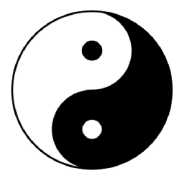


Discover the Secrets of Chinese Health Balls

6:00pm Wednesday, October 24th
Carol Stream Park District
Call: 630-784-6100 (see p13)

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



COMPLEMENTARY

Autumn 2018

HEALTH & EXERCISE

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

Volume 12, number 3

www.7StarsMA.com

Circulation: 400+

8 Ancient Chinese Tips for Long Life

Since the beginning of time, or so it seems, people have continually sought after the elusive dream of immortality, and this desire has resulted in many traditional techniques for longevity being passed down from generation to generation.

Here are several ancient Chinese health tips that are inexpensive, simple to do, and believed to be very beneficial for health. :

Continued on page 10

INSIDE THIS ISSUE

6 How To Become Immortal

15 Ancient Exercises prove beneficial for older adults

16 Techniques to reduce stress

Full class schedules and more!

Look at a Person With New Eyes

The idiom 刮目相看 (gu mù xi ng kàn), translated as "look at a person with new eyes," originates from a description of Lü Meng (1), the outstanding general of the Wu state in the Chinese historical text Records of the Three Kingdoms (2).

Continued on page 4

FEATURES

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Contact Reverend John

630 229 4434

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www.HolisticCeremonies.com



Complementary Health & Exercise

Autumn 2018

Editor & publisher - John Robertson



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The Wisdom of Confucious

*"Men's natures are alike,
it is their habits that
carry them far apart."*

Editor's Notebook

Hard to believe we are already at the autumn edition of our newsletter while the summer seems to still be in full swing. We have had some great activities over the last couple of months, most notably our outing to the salt cave. Combining a 45 minute Qigong class with 45 minutes in the cave! I have already been asked when we are going back, so put Wednesday, October 10th in your calendar. Due to space limitations in the cave and studio we are limited to a total of 20 places, so these are likely to sell out quickly.

People are also asking for a repeat of the combined Qigong and Gong Bath we held at Natural Healing Centers in Tinley Park, IL. The date is still to be confirmed.

Our last event of the summer season is our appearance at The Destination Asia festival at The Morton Arboretum in Lisle, IL on August 4th and 5th. As well as a display tent we are offering free Qigong classes at noon and 3:00pm. So come out and enjoy a great day with so many activities and things to do.

We kick off the autumn season with TheosoFest at The Theosophical Society in Wheaton, IL on September 8th. We will be offering free classes at 1:00am and 3:00pm, highlighting our Yang 24 posture intensive class at the society starting September 17th.

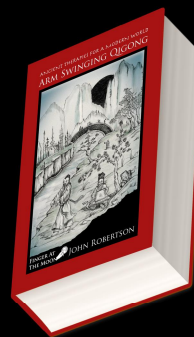
So checkout all the classes that we have coming up, you may find some other new and interesting offerings! And remember to register early for your T'ai Chi class as some have reached capacity!

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

FINGER AT THE MOON PUBLISHING PRESENTS

ARM SWINGING QIGONG

BY JOHN ROBERTSON



The first book in the
Ancient Therapies
for a Modern World
series describes one
of simplest, and
yet most effective
exercises you can do!

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Chinese Idiom: Look at a Person With New Eyes

(刮目相看) Gu Mù Xi ng Kàn

By Jian Zheng, Epoch Times | September 23, 2013



Continued from page 1:

When Lü Meng was young, he did not like to read. Instead, he was very fond of practicing martial skills. After becoming a general, he still disliked reading, so his peers often looked at him as just a mere warrior. One day, Sun Quan, the king of the state of Wu, said to him: “As a general, you have to constantly enrich your knowledge.

Lü Meng replied: “I am too busy with military matters and I have no time to read.”

“I am not asking you to become a scholar,” the king said, encouragingly. “Reading more can help expand your vision and enrich your wisdom. You say you are too busy to read. As the king, I have many more matters to handle, compared to you. However, I still find time to read and improve myself.”

Hearing this, Lü Meng was inspired and he started to read in earnest. Gradually, his knowledge became very broad and he became an even better military strategist.

One day, the Wu commander-in-chief was passing through. He did not want to visit Lü Meng as he thought he could not discuss military affairs with Lü who was known to be illiterate. His assistant advised him to visit Lü Meng, saying that he had become quite a knowledgeable person.

The commander-in-chief paid a visit to Lü Meng. While relaxing and drinking wine, they discussed

possible battle with the Shu state. Lü Meng offered some advice and suggested strategies that could win a war.

The commander-in-chief was greatly surprised by Lü Meng’s incredible improvement. He commented: “I thought you were a man who knew nothing but fighting on the battlefield, but now I see you are both knowledgeable and wise. I have to say, you are no longer the person I knew.”

Lü Meng replied, “When regarding a determined man, if you have not seen him for three days, you should see that man with new eyes.”

