

Don't let stress stress you out! ~ Thursday, April 23rd

6:00 - 9:00pm @ Wood Dale Park District Stress could be called the plague of the 21st century; learn simple, effective ways to reduce both chronic & acute stress



COMPLEMENTARY

Spring 2015 **FREE! HEALTH & EXERCISE**

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

Volume 10, number 2

www.7StarsMA.com

Circulation: 300+

8 Secrets of people who never get sick

Source: Natural Health Magazine

It's tempting to dismiss it as luck: Some people might catch a slight cold or suffer an occasional ache or pain now and then, but they never seem to suffer from flus, fevers and illnesses that send the rest of us diving under the covers for days.

Despite centuries of scientific advances, doctors still can't tell us definitively how to stay well. So why not look for solutions from the people for whom the common cold is, well, uncommon?

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Full class schedules and more!



Why You Should Never Drink Iced Water

First, take a minute to close your eyes and imagine the following:

It is spring and you are standing on a wooden dock that extends into a high mountain lake. While the temperature in the air is fairly warm, the top layer of the lake has only recently melted and you can tell by the color of the crystal clear blue water that it is anything but warm. You close your eyes and dive in.

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FEATURES

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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



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Complementary Health & Exercise

Spring 2015

Editor & publisher - John Robertson



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The wisdom of Confucious

"Learning without thought is
labor lost; thought without
learning is perilous."

Editor's Notebook

Spring is here! The weather is warming and the birds are singing, just in time!

Our Qigong in the Park classes start April 5th, this is a drop-in class and no registration is needed. Just turn up and pay your tuition as you go. If you choose to make the commitment to all six classes pay in advance and get one class free. Remember to check our website and Facebook for up to date information on the schedule and for cancellations.

April 25th is World Tai Chi & Qigong Day; we will be at The Theosophical Society in Wheaton for free classes from 4 instructors from 9-11:00am, join a global wave of healing circling the globe in more than 75 countries around the world.

Following in the afternoon is The Spring gathering at The Lighthouse Center in Winfield, with free classes, lectures and chair massages you can meet the holistic practitioners that call the Lighthouse Center home.

In May we have two Qigong classes following our Qigong in the Park classes; on May 3rd we have The Six Healing Sounds and on May 10th we have The Eight Pieces of Brocade.

The final 2 weeks of May are our spring break, hopefully a road trip to South Dakota. Although as we have been invited to teach in Argentina in December the trip may have to be postponed. Our non-park district classes will continue without a break.

Anyone that is interested in becoming a Tai Chi and Qigong Instructor should check out our website for information on our teacher training programme; which starts in September. Learn all the background and theory, and how to teach our Tai Chi for Health classes. There are job opportunities available for those that successfully complete the course.

John Robertson

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

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 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

10 Lies You Should Stop Telling Yourself Right Now

BY TINA WILLIAMSON

The mind is a real magician. It often presents an illusion so real that we don't even stop to consider if it's true. When we define ourselves by our projections (projections created by our minds of the same tricky mind that likes lying to us), we lock ourselves in the fiction that we already know who we are based on fears, logic, conditioning and habits.

We're limiting our true potential.

It's time to examine your mind and ask yourself, "What lies am I telling myself that are holding me back?" Here's a list of 10 that you should be aware of and avoid, to become the happiest version of yourself.

1. You are your feelings – you are your thoughts.

When you're encompassed by a powerful emotion it can feel like it's in every fiber of your being. But is this actually true? Are we our emotions?

If we were our feelings or thoughts, when they disappear, we should disappear too. But we don't. Thoughts, feelings and emotions fade away like a weather system passing through. They are not you.

2. Risks aren't worth it.

Many people are on a quest for safety, but the reality is that no one will never attain it, given the certainty of uncertainty. Everyone lives in a constant state of change. So whether you play it safe or take risks, the outcome isn't guaranteed.

Make choices that put you above everything and everyone else. Even your loved ones. After all, if you're not taking care of yourself, your relationships will eventually suffer.

3. Happiness is attached to material success.

You can't buy happiness. The things in life that truly make us happy are always free: love, laughter, the present moment, kindness, acceptance, gratitude and compassion.

4. You're fat, ugly, short or dumb.

There will always be someone smarter, funnier, more successful or better looking, you will never live up to the projections you seek. Remember that life is impermanent, so putting your self worth in the basket of physical appearances always will let you down. Stop worrying, because you'll only face an endless struggle of trying to maintain something that will always be out of grasp.



5. You're a victim, or it's never your fault.

Stop being the victim. Is anyone else really responsible for how you feel inside? We all love to blame; how convenient it is that we often overlook our own responsibility in our relationships.

