

Yoga Nidra for Valentines Day



6:30pm Thursday, February 14th
Bloomingdale Park District
Call: 630-529 3650 (see p8)

Experience the art of yogic sleep, an enjoyable & easy practice that everybody can do. Singles & couples welcome!



COMPLEMENTARY Spring 2019 HEALTH & EXERCISE

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

Volume 13, number 1

www.7StarsMA.com

Circulation: 400+

Not What You Think

When I first began practicing Zen under Dainin Katagiri Roshi, he asked me to comment on a Zen koan. I told him, in all honesty, that I found the koan puzzling. Immediately his face wrinkled up as if he had bitten into a lemon. "Not puzzle!" he shouted. He quickly made it clear to me that Zen teachings are not puzzles to which we students are expected to come up with clever answers.:

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Full class schedules and more!

20 Reasons Spending Time Alone is Essential for Your Health

Too often these days it can feel like you're inundated. Even when you're taking a break from the hustle and bustle, thanks to social media and the all-hours culture of our modern existence, you're never really taking a break.

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FEATURES

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

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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.

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

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

Contact Reverend John

630 229 4434

John@HolisticCeremonies.com

www.HolisticCeremonies.com



Complementary Health & Exercise

Spring 2019

Editor & publisher - John Robertson



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Seven Stars
Martial Arts



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A Zen Koan

"If you master one circle, have you mastered all circles?"

Editor's Notebook

Welcome to another new year! This issue we have decided to focus on the mind with articles on time alone and Zen Koans. As we have spent a little more time in classes on acupressure recently, I have included an article explaining the process a bit more, and some points for anxiety and nervousness that we don't include in class.

Our classes move to Arizona for January, we will be teaching at least 3 weekend seminars in Sierra Vista. These classes are open to everyone and details are on our website on the Qigong page, and on our Google calendar on the students page. We will be offering an online option to join us for Qigong classes, probably Monday, Wednesday and Friday mornings. Watch out for a flyer in class.

Remember our new sessions in Illinois begin the first week of February, and our full 2019 Tai Chi schedule is online on our website, our Google calendar is also on our website now so you can see all we have planned 100% up to date. If you use Google calendar you can add it to your own and see everything in one place.

Now you can arrange your vacations without missing a class! Our 2019 schedule closes before Thanksgiving, and moves to Arizona for December and January, restarting once again in February of 2020.

We also have plenty of seminar type classes which run just one time.

Back by popular demand is our outing to the salt cave, Combining a 45 minute Qigong class and a 45 minute salt cave session, gives a nice blend of activity and relaxation. The salt cave is especially helpful to those with breathing issues. Sign up with your instructor quickly as this class always sells out and spaces are limited.

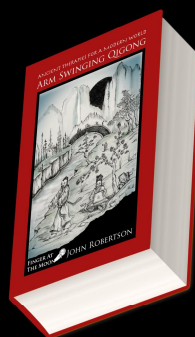
John Robertson

*"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!

ANCIENT THERAPIES FOR A MODERN WORLD

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20 Reasons Spending Time Alone Is Essential for Your Health

by Adam Bible 7/6/2018

Continued from page 1:

It all adds up, work and play and notifications and social commitments rolling together to create a tiresome mosaic of constant stimulation. Put another way: life can be exhausting. Which is why, every so often, you should steal a moment to yourself. Entirely to yourself.

Yes, scoring some quality "me time," even if it's just an hour or two a week, has been shown to enhance relationships, help folks prioritize responsibilities, and clarify lofty ambitions, like life goals and overall direction.

It's also been shown to help physiologically, and is a known method for improving your sleep habits and dialing back undue feelings of stress. But that's not all! Herein, we've rounded up all the ways "me time" can help make you healthier, wealthier, and wiser individual.

1. It Makes You Feel Rested

Succumbing to sometime-seclusion can be a good way to recharge and make yourself feel rested, says a survey of over 18,000 people living in 134 countries. The participants in the research were asked about a wide range of activities and told to note the ones that made them feel most rested. "Spending time alone" was the top choice, with "reading" and "being in nature" rounding out the podium.

2. It Squashes Stress

Being bored and alone shuts off the parts of the brain that promote heightened awareness, which can help lower stress, says research from the University of Rochester. The set of studies showed that just 15 minutes untethered from your digital device allows for better emotional control, with the authors writing: "people can use solitude, or other variations on being alone, to regulate their affective state."

3. It Defeats Depression

It may seem counterintuitive, but being alone can actually help fight depression. Studies from the University of Illinois at Urbana-Champaign found that people who spend more time alone have lower risk of depression. The research showed that those who spent an "intermediate amount of time alone were better ad-

justed" and that solitude seekers reported less depression throughout their lives.

4. It Bolsters Mental Strength

Most people get antsy or nervous when tasked with being alone for a long amount of time. In fact, a 2014 study from the University of Virginia showed that most people would rather shock themselves than spend time alone with their thoughts! But confronting uncomfortable situations, like pushing yourself to sit through extended periods of solitude, has been shown to increase mental strength.

5. It Makes You Happier

Want to get happy? Set aside time off for some alone says 2016 research published in the British Journal of Psychology. The study tracked over 15,000 adults and found that "individuals experience lower life satisfaction with more frequent socialization with friends." The study showed that being alone had the biggest positive effect for more intelligent people.

6. It Builds Greater Compassion

Taking time to hang out in isolation can have the character-building complement of boosting empathy, says a study conducted at Harvard University. Researchers found that sessions in solitude helped feel and better understand the experiences and plights of others, allowing them to delve deeper into compassion with real sincerity.

