

Finger Labyrinths: a journey to the center of the self

Saturday, May 20th
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Gain peace & engage mystery for personal &
spiritual renewal by walking the finger labyrinth



COMPLEMENTARY

Summer 2017

HEALTH & EXERCISE

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

Volume 11, number 2

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Circulation: 300+

9 Things to Stop Doing During Hard Times

The most beautiful smiles are often the ones that once struggled through the tears.

One thing I can say for sure: September 2008 through December 2009 was an extremely hard time for us. In that seemingly short 15-month timespan, Angel lost her breadwinning job (which drastically affected our livelihood), we lost a mutual close friend to cardiac arrest, and then, just as we were starting to get back on our feet, Angel's brother passed away unexpectedly as well.

Continued on page 10

INSIDE THIS ISSUE

- 4 10 Things Organized People Do Every Day
- 6 Healthy Leaders
- 16 10 Steps to Happiness

Full class schedules and more!

Signs you're succeeding at life

We've all had days, weeks, months and even years of dark days and depression. Whether we fall into ruts of self-sabotage, loneliness or insecurity, leading a happy, joyful life can sometimes feel like a chore.

Continued on page 8

FEATURES

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

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Complementary Health & Exercise

Summer 2017

Editor & publisher - John Robertson



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The Wisdom of Confucious

**"Be not ashamed of mistakes
and thus make them crimes."**

Editor's Notebook

April 29th is World T'ai Chi & Qigong Day and once again we will be at The Theosophical Society in Wheaton, IL to help celebrate this event. In hundreds of cities, spanning 80 nations, people come together, to breathe together, providing a healing vision for our world. Join myself and 3 other local instructors for 2 hours of healing. You can arrive and leave at any time.

Celebrations continue in the afternoon at The Light Heart Center in Winfield with additional presentations from the practitioners there.

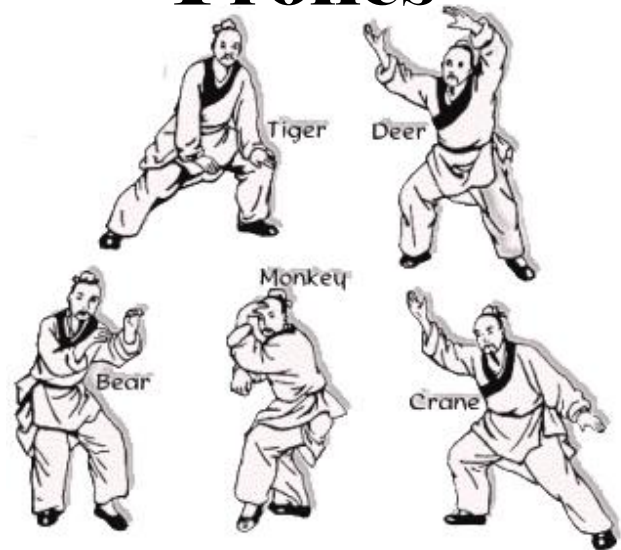
We return to Relax4Life for our Quiet Reflection & Meditation retreat; this is an awesome opportunity to get away from it all and relax, renew and recharge. Over the course of the day we sample a number of different meditation techniques giving everyone the chance to experience something that works for them. It also gives people new to meditation the chance to sample techniques and find what works for them. Should you need time alone to reflect there are 5 acres of grounds, a meditation gazebo and 3 walking labyrinths you can break away and use as much as you need.

Our summer session end the second week in August, by the 11th and our autumn programming begins the week of Labor Day. Our Lombard Park District class will move to a Tuesday night and return to its original 5:00pm timeslot as many preferred that time. We hope everyone will be able to accommodate this change.

Remember for those that want to practice outside of class the members area of our website is available. With videos of our warm-ups, the 18 form and each section of the 24 posture form (in split screen) and

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

The Five Animal Frolics



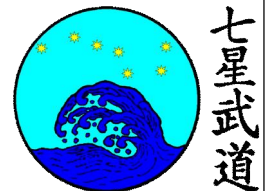
This is oldest written exercise program for preventive medicine practiced today; being a sequence of natural movements and postures based on the movement of animals.

They were developed by a physician around 200AD, and have been around so long because they are a fun and effective method of helping people of all ages and abilities to develop strong, healthy bodies.

The five animals are the fierce and untamed tiger, the graceful deer, the steady and lumbering bear, the agile monkey and the flying crane. Practicing these exercises helps to strengthen the internal organs, fortify the body, increase balance and promote well being.

Sunday, June 11th 10:00am - 3:30pm

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



10 Things Organized People Do Every Day

By Jordana Jaffe

Being organized isn't just about going through your paper piles once in a while. It's not just about doing the spring cleaning thing once a year either. Those things are great, but organized people are organized because they've chosen to make organizing part of their daily practice. Yes, I'm talking every. Single. Day.