Accepting fault will improve your credibility, increase learning, solidify relationships and you will appear trustworthy. It will give you strength, not weaken it.

6. You don't need my friends.

Many times your friendships will take a back seat to other prioritizes, like your kids or work, but telling yourself you don't need to make the effort is a big mistake. Friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness, enhance happiness, reduce stress and give you companionship.

7. The past decides the future.

Stop trying to hold on to the past, and stop beating yourself up for your past actions. We all make mistakes. It's the way we learn, but you are not your mistakes. The past is gone, and dwelling will only strip the present of joy. This is your life, right now!

8. You are alone.

When you feel lonely, sad or hurt you may mistakenly believe that you're alone, that no one else has ever felt so low. The reality is that everyone in the entire universe at one time or another has felt these exact emotions. Just because you can't always see the connection doesn't mean it isn't there, so take comfort in our interdependence.

9. You need to be perfect.

Find the balance between doing a good job and obsessing. Perfectionism causes stress, pessimism, obsessiveness, guilt, and the list goes on. Remember you are only human. Tackle life with a light playfulness. Stop taking yourself so seriously.

10. You need to worry about everything.

It is true that worrying strips you of all joy. Can we end suffering? I think we can, if we could only realize that all our suffering comes from our own unpleasant feelings. What if we changed our reactions and thoughts to outer problems. Just ask yourself, what if? It opens up a whole new world of possibilities.

Recognize your thoughts, and don't be afraid to question them and redefine them.

Discover the secrets of 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.

Nov 12th ~ 6:00-9:00pm



630 595 9333

111 E. Foster Avenue,
Wood Dale, IL 60191

**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.

August 5th ~ 6:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322





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 problems at the root cause & to eliminate them; imagine eating your meals without the threat of harmful discomfort hanging over you.

June 3rd ~ 6:00pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

50 Secrets



Of the world's



longest living



people

April 1st ~ 1:00 - 3:30pm

Elmhurst

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

630 993 8193



10 Things You Need If You Want To Change Your Life

BY JOHN KIM

Interest versus commitment. Most people are interested in change, healthy relationships and growth. But they're not committed. They think about it, read about it, write about it, talk about it. But they don't put in the work. This is called dabbling, and dabbling doesn't create secondary change. It just keeps you curious.

You can't dabble at exercise if you want to lose weight or get stronger. You can't dabble at writing if you want a career as a writer. If you want to be great at something, there are two things you need. One, a white hot desire. Two, a willingness to submerge yourself. And I can't think of anywhere it applies more than in personal growth.

Fear is why we dabble. You have to get past that fear or there will be no change.

Here's a tip. Just get here. **DO SOMETHING THAT YOU DIDN'T THINK YOU COULD DO.**

1. Confront someone.
2. Draw boundaries.
3. Express yourself.
4. Terminate a relationship.
5. Start a relationship.
6. Forgive.
7. Whatever it is that you don't think you could do.
8. Finish a task
9. Learn something new
10. Get a new job

If you can do it, it will change everything. This is the tipping point. If you can get here, fear will start to subside. You've just proven to yourself that the impossible is possible. It's what happens when someone loses ten pounds in a month. Finishes a marathon. Overcomes depression. You destroy your false beliefs, which are the engine that feeds fear. And with that weight gone, you now have leverage.

All you have to do is lean forward.



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



5 Practices to Staying Connected while Living Your Life

The question I receive most often from people is, “How do I stay connected and conscious in my everyday life?”

My answer is simple and complex – it’s a practice.

1. Practice the pause.

In the hustle and bustle of our fast-paced lives, we don’t catch that we feel disconnected from our essential self and the Divine until we are knee-deep in the mud. When you practice the pause, it allows you to create a moment of stillness to make a choice from a place of love rather than fear.

The “pause” works like this:

1. As you know that you are moving into fear or stress (and we all know what that feels like in our bodies), take a deep breath and see yourself on a train platform.
2. A train pulls up, and you enter the car. This car is filled with everything in life that gives you peace, comfort, and love.
3. Feel your body relax.
4. Now, from this place of deep peace and love, you can ask yourself what action to take in this situation.

2. Create a sacred practice that works.

Most people don’t stick with a sacred practice, because they are setting up a practice based on someone else’s preferences. A sacred practice is your time to connect with your higher self and the Divine. It is your time to feel deeply loved and supported and to ask questions of the Divine to receive additional insight. It doesn’t have to be a 30-minute meditation, and it doesn’t have to be the same thing every day. It

does have to be consistent. Some sacred practices include meditation, journaling, dance, singing, praying, intention setting, and reading.