7. It Boosts Creativity

Studies have shown that practicing a type of "social withdrawal" can have a positive effect. Recent research published in Personality and Individual Differences showed that creativity is linked directly to turning within and becoming unsociable "not shyness or avoidance" for short periods of time.

8. It Improves Your Life

The myriad of improvements that can arise from being alone "better creativity, stronger relationships, less stress" all snowball together to make your entire life a better one. Getting in touch with your true thoughts, which are much easier to access while in seclusion, will give you a much fuller and fulfilled existence.

9. It Reboots your Brain

If you are always trying to impress people or constantly socializing, your brain doesn't have the time to fully relax. Indulging in alone time with no distractions and demands on attention allows your brain to clear itself and focus on resting and unwinding the multiple threads that make up your daily life.

10. It Recharges your Batteries

Constantly being around people is a good way to feel exhilarated for the super extroverted, but it can also feel incredibly draining, no matter your personality type. Being alone allows you to regain your emotional bearings and recharge your energy stores. You'll feel refreshed and full of verve, ready to get back out in the mix.

11. It Builds Self-Reliance

When you are surrounded by other people for a large part of your day, relying on them for advice, opinions, and assistance can lull you into a kind of emotional dependency that can keep you from being self-reliant. If you want to feel independent in your life, you need to have the assurance that being self-confident can bring.

12. It Boosts Problem-Solving

Sometimes when grappling with a particularly thorny problem at work, or trying to figure out a way to solve a quandary in your personal life, the constant din of other incoming information from other people or digital devices can keep the solution at bay. Taking time to be alone and let your brain mull over the problem with no other distractions can reveal the answer.

13. It Improves Concentration

Distractions and interruptions are constantly being thrown at you during the day, from the daily barrage of emails to requests from co-workers. When you set aside some serious alone time it can help cut out the majority of those disturbances, allowing you to better concentrate on a problem or work task.

14. It Increases Productivity

The improved concentration that solitude can give you will then often translate into your productivity being boosted. The ability to focus intently on a project when holed up all by yourself will permit greater gains and better insights.

15. It Sharpens Your Memory

Studies have shown that brain power can be bumped

Continued on page 18:

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
February 4th - April 29th

The Theosophical Society
1926 N Main St, Wheaton, IL 60187
630-668-1571

50 Secrets



Of the world's



longest living



people

February 6th ~ 6:00pm



4 Reasons to Spend Money On Experiences, Not Possessions

BY CHASE HOLIK

They always say that money can't buy happiness.

That is true to a point, but money can make you happy in different ways. We live in a world where we constantly seek out instant gratification. We always have to have the latest and greatest technology out there, even though we are completely satisfied with what we have.

Satisfaction, however, will only last so long before we have to seek out other means of making us happy. Whether it is buying the newest phone or the greatest television, we will definitely be happy, but that happiness will wear off eventually.

Experiences have somewhat of an opposite effect. If you plan a big vacation, it may seem like a financial burden at first, but once you experience the new place, it seems well worth the money.

You won't talk about your new phone purchase five years from now, but you will definitely be talking about a great experience that you had.

1. Nature can be the best experience

It's not always necessary to spend a lot of money to get a good experience. With the busy life that you lead, take a break sometime and go sit in the park or near a body of water. Try not to think about anything and just observe nature and your surroundings. You never know what you could see that could change your perspective on life.

2. You will talk about trips for years to come

Whether you go on a vacation with just your significant other or your family members, you will always talk about your experiences. You could spend a thousand dollars on a new TV that you will enjoy for a few years until it gets outdated, or you could spend

that money traveling to a new destination and experiencing new things. Chances are that you will be more fulfilled when you get a new perspective on a different city, state or country that will have you talking about it for years to come.

3. Money isn't such a burden when you are happy

Talking about a trip that you made in the past just naturally makes you happy. You can't say that about any possessions that you purchased. When you experience a new place or new environment, you will likely find yourself saying, "This was worth it!" It's hard to say that about the newest gadget that you bought, even if it did change your life at the time.

4. Experiences are meaningful to you

Let's face it; money can be tough to come across nowadays. It seems like we are all trying to save enough money just to be able to survive when we can retire. Yet, almost all of us take some sort of big vacation once every few years. The reason why is because they actually mean something important to you. Whether it's just a getaway for a weekend or a week-long trip with your family, it's moments like that which you cherish. Those experiences are what make the money seem meaningless.

If you are truly looking to live a more fulfilling life and create memories, experience new things rather than buy new things.

You may find that you are happier even when you spend less money. Take some time to create your own experiences to see what makes you truly happy.

You may be surprised to find out that money doesn't buy your happiness, and that all you need is to experience new things in order to get the gratification you need to be happy..



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 15th
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 20th
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 17th
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.

February 14th ~ 6:30pm



Subduing Ambition

By Deng Ming Dao

Although I am a third generation Chinese American, I inherited the immigrant mentality of driving hard to get ahead. That can become compulsion rather than sturdy moral character.

This intersects rather unfortunately with practice.

Yes, I advocate working every day toward Tao.

But if that gets hitched to a toxic work-ethic, it's dangerous. My master, for example, spurred us to work harder at each practice session, allowing no rest from brutal self-improvement.