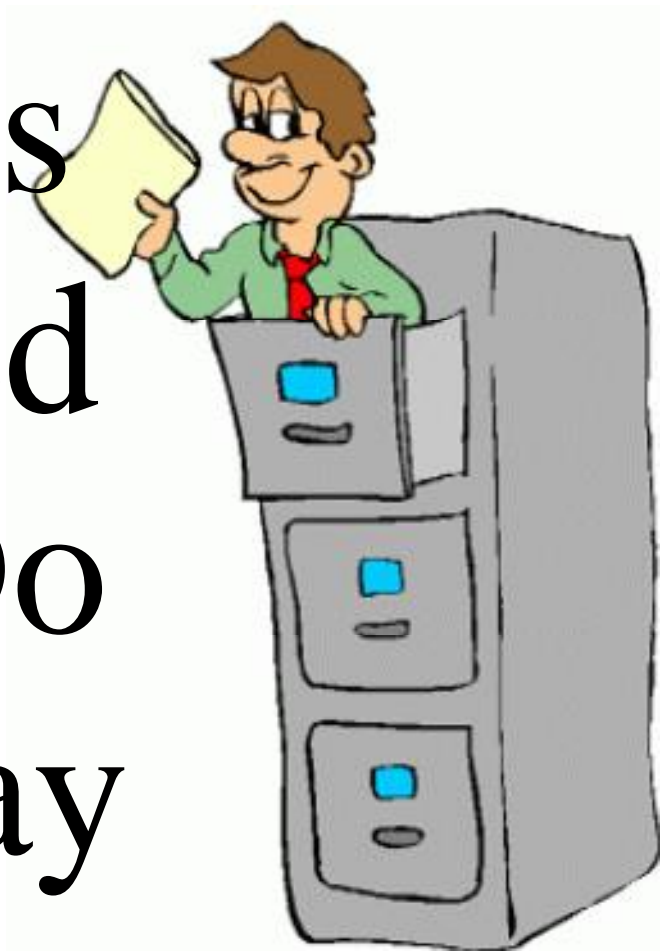
With that in mind, here are 10 things that organized people do every day. If you're just starting your organizing journey, maybe choose one of these things to start doing, then go from there.

1. They plan each day the night before.

If you don't take charge of your day, it will take charge of you. While there's no need to plan your day to the millisecond, it's going to be super helpful and will also make your day feel a lot more ease-filled if you take some time the night before to review what needs to get done the following day. That way, when each day begins, you already have a mapped-out plan of what to do, and in what order to do it.

2. They have and keep only one to-do list.

Oh, to-do lists. We have so many of them. It doesn't matter if you keep your lists on post-its, index cards,



in a journal, or a notebook — just have one. The point of to-do lists is to remind us of what we need to do, right?

But if we have multiple to-do lists, one (or two or three) is bound to get lost, and suddenly those reminders have disappeared. My recommendation is to keep one list in a notebook, since notebooks are less likely to go missing than a tiny little post-it.

3. They spend at least 30 minutes going through and addressing emails in their email inbox.

Ah the dreaded email inbox. Such a love/hate relationship we have with it. While most of us spend way more than 30 minutes looking at our inbox every day, we don't necessarily spend 30 minutes taking care of emails — responding to them and clearing them out, one by one. Commit to spending 30 minutes of focused time with a set intention of how many emails you want to clear out from your inbox.

4. They clear their desk of paper piles.

A cluttered desk is a cluttered mind. At the very least, put all of your paper in one neat pile and set aside to go through tomorrow. Bonus points if you go through it that day.

5. They have a morning routine & an evening ritual.

These routines and rituals can be very simple. Your morning routine may be a green smoothie, some stretching and oil pulling and your evening ritual may include a bath, some reading in bed, and putting lotion on your body. Making a point to keep the beginning and end of your day organized sets the tone for all the time in between.

6. They spend 10 minutes at the end of each day tidying up.

It's easy for your space to get a little messy as the day progresses, and in all likelihood, by the end of the day you may have accumulated a pile of dirty clothing in one corner and scattered papers in another. Set a timer and commit to tidying up for 10 minutes. It will make you feel accomplished, up your productivity for the next day, and you'll sleep better too.

7. They put their clothing in the laundry bin.

This one's easy, yet so many of us don't do it. I think it all comes down to how convenient it is for people to put their laundry in the hamper. My suggestion is to put the hamper wherever you're currently throwing your laundry. It might be in an awkward space, but at least everything will be contained neatly, as opposed to scattered around like a tsunami just hit.

8. They never leave dishes in the sink.

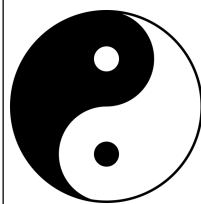
Whether this means that you load your dishwasher or wash your dishes, doing this simple task every day is a great way to feel like you've done something small to keep your space neat and organized. Plus, it can feel overwhelming when you see stacks of plates, dishes, pans, etc. overcrowding your sink, so doing this will also add some ease and peace of mind to your day too.

9. They carve out time for lunch.

When you don't carve out time for lunch, sometimes lunch doesn't happen. Whether you allocate 30 minutes or an hour, make sure that you stay well-nourished throughout the day.

10. They open up their mail.

You will always get mail. As digital as things are getting nowadays, no one has yet succeeded in getting rid of incoming mail. So first off, just know that the mail is going to keep coming, whether you like it or not. That said, there are many solutions to mail pile-ups, the first being to actually open it. So all of those envelopes that are hiding in the corners of your home - collect them, dust them off and open them up, one by one..



Qigong

The inner health of the body is just as important as the outer health; through this mind-body practice you can improve your health & longevity, boost your immune system and reduce stress. The exercises are effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

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Renee Ryan, codirector of the Lighthouse Center, has practiced the healing arts for 30 years and has studied Qigong and Tai Ji in the United States, China, and Korea.

Wednesdays, 11:45am-1:00pm

April 5th-June 28th

(12 sessions) No class May 31st

The Theosophical Society

1926 N Main St, Wheaton, IL 60187

(630) 668-1571

Healthy Leaders

By Dr Tim Schroeder

<http://balancedoctor.com/healthy-leaders/>

It would be great if nobody cared what people looked like. The truth is that people will judge you based on their first vision of you. What you appear to be to someone else is based partly on your genetics and partly on your culture.

You were given a body through the grace of your parents and that is that.

Then you create a look based on your culture and the times that you live in. This is an identifying look. It lets others know where you are coming from geographically and culturally.

Right or wrong, this happens in all cultures and sub-cultures around the world. It gives you a way to fit in and also gives you a way to distinguish your ways of life. It creates both unification and separation. That is the way of the world.

But there is one thing that people of all cultures seem to share. It is as old as mankind. It seems that when it comes to leaders, a majority of people seem to appreciate a person who looks healthy.