The idiom “look at a person with new eyes” originally meant to look at someone in a new, more favorable light, and is now used to praise someone who has made great improvement.

Note:

1. Lü Meng (吕蒙) lived A.D. 178–220. He was a military general in service to Sun Quan, the king of the state of Wu, during the Three Kingdoms period (A.D. 220–280).

2. The historical text “Records of the Three Kingdoms,” also known as “Romance of the Three Kingdoms,” covers the history of the late Eastern Han (184 B.C.–A.D. 220) and the Three Kingdoms period (A.D. 220–280). It was first written in the 3rd century by Chen Shou. In the 14th century, Luo Guanzhong rewrote it as the novel “Romance of the 3 Kingdoms.”

The idiom “look at a person with new eyes” suggests that, after a time, it is prudent to consider someone or something anew.

(Flora Chung/Epoch Times)

Gua Sha Massage

<http://calmspirit.net/index.htm> By - March 2008

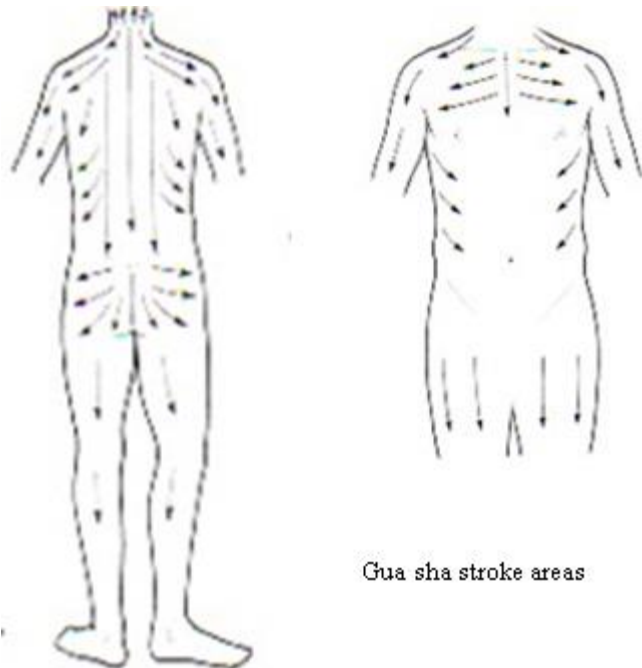
Gua Sha is an ancient therapeutic practice that began in China centuries ago. It remains a popular practice in China, Vietnam, Indonesia and Southeast Asia.

Gua means to scrape or rub. Sha is a reddish, elevated "millet like" skin rash. Sha is the term used to describe blood stasis in the subcutaneous tissue before and after it is raised at petechiae.

Gua sha is used for pain associated with an acute or chronic disorder. The affected person may feel aching, tenderness and/or a knotted feeling in the muscles.

When normal finger pressure on the person's skin causes blanching that is slow to fade, sha may be suspected.

Gua sha is used to treat and prevent acute conditions such as common cold or flu, asthma, bronchitis as well as chronic problems involving pain and congestion of the qi and blood.



Gua sha stroke areas

Continued on page 8:

Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Any congestion or blockage in the perfectly tuned roadmap of veins and arteries can deprive the heart, lungs, brain, extremities and organs of the precious oxygen rich blood. Healthy circulation is essential to maintaining a healthy body. Using a combination of self massage and simple exercises we will seek to improve circulation in our hands, feet, face and body. Healthy circulation helps promote cell growth and organ function, helps you look and feel healthy. Your skin will have a healthy color and you will feel warm to the touch. Good blood circulation helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

September 19th ~ 6:00pm



50 Secrets



Of the world's



longest living



people

October 10th ~ 1:00pm



HOW TO BECOME IMMORTAL

POSTED ON MAY 25, 2016 BY 魏懋资济

Before the 13th century immortality was often believed in Taoist society. Some still believe it and worship immortality like a religion.

For the Sanfeng Taoists the immortality refers to longevity. In Chinese some would refer to: "How to become 100 years old?" The number "100" is often regarded as a really long time period.

Taoists believe that with proper training the original state of a child can be held for a lifetime. Which results in feeling healthy and happy.

The concept of becoming 100 years old (immortality) in 5 Steps:

1. Knowing your limits

Before anything else one should discover himself. This should happen naturally at a younger age if possible. Discovering oneself physically and mentally will result in better understanding. Knowing your body and mind is important to be able to hear your "inner voice". Sanfeng Taoists practice Kung Fu at a young age to understand the borders and to discover themselves. This is the first step to internal practice.

2. Building up

Before becoming middle aged it is important to store energy reserves. Maintaining a healthy body and mind with constant practice. Here one must understand the disturbance in his daily life in order to keep in balance. It is important to reduce stress and practice daily meditation exercises. Put your mind and body frequently at ease and one will never become



sick again. Do not ignore your "inner voice" (your needs).