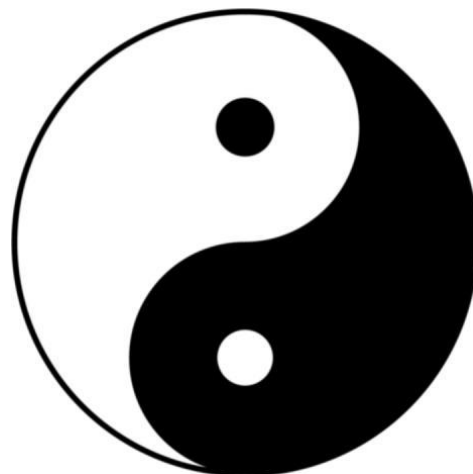
How ironic that a dedicated method too easily becomes an obsession.

It's futile to pursue spirituality by excessive effort.

The classical texts say to live a simple life.

Wuwei means not to strive. Avoiding the pursuit of fame is its own reward.

Practice should just be a part of one's daily life, with no worry about excessive accomplishments.



Spirituality is best when it's a natural part of our day.

Practice should be a part of life and we should not incinerate our lives straining to be bright.

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.

February 13th ~ 6:00 - 9:00pm

630-784-6100



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:
February 7th & April 4th

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:
February 5th & April 2nd

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:
February 7th & April 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

Continuing students meet every
Tuesday 2:00-3:30pm

classes start:
February 5th & April 2nd

Call: 630 834 8970



Not What You Think



Introduction to The Iron Flute by Steve Hagen

People often think of koans as riddles or problems that need to be solved. But this is not the case at all. With every koan, the point is not to arrive at an answer through our ordinary, conceptualizing minds. Rather, the point is to see for ourselves that our concepts can never provide us with a satisfying answer. (This is not that satisfaction cannot be found. It can, but not through any concept or explanation.)

Unlike school exams, koans are not a matter of coming up with the right answer and thereby winning an endorsement or gaining the teacher's approval. There is a great deal more at play in these exchanges between Zen teachers and their students. Indeed, if it were merely a matter of coming up with the right answer, you could simply look it up in one of several volumes that claim to provide answers to koans. But in an exchange with a true teacher, this isn't going to do you much good. If you don't understand the heart of a koan, it will be quite obvious the moment you're asked a follow-up question— one that's not in one of the books.

No concept, no idea, no piece of intellection will ever

give you the answer. Whether we're talking about life or koans (the same thing, really), there are no pat answers or solutions.

For this reason, koans have often been labeled anti-intellectual, or irrational, or as invitations for us to abandon ourselves to our impulses or our irrational minds. Indeed, some people unfamiliar with Zen think that Zen practice is about acting strange and silly, or making outlandish statements, or forgetting everything and just letting the flowers bloom. Some scholars and writers have even claimed that the purpose of koans is to break down and destroy the intellect. None of this, however, is true.

Though koans do reach beyond reason, they're not a call to destroy or deny the intellect. They simply point out that Reality is not to be captured in a thought, or a phrase, or an explanation. Reality is the direct seeing of the world as it is, not as our intellects map it, describe it, or conceive it.

It's not that human intellect is bad or that we must get rid of it; but we must bring ourselves back to the fact

Yoga Nidra Guided Meditation

Experience the art of yogic sleep,
an enjoyable & 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.



Relax & Release

January 12th ~ 6:00pm-8:00pm



Starworld Academy
2099 E Fry Blvd, Sierra Vista, AZ, 85635

Call 520 378 0047 to register

SEVEN DAYS WITHOUT KI GONG MAKES ONE WEAK!

Friday, Jan 11th 6-9:00pm An Introduction to Ki Gong!

Learn what Ki Gong and Qigong are, the benefits of practicing, and what it can do for you. Learn the theory and philosophy behind the exercises. Plus a short sequence of simple movements, and an easy form of meditation that can get you started the very next day!

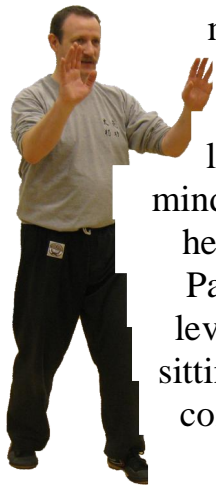
Saturday, Jan 12th 9-12:00am Ki & Ki Gong, Qi & Qigong

What is Ki or Qi? And how can we use it to promote our health and wellbeing?



Learn and practice the movements that are the foundation all the other exercises are built on. Plus a simple form of meditation anyone can do!

Saturday, Jan 12th 1-4:00pm T'ai Chi Qigong Shibashi



Shibashi is a sequence of simple movements that improve balance and flexibility, enhance breathing and circulation, and relax both body and mind. T'ai Chi has been proven to help reduce the risk of falling. Participants work at their own level and can do the entire class sitting down, if desired. Learn the complete 18 movement form in one afternoon.

Saturday, Jan 12th 6-8:00pm Yoga Nidra Guided Meditation

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.

Just \$30 per class or register for all for only \$97!

All these classes are suitable for participants of any age, experience, and ability. They are just as effective seated as standing, making them particularly suitable for those who have difficulty, or who cannot stand.



Starworld Academy of Tang Soo Do
2099 E Fry Blvd, Sierra Vista, AZ 85635 ~ 520-378-0047

SEVEN DAYS WITHOUT KI GONG MAKES ONE WEAK!

Friday, Jan 18th 6-9:00pm
Yang 24 T'ai Chi Ch'uan

Practiced by millions of people everyday, they consider it to be an integral part of their lives, giving them good health, a calm stress-free mind and a flexible body.

Through gentle movements T'ai Chi promotes serenity and relaxation; connecting the body, mind and spirit, balancing your life.

Saturday, Jan 19th 9-12:00am
Ki Gong (Qigong)

We start by experiencing the Arm Swinging Exercise, Fragrance Ki Gong & Shaking.