Keep in mind that "healthy" looks are relative according to each society. What looks healthy to you may look terrible to a person raised in a culture much different from yours.

Here in our Western Culture and especially in the area where I live, a healthy person looks strong and full of vitality.

They move well and generally look flexible and more strong than weak. But another culture may see it differently.

Perhaps to them "healthy" is a rotund body that looks well fed with no exposure to the sun or cold and no

Continued on page 15:



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

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

Helping you to harness the energy of the universe

All for only \$157!

Level 2

Sunday, October 15th
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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

Sunday, November 19th
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
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The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:
www.7StarsMA.com/Metaphysicsclasses/Reiki.html



Don't just sit there!

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe.

REPORTING BY BONNIE BERKOWITZ; GRAPHIC BY PATTERSON CLARK

ORGAN DAMAGE

Heart disease

Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease than those with the least.

Overproductive pancreas

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in idle muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

Colon cancer

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that regular movement boosts natural antioxidants that kill cell-damaging — and potentially cancer-causing — free radicals.

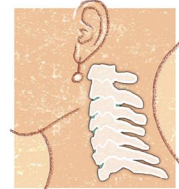
TROUBLE AT THE TOP

Foggy brain

Moving muscles pump fresh blood and oxygen through the brain and trigger the release of all sorts of brain- and mood-enhancing chemicals. When we are sedentary for a long time, everything slows, including brain function.

Strained neck

If most of your sitting occurs at a desk at work, craning your neck forward toward a keyboard or tilting your head to cradle a phone while typing can strain the cervical vertebrae and lead to permanent imbalances.



Proper alignment of cervical vertebrae

Sore shoulders and back

The neck doesn't slouch alone. Slumping forward overextends the shoulder and back muscles as well, particularly the trapezius, which connects the neck and shoulders.

BAD BACK

Inflexible spine

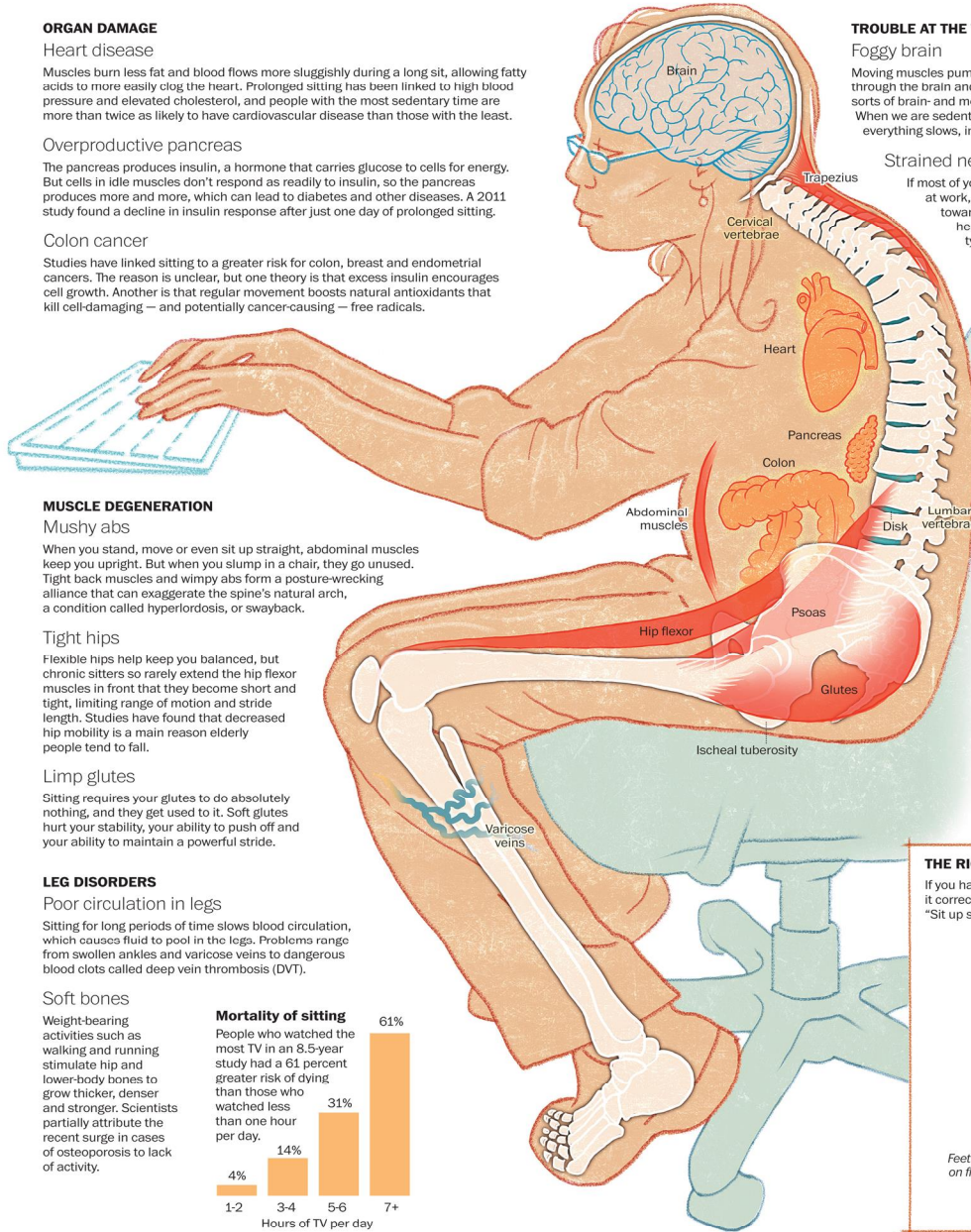
Spines that don't move become inflexible and susceptible to damage in mundane activities, such as when you reach for a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. When we sit for a long time, disks are squashed unevenly and lose sponginess. Collagen hardens around supporting tendons and ligaments.



