymore than holding on to a dirty sponge. Throw it away be-

fore it creates a bigger mess and leaves you wondering why you didn't just get a new one to begin with.

Fads

Fads are like Kim Kardashian. You think it's beautiful, then you start to see it everywhere and suddenly all you want to do is get rid of it.

Indecision

Being indecisive will get you nowhere in life. It will keep you shackled to the pavement as you refuse to take the next step. Do yourself a favor and start making choices, because consequences and regrets are better than nothing at all.

The Past

It's called the past for a reason and that's where it should stay. Bringing your past into the future is only denying yourself the present.

Bad Television

I know it's a guilty pleasure, but it's also sucking the life from you. Five hours spent watching girls rip out each other's extensions and scream about stolen catchphrases are five hours you can never get back.

Regrets

There is nothing you can do now, so wasting your time and energy lamenting over everything you've done wrong in life will only give you more regrets.

Nostalgia

We all wish we could go back to the carefree days of our youth, but unless you invent time travel, you're stuck under the stressful burden of being an adult. Dreaming of the good days behind you is as fruitless as daydreaming of better days in front of you.

Parents' Money

It doesn't matter if you have a trust fund of \$5 million, if you don't learn to make your own money, you're just an ignorant bum with \$5 million dollars. The joys of life come from earning for yourself.

Mass Approval

It's one thing to ignore one person's opinion of you, but society's is another thing entirely. The crowd is like a black hole that will try and suck you in. Those who resist are those who stay alive.

Bad People

You know who they are, even if you don't want to admit it to yourself. They are the ones who always leave you with a bad taste in your mouth. They are

usually very nice to your face, but you should move on before your back gets covered in spit.

Self-Doubt

If you don't have confidence in yourself, what can you have confidence in? There's no room for self-doubt in a world that's going to judge your every decision. Lighten your load and start trusting yourself.

Guilt

Life is too short for the bitter taste of guilt. It's a pill you don't have to swallow and the sooner you stop taking it the better you'll feel.

Comparisons

Comparing yourself to models will break your heart. Comparing yourself to anyone will keep you from knowing your own. You are the only standard you must compare yourself against.

Filters

You look good under the 'Mayfair' filter that same way I look good under candlelight. But life isn't filled with candles and 'X-Pro II' filters, so stop living the lie and learn to accept yourself with 'no filter.'

The Ideal

The ideal is a dream and dreams are for sleeping. Stop wasting your life and your hopes on nothing more than a mere illusion. Prepare for the un-ideal and your life will be filled with surprises.

What Ifs

What ifs are like the chicken pox. They are easy to catch and impossible not to scratch (rhyme not intended). You must resist the urge to avoid long-term scarring.

Closed Doors

If it's closed behind you, there's no need to look back. If it's closed in front of you then you must spend your time trying to open it.

Toxic Friendships

Friends, like your past, must be shed when there's no more room in your future for them. Evaluate those relationships closest to you and decide which bring you the most growth and true happiness.

Prejudices

Whether you were raised with them or grew around them, take a serious look at what you're judging and decide if it's worth the stigma.

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
January 7th & February 25th

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
January 8th & February 26th

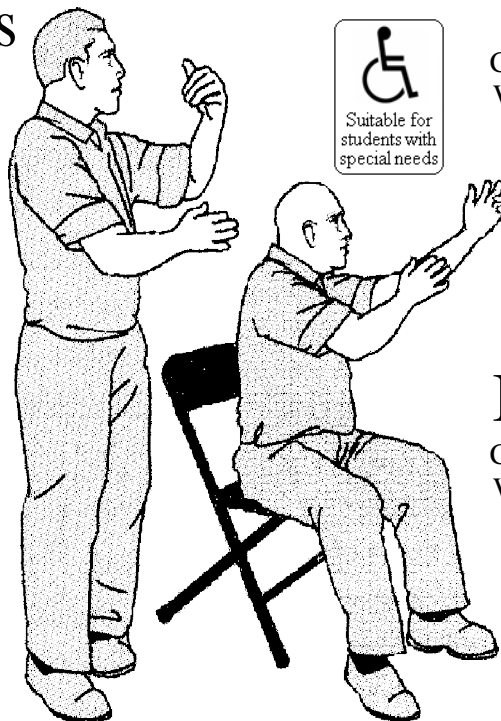
Call: 630 595 9333

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
January 8th & February 26th

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
January 8th & February 26th

Call: 630 595 9333

Wood Dale

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

Thursday at 11:00am
January 8th & February 26th

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
January 8th & February 26th

Call: 630 595 9333



Continued from page 8:

8. Never make excuses.

Benjamin Franklin once said, "He that is good for making excuses is seldom good for anything else." Happy people don't make excuses or blame others for their own failures in life. Instead, they own up to their mistakes and, by doing so, they proactively try to change for the better.