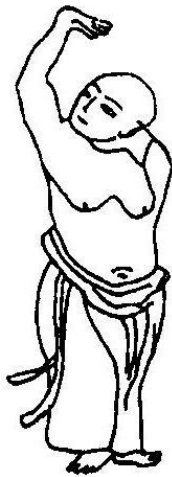


You have the option to learn those & the basic movements in detail or Eight Pieces of Brocade.

Saturday, Jan 19th 1-4:00am
Ki Gong (Qigong)

Learn and practice the Rejuvenation Sequence, a self massage and stimulation exercise

Plus the 12 Points Tapping Routine & The Muscle Tendon Changing Classic.



Saturday, Jan 19th 6-8:00pm
Singing Bowls Healing

Singing Bowls are a powerful way to bring your body & mind into balance, combat physical pain, low energy and depression.

They can shift your being from a state of suffering into a state of healing & clarity giving you a super-charged sense of well-being!



Just \$30 per class or register for all for only \$97!

All these classes are suitable for participants of any age, experience, and ability. They are just as effective seated as standing, making them particularly suitable for those who have difficulty, or who cannot stand.



Starworld Academy of Tang Soo Do

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SEVEN DAYS WITHOUT KI GONG MAKES ONE WEAK!

Friday, Jan 25th 6-9:00pm Discover the Secrets of Chinese Health Balls!

In use for over 2,000 years, Health Balls can improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists. They can relieve joint stiffness and soreness, relax muscles and joints.

Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.



Saturday, Jan 26th 9-12:00am Yin & Yang, Five Element theory & Meditation

Gain an understanding of the concepts of Yin & Yang, how they change into each other and how they describe the very fabric of the universe and how it changes.



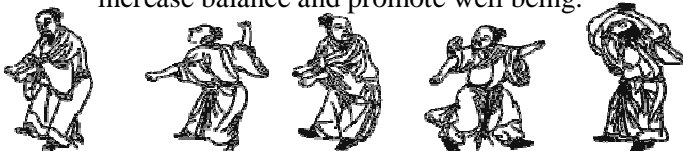
Learn a meditation that can connect you to those energies, helping you to live life in harmony with the universe allowing you to live a longer, happier, healthier life.

Saturday, Jan 26th 1-4:00pm The Five Animal Frolics

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

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.



Saturday, Jan 26th 6:00pm Bone Marrow Cleansing Meditation

The marrow within our bones is the source of all the tissues within the body, the source of our stem cells.



When our bone marrow is clean, healthy and full of vibrant energy, the tissues we create will be healthy and help us live a long and healthy life. Cleanse your bone marrow in a guided meditation.

Just \$30 per class or register for all for only \$97!

All these classes are suitable for participants of any age, experience, and ability. They are just as effective seated as standing, making them particularly suitable for those who have difficulty, or who cannot stand.



Starworld Academy of Tang Soo Do

2099 E Fry Blvd, Sierra Vista, AZ 85635 ~ 520-378-0047

**SEVEN DAYS WITHOUT KI GONG
MAKES ONE WEAK!**

Sunday, January 27th 9-12:00am Healing Hands Ki Gong

Develop a connection with your own Kì in order to cultivate the mind-body connection, create healing within and promoting your well being. From this a person can develop their healing ability, to help others heal.



When a person is brought into a state of deep relaxation, either by themselves, or by another, the bodies own healing response is triggered, producing the medicine within the body that rejuvenates, the internal organs and all the functions of the body; helping promote well-being and prolonging life.

Learn to use the energy of the universe to create healing within yourself and others in a practical hands on class!

Only \$30! or add onto other classes for just \$25!

All these classes are suitable for participants of any age, experience, and ability. They are just as effective seated as standing, making them particularly suitable for those who have difficulty, or who cannot stand.

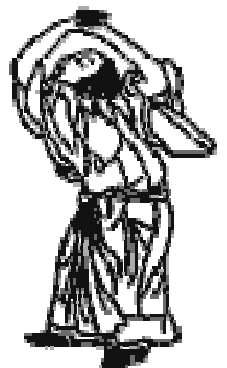


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**SEVEN DAYS WITHOUT KI GONG
MAKES ONE WEAK!**

January Ki Gong class sign-up bonus!

Register for all 3 weekends
before January 5th and pay
just \$247 for all 12 classes,
plus attend the Healing
Hands class free!



Starworld Academy of Tang Soo Do
2099 E Fry Blvd, Sierra Vista, AZ 85635 ~ 520-378-0047

that the intellect can only construct models of Reality, never Reality itself. Our problem, however, is that we get taken in by our mental constructions, mistaking them for Reality. The fact is that Reality cannot be constructed, nor does it need to be. It's already here and we're all inseparable from it. If we could only see this, we'd be freed from a great and painful burden. We'd no longer be confused or cowed by human life.



Another common misunderstanding of koans is that they are exercises of wit in which the teacher asks the question, and the student must immediately come back with an adroit response. In this erroneous view, koans are a jousting game in which teacher and student strike and counter-strike, each trying to best the other. Though some teacher/student exchanges may give this appearance, to use the model of a debate or contest is to miss the point entirely.

Koans also have a reputation for being paradoxical, enigmatic, and inscrutable and, thus, Zen itself has gotten a reputation for being the same. But koans themselves are not paradoxes at all. Rather, they direct our attention to the sense of contradiction or paradox that naturally arises in any conception of the world. Koans help us to see that these apparent contradictions in fact occur only within our minds, not within the world itself.