3. You don’t have to master all the spiritual principles - choose one.

There are a number of laws and spiritual principles of the Universe. You may have heard of a couple: Law of Attraction, Law of Receiving, Law of Increase, Law of Compensation, Law of Non-Resistance, Law of Forgiveness, Principle of Generosity, Principle of Gratitude, Principle of Responsibility. If you try to incorporate all of these laws and principles into everyday living, you can get overwhelmed. Pick one to be your modus operandi (method of operation) and stick with it. Study the principle or law. Be aware when you are not living within the guidelines of that principle or law (without judging yourself) and bring yourself back to the foundations of it.

4. Release your expectations.

Often we have all these expectations for our lives and the lives of others. The only expectation that I suggest, in order to live a spiritual life in everyday moments of your life, is to expect magic, miracles, and goodness.

5. Live your life from the inside out.

We are programmed to look outside of ourselves for approval and validation. By looking outside ourselves for why we are loved, acceptance, and approval we will always fail. Take a deep breath, close your eyes, and allow yourself, with each inhalation, to see a prism of light in your heart growing and filling you with the knowing that you are loved and supported exactly as you are.

By Jennifer Urezzio

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:
April 9th & June 4th

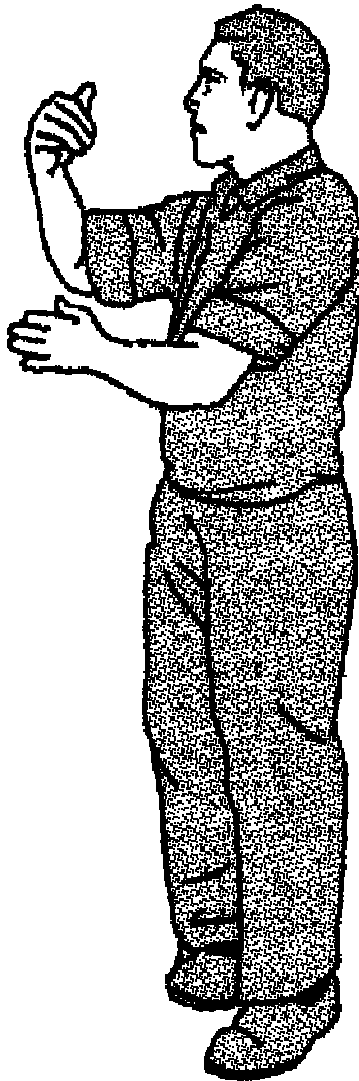
Continuing students meet every
Thursday 12:30-2:00pm
classes start:
April 9th & June 4th
Call: 630 833 5064

Lombard

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

Beginner students meet every
Monday 5:00-6:00pm
classes start:
April 6th & June 1st

Continuing students meet every
Monday 6:00-7:00pm
classes start:
April 6th & June 1st
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:
April 9th & June 4th

Continuing students meet every
Thursday 9:00-10:30am
classes start:
April 9th & June 4th
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:
April 7th & June 2nd

Continuing students meet every
classes start:
Tuesday 2:00-3:30pm
April 7th & June 2nd
Call: 630 834 8970



8 Secrets of people who never get sick

Here are 8 surprising habits of those people who never get sick - and how you can adapt them to your own soon-to-be healthier life.

1. THEY STRESS

LESS Researchers at Duke University found that stress damages the immune system and the heart. Other studies suggest that it increases your chances of contracting bacterial infections, such as tuberculosis. There's also evidence that learning relaxation techniques early on is crucial: A 2009 Stress in America Survey by Harris Interactive on behalf of the American Psychological Association found that stress is a top health concern for kids between ninth and 12th grades, and suggested that stress could do serious long-term damage if those children don't learn to manage it.

Of course, exercise is one of the best ways to chill out. A University of Southern California study found that when participants took a vigorous walk around a track, they reduced tension in their bodies by 20 percent. A diet rich in fruits and vegetables is also crucial, as is laughing: It releases endorphins in the body that act as natural stress busters. Plus, a good guffaw gives your heart muscle a workout.

2. THEY EAT LESS As far back as the 1930s, studies found that animals that were fed less lived twice as long. More recent research in humans has linked calorie restriction to lower incidences of age-related health problems, including cardiovascular disease, diabetes and Alzheimer's. Participants in one study who ate 25 percent less than their usual amounts had lower overall cholesterol, LDL (bad) cholesterol, triglyceride levels and blood pressure. Keep in mind

that calorie restriction is an easy diet to do unsafely, however. Start by limiting simple sugars and flours, and pack your meals with dark leafy greens and other vegetables. You can find more tips on calorie restriction at crsociety.org or naturalhealthmag.com.