3. Never stray from the path

Nothing is forgiven. Once or twice maybe wont matter much but it will never be erased. What happens to oneself is permanent. One sickness, one sunburn everything is remembered. Take care in summer and winter, don't put yourself at risk. Consequence is the most important feature when it comes to training. Don't expect to harvest fruits from your work. Everything will come naturally.

4. Become younger

After mid-age one starts to become younger again. The fruit of constant practice and responsibility towards oneself will become clear. Internal practice has a higher importance now. Nei Gong, Tai Chi and Qi Gong will be your tools to keep yourself fit and healthy. If you started your Taoist life at an older age then you still have to complete the previous points mentioned above.

5. Return to the origin

At some point everyone must die. Taoists refer to "going back to the origin". By keeping life as long and healthy as possible one will attain greater knowledge for everyone. Life should be a long adventure with all it has to offer. Live without regrets and share the wisdom with younger generations. Taoists that followed the path of "immortality" will not have regrets when they return to the origin. We all step on a train at a different time, how long you enjoy the ride is up to you.



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

Sunday, September 30th
9:00am - 4:00pm

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

Sunday, October 21st
9:00am - 4:00pm

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

Sunday, November 11th
9:00am - 4:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ plus get a laminated hand position chart, 2 laminated symbols charts free ~ a total saving of \$122!



七星
武
道

The Lighthouse Center, 0 S 165 Church Street, Winfield

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





Experience the art of yogic sleep, an enjoyable and easy practice that everybody can do. You will be guided through a detailed awareness of your body and senses into a sleep meditation that will allow your body and mind to slip into a deep state of relaxation. Your brain will switch from beta to alpha waves, and will effortlessly transition from activity into meditation. Yoga Nidra has been found to reduce tension and anxiety, PTSD, persistent insomnia and chronic pain. You will gain a sense of internal peace leaving you feeling incredibly present, rested, relaxed, restored and rejuvenated. Bring mats, cushions and blankets in order to make yourself comfortable lying on the floor or sitting as needed.

November 7th ~ 6:30pm



Qigong

The inner health of the body is just as important as the outer health; through the mind-body practice of qigong you can improve your health and longevity, boost your immune system and reduce stress. Using slow, gentle, graceful rocking and stretching motions combined with deep relaxed breathing; your circulation and digestion will be improved; it can help calm your mind, reduce tension and anxiety, and regulate heart rate and blood pressure, boosting energy. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

November 28th ~ 6:30pm



Continued from page 5:

Gua sha is applied primarily on the back, neck, shoulders, buttock and limbs of the body. Advanced practitioners may also raise sha on the chest and abdomen.

To apply gua sha, first lubricate the area with oil. If you do not have gua sha oil, you can use White Flower or any other oil. If there are any moles, cuts or unhealed areas, cover them with your fingers. Do not apply the gua sha tool to these kinds of areas. Hold the gua sha tool at a thirty degree angle to the skin, the smooth edge will touch the skin. Rub the skin in downward strokes using moderate pressure.

The person should not feel pain although it might feel uncomfortable. Stroke one area at a time, until the petechia of that surface is completely raised and all the sha is up, which is when stroking no longer increases the number of dots or changes the color. Then move to the next area.

The sha petechiae should fade in about 2-4 days. If it is very slow to fade, it indicates poor blood circulation and there may be more serious deficiency that will require additional treatments with combination of acupuncture or acupressure in specific areas. Since gua sha moves stuck qi and blood, the person receiving gua sha will probably feel immediate changes in their condition.

It is a very useful treatment for external and internal conditions and treats both acute and chronic disorders. Gua sha treatment can be used up to three times weekly, and is most effective when used as a weekly treatment on chronic conditions.

NOTE: "Blood" refers to the traditional Chinese medicine definition, and is not the western body blood. ☺



Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills.

Elmhurst

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

Beginner students meet every
Thursday 12:30-1:30pm

Continuing students meet every
Thursday 12:30-2:00pm

classes start:
September 20th & November 8th

Call: 630 833 5064

Lombard

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

Beginner students meet every
Tuesday 5:00-6:00pm

Continuing students meet every
Tuesday 5:00-6:30pm

classes start:
September 18th & November 6th

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

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

classes start:
September 20th & November 8th

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
Tuesday 2:00-3:30pm

classes start:
September 18th & November 6th

Call: 630 834 8970

Eight Ancient Chinese Tips for Long Life

By Epoch Times | September 28, 2013

Translation by Irene Luo. Written in English by Barbara Gay.

Continued from page 1:

1. The head is the center of intelligence: comb three times daily to prevent diseases.

According to Traditional Chinese Medicine, the twelve meridians of the human body, forty-plus acupuncture points, and more than a dozen unique acupressure points, all come together at the head.