Rather than serving up an idea or conceptual framework that will supposedly save us, koans help us to recognize how we constantly do indeed reach for pre-fabricated explanations and answers. They also help us to see that this never gets us anywhere. Indeed, it is this very grasping for conceptual solutions and explanations that causes us so many problems. Yet even as we grasp at concepts, we overlook the supreme treasure that is right at hand Reality itself.

The term koan is generally translated as "public case." But what, exactly, makes a koan public? Simply this: every koan is a finger pointing to Reality, to what is right now, right here. Reality is totally and immediately available to everyone all the time. It doesn't have to be transmitted to you by a teacher. In

fact, it can't be. You can't get it from a book, either. Nobody can hand it to you. It's already right here. We're inseparable from it. There's nothing in our experience more public than Truth or Reality itself.

The koans presented in this volume were collected in the eighteenth century C.E. by Genro, a Soto Zen master. This may seem somewhat unusual, since koans are thought to be more

widely used by Rinzai Zen teachers. The Soto school generally does not use koans in one-to-one teacher/student interactions. This is probably due to Dogen Zenji, who transmitted Soto Zen from China to Japan in the thirteenth century C.E. Though he used koans as teaching stories, he frowned on their regular use as hoops for students to jump through. He found such graduated training to be wide of the mark and short on delivery.

Dogen defined the term ko as "sameness" or "ultimate equality." According to Dogen, every thing, thought, or emotion we encounter or experience is an equal and necessary component of Reality. Nothing is superfluous. Nothing is left out. In fact, nothing can be left out. Whether we recognize it or not, we're always dealing with Totality, which is utterly beyond our concepts of part or whole, equal or unequal.

The term an, according to Dogen, means that everything within Totality has its own natural territory or sphere. For Dogen, then, a true koan is an authentic expression of the merging of difference and unity, the thoroughgoing interpenetration of the Whole and its parts.

Related to the matter of Totality is non-duality. Our conceptualizing minds are highly dualistic. They keep themselves busy thinking, analyzing, controlling, and scheming. To such a mind, everything is either good or bad, right or wrong, friend or foe, this or that or else off our personal radar altogether. But koans point beyond all this, to the immediate and first-hand non-duality of Reality. Koans are expressions of immediate awareness before we categorize, label, arrange, or evaluate everything.

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:
February 6th & April 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:
February 7th & April 4th

Call: 630 595 9333

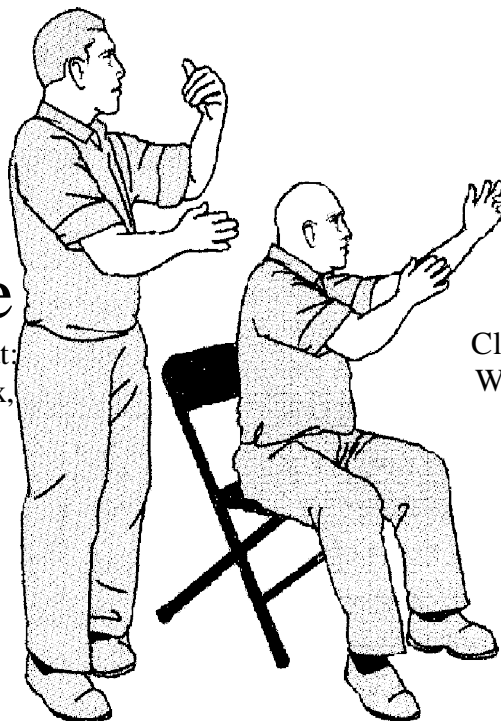
Bloomingtondale

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:
February 7th & April 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:
February 7th & April 4th

Call: 630 595 9333



Koans also point to the freedom of non-attachment a major theme in Zen. Non-attachment is the recognition that thoughts of "this is right and that is wrong," "this we should do and that we shouldn't do," "it ought to be like this," or "this is what I want, and that is what I don't want," only serve to make our lives complicated, contradictory, confusing, and ultimately unbearable.

Such thinking fills our hearts and minds with longing and loathing all of which drives us to anger, frustration, and despair. Koans cut through such confusion and draw our attention to things as they are, before we make judgments about them and create contradictions for ourselves.

Non-attachment is not the same as detachment. Detachment presumes the realness of the objects of our longing and loathing, then counsels us to turn away from them. It's an attempt to escape from Reality. But there is no escape from Reality.

Non-attachment, on the other hand, is to see the emptiness, the non-particularity, of every thing or thought we encounter.

Koans speak of genuineness and ordinariness actual, True, Reality without any need for explanation, embellishment, or improvement. They remind us that we don't need to push the river, or add legs to the snake.

Reality is always right there, out in the open a public case. Dealing with it is forever a matter of calming down, focussing, and noticing how we spend the greater portion of our time explaining everything to ourselves. Koans like meditation are a practical way of watching our own minds, paying careful attention to what is really going on, and perceiving Reality directly, free of our ideas about it, explanations for it, and habitual responses to it.

In short, koans are serious business. They're about life and death, about all our deepest questions and concerns the ones that are most immediate, urgent, and unavoidable. Life isn't a matter of pleasing the teacher or getting the right answer or passing a test. Koans direct us to be present with what is going on now, and to notice how our minds respond to this.

Once this is seen, there's no wasting of the day, or yourself, or the world. What binds you drops away, and you will let it go.

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.

March 20th ~ 6:30pm

630-784-6100



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.

April 3rd ~ 6:30pm





Saturday, April 27, 2019

Morning in Wheaton, IL 9:00am-11:00am

Afternoon in Winfield, IL 1:00pm-4:00pm by Renee Ryan

You are invited to participate in the 21st annual World Tai Chi and Qigong Day.