3. THEY OPT FOR HERBAL REMEDIES Although plant-based health aids have been long derided by the Western medical community, about one-quarter of all prescription drugs are derived from plants. Herbal remedies (plants purported to have medicinal properties) are an integral part of traditional Chinese medicine, and what we know about plants' abilities to heal is impressive: They can alleviate high blood pressure, stimulate the nervous system, destroy germs and boost the immune system. But you needn't fill your medicine cabinet with supplements; something as simple as green tea can help improve your immunity



and your health.

Commercial green tea beverages have come under fire recently for unsubstantiated health claims, yet studies have shown that antioxidants in green tea called polyphenols have the potential to boost metabolism and burn fat, protect against liver disease, control blood sugar levels and lower LDL cholesterol. Skip pre-packaged bottled versions and sip unflavored loose-leaf green tea instead.

4. THEY MAKE FRIENDS A PRIORITY Studies show that people with strong friendships tend to have more robust immune systems and are less likely to succumb to infectious diseases. In 2008, Harvard University researchers found that positive social attachments might protect against memory loss and other cognitive disorders. A 1993 Swedish study of male blue-collar workers (who are at increased risk of heart disease, statistically) concluded that men with strong social support lowered their risk of cardiovascular disease; and a 2009 study in Buffalo, N.Y., found that those with few friends were most likely to suffer from heart disease, depression and anxiety.

If you feel the need to boost your crony count, try this little experiment for one week: Strike up at least two conversations every day with someone you haven't talked to before. And aim to listen more than you speak; the more airtime you give someone, the more generous he or she will be with personal details. Also, keep the bellyaching to a minimum. Your tone can determine how often others will want to spend time and talk with you.

5. THEY STAY Ph BALANCED According to some practitioners of alternative medicine, the body is healthiest when its systems are functioning midway between completely acidic and completely alkaline (i.e., pH balanced). When pH levels fall below that midpoint, the body suffers from a condition called acidosis, which even in minor cases can cause fatigue, rapid breathing, stomach problems and confusion. Many experts say that the typical American diet, chock-full of meat and sugar, has created an epidemic of acidosis in the Western world. Most vegetables are alkalizing, however, so eating them regularly can reduce your risk of being too acidic. Include lots of dark leafy greens, green beans, asparagus and carrots in your diet; other alkalizing foods to reach for include cucumbers, coconuts and avocados.

6. THEY EAT GARLIC Studies have shown that garlic can act as a powerful antioxidant and antibiotic, as

well as cut the duration and the number of colds you catch. In addition, garlic has proved efficient in reducing blood pressure and triglyceride and cholesterol levels. Some experts say that garlic's medicinal value lessens when it's in a supplement form and recommend that you eat it fresh if you want to get garlic's health benefits.

7. THEY DETOX REGULARLY Many chemicals used commonly today—such as phthalates, dioxins and PCBs—were absent from our environment a century ago. That might be why the rates of diseases (including cancer and liver disease) linked to toxic exposures are increasing, say experts. Although no long-term studies on the benefits of detoxification have been done, chances are good that your health will improve if you lower the level of synthetic chemicals present in your body. Digestive issues, fatigue, breakouts or muscle pain are often signs that you could benefit from a detox program, most of which require you to limit meats and avoid wheat, sugar, dairy, caffeine and alcohol.

You can also purge toxins by sitting in a sauna or taking Bikram yoga classes, which are practiced in a hot room. Cleansing homeopathic or mineral baths might help, too. Talk to your doctor before embarking on a detox program of any length. If you're pregnant or nursing, have an eating disorder or suffer from any kind of chronic health condition, it's especially important to detox only under the supervision of a health care provider.

8. THEY TAKE MORE NAPS Sleep deprivation has the same biological effect as stress: Overtired bodies ratchet up production of the hormone cortisol, which gives you energy but restricts production of human growth hormone, limiting your body's ability to repair itself. Just like stress, sleep loss has a degenerative effect on your health, and lack of sleep is also tied to compromised immune function.

Researchers at the University of California, San Diego, found that the number and effectiveness of immune cells decrease without enough sleep. A counterintuitive napping tip: Consider drinking a cup of coffee or other caffeinated beverage right before your nap. Because it will take about 20 minutes for the caffeine to travel through your digestive system, you can fit in a short snooze before it takes effect. Japanese researchers found that subjects who did this were more alert when they awoke than those who didn't, and that their post-slumber work productivity was higher.