9. Get absorbed into the present.

Happy people don't dwell on the past or worry about the future. They savor the present. They let themselves get immersed in whatever they're doing at the moment. Stop and smell the roses.

10. Wake up at the same time every morning.

Have you noticed that a lot of successful people tend to be early risers? Waking up at the same time every morning stabilizes your circadian rhythm, increases productivity, and puts you in a calm and centered state.

11. Avoid social comparison.

Everyone works at his own pace, so why compare yourself to others? If you think you're better than someone else, you gain an unhealthy sense of superiority. If you think someone else is better than you, you end up feeling bad about yourself. You'll be happier if you focus on your own progress and praise others on theirs.

12. Choose friends wisely.

Misery loves company. That's why it's important to surround yourself with optimistic people who will encourage you to achieve your goals. The more positive energy you have around you, the better you will feel about yourself.

13. Never seek approval from others.

Happy people don't care what others think of them. They follow their own hearts without letting naysayers discourage them. They understand that it's impossible to please everyone. Listen to what people have to say, but never seek anyone's approval but your own.

14. Take the time to listen.

Talk less; listen more. Listening keeps your mind open to others' wisdoms and outlooks on the world. The more intensely you listen, the quieter your mind gets, and the more content you feel.

15. Nurture social relationships.

A lonely person is a miserable person. Happy people understand how important it is to have strong, healthy relationships. Always take the time to see and talk to your family, friends, or significant other.

16. Meditate.

Meditating silences your mind and helps you find inner peace. You don't have to be a zen master to pull it off. Happy people know how to silence their minds anywhere and anytime they need to calm their nerves.

17. Eat well.

Junk food makes you sluggish, and it's difficult to be happy when you're in that kind of state. Everything you eat directly affects your body's ability to produce hormones, which will dictate your moods, energy, and mental focus. Be sure to eat foods that will keep your mind and body in good shape.

18. Exercise.

Studies have shown that exercise raises happiness levels just as much as Zoloft does. Exercising also boosts your self-esteem and gives you a higher sense of self-accomplishment.

19. Live minimally.

Happy people rarely keep clutter around the house because they know that extra belongings weigh them down and make them feel overwhelmed and stressed out. Some studies have concluded that Europeans are a lot happier than Americans are, which is interesting because they live in smaller homes, drive simpler cars, and own fewer items.

20. Tell the truth.

Lying stresses you out, corrodes your self-esteem, and makes you unlikeable. The truth will set you free. Being honest improves your mental health and builds others' trust in you. Always be truthful, and never apologize for it.

21. Establish personal control.

Happy people have the ability to choose their own destinies. They don't let others tell them how they should live their lives. Being in complete control of one's own life brings positive feelings and a great sense of self-worth.

22. Accept what cannot be changed.

Once you accept the fact that life is not fair, you'll be more at peace with yourself. Instead of obsessing over how unfair life is, just focus on what you can control and change it for the better.

Dec 3rd ~ 6:00 - 7:30pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

**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.

January 24th ~ 9:00-10:30am

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322



10 Things to Give Up in Exchange for Happiness.

Via Tamara Staron Jun 5, 2013

I'm told happiness is a choice.

Unfortunately we complicate our lives to the point of being unable to recognize happiness when it appears before our eyes.

So how to clear the slate? Here are 10 things you'll need to give up in exchange for your happiness.

1. Give up caring what other people think of you. I know it seems counter intuitive as we humans are primal pack animals that don't want to be cast from the village, but spending time worrying what others think, is a waste of energy. You'll never please everyone and it's none of your business what others think of you.
2. Give up trying to please everyone. Unless you're living life to the beat of your own drum, your tribe won't be able to find you. Be the best version of you you can be, and you'll naturally attract in the people that are supposed to surround you.
3. Give up participating in gossip. 100 percent of the time, those sharing gossip with you will gossip about you. Believing gossip is like gambling everything on a horse sight unseen. It's naive.
4. Quit worrying. Where thoughts go, energy flows. Worry is investing time and energy in something you don't want to have happen. Learn to let go and trust.
5. Let go of insecurity. When we take ourselves too

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Karen Kostas
Broker
190 N York Rd
Elmhurst,
IL 60126-2715



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Karen.Kostas@cbexchange.com

seriously, we think everyone else does too. There is one version of you on the planet. Be it, own it and quit worrying about it. No one really cares or watches you that closely.