Lumbar region bowed by shortened psoas

Disk damage

People who sit more are at greater risk for herniated lumbar disks. A muscle called the psoas travels through the abdominal cavity and, when it tightens, pulls the upper lumbar spine forward. Upper-body weight rests entirely on the ischial tuberosity (sitting bones) instead of being distributed along the arch of the spine.



MUSCLE DEGENERATION

Mushy abs

When you stand, move or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs form a posture-wrecking alliance that can exaggerate the spine's natural arch, a condition called hyperlordosis, or swayback.

Tight hips

Flexible hips help keep you balanced, but chronic sitters so rarely extend the hip flexor muscles in front that they become short and tight, limiting range of motion and stride length. Studies have found that decreased hip mobility is a main reason elderly people tend to fall.

Limp glutes

Sitting requires your glutes to do absolutely nothing, and they get used to it. Soft glutes hurt your stability, your ability to push off and your ability to maintain a powerful stride.

LEG DISORDERS

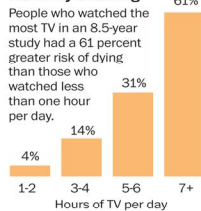
Poor circulation in legs

Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis (DVT).

Soft bones

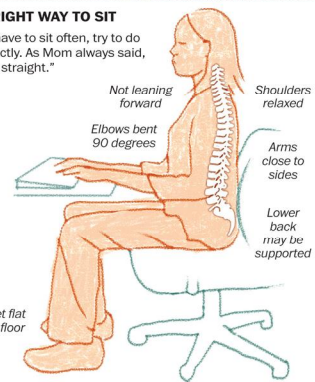
Weight-bearing activities such as walking and running stimulate hip and lower-body bones to grow thicker, denser and stronger. Scientists partially attribute the recent surge in cases of osteoporosis to lack of activity.

Mortality of sitting



THE RIGHT WAY TO SIT

If you have to sit often, try to do it correctly. As Mom always said, "Sit up straight."

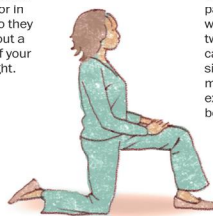


So what can we do? The experts recommend . . .

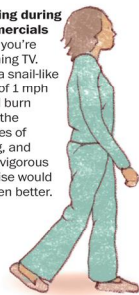
Sitting on something wobbly such as an exercise ball or even a backless stool to force your core muscles to work. Sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.



Stretching the hip flexors for three minutes per side once a day, like this:



Walking during commercials when you're watching TV. Even a snail-like pace of 1 mph would burn twice the calories of sitting, and more vigorous exercise would be even better.



Alternating between sitting and standing at your work station. If you can't do that, stand up every half hour or so and walk.



Trying yoga poses — the cow pose and the cat — to improve extension and flexion in your back.



The experts

Scientists interviewed for this report:

James A. Levine, inventor of the treadmill desk and director of Obesity Solutions at Mayo Clinic and Arizona State University.

Charles E. Matthews, National Cancer Institute investigator and author of several studies on sedentary behavior.

Jay Dicharry, director of the REP Biomechanics Lab in Bend, Ore., and author of "Anatomy for Runners."

Tal Anasaj, biomechanist at Barry University's Department of Sport and Exercise Sciences.

Additional sources: "Amount of time spent in sedentary behaviors and cause-specific mortality in U.S. adults," by Charles E. Matthews, et al., of the National Cancer Institute; "Sedentary behavior and cardiovascular disease: A review of prospective studies," by Gari S. Ford and Carl F. Caspersen of the Centers for Disease Control and Prevention; Mayo Clinic.

Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
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Elmhurst

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classes start:
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Call: 630 833 5064

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Beginner students meet every
Monday 6:00-7:00pm

Continuing students meet every
Monday 6:00-7:30pm

classes start:
May 1st & June 26th

Call: 630 620 7322



Roselle

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555 W. Bryn Mawr Avenue,
Roselle, IL 60172

Beginner students meet every
Thursday 9:00-10:00am

Continuing students meet every
Thursday 9:00-10:30am

classes start:
May 4th & June 29th

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

Continuing students meet every

classes start:
Tuesday 2:00-3:30pm
May 2nd & June 20th

BY: MARC CHERNOFF

9 Things to Stop Doing During

As you can imagine, each of these losses felt horrific. And when stacked back to back to back, it was sometimes difficult just to get out of bed in the morning ó to make even the slightest bit of progress on anything at all. But as days turned into weeks, months and years, we pressed forward, stronger and with a greater understanding and respect for life.

Now, sitting here several years later, with many other hardships behind us as well, I can honestly say that Angel and I have learned how to cope well with hard times. It's never easy, but there are positive and negative ways of dealing with difficult life situations. And that's what this post is all about.

Regardless of what you're struggling with ó a major tragedy or a minor personal battle ó it's time to STOP!

1. Hiding from the truth.

Most people, at the first sign of distress, would rather deny the hard truth than face it. But the truth does not cease to exist when it is ignored. When you try to ignore it, you will find yourself living a lie every day as the truth haunts your thoughts every night. Don't do this to yourself. Face the facts. You simply can't get away from your truth by moving dishonestly from

one place to the next.

The truth will set you free, but first it may tick you off for a while, and that's OK. It's always better to be hurt by the truth than comforted by a lie. Because the truth hurts only once and then gradually fades, but a lie hurts just as bad every single time you remember you're living it.

2. Gripping tight to the fantasy of a pain-free life.

Pain is a part of life, and life's pains have many shapes and sizes. There's the cold feet pain of moving on ó graduating, taking the next step, walking away from the familiar and into the unknown. There's the sharp growing pains of trial and error, of failing as you learn the best way forward. There's the immense, dizzying pain of life slapping you in the face when everything you thought you knew wasn't true, or everything you had planned for falls through.