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, better balance, 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

classes start:
April 8th & June 3rd

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
April 9th & June 4th

Call: 630 595 9333

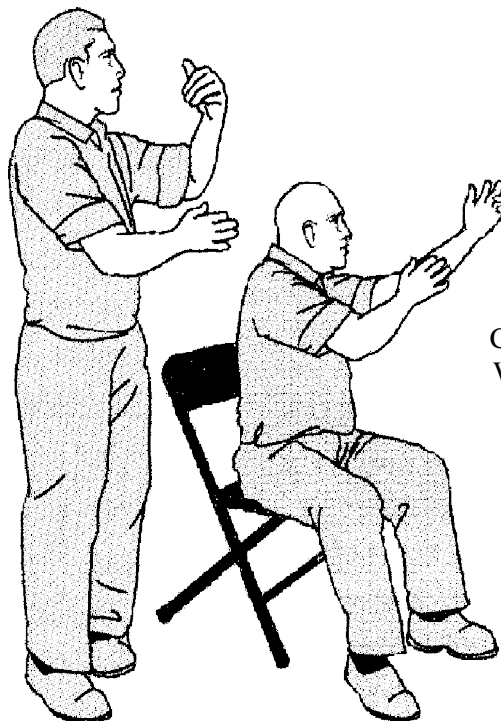
Bloomingtondale

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

Thursday at 11:00am

classes start:
April 9th & June 4th

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

classes start:
April 9th & June 4th

Call: 630 595 9333



10 Ways to Raise Your Vibration

1. Find something beautiful and appreciate it.

Beauty is all around us, from the morning dew to the evening stars and everything in between. Most go through life not noticing all the beautiful things that are around them, and yes it's every where, so take the time to notice them, and appreciate them when you see it. Whether it's the scent of a flower or the way rain ripples in puddles of water, appreciate the beauty life has to offer.

2. Make a list of all that you are grateful for.

Making a gratitude list shifts your vibrations from focusing on what you do not have to what is already abundant in your life. There is more to be grateful for than you could possibly imagine. You can start with "I'm Alive!" and expand from there. Gratitude is the Attitude.

3. Meditate.

Sit in a comfortable position, close your eyes and breath in and out. Too often we rush through our days with a scattered brain leaving us in a state of anxiety and stress, Meditation helps to calm your spirit down and put you in a peaceful state of mind. 10 Minutes of meditation a day can change your life forever.

4. Do something for someone else.

Giving to someone else shifts your thinking from "I don't have enough, to I have more than enough to give to others." Abundance is a high vibration.

5. Stop complaining and gossiping.

Complaining and Gossip puts you in a very low vibration. Ask yourself "Are the things you are talking about bringing you more of what you want?" if not then, Stop complaining, and start finding ways to rejoice.

6. Move. Exercise. Get active.

Vibration requires movement, the more you move the

better your vibrations move. So Get Active! Dance! The happier you feel, the more you will draw happy experiences to yourself because you are operating at a different frequency.

7. Realize that you have more control over your life than you thought.

You are not a victim to circumstance, past, family upbringing, trauma, or anything else. You can change your life in an instant. Just realize this. In many wisdom traditions this is called "total responsibility." No one is responsible for how you feel right now but you. It isn't a curse. It's a blessing because it gives you your power back.

8. Breathe.

Just sit and try to make your breath longer, fuller, and more relaxed. It has a direct affect on your nervous system and helps to calm you down. A calm vibration is a high vibration.

9. Do Something You're Afraid Of.

Fear holds us back from being in a state of love and happiness, and facing those fears opens you up to a greater world of possibilities. Fear of Heights? Go skydiving. Scared of public speaking, say a poem at an open mic. You'll begin to realize your fear was worse then the actual problem, and a sense of relief will wash over you.

10. Have a Meaningful Conversation with a Friend.

Rather than gossip or complaining, talk about your ideas. What do you have planned for yourself? what do you think is the nature of reality? Are we spiritual beings having a human experience? Talking about these things with someone helps to raise both your vibrations by thinking big. If you don't have someone to talk to about these kinds of things with, there's a community of higher minded individuals right here.

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, May 3rd
1:00pm - 4:00pm

Learn how to use the sounds to promote health and emotional wellbeing plus exercises that enhance their power!



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



Why You Should Never Drink Iced Water

Continued from the front page

What does your body do? What does your skin do? Are you relaxed and open, or tight and constricted?

ō You probably know that warm water opens your pores and makes your skin feel looser, while cold water closes your pores and constricts your skin. Guess what? Drinking cold water does the same thing to your digestive tract!ō

What Happens When You Drink Cold Water

ó When you drink cold beverages your blood vessels shrink, your digestion becomes restricted and hydration is hindered.

ó Instead of working to digest the food and absorb the nutrients to create energy, your body is expending energy to regulate your temperature. This can lead to water loss.

ó Drinking cold water after a meal creates excess mucus in your body, which can lead to a decrease in immune system function, making it easier to catch colds and illnesses.

ó If you eat food while drinking cold beverages or immediately after, the water temperature solidifies fats from the foods we've just eaten and the body in turn finds it hard to digest the unwanted fats from our bodies.