This international event is aimed at bringing about greater awareness of this beautiful and healthful practice.

On Saturday, April 27th this event will begin to unfold in New Zealand and continue around the world as one continuous wave of human movement focused on healing the planet as we heal ourselves.

People participate in over 80 countries around the world.

Our global health education efforts have been officially recognized by Governors of over 22 US States, the Senates of New Jersey, New York, and Puerto Rico, and the State Legislature of California, and in September we have been invited to provide the 1st in history Tai Chi & Qigong Presentation and Keynote Lecture for the National Institutes of Health in Washington D.C., says Bill Douglas, founder of World Tai Chi & Qigong Day and Tai Chi teacher & author.

Morning in Wheaton Illinois 9:00am-11:00am at

The Theosophical Society in America, 1926 N Main Street in Wheaton, will host the event from 9:00am-11:00am, with local Tai Chi and Qigong teachers leading participants in their respective styles.

**This is a FREE event and everyone is invited!
No experience required.**

Afternoon Spring Gathering in Winfield, Illinois 1:00pm-4:00pm at the Lighthouse Center 0 S.165 Church Street in Winfield, and across the street at Creekside Park. There will be demonstrations and lectures on the latest body and mind modalities. Refreshments. Call 630-260-1084 cell: 630-352-9097 for more information. Or like us on Facebook:

www.Facebook.com/WTCD.Chicago

What some of our students are sayingí (fall 2018 issue of ðThe Echoö Windsor Park Manor.)

Bill Williams says: ðTai chi class has been a very positive experience. The exercises can be done standing or sitting, with slow movements, using some muscles a person seldom uses on a daily basis. The activity improves balance and muscle strength.

Fran Anderson says: ðI attend the Windsor tai chi class because it is highly recommended by doctors and other health professionals for maintaining one's well-being. Also, a friend of mine is a tai chi instructor and urged me to participate regularly because of its many benefits, among them improving balance, reducing stress, and creating a positive attitude. The workout is slow and gentle, yet energizing and invigorating.

Tony Lee says: ðí inner chi kung, which will reduce joint pain, lower fluid viscosity and (sometimes) cause a less grouchy temperament. This method has been practiced for thousands of years in Asia and has recently (2018) been adopted by Mayo Clinic for cardiac rehab.

Timing & balance

The presence of both is experienced as a graceful, light, stable bearing and motion.

Too often though, waning strength and balance disrupt timing leading to a fall. Most falls happen while changing direction because we spoil our balance by twisting our torso and knees. We lose control of our center (belly button), losing control of our motion, and hence fall.

Falls also occur when poor posture puts our weight teetering forward on our toes or tottering backward on our heels.

Missteps and obstacles also cause falls.

Just the fear of falling prevents many seniors from being as active as they would like.

All of these challenges can be handled gracefully by following the T'ai Chi principles we learn in class. The practice of T'ai Chi develops the physical control of timing, balance and posture that helps prevent falls and eases stress on the body.

T'ai Chi can also help students create and maintain balance in all parts of their life. It will help bring about a sense of balance between; activity and rest, exercise and relaxation, work and home and much more. This sense of balance improves health, boosts immunity, reduces stress and prevents falls.

Remember it is not the form itself that is the goal, it is the principles that the form teaches that are the important aspect to focus on.

Remember to focus on the moon (principles) rather than the finger pointing at the moon (the form), and you will gain all the benefits that T'ai Chi has to offer.

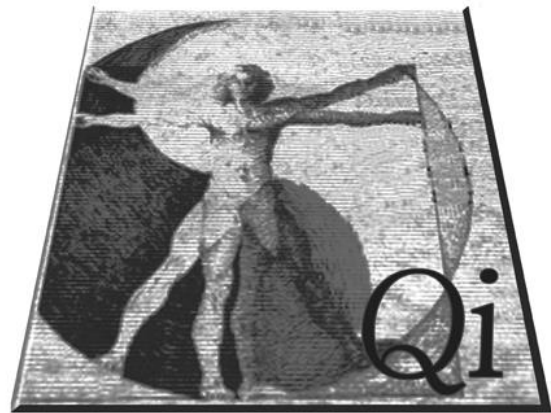
Also remember the fable of the tortoise and the hare, go back and read it again. Make the decision to be the tortoise, to take the journey slowly, deliberately, stopping to smell the roses on the way, you will be successful.

If you let go of the destination, and choose to enjoy the journey you will be successful.

These are the goals we want for all our students.

Saturday, April 27th

World T'ai Chi & Qigong Day



One World... One Breath...

9:00am Introduction & Instruction
10:00am Silent T'ai Chi & Qigong practice

THIS IS A FREE EVENT AND EVERYONE IS INVITED!

No experience required! Beginners welcome!

Theosophical Society in America,

1926 North Main Street, Wheaton, IL 60187

Renee Ryan's Tai Ji & Qigong Schedule

Tai Ji and Qigong movements are simple breathing and movement exercises that help with balance, overall energy, positive attitude, stress management, work performance and brain fitness. Enjoy all these benefits and have fun, too! You will learn the Tai Ji Forms of Renee's teacher, Chungliang Al Huang founder of the Living Tao Foundation.

Tuesdays - Ongoing Practice: Noon-1:00pm.

Thursdays - Ongoing Practice: 6:00pm-7:00pm.
Tuition: \$35 per month, \$10 drop in, \$365 for a year.

The Lighthouse Center

0 S 165 Church St, Winfield, IL 60190.

(630)260-1084, cell (630)352-9097.

www.TheLightHeartCenter.org

Wednesdays - Class: 9:15am-10:30am. Geneva, IL.