6. Stop taking everything personally. Truth is, most people are too consumed with their own life to really consider what you're doing. As my first boss said so well: "The world doesn't revolve around you. Most people's reactions have nothing to do with you, so let it go."

7. Give up the past. We've all been hurt, we all had parents that made mistakes and we've all been through hell. You didn't listen to your parents when you were younger, so why are you still listening to their voices in your head now? Every experience in life has taught you something or made you stronger.

8. Give up spending money on what you don't need in effort to buy happiness. Living simply allows the space for life to flow. We complicate our lives by spending too much money and filling our home with "things." Less is truly more.

9. Give up anger. Anger burns a hole in the hand of the person still holding on to it. Move it out once and for all.

10. Give up control. Control is an illusion. We live in an out of control world. Learn to embrace the new and welcome change; otherwise you'll grow old through your own rigidity. Learn to let go.

Today
I CHOOSE
joy



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 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.

January 6th ~ 6:00pm



630 595
9333

111 E. Foster Avenue,
Wood Dale, IL 60191



Annette McKinney

Acupuncture &

Oriental Medicine Intern

Call 630-629-9664 for an appointment

Wednesday, 9:00am-noon

Monday & Friday 1:00-5:00pm

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, February 8th
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

Continued from page 6:

said, "Wow, you have some painful fantasies about other people's fantasies about you." Yup, my anguish came from my hypothesis that other people's hypothetical hypotheses about me mattered. Ridiculous! Right now, imagine what you'd do if it absolutely didn't matter what people thought of you. Got it? Good. Never go back.

7. We should think rationally about our decisions. Your rational capacities are far newer and more error-prone than your deeper, "animal" brain. Often complex problems are best solved by thinking like an animal. Consider a choice you have to make -- anything from which movie to see to which house to buy. Instead of weighing pros and cons intellectually, notice your physical response to each option. Pay attention to when your body tenses or relaxes. And speaking of bodies...

8. The pretty girls get all the good stuff. Oh, God. So not true. I unlearned this after years of coaching beautiful clients. Yes, these lovelies get preferential treatment in most life scenarios, but there's a catch: While everyone's looking at them, virtually no one sees them. Almost every gorgeous client had a husband who'd married her breasts and jawline without ever noticing her soul.

9. If all my wishes came true right now, life would be perfect. Check it out: People who have what you want are all over rehab clinics, divorce courts, and jails. That's because good fortune has side effects, just like medications advertised on TV. Basically, any external thing we depend on to make us feel good has the power to make us feel bad. Weirdly, when you've stopped depending on tangible rewards, they often materialize. To attract something you want, become as joyful as you think that thing would make you. The joy, not the thing, is the point.

10. Loss is terrible. Ten years ago I still feared loss enough to abandon myself in order to keep things stable. I'd smile when I was sad, pretend to like people who appalled me. What I now know is that losses aren't cataclysmic if they teach the heart and soul their natural cycle of breaking and healing. A real tragedy? That's the loss of the heart and soul themselves. If you've abandoned yourself in the effort to keep anyone or anything else, unlearn that pattern. Live your truth, losses be damned.

Just like that, your heart and soul will return home.

Who is happier?

www.PBS.org

As social scientists gather more and more data about happiness and well-being, we can see who tends to be happier:

- People with strong ties to families and friends are consistently happier than those without social ties.
- Some personality traits tend to go along with happiness. People who are optimistic, have high self-esteem, and are extroverted are more likely to describe themselves as happy.
- Married people are happier, though scientists aren't sure whether this is because of the marriage or because happy people are more likely to get married. It doesn't seem to matter whether the couples are parents or not.
- People who grew up with parents who divorced or in a home with a high level of conflict are less happy than people who grew up in homes with intact marriages.
- In the United States, Republicans are happier than Democrats. Worldwide, conservatives are happier than liberals.
- People who attend worship services regularly are happier than those who don't.
- The middle-aged and seniors are happier than the young; and this does not seem to be generational, as this is consistent across time in longitudinal studies.
- Younger people tend to have higher levels of negative emotions such as anxiety and anger.
- People with enough money to make ends meet are happier than people who are poor, but beyond that more money doesn't make much difference.
- While men and women report similar levels of happiness in most studies, men now are somewhat more likely to be happy than women. This is a switch in recent decades; women used to be happier than men.



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.