Some people say that drinking ice water is beneficial because it burns more calories. I argue that we do not want to make our digestive system have to work harder; we want to make things as easy on it as we can. There are many other ways to burn calories!

Benefits to Drinking Warm Water

Here are some benefits to drinking water that is room temperature or warmer:

ó Faster + increased hydration

ó Natural digestive enzymes are stimulated and therefore your digestion is enhanced

ó Food breaks down more easily

ó Your bowels move better (warm water with lemon in the morning is great for this!)

ó It purifies your blood and increases your bodies natural detoxification processes via your skin, kidneys and lymphatic system

Once you get into the habit of drinking water at room temperature or warm, you will notice a dramatic improvement in your digestion and the way your body feels while eating and after the meal. Some people have also reported reduction in sugar cravings.

So, next time you eat out ask your server to "Hold the Ice!"

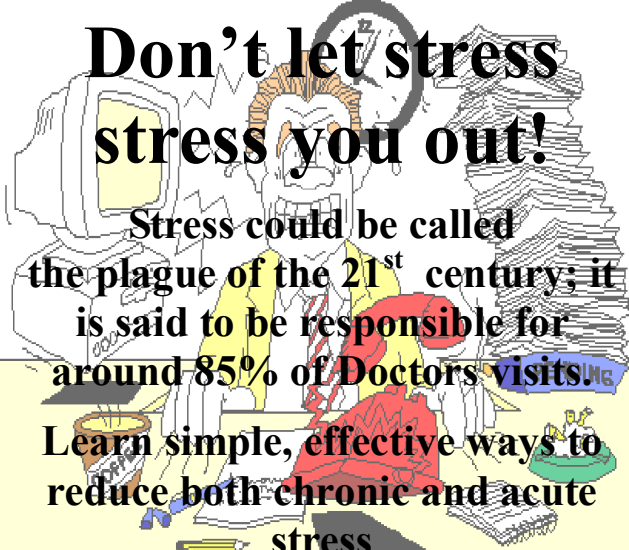
10 Tips From A Shaolin Monk on How to Stay Young Forever

Shifu Yan Lei

People always say health is the most important thing but how many people live by this belief? We need to start today. In order to help us stay on the path to health I have translated an extract from one of the Shaolin Classics. Written by a monk who was a great martial artist and scholar, here he gives advice to lay people as to how to stay young and healthy.

- 1) Don't think too much. Thinking takes energy. Thinking can make you look old.
- 2) Don't talk too much. Most people either talk or do. Better to do.
- 3) When you work, work for 40 minutes then stop for 10 minutes. When you look at something all the time, it can damage your eyes and also your internal organs and peace.
- 4) When you are happy, you need to control your happiness, if you lose control then you damage your lung energy.
- 5) Don't worry too much or get angry because this damages your liver and your intestines.
- 6) When you eat food don't eat too much, always make sure you are not quite full as this can damage your spleen. When you feel a bit hungry then eat a little.
- 7) When you do things, take your time, don't hurry too much. Remember the saying "Hasten slowly you will soon arrive."
- 8) If you only do physical exercise all the time and you never do Qigong this makes you lose your balance and you will become impatient. You lose the Yin of your body. Exercise balances Yin and Yang.
- 9) If you never exercise, just peace, meditation, soft training, Qigong, then this doesn't give you Yang energy so you use up your Yang energy.
- 10) Shaolin Gong Fu gives you everything. The purpose of our training is to balance our Yin and Yang. How many hours is not important. It's down to knowing what your body needs.

Shifu Yan Lei is a 34th generation Shaolin Gong Fu Master. Visit his blog here, and you can sign up to his newsletter, monthly training tips and archives. He also offers DVDs and meditative aids.



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!

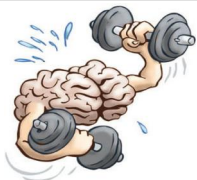
Learn simple, effective ways to reduce both chronic and acute stress

April 23rd ~ 6:00 - 8:00pm



630 595
9333

111 E. Foster Avenue,
Wood Dale, IL 60191



Exercise for Mental Muscle


Using exercises based on the principles of Tai Chi, Reflexology and Oriental Medicine we can stimulate the brain to learn & grow. Scientific studies have shown that physical exercise can stimulate the growth of new brain cells and improve memory and the ability to learn.

Suitable for all ages & abilities, participants may choose to sit or stand as needed.

May 7th ~ 6:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322





Eight Pieces of Brocade

Practiced by martial artists, Traditional Chinese Doctors & common people for 1,000 years; learn one of the most important Qigong exercise systems there is.