Using a comb to apply acupuncture-like massage or stimulation to these points and meridians can clear the twelve meridians, promote blood circulation, enhance brain cell metabolism, delay the aging of brain cells, enhance memory, strengthen hearing and eyesight, and refresh the mind. It can also eliminate fatigue, insomnia, trigeminal neuralgia (extreme facial pain), and migraines. It can even have unexpected effects on beauty.

The normally suggested routine is to comb three times a day: once in the morning, once after lunch, and again before going to bed—each time for two minutes, using 60-100 strokes, for the best results. As long as you persevere in combing your scalp regularly, you'll feel more clear-headed and energetic, sleep better, your white hair will turn black again, and you'll have a bigger appetite.

2. The foot is often considered the second heart: rub the feet often to preserve health.

Traditional Chinese medicine states that the foot has more than 60 acupuncture points which are closely linked with the 12 meridians of the internal organs. However, due to the large distance between the foot and the heart, the foot's resistance is low and is the body's weakest area, since it is vulnerable to cold and dampness. Therefore the health of the foot is believed to be closely related to the health of the human body as a whole.

Ancient medicine says that the best way to maintain foot health is to rub the Yongquan acupuncture point (center of the arch). Consistent massage of the soles of the feet after soaking in hot water can have a variety of beneficial effects on the tendons, blood circulation, and muscles of the feet, and even other areas of the body. It can alleviate headaches, hernias, nephritis, convulsions, insomnia, hypertension, heart disease, sore throat, cracked feet, numbness from old age, and a variety of other illnesses.

Because of the overall health effects related to the health of the feet, Chinese medicine refers to the Yongquan point as the "fitness point."

3. Swallow saliva three hundred times a day to live longer.

The Chinese dictionary, or Ci Hai, defines saliva as: the liquids secreted by salivary glands and the mucus secreted by many small glands in the oral wall, which are mixed together in the mouth. The average adult salivates about 1 to 1.5 liters every day.

Chinese medicine states that saliva, in conjunction with the spleen and stomach, moistens the orifices and limbs and internal organs, replenishes energy, lubricates the joints, and clears the mind.

Modern medicine states that saliva stops bleeding, eases contraction of the blood vessels, dissolves bacteria, kills microbes, preserves dental health, combats viruses, aids digestion, and serves a variety of other functions.

In recent years, American scientists have also discovered that saliva can promote nerve and epidermal cell growth. The Japanese Food Research Institute found that saliva can eliminate very harmful substances existing in the air and in food and has a strong effect in preventing cancer.

Studies by experts at the University of Georgia's School of Medicine show that aflatoxin, which is among the most carcinogenic substances known, as well as benzene and nitrite, will disintegrate 30 seconds after direct contact with saliva. They suggest that it is best to chew every bite 30 times.

These studies seem to support the ancient advice to swallow saliva 300 times a day.

4. Click your teeth every day to help prevent their falling out.

Clicking your teeth means to rhythmically tap your upper and lower teeth together repeatedly.

Su Wen: Shang Gu Tian Zhen Lun, an ancient Chinese text, suggests that the health of human bones depends on marrow nutrition, and that bone marrow is the origin of the essence of the human body.

If this essence diminishes, it may not be sufficient to support the bone marrow, and one's teeth will become loose or diseased, or fall out entirely.

Traditional Chinese medicine also believes that often tapping one's teeth can balance yin and yang, encourage blood circulation and meridian energy flow,

maintain and enhance the overall function of the jaw muscles and the root portions of teeth, and delay atrophy.

In addition, often tapping one's teeth can effectively enhance the tenacity of mucosal tissue, improve chewing, promote the overall blood circulation of the mouth and gums, increase saliva secretion, enhance antimicrobial resistance of teeth, and therefore make the teeth more robust, white, and shining.

5. Husbands and wives should massage each other's backs to relieve physical fatigue and prevent cancer.

Massaging the back is an ancient method that provides immediate results.

Massaging the back stimulates dozens of important acupuncture points which can help stimulate the nervous system, effectively maintaining the balance of the central nervous system.

The primary benefit is muscle relaxation; preventing and treating back pain and muscle strain.

Secondarily, back massage promotes better circulation and regulated nerve function. Massaging during the day clears the head and lifts the spirit; massaging during the night soothes the mind, preventing insomnia.

Another benefit of massage is enhanced immunity and cancer prevention. Japanese scientists have long believed that frequent back massage promotes peptide secretion in the brain. These peptides have strong anti-virus capabilities and can inhibit cell mutation, the basis of cancer cell creation.

There are usually two methods of back massage: patting and hitting. Patting uses an empty palm, and hitting uses an empty fist. Empty, in this regard, means gentle. For best results, massage consistently once a day, fifty to sixty pats or hits.

6. Knead the abdomen daily to promote blood circulation and benefit the spirit.

Kneading the abdomen is a method to promote health that uses the hands to rub back and forth between the chest and pelvis. Traditional Chinese medicine says that the abdomen is the center of the internal organs and the source of yin and yang in the body.