There are the more ambiguous aches and pains of success, when you actually get what you had hoped for, but then realize that it's not quite what you had envisioned. And then, from time to time, there are the warm, tingling pains you feel when you realize that you are standing in a moment of sweet perfec-

tion, a priceless instant of achievement or happiness which you know cannot possibly last, and yet will remain with you forever.

Even though so many folks forget, pain is actually a good thing. It means you're breathing, and trying, and interacting with the endless possibilities in this world. Pain is for the living only; it's worth fully accepting and dealing with while you still have a chance. (Read *The Road Less Traveled*.)

3. Revisiting the past over and over in your mind.

Sadly, people all over the world are continuously telling their one dramatic story and how their entire life has turned into getting over this one event from the past. Now, every day of their lives are more about something that no longer exists, rather than the real life experiences waiting for them in the present. We are products of our past, but we don't have to be prisoners of it. You become a prisoner when you cling to what no longer exists. If you're brave enough to say goodbye, life will reward you with a new hello. It may be hard, but you have to let go. Cling no more! Realize that the past is like a foreign country ó they do things differently there. And ótheyö have nothing to do with YOU RIGHT NOW.

4. Holding on to who you were before the storm.

Hard times are like strong storms that blow against you. And it's not just that these storms hold you back from places you might otherwise go. They also tear away from you all but the essential parts of your ego that cannot be torn, so that afterward you see yourself as you really are, and not merely as you might like to be.

Ultimately, you realize you are here to endure these storms, to sacrifice your time and risk your heart. You are here to be bruised by life. And when it happens that you are hurt, or betrayed, or rejected, let yourself sit quietly with your eyes closed and remember all the good times you had, and all the sweetness you tasted, and everything you learned. Tell yourself how amazing it was to live, and then open your eyes and live some more.

Because to never struggle would be to never grow. You must let go of who you were so you can become who you are. It is within the depths of the strongest and darkest storms that you discover within you an inextinguishable light, and it is this light that

illuminates the right path forward. (Angel and I discuss this in detail in the *Adversity* chapter of *1,000 Little Things Happy, Successful People Do Differently*.)

5. *Worrying* or *thinking* a situation into something worse than it is.

What worries you masters you. Needless worry and negative thinking will never lead to positive change. However, a positive attitude and a little action can change everything. So if you don't like something, change it. If you can't change it, change the way you think about it. Being hurt is something you can't stop from happening, but being miserable is always your choice.

No matter how bad things are, you can always make things worse. Negative thinking creates negative results. Positive thinking creates positive results. Period. The only limits to the possibilities in your life tomorrow are the *obstacles* you use today. Things always turn out best for people who make the best out of the way things turn out.

6. Acting like it's not OK to smile.

Sometimes a little silliness is all you need to get a better perspective of life's greatest challenges. Silliness is the carefree, sometimes crazy, and often misunderstood stepsister of happiness. May you be a friend to both, and smile your way through life's twists and turns.

When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile. You'll see why.

7. Giving in and giving up as soon as the going gets tough.

All things are difficult before they are easy, and the roughest roads often lead to the top. There are simply no easy roads to anywhere worth going. Which is why you must endure the discomfort. Do what is right for your future, not what is easy right now. You'll learn, as you grow older, that many of life's supposed rules are made to be broken. Even when times are tough, be bold enough to live on your terms, and never, ever apologize for it. Go against the grain, refuse to conform when it doesn't feel right, take the road less traveled instead of the well-worn path. Laugh in the face of adversity as best as you can, and leap before you look fear too deeply in the

Continued on page 14:

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:
May 3rd & June 21st

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
May 4th & June 29th

Call: 630 595 9333

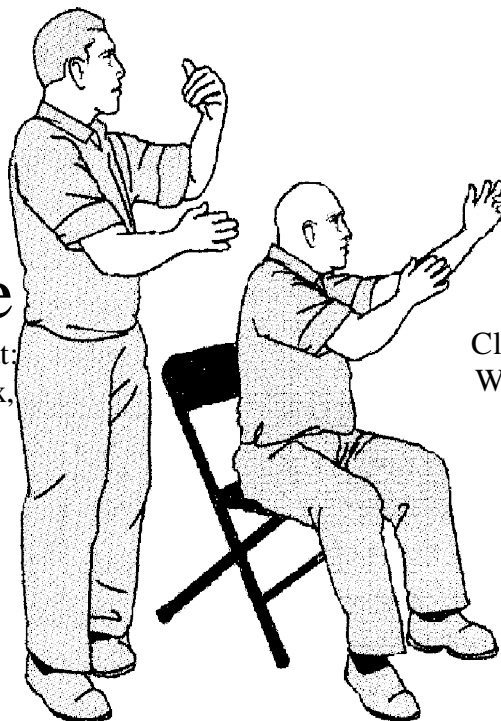
Bloomingtondale

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:
May 4th & June 29th

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:
May 4th & June 29th

Call: 630 595 9333





Why 5 Local Doctors Use Tai Chi & Qigong for Their Own Health

With grueling schedules and life and death decisions, you might wonder how doctors maintain their own health and well-being. Here are five local doctors that practice Tai Chi, Qigong and breathing exercises, and what they have to say:

“I consider the purpose of martial arts in China in general and Tai Chi in particular, to be not so much about defending yourself against an evil attacker in some dark alley. It can be quite useful and effective for that purpose. However, its main value is for defending oneself against life's daily challenges, like paying for your mortgage, managing your personal relationships or struggling to be successful in your work.”