May 10th ~ 1:00 - 4:00pm

The Lighthouse Center

165 S. Church Street, Winfield, IL 60190

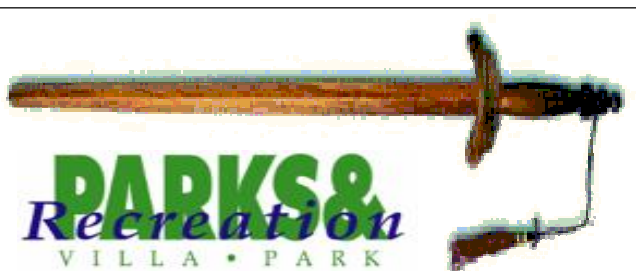
Call 630 229 4434 www.7StarsMA.com

10 Ways to have a lovely Day

John Robertson

1. Smile at other people
2. Slow down
3. Say please and thank you
4. Give lots of compliments
5. Dress nicely
6. Observe and listen
7. Be charming
8. Laugh
9. Wish people a lovely day
10. Hold the door open for people

WATER



T'ai Chi Sword

Classes start:

April 6th & June 1st

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)

10 Things to Remind Yourself on a Daily Basis

BY MADISON SONNIER

Bad days can be extremely overpowering sometimes.

When we're having a bad day, everything feels wrong and the day seems to get even worse as we sink further into frustration and despair. By the end of the day, all we want to do is pull the covers up over our heads and block it all out.

When I clawed my way out of a depressive phase last year, it was a daily challenge to keep myself from falling back into that phase again. I had to go through a process of re-building my self-esteem and re-evaluating my life. But there were days when I was not very successful with these things and the negative thoughts that stayed with me for so long would interfere again.

It sort of felt like climbing up and over a steep hill and every time I let a negative or discouraging thought sink in, my foot would slip and I would roll all the way back down to the bottom of the hill and have to start all over again.

On the bad days, I would feel like it would never end and that I would always be unhappy.

To achieve mental balance, I have to make a habit of reminding myself of a few important things that I think we all tend to forget when there is a black cloud looming over our heads.

1. Do not lose sight of what truly matters. Does that clogged sink signify the end of the world? Are you going to remember or even care that the stranger you smiled at in the coffee shop didn't smile back? When we're having a bad day, we seem to zoom in on petty things and complain about them. Next time you're pulling your hair out over something, ask yourself if it really matters.

2. It is okay to be alone or pull back from the

world. Sometimes we just need to step back and re-evaluate a situation, a relationship, or just life in general. When I went through my healing period, I spent a lot of time alone as I tried to become my own best friend again. If you need to go into hiding for awhile and work on stitching yourself back up, take the time to do that. It is so important to pull back and spend quality time with yourself every now and then.

3. You are not always in control. You cannot predict when certain things will or should happen, or how everything will turn out. Sometimes you just have to stop pushing and let go.

4. What other people think is irrelevant. I was a miserable slave to the opinions of others. It got to a point where I was trying so hard to please everyone but myself. Don't let your immediate reaction to criticism be to change whatever it is you're being criticized for. Do whatever feels right to you, regardless of what other people have to say about it.

5. Don't give up. If you're fighting for something that means a lot to you, do not stop fighting whenever you happen to fall short. Remember why you are fighting for it.

6. You don't have to know all the answers. No one ever has life all figured out. We are always learning and growing. Life itself is a mystery and it's okay to feel clueless sometimes.

7. You are enough. All of us have had times in our lives where we have thought, "I'm not smart enough or pretty enough or strong enough or exciting enough to do ____." Give yourself a chance instead of forming limiting beliefs.

8. Stay present. Try not to dwell on the past or worry about the future. Take everything one day at a time.

9. Your feelings will not kill you. I know that heartbreak, grief, depression, or resentment might make you feel like you're dead and breathing, but you have the strength to get through whatever life throws at you. Hold on and see yourself through it.

10. You are human. This is probably the biggest reminder of them all. You will make mistakes. You will hurt other people and other people will hurt you. You won't always feel happy and positive. Next time you feel the urge to beat yourself up over any of these things, remind yourself that you are an imperfect human being instead.