Continued on page 13:

Tai Chi for Health

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

Energizing and deeply relaxing; it brings a stronger immune system, 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 11:00am

classes start:
September 19th & November 7th

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
September 20th & November 8th

Call: 630 595 9333

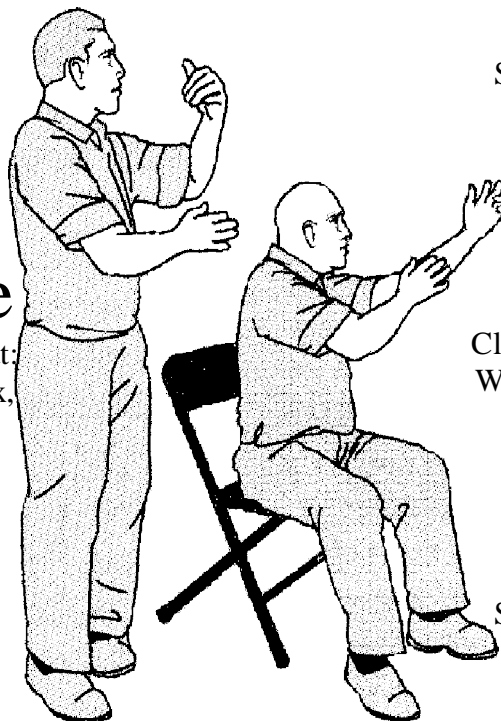
Bloomingtondale

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:
September 20th & November 8th

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:
September 20th & November 8th

Call: 630 595 9333



Continued from page 11:

Modern medicine also says that kneading the abdomen strengthens the stomach and the gastrointestinal and abdominal muscles, promotes circulation, and accelerates digestion.

It also helps treat constipation, ulcers, insomnia, inflammation of the prostate, nephritis, hernias, high blood pressure, coronary and heart disease, and diabetes. In particular, kneading promotes self-contraction of the abdomen and reduction of fat; it can even help with weight loss.

To knead the abdomen, first rub in the clockwise direction with the heel of the right hand 130 times above the navel and then move below the navel area for 120 times. Afterwards, rub the whole abdominal area with the full palm of the left hand 120 times. Reverse and repeat.

7. Stretching is the most effective way to lose weight & promote blood circulation.

Lazy Stretching: this refers to an involuntary stretch (which often accompanies yawning) that involves straightening the neck, lifting the arms, taking large breaths to expand the chest, stretching the waist, exercising the joints, and loosening the body.

Sun Simiao, a famous physician of the Tang Dynasty, said it best, "If blood does not circulate, the body will be afflicted with diseases."

According to modern medicine, blood circulation relies completely on the heart muscle contractions, which is especially true for veins farther away from the heart.

When one stretches, the body will naturally bring the arms and ribs upward and expand the chest, which strengthens the diaphragm and assists with deep breathing. This causes many of the muscles to contract and deposit blood back to the heart, resulting in an acceleration of blood circulation.

Lazy stretching can also help the neck vessels efficiently transport blood to the brain, bringing adequate nutrition there, reducing fatigue, and thereby raising the spirits. This also exercises the neuromuscular system, promoting balance within the body; increases oxygen intake and carbon dioxide outtake, promoting

Continued on page 18:



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.

October 3rd ~ 6:00 - 9:00pm

630-784-6100



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.