Call Renee for details: (630)352-9097

Renee is available for massage, Jin Shin Do® Acupressure & Reiki sessions by appointment.

Acupressure

Acupressure is an ancient Chinese healing method that involves applying pressure to certain meridian points on the body to relieve pain. The human body has fourteen "meridians" that carry energy throughout the body. These meridians start at the fingertips, connect to the brain, and then connect to the organ associated with the specific meridian.

Acupuncture and Acupressure use the same points, but acupuncture uses needles, while Acupressure uses the gentle but firm pressure of hands. There is a massive amount of scientific data that demonstrates why and how acupuncture is effective.

Acupressure is the most effective method for self-treatment of tension-related ailments by using the power and sensitivity of the human hand. Acupressure deals with all the aspects of a person as a whole: body, emotions, mind, and spirit as one, not as separate parts. It relaxes muscular tension and balances the vital life forces of the body.

Common Benefits:

- ÉRelieve stress and tension
- ÉRelax mind and body
- ÉIncrease blood circulation
- ÉAid in the removal of toxic wastes
- ÉProvide relief from head, neck & shoulder aches
- ÉPromote the healing of injuries
- ÉIncrease energy levels
- ÉIncrease overall feeling of well-being
- ÉDecreasing labor pains

Acupressure uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

Acupressure can be effective in helping relieve headaches, eyestrain, sinus problems, neck pain, backaches, arthritis, muscle aches, and tension due to stress. There are also great advantages to using Acupressure as a way to balance the body and maintain

good health. The healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Acupressure focuses on relieving pain and discomfort as well as on responding to tension before it develops into a "disease," that is, before the constrictions and imbalances can do further damage. By using a combination of self-help methods, you can improve your condition as well as feel more alive, healthy, and in harmony with your life.

This treatment involves stimulating the vital-energy points along the meridians on our body to effect maximum energy flow.

According to Traditional Chinese Medicine, there are over 800 vital energy points along the meridians that run from the head down to the heels, especially along either side of the spinal column. (The meridians connect the interior and exterior of the body). Every point has specific therapeutic effects on the related organ. By massaging these points, the corresponding body area receives specific therapeutic treatment. It can be used to treat internal organ diseases, relieve internal discomfort, and relax yourself; or to promote overall well-being of the body.

Western scientists have shown that many of these points are located at key crossways of the autonomic nervous system. This may explain in part why they can affect pain that the patient experiences in a part of the body far from where the pressure is applied.

It's important to drink plenty of warm water after the massage, to help clear away toxic substances in our body.

Caution: If you have a serious illness, or life-threatening illness such as heart disease, or cancer, please consult with your physician before practicing Acupressure.

Acupressure Points for Relieving Anxiety and Nervousness.

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

Points (A) -- Heavenly Pillar

Location: One finger width below the base of the skull on the ropy muscles one-half inch outward from the spine. Benefits: Relieves stress, over exhaustion, insomnia, heaviness in the head, eyestrain, stiff necks, swollen eyes, and sore throats.

Points (B) -- Heavenly Rejuvenation

Location: On the shoulders, midway between the base of the neck and the outside of the shoulders, one-half inch below the top of the shoulders. Benefits: Relieves nervous tension and stiff necks; increases resistance to colds and flu. It is also good for the lungs.

Points (C) -- Crooked Marsh-- on both side of arm

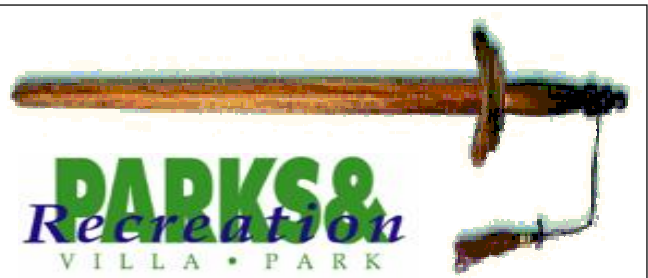
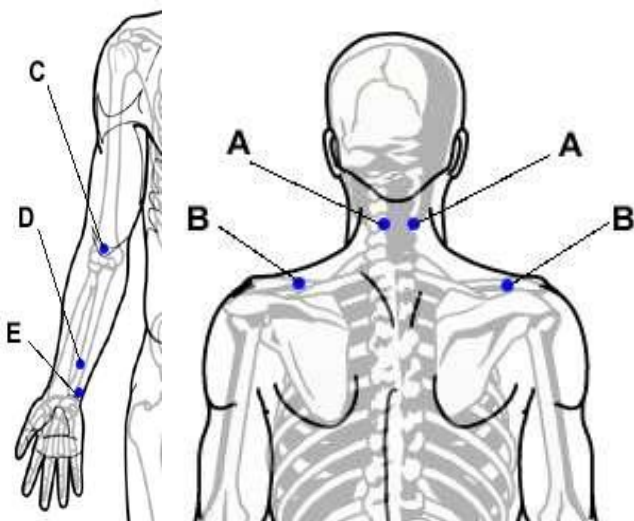
Location: On the inside of the arm at the lower end of the elbow crease when the arm is bent. Benefits: Relieves nervous stomach, anxiety, arm pain, elbow pain, and chest discomfort.

Points (D) -- Inner Gate-- on both side of arm

Location: In the middle of the inner side of the forearm two and one-half finger widths from the wrist crease. Benefits: Relieves nausea, anxiety, palpitations, and wrist pain.