- Dr. Al (Algimantas) Kerpe, Geneva, IL

“These daily challenges, when they become excessive, are literally able to kill you 1 inch at a time. Each additional stressful event builds to the point where your health will be significantly impaired, an issue I deal with in the office on a daily basis.”

- Dr. Al (Algimantas) Kerpe, Geneva, IL

“By strengthening yourself physically, emotionally, energetically and spiritually, through the regular practice of qigong and Tai Chi you are better prepared to defend yourself effectively against all these seemingly minor annoyances, which over time, eventually evolve into life and health threatening issues if not properly managed.”

- Dr. Al (Algimantas) Kerpe, Geneva, IL

“Friends comment ‘you look younger than you did 10 years ago’ Tai Chi enhances the flow of the regulating hormones that keep the thyroid, adrenal, ovarian and testicular hormones ‘on track’”

- Dr. Pauline Harding, Aurora, IL

“Tai Chi is an easy way to ‘move every joint in every direction every day.’ Tai Chi is a great way to reduce pain, tics, and spasms.”

- Dr. Pauline Harding, Aurora, IL

Tai Chi in Three. Tai Chi includes sets of exercises that can be completed in 3 minutes or less. Even I can find 3 minutes a couple of times each day to do at least one sequence. As time allows, I do multiples of these sequences to create any length of session I choose.”

- Dr. Pauline Harding, Aurora, IL

“I used martial arts to help ground me during the first 10 years of medical practice. I use a mixture of Qigong and Aikido: breathing and movements of Qigong and stillness of Aikido helped combat the stress response involved with being a physician and a business owner. I suggest Tai Chi, Qigong and/or yoga to patients with high blood pressure, anxiety, insomnia and acid reflux before prescription medicine treatment.”

- Dr. Ric Saguil, Arlington Heights, IL

“I’ve been practicing Qigong and Tai Chi over 2 years and use them for relaxation, spiritual attunement with the universe, oneness with everyone. They help me to be more intuitive, more connected to humanity, to others. I find that their practice is good for relieving stress, benefits muscle relaxation and elasticity, and for general well-being. From my own experience, I strongly recommend Tai Chi and Qigong to my patients as well.”

- Dr. Richard Hrdlicka, Geneva, IL

“I have participated in martial arts for the last 8 years because they offer me the ability to train physically and mentally, providing total health and well-being. I use martial arts training to be physically and mentally healthy.”

- Dr. Jeffrey Wong, Chiropractor & Acupuncturist, St. Charles, IL.

Discover these health benefits of Tai Chi and Qigong for yourself! You are cordially invited to participate in the 19th Annual World Tai Chi & Qigong Day! Saturday, April 29, 2017

By Renee Ryan

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.

May 20th ~ 9:00am

400 W. Roosevelt Rd. Suite LC
Wheaton, IL 60187
815-263-4537
www.WellnessSanctuary.net

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.

July 26th ~ 6:00 - 9:00pm

 **Bloomington
Park District**
630 529 3650

Continued from page 11:

eyes. Dance as though everyone is watching, without giving a care in the world to what they think of you. March to the beat of your own drummer. And stubbornly refuse to give up and give in.

8. Wanting to have all the answers.

Accept the feeling of not knowing exactly where you are going, and train yourself to love and appreciate this sensation of freedom. Because it is only when you are suspended in the air, with no destination in sight, that you force your wings to open fully so you can fly. And as you soar around you still may not know where you're traveling to. But that's not what's important.

What's important is the opening of your wings. You may not know where you're going, but you know that so long as your wings are spread, the winds will carry you forward. (Read A New Earth.)

9. Obsessing yourself with negative news.

For every prominent newscaster who howls about how bleak and unjust life is, there are thousands of other people behind the scenes working tirelessly to make a positive difference in the world. For every disheartening crisis that is breathlessly reported, there are thousands of real, meaningful success stories that don't get the attention they deserve, but that have an enormous positive ripple effect on humanity.

Try not to obsess yourself with negative news, especially when you're in the midst of hard times. When you're faced with negative news, learn from it and use this knowledge to work your way eagerly toward a brighter tomorrow.

Today is a choice.

Today, choose grace over
impatience, laughter over worry,
and beauty over negativity.

Life does get better and better
when you choose to make it so.

The floor is yours!

What would you add to the list? What do you try
NOT to do when times are hard and stressful?

Continued from page 6:

need for physical activity at all. The interesting thing is that either way, a person that looks healthy appears to be a better choice for a leader.

In a study from November 2014, published in *Frontiers in Human Neuroscience*, Dutch researchers concluded that it is more important for potential business or political leaders to look healthy than to appear intelligent.

Their statement was based on the responses of 148 adults who were asked to choose a new CEO by looking at photos of individuals made to look more or less intelligent or more or less healthy.

The researchers found that participants chose a healthier look 69% of the time. The lead author, Dr. Brian Spisak adds, "Here we show that it always pays for aspiring leaders to look healthy, which explains why politicians and executives often put great effort, time, and money in their appearance."

So it seems that looking healthy can be an important contribution to the ability to be a leader. Even if you don't aspire to be a leader, a healthy appearance is a great asset to your personal life.

In order to look healthy, you actually need to do things that healthy people do. The keys to health aren't really complex. They lie in paying attention to your physical, social and mental well being. Eat well, exercise properly and be part of something bigger than yourself.

Nourish your mind and spirit with ideas that cause positive growth and well being on regular basis.

Above all, accept people for who they really are, instead of who they appear to be to you.

To be a leader you just need to be a true example of your own way of life. So even though you may not want to be a leader, you really are by default. Other people see your behaviors and some choose to do what you do.

We should all be surrounded by health and well being and it all starts with your example of a healthy lifestyle.

Don't lead to develop followers, lead to develop more leaders for a healthier, happier world.

50 Secrets



Of the world's



longest living



people

May 17th ~ 12:30pm



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



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.