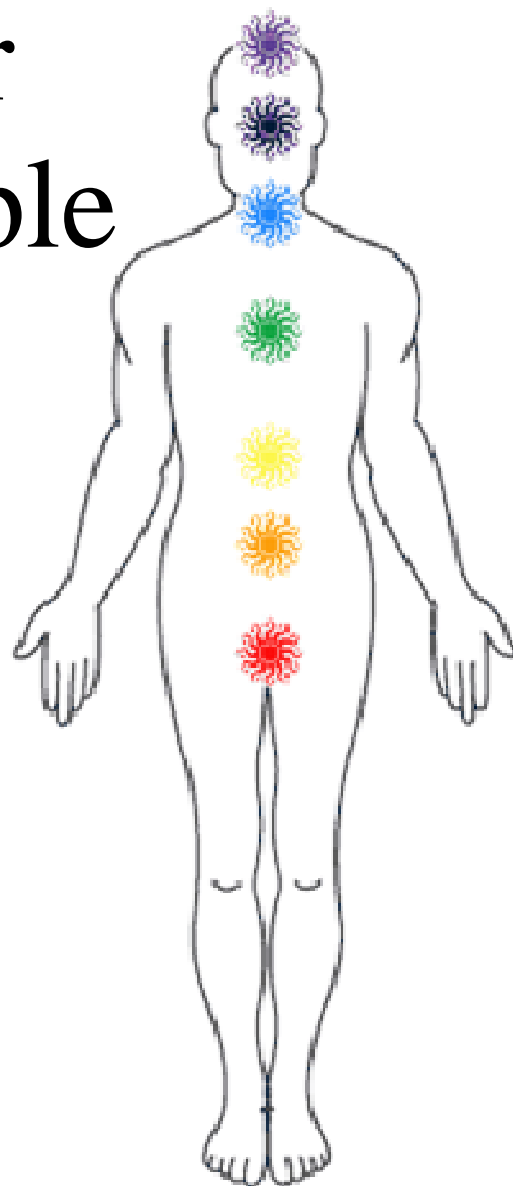
October 24th ~ 6:00 - 9:00pm

630-784-6100



Balancing Your Energy as Simple as Do Re Mi

by Renee Ryan



Before a Karate Tournament I would often get stressed out. Then I began to sing òDo-Re-Miö from the Sound of Music and I was good to go!

Why does this work? The notes of the C Major scale are universal sounds of the 7 chakras with high C just above the crown center. In Chinese medicine this corresponds to

The Central Channel. When you go up the scale you are going up the Conception Vessel. When you sing down the scale, you are going down the Governing Vessel.

If you strike a tuning fork over a chakra and the chakra is not balanced it won't ring. The same will happen if you try to play a singing bowl over that center.

An acupressure therapist who was also a musician could hear the acupressure points and could tell if they were off key or if they were on pitch and assess the condition of the client.

This is similar to some practitioners who can actually see the colors of a person's energy, and discern where the person is balanced or out of balance. Conversely if you tone or sing or listen to the C Major scale you can help your health. No wonder people like music!

Renee will present òDo Re Mi - the Sound & Music of the 7 Chakras & Beyondö using the Sanskrit & Chinese sounds as a meditation at Theosofest Saturday, September 8 at the Theosophical Society in Wheaton, IL

Chakra	C Major	Scale
Above Crown	Do	C
7 Crown	Ti	B
6 Third Eye	La	A
5 Throat	So	G
4 Heart	Fa	F
3 Solar Plexas	Mi	E
2 Hara	Re	D
1 Root	Do	C

Ancient Chinese exercises, which focus on meditation and relaxation techniques, have proved beneficial for older adults

A new study by researchers at the University of Illinois.

Adding strength to the previous work, a recent study of Martial arts such as Qigong and Taiji, practiced by ancient Chinese showed potential health benefits to older adults. Qigong (chee-kung) and Taiji (tye-chee) or Tai Chi, as it is more commonly known in the U.S. combine simple, graceful movements and meditation. Qigong, which dates to the middle of the first millennium B.C., is a series of integrated exercises believed to have positive, relaxing effects on a person's mind, body and spirit. Tai Chi is a holistic form of exercise, and a type of Qigong that melds Chinese philosophy with martial and healing arts.

Traditional Tai Chi training includes Qigong, but most contemporary Tai Chi researchers have omitted Qigong from their research, said visiting kinesiology professor Yang Yang. As a result, previous researchers may not have documented all of the health benefits possible from traditional Tai Chi training.

Yang, a Tai Chi master with three decades of experience, said Tai Chi and Qigong are relatively simple, safe and inexpensive, and require no props or special equipment, making them easily adaptable for practice by healthy senior citizens. In two studies one quantitative, one qualitative presented recently at the North American Research Conference on Complementary & Integrative Medicine, lead researcher Yang found that healthy seniors who practiced a combination of Qigong and Tai Chi three times a week for six months experienced significant physical benefits after only two months.

Not only did participants demonstrate noticeable improvements in laboratory-controlled tests designed to measure balance, lower body strength and stance width, a subset of participants who contributed responses in the qualitative study provided dramatic evidence of how Tai Chi and Qigong practice had also enhanced their lives from a mental, emotional and spiritual perspective.

Seniors said, 'Now I can put my socks and jeans on just like I always used to, standing up instead of sitting down,' said Yang, who published the results of the studies as his doctoral dissertation. Yang said a woman noted that she had reduced the number of strokes required to swim across the pool from 20 to between 11 and 14. Another said she was more confident of her ability to climb the stairs to her attic.

Yang Style Simplified T'ai Chi Ch'uan

Through the practice of T'ai Chi Ch'uan, your mind can achieve a stillness and clarity rarely experienced with other forms of exercise, integrating your body and mind and allowing you to achieve inner peace.

This class will help you develop harmony with the world on a physical, mental, emotional and ultimately, spiritual level. Practice strengthens the immune system; improves posture, balance, coordination, flexibility and strength; reduces blood pressure and stress; and releases tension, allowing a feeling of positive energy to flow through your body. Over the course of the class we will learn the complete 24 posture form.