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



Karen Kostas

Broker

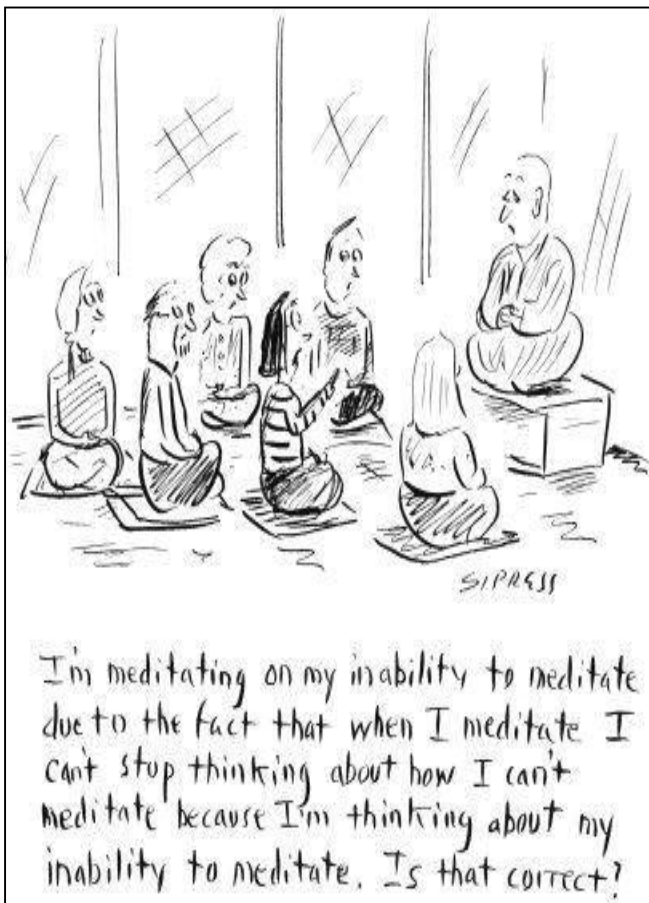
190 N York Rd
Elmhurst,
IL 60126-2715



Office: (630) 530-2500

Cell: (630) 240-5467

Karen.Kostas@cbexchange.com



I'm meditating on my inability to meditate due to the fact that when I meditate I can't stop thinking about how I can't meditate because I'm thinking about my inability to meditate. Is that correct?

Upcoming Events

www.7StarsMA.com/SevenStarsStudents.html

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
Creskide Park / Lighthouse Center in Winfield

The Six Healing Sounds

Sunday, May 3rd ~ 1:00pm - 4:00pm
The Lighthouse Center in Winfield



The Eight Pieces of Brocade

Sunday, May 10th ~ 1:00pm - 4:00pm
The Lighthouse Center in Winfield

World Ki Gong Club Annual Clinic

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

Teacher training program starts

September 2015
Lighthouse Center in Winfield



TheosoFEST

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

The Six Healing Sounds

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



Tai Chi Qigong Shibashi

Saturday, September 20th ~ 9:00 - 2:30pm
Relax4Life in Barrington



Six Healing Sounds & Chinese Health Balls

Saturday, October 25th ~ 9:00am - 5:30pm
Relax4Life in Barrington

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

April

- 1 50 Secrets of the World's Longest Living People
- The Abbey, Elmhurst
- 5 Qigong in the Park
- Sunset Knoll Park, Lombard
- 11 Reiki Master class begins
- The Lighthouse Center, Winfield
- 23 Don't Let Stress stress you out
- Wood Dale Park District
- 25 World Tai Chi & Qigong Day
- The Theosophical Society, Wheaton
- 25 The Spring gathering
- The Lighthouse Center, Winfield

May

- 3 The Six Healing Sounds
- The Lighthouse Center, Winfield
- 7 Exercise for Mental Muscle
- Lombard Park District
- 9 Reiki Practitioner class
- The Lighthouse Center, Winfield
- 10 The Eight Pieces of Brocade
- The Lighthouse Center, Winfield

June

- 3 Say goodbye to antacids
- Roselle Park District
- 13 Reiki Master class
- The Lighthouse Center, Winfield
- 27 Say goodbye to antacids
- College of DuPage
- 27 50 Secrets of the world's longest living people
- College of DuPage

July

- 1 Exercise for Mental Muscle
- The Abbey, Elmhurst
- 13 50 Secrets of the world's longest living people
- Wood Dale Park District

Holistic Ceremonies Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

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

Naming ceremonies & blessings

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

House clearings & blessings

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

Rites Of Passage

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

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

Contact Reverend John

630 229 4434

John@7StarsMA.com



Qi Gong in the Park

Join us every Sunday morning at 10:00am at the gazebo in Lombard's Sunset Knoll Park to start your week off the right way!

Classes will include

• 12 points tapping

• Arm-swinging &

• Tai Chi Qigong Shibashi

and each week we will

include other Tai Chi

& Qi Gong exercises



"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

Sunday, April 5th to May 10th 10-11:30am

Sunset Knoll Park, 820 S. Finley Road, Lombard, IL 60148



七星武道

All for a \$12 drop in fee per class ~ or register for the complete series and get one class free!

www.7StarsMA.com/TaiChiClasses/QiGong.html