Points (E) -- Spirit Gate-- on both side of arm

Location: On the little finger side of the forearm at the crease of the wrist. Benefits: Relieves emotional imbalances, fear, nervousness, anxiety, and forgetfulness. ☺



T'ai Chi Sword

Classes start:

February 5th & April 2nd
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)

Energy Protection

Do you find it exhausting to be around stressed, negative or just around certain people?

Discover why and how energy can affect you, and learn and practice techniques to protect yourself from picking up unhealthy energy from other people.

CEU's available for Social Workers, Counselors, Psychologists, Massage Therapists, Physical Therapists, Occupational Therapists, Nurses, Nursing Home Administrators, Acupuncturists, Athletic Trainers, Dentists, Dental Hygienists, Dietitians, Nutritionists, Chiropractors, Respiratory Therapists, Marriage and Family Counselors

April 20th ~ 9:00 - 2:30

847 842 1752

26402 Edgemon Lane,
Barrington, IL 60010





SALT CAVE ✦ QIGONG

March 8th ~ 1-3:00pm

Just \$20 cash ~ only 20 places available!

Experience the combination of a Qigong class and a period of relaxation in a salt cave. The salt laden air is great for respiratory problems and skin conditions. The salt particles act as an anti-bacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. These may be coughed up or expelled during the metabolic processes via the bloodstream. The treatment also reduces inflammation in the lungs, thins out mucus build-up, improves lung function and opens up breathing passages.

Salternative Spa

1541 East Fabyan Parkway, Geneva, IL 60134

Continued from page 17:

up by passing time by yourself, but checking out of society for a spell can also sharpen memory. Research out of Harvard found that when people are attempting to complete a task that they know is all on their shoulders, they will remember key details better than those who worked collaboratively.

16. It Helps You Find Your Own Voice

Group think^o the phenomenon of people in a group allowing their opinions to turn toward a consensus^o is real. When you're always around a bunch of people it's hard to separate yourself and find your own voice. Being alone gives you that break and allows deeper thoughts that probe your core being.

17. It Encourages Deep Thinking

The continuous churning of thoughts pinging through your brain that just are solely focused on simple everyday responsibilities can be overwhelming sometimes. Being able to consistently set allot some time to being alone can help your brain brush aside the barrage of baloney and let you think deeply.

18. It Hones Perception

Being forced into conversations and meetings and other group activities can often make it hard for people to step back and recognize details. Getting in some quiet time where you can think freely, without distractions, is a great way to allow yourself to step back and appreciate the details you may otherwise miss while around others.

19. It Fortifies Relationships

It's hard to really know what you want out of life, and in tandem, out of a relationship. But being by yourself for periods of time can help you gain a better understanding of who you are. This self-knowledge is important for building a great relationship with your partner because learning about yourself is the first step for lasting love.

**Absence makes the heart
grow fonder!**

20. It Gives You Freedom!

Really the best part about being alone is that you can do whatever you want! When you earmark a day, or even a few hours, where you indulge in some seclusion and solitude, that time is for you. You can go where you want, eat what you want, and do what you want^o no compromises tailored to other people's desires.

Calendar 2019

January

- 11/12 Intro to Qigong/Foundation/Shibashi/Yoga Nidra
- Starworld Academy, Sierra Vista, AZ
- 18/19 Yang 24/Fragrance/Rejuvenation/Singing Bowls
- Starworld Academy, Sierra Vista, AZ
- 25/26 Health Balls/5 Phases/5 Frolics/Bone Marrow
- Starworld Academy, Sierra Vista, AZ
- 27 Healing Hands Qigong
- Starworld Academy, Sierra Vista, AZ

February

- 6 50 Secrets of the longest living people
- Bloomingdale Park District, Bloomingdale, IL
- 8 Ki Gong Clinic
- Valparaiso University, Valparaiso, IN
- 10 Tai Chi Qigong Shibashi
- Relax 4 Life, Barrington, IL
- 13 Discover the secrets of Chinese Health Balls
- Carol Stream Park District, Carol Stream, IL
- 14 Yoga Nidra for lovers
- Bloomingdale Park District, Bloomingdale, IL

March

- 8 Salt Cave & Qigong
- Salternative, Batavia, IL
- 10 Healing Sounds & Health Balls
- Relax 4 Life, Barrington, IL
- 20 Blood Circulation Exercises
- Carol Stream Park District, Carol Stream, IL
- 23 Ki Gong Clinic
- Range Martial Arts, Virginia, MN

April

- 3 Qigong
- Bloomingdale Park District, Bloomingdale, IL
- 5 Chinatown trip
- Roselle Park District, Roselle, IL
- 13 Ki Gong Clinic
- St Leo Abbey, St Leo, FL
- 20 Energy Protection
- Relax 4 Life, Barrington, IL
- 27 World Tai Chi & Qigong Day
- The Theosophical Society, Wheaton, IL
- 27 The Spring Gathering
- The Lighthouse Center, Winfield, IL

Learning Lunches

Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while Increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



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

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434 John@7StarsMA.com
www.7StarsMA.com/Community/LearningLunches.html

Health and safety education in your location, at your convenience

Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style 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,
February 10th
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.



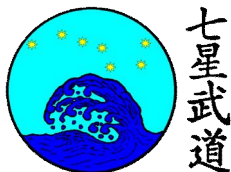
Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

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.

Sunday, March 10th
9:00am - 5:00pm

CEUs available for Social Workers, Counselors, Psychologists, Massage Therapists, Physical Therapists, Occupational Therapists, Nurses, Nursing Home Administrators, Acupuncturists, Athletic Trainers, Dentists, Dental Hygienists, Dietitians, Nutritionists, Chiropractors, Respiratory Therapists, Marriage and Family Counselors



Relax4Life

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