**Mondays, 6:30pm-7:30pm
September 17th - December 10th**

The Theosophical Society

1926 N Main St, Wheaton, IL 60187

630-668-1571

Gentle Tai Ji Movements for Inner & Outer Peace

Qigong and Tai Ji are ancient forms of meditative movement rooted in Taoism & Traditional Chinese Medicine. Using the mind and body to harmonize energy, these movements support physical and emotional health, reduce stress & create inner peace that is reflected outward to those around you.

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
September 12th - December 12th
(14 sessions)**

The Theosophical Society

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Six relaxation techniques to reduce stress

Practicing even a few minutes per day can provide a reserve of inner calm

By Julie Corliss Executive Editor, Harvard Heart Letter

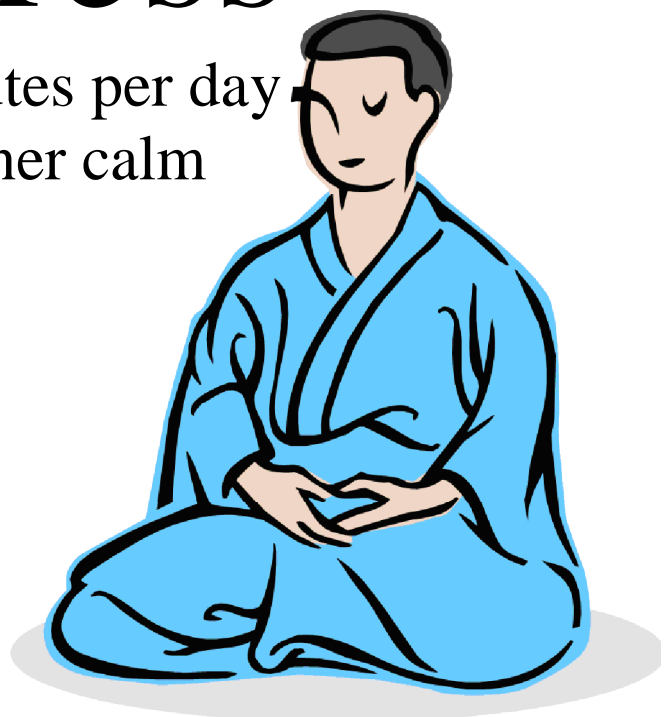
We all face stressful situations throughout our lives, ranging from minor annoyances like traffic jams to more serious worries, such as a loved one's grave illness. No matter what the cause, stress floods your body with hormones. Your heart pounds, your breathing speeds up, and your muscles tense.

This so-called "stress response" is a normal reaction to threatening situations, honed in our prehistory to help us survive threats like an animal attack or a flood.

Today, we rarely face these physical dangers, but challenging situations in daily life can set off the stress response. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them.

One way is to invoke the "relaxation response," through a technique first developed in the 1970s at Harvard Medical School by cardiologist Dr. Herbert Benson, editor of the Harvard Medical School Special Health Report *Stress Management: Approaches for preventing and reducing stress*.

The relaxation response is the opposite of the stress response. It's a state of profound rest that can be elicited in many ways. With regular practice, you create a



well of calm to dip into as the need arises.

Following are six relaxation techniques that can help you evoke the relaxation response and reduce stress.

1. **Breath focus.** In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations. Breath focus can be especially helpful for people with eating disorders to help them focus on their bodies in a more positive way. However, this technique may not be appropriate for those with health problems that make breathing difficult, such as

respiratory ailments or heart failure.

2. Body scan. This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection. If you have had a recent surgery that affects your body image or other difficulties with body image, this technique may be less helpful for you.

3. Guided imagery. For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes—just make sure to choose imagery you find soothing and that has personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images.

4. Mindfulness meditation. This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain.

5. Yoga, tai chi, and qigong. These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts. They can also enhance your flexibility and balance. But if you are not normally active, have health problems, or a painful or disabling condition, these relaxation techniques might be too challenging. Check with your doctor before starting them.

6. Repetitive prayer. For this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus. This method may be especially appealing if religion or spirituality is meaningful to you.

Rather than choosing just one technique, experts recommend sampling several to see which one works best for you. Try to practice for at least 20 minutes a day, although even just a few minutes can help. But the longer and the more often you practice these relaxation techniques, the greater the benefits and the more you can reduce stress.



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T'ai Chi Sword

Classes start:
Sept 18th & Nov 6th
Tuesday - 3:30-4:00pm

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Villa Park, IL 60181

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(Previous Tai Chi experience is required)

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around negative people?
or just around certain people?