May 10th ~ 6:00pm



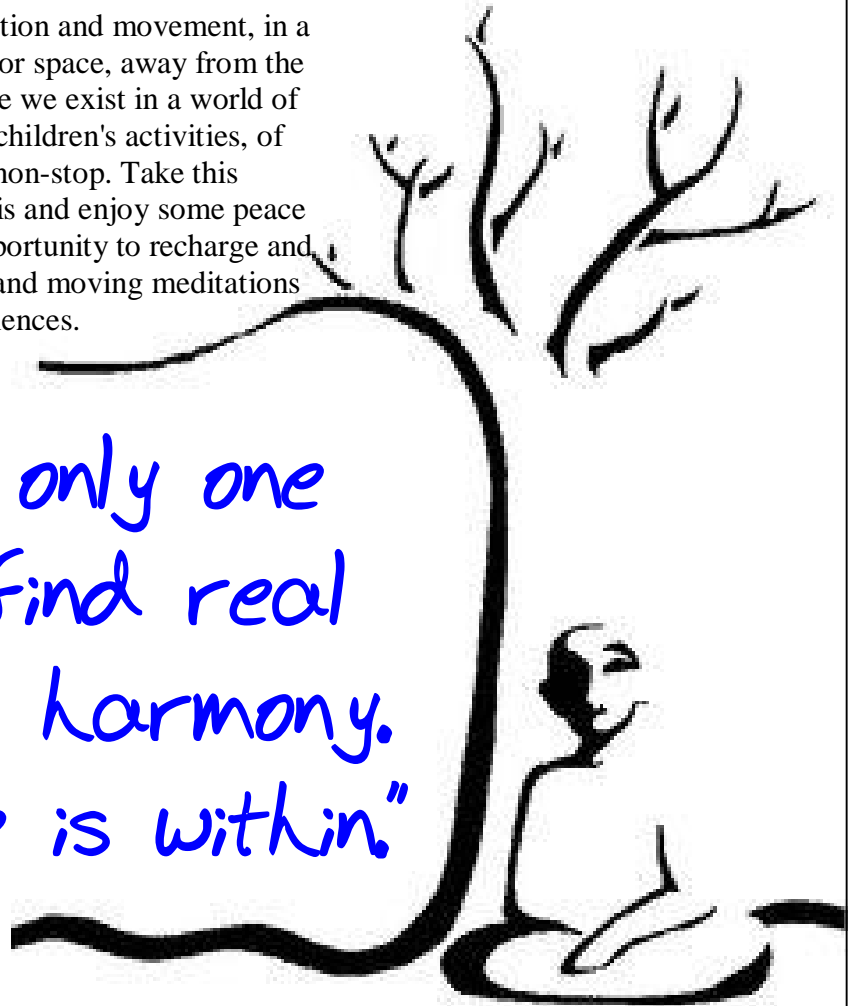
630 595
9333

111 E. Foster Avenue, Wood Dale, IL 60191

Quiet Reflection & Meditation Retreat

Enjoy a day of quiet reflection, meditation and movement, in a beautiful and sacred indoor and outdoor space, away from the chaos of the world. In this modern age we exist in a world of instant communication, of work, of children's activities, of to-do lists of too much to do, of non-stop. Take this opportunity to get away from all of this and enjoy some peace and quiet, while giving yourself an opportunity to recharge and rejuvenate through a series of sitting and moving meditations and reflection experiences.

"There is only one place to find real peace, real harmony. That place is within"



CEUs available for counselors, social workers, massage & occupational therapists

Saturday, July 22nd 10:00am-6:00pm

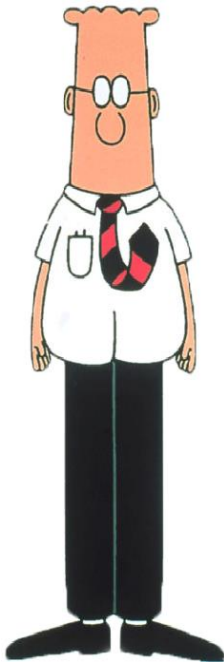


七星
武道

Relax4Life

26402 Edgemoond Lane, Barrington, IL 60010
To register call 847 842 1752 www.relax4life.com





The Dilbert Future

Most people are not saving enough money for retirement. if you're one of them, I suggest you start exercising vigorously so that later in life you can bully your frail peers and take their stuff when you need it.

I often see senior citizens in the park practicing Tai Chi Chuan. The *alleged* purpose is to increase balance and energy or some such baloney.

Whatever happened to TAKING A WALK ?

You don't need to learn lethal skills to increase balance and energy. It's just obvious to me that those senior citizens are preparing to slap the bejeezus out of the rest of us and take our stuff. They're just biding their time and waiting for us to realise there isn't enough retirement money for everyone.

Many of you are saving money instead of exercising. It seems like a smart thing to do, but later you'll be cursing yourself as you watch the Tai Chi Chuan experts carry your stuff away in huge boxes.

Prediction 4

The people who are studying Tai Chi Chuan instead of saving money are planning to beat us up and take our stuff when we're retired.

This brief quotation embodied in a critical article is taken from The Dilbert Future by Scott Adams, and full credit is given to him for the quotation.



Tai Chi Sword

Classes start:

May 2nd & June 20th

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)

CNM CARE

Dr Michelle Ennsman, DC,ND

Chiropractic & Naturopathic Physician
Health Talks

May 24th ~ 7:00pm

Upper GI Health, Heartburn,
Acid Reflux & Indigestion.