January 17th ~ 1:00-4:00pm



50 Secrets



Of the world's



longest living



people

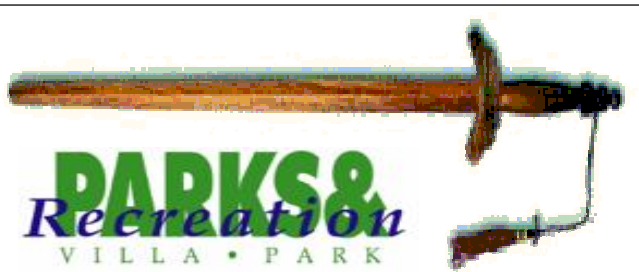
February 5th ~ 6:00 - 9:00pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200



T'ai Chi Sword

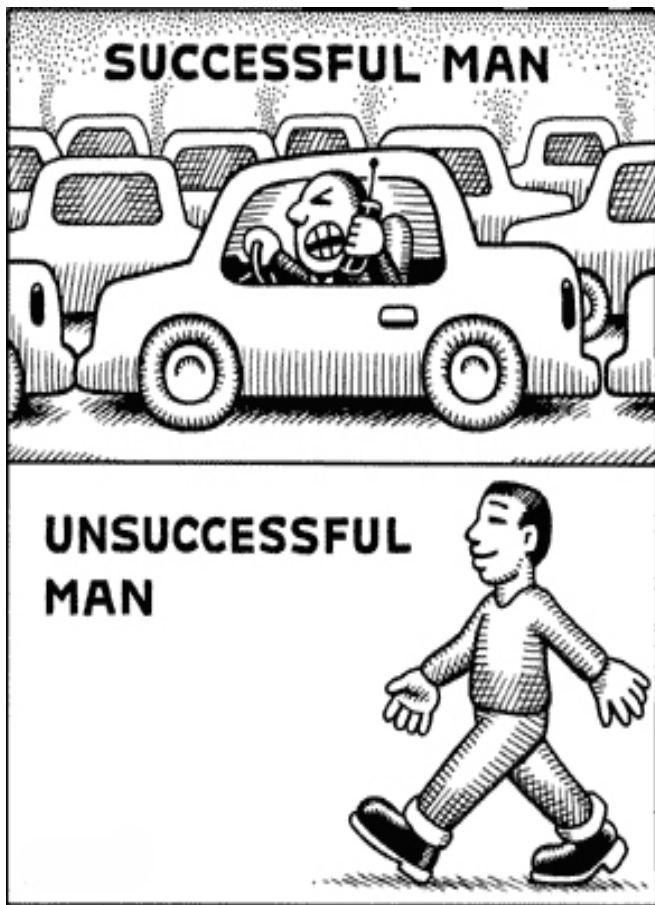
Classes start:

January 6th & February 24th
Tuesday - 3:30-4:00pm

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

The Six Healing Sounds

Sunday, February 8th ~ 10:00am - 3:30pm
The Lighthouse Center in Winfield



Tai Chi Qigong Shibashi

Saturday, March 8th ~ 9:00am - 2:30pm
Relax4Life in Barrington



Six Healing Sounds & Chinese Health Balls

Friday, March 13th ~ 9:00am - 5:30pm
Relax4Life in Barrington

Reiki 1, 2 & Master Classes

April 11th, May 9th, June 13th
Lighthouse Center in Winfield



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

Annual T'ai Chi & Qigong Retreat

May 17th to 24th
Sedona, AZ

World Ki Gong Club Annual Clinic

August 28th-30th 2015
Starved Rock Resort in Ottawa, IL

Summer Vacation

August 22nd - September 8th
No regular classes during these 2 weeks

Teacher training program starts

September 2015
Lighthouse Center in Winfield



TheosoFEST

Saturday, September 12th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

Annual Student Dinner

Tuesday, November 24th ~ 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

December

- 3 Falls: they don't have to happen to you
- Roselle Park District
- 3 Chinese Health Balls
- Roselle Park District
- 10 Don't let stress stress you out
- Roselle Park District

January

- 6 Say goodbye to antacids
- Wood Dale Park District
- 7 Don't let stress stress you out
- The Abbey, Elmhurst
- 17 Chinese health Balls
- Bloomingdale Park District
- 24 Falls: they don't have to happen to you
- Lombard Park District
- 24 Chinese health Balls
- Lombard Park District

February

- 5 50 Secrets of the world's longest living people
- Roselle Park District
- 8 The Six Healing Sounds
- The Lighthouse Center, Winfield
- Bloomingdale Park District, Bloomingdale
- 12 Finger Labyrinths
- Courts Plus, Elmhurst

March

- 8 Tai Chi Qigong Shibashi
- Relax4Life, Barrington
- 13 The Six Healing Sounds & Chinese Health Balls
- Relax4Life, Barrington

April

- 11 Reiki Master class begins
- The Lighthouse Center, Winfield
- 25 World Tai Chi & Qigong Day
- The Theosophical Society, Wheaton

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

March 8th ~ 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