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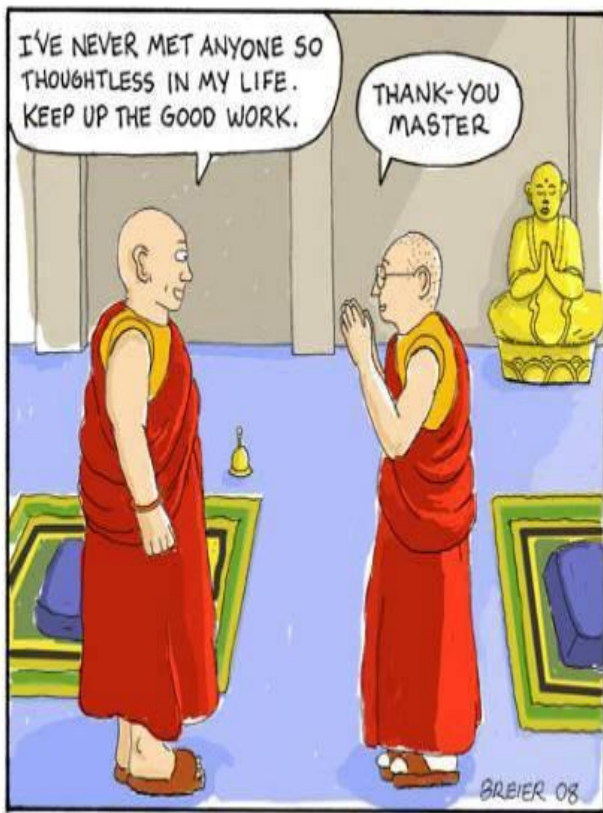
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December 9th ~ 9:00 - 2:30

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Salternative Spa

1541 East Fabyan Parkway, Geneva, IL 60134

Continued from page 13:

metabolism; and eliminates excessive tension, preventing muscle strain and correcting the posture—all of which keep the body healthier.

8. Press the Hegu, Neiguan, and Zusanli acupuncture points once a day for a healthy body.

The Hegu point is in the area between the thumb and the index finger. Acupuncture at the Hegu point helps treat headaches, facial paralysis, and diseases involving the five senses.

The Neiguan point is located about 2 inches from the crease of the wrist. Acupuncture at the Neiguan point primarily helps treat heart palpitations, high blood pressure, epilepsy, asthma, stomach pain, nausea, and vomiting.

The Zusanli acupuncture point is about 3 to 4 inches below the center of the knee. It has the function of regulating the stomach, replenishing energy, promoting circulation through the meridians, and dispelling wind and dampness, according to the language of Traditional Chinese Medicine.

Modern scientific research confirms that performing acupuncture on the Zusanli point stimulates the stomach and intestines, as well as a variety of digestive and enzyme activity.

It can increase one's appetite, help digestion, enhance the ability of the brain, improve heart function, increase red and white blood cell production and hemoglobin and endocrine hormone levels, and improve the body's resistance to disease.

Acupuncture on the Zusanli point also helps prevent stomach and abdominal pain, vomiting, constipation, diarrhea, hepatitis, gall bladder inflammation, and high blood pressure.

Zusanli, Hegu, and Neiguan are three of the main acupuncture points used by ancient physicians in medical treatment.

In recent years, Chinese scientists have discovered that massaging these three acupuncture points benefits the body's nerves, muscles, tissues, and organs; positive effects surpass that of any physical sport. Press the Zusanli, Hegu, and Neiguan points for five minutes each, pressing the point 15-20 times with the

Class calendar

September

- 6 Chinatown trip
- Roselle Park District, Roselle, IL
- 8 TheosoFEST
- The Theosophical Society, Wheaton, IL
- 14-16 World Ki Gong Annual Clinic
- San Diego, CA
- 19 Longevity & Blood Circulation exercises
- Bloomingdale Park District, Bloomingdale, IL
- 29 T'ai Chi Qigong Shibashi
- Relax 4 Life, Barrington
- 30 Reiki Level 1
- The Lighthouse Center, Winfield

October

- 3 Say Goodbye to Anatacids
- Carol Stream Park District, Carol Stream, IL
- 5-7 Labyrinth Society Annual Gathering
- Woodstock, IL
- 10 50 Secrets of the longest living people
- Bloomingdale Park District, Bloomingdale, IL
- 12 Salt Cave & Qigong
- Salternative, Batavia, IL
- 21 Reiki Level 2
- The Lighthouse Center, Winfield, IL
- 24 Discover the secrets of Chinese Health Balls
- Carol Stream Park District, Carol Stream, IL

November

- 7 Yoga Nidra
- Bloomingdale Park District, Bloomingdale, IL
- 11 Reiki Level 3
- The Lighthouse Center, Winfield, IL
- 17 Healing Sounds & Health Balls
- Relax 4 Life, Barrington, IL
- 28 Qigong
- Bloomingdale Park District, Bloomingdale, IL

December

- 5 Annual Student Dinner
- Silverado Grill, Elmhurst, IL
- 9 Energy Protection
- Relax 4 Life, Barrington

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.



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- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

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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.

Saturday,
Sept 29th

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,
Nov 17th

9:00am

- 5:00pm

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



七星武道

Relax4Life

26402 Edgemoor Lane, Barrington, IL 60010

To register call 847 842 1752 www.relax4life.com