June 28th ~ 7:00pm

Lower GI Health, Constipation,
Diarrhea & IBS

August 23rd ~ 7:00pm

The risks, side effects and dangers
of prescription medications

OS165 Church Street, Winfield, IL 60190
(630) 216-5916 www.cnmcare.com



CNM CARE

www.cnmcare.com
DrEnnsmann@gmail.com

0s165 Church Street
Winfield, IL 60190
(630) 216-5916

Michelle Ennsmann, DC, ND
Chiropractic & Naturopathic Physician

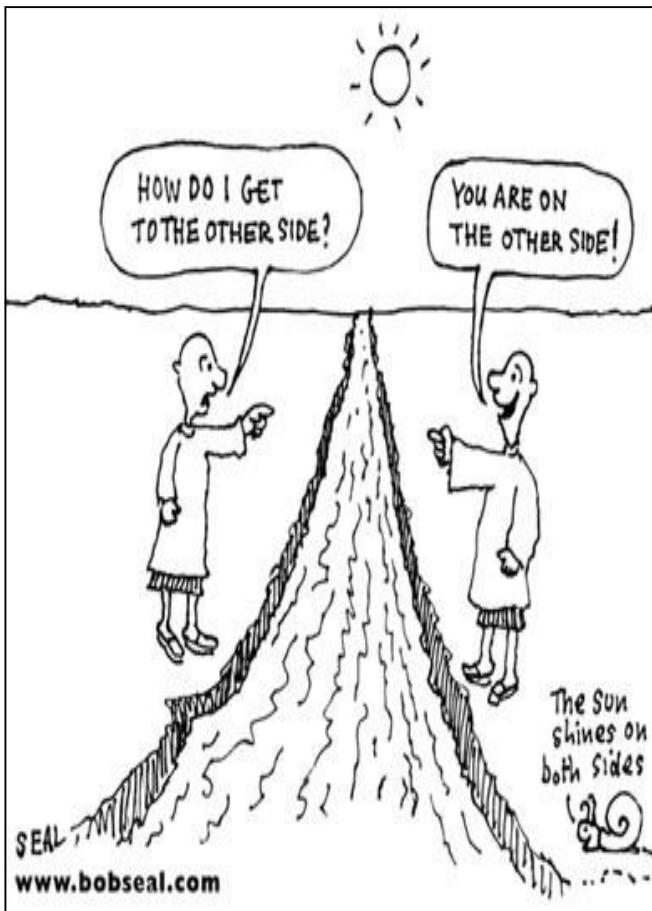


CNM CARE

Cassandra Ennsmann, LMT
Licensed Massage Therapist

(630) 216-5916
0s165 Church Street
Winfield, IL 60190

www.cnmcare.com CmEnnsmann@gmail.com



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

World Tai Chi Day

Saturday, April 29th ~ 9:00-11:00am
The Theosophical Society in Wheaton, IL



The Spring Gathering

Saturday, April 29th ~ 1:00 - 4:00pm
The Lighthouse Center in Winfield, IL



Quiet Reflection & Meditation retreat

Saturday, July 22nd ~ 9:00am - 5:00pm
Relax4Life in Barrington, IL

TheosoFEST

Saturday, September 9th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

Fall Reiki Training Begins

Sunday, September 17th ~ 9:00 - 5:00pm
The Lighthouse Center in Winfield, IL

World Ki Gong Club Annual Clinic

September 22-24th
Wolf Ridge Education Center, MN

World Ki Gong Club Mexico Clinic

September 29-30th
TBA, Chihuahua, Mexico

Annual Student Dinner

Wednesday, December 6th ~ 2:00-4:00pm
Jack&s Silverado Grill in Elmhurst, IL



Chinese New Year celebration

Friday, February 16th 2018 ~ noon - 2:00pm
Hibachi Grill in Bloomingdale, IL

Ki Gong Clinic

Saturday, February 17th 2018 ~ 1:00pm - 5:00pm
Coronado Tidelands Park, San Diego, CA

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

Class calendar

May

- 6 T'ai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 6 Qigong workshop
- Natural Healing Centers, Tinley Park, IL
- 10 Say goodbye to antacids
- Wood Dale Park Disstrict, Wood Dale, IL
- 17 50 Secrets of the World's Longest Living People
- The Abbey, Elmhurst, IL
- 20 Walking the Finger Labyrinth
- The Wellness Sanctuary

June

- 3 T'ai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 3 Qigong workshop
- Natural Healing Centers, Tinley Park, IL
- 4 The Six Healing Sounds
- The Lighthouse Center, Winfield
- 11 The Frolics of the Five Animals
- The Lighthouse Center, Winfield
- 29 T'ai Chi demonstration
- Carol Stream Library, Carol Stream, IL

July

- 8 T'ai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 8 Qigong workshop
- Natural Healing Centers, Tinley Park, IL
- 22 Quiet Reflection & Meditation Retreat
- Relax 4 Life, Barrington, IL
- 23 T'ai Chi Qigong Shibashi
- Relax 4 Life, Barrington, IL
- 26 Discover the Secrets of Chinese Health balls
- Bloomingdale Park District, Bloomingdale, IL
- 29 Healing Sounds & Chinese Health Balls
- Relax 4 Life, Barrington, IL
- 30 Energy Protection
- Relax 4 Life, Barrington, IL

August

- 5 T'ai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 5 Qigong workshop
- Natural Healing Centers, Tinley Park, IL

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



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 Tai 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.

Sunday,
July 23rd
9:00am - 2:30pm

Six Healing Sounds & Chinese Health Balls

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.

Discover the Secrets of Chinese Health Balls: why they can be so beneficial to your mind & body.

Reduce your risk of arthritis, rheumatism, dementia and more.



Saturday,
July 29th
9:00am - 5:00pm

CEUs available for counselors, social workers, massage & occupational therapists

Retreat participants are also welcome to return after dinner and attend at no additional charge our Crystal Bowl Sound Meditation that evening from 8:00pm-9:30pm



Relax4Life

26402 Edgemoor Lane, Barrington, IL 60010
To register call 847 842 1752 www.relax4life.com

