

## YOGA NIDRA FOR VALENTINES DAY

6:00pm Friday, February 14<sup>th</sup>  
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

## Winter / Spring 2020 HEALTH & EXERCISE

Your source for information on complementary forms of health and exercise

Volume 14, number 1

[www.7StarsMA.com](http://www.7StarsMA.com)

Circulation: 400+

# Where does the Yin - Yang Symbol come from?

☯ is the well-known Chinese Yin - Yang symbol sometimes called Tai-Chi. The Tai-Chi is from I-Ching. The I-Ching is the greatest foundation of Chinese philosophy. Its development is from the natural phenomena of our universe. Because I-Ching comes from nature, it should be easy.

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Full class schedules and more!

# Who was Lao Tzu?

Lao Tzu (Chinese: 老子; Pinyin: Lǎo zǐ; Wade-Giles: Lao tzu; also Lao Tse, Laotze, Lao Zi, and other variations) was a philosopher of ancient China and an important figure in Taoism (also called Daoism). Lao Tzu literally means "Old Master" and is generally considered an honorific.

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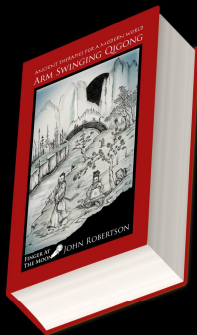
### FEATURES

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# 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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# Complementary Health & Exercise

## Winter / Spring 2020

Editor & publisher - John Robertson



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Martial Arts



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## The Wisdom of Confucius

**"Virtue is not left to stand alone.  
He who practices it will have  
neighbors."**

## Editor's Notebook

Welcome to the latest edition of our newsletter covering December 2019 through to March 2020.

Our Chicagoland park district classes wind down for the year in the week before Thanksgiving, re-starting the first week in February. We will be offering online classes that you can take live, or watch the recording later. As long as you have internet access you can participate. Check out the advert on page 5 for all the details.

As an alternative to online classes you could join the members area of our website. This gives you access to over 50 instructional videos you can watch online, and (currently) 17 guided meditations you can use online or download. Our big project for the winter is to produce more videos to try and cover all our material.

When we return in February we are offering a class on the philosophy and theory that goes behind the T'ai Chi and Qigong exercises we do. Ever wondered what Yin & Yang are. What Qi is? I'll be trying to explain all these and more in a 5 week series. Check out the advert on page 7. This class will also be available to take online if you can't make it in person.

We wish you all a happy and safe holiday season, and remember it is better to arrive late and safe than not at all. Take care everyone!

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

## MEMBERS AREA

Containing over 50 instructional videos and audio files of:

- \* Opening (Warm-up) movements
- \* 12 Points Tapping Routine
- \* Arm Swinging
- \* The 8 Step T'ai Chi form
- \* T'ai Chi Qigong Shibashi
- \* Yang 24 posture form (8 split screen videos)
- \* Yang 32 posture sword form
- \* Foundational movements
- \* Silk Reeling
- \* Six Healing Sounds
- \* Acupressure rings
- \* 7 Steps to a New Life
- \* 100 Pace Walking
- \* Chinese Health Balls
- \* Cross Lateral Training
- \* Guided Meditations (17+)

*Ask us in  
class about  
special  
offers!*

Plus more than 10 complete T'ai Chi for Health classes covering the 18 Form, Fragrance and Horse Form are also online.

With more files being added periodically. Your membership gets you unlimited access to all this, and to everything being added!

Access the members area anywhere you have internet access!

### Membership Options

Monthly membership:  
\$10 / month - cancel at any time

Yearly membership:  
\$100 / year ~ save \$20!

Lifetime membership:  
\$497 unrestricted lifetime access

Watch out for special offers available in class!

<http://7starsma.com/students/studentmembership.html>



# Feng Shui ~ Where It All Began

By Juliette Looye, M.Ed

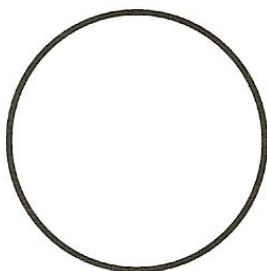
The symbol at the center of the bagua map is called the tai chi ("tie chee"). It is a onedimensional representation of yin and yang- the perfect balance of complimentary opposites.

Examples of yin and yang include female (yin) and male (yang), darkness (yin) and light (yang), stillness (yin) and motion (yang).

The tai chi, or yin-yang symbol, also represents the constant flow and change of energy.

As each day changes into night, for example, our bodies, as well as our surroundings, go from being awake and active (yang energy) to being dormant and inactive (yin energy). As one day flows into night, and then into another new day, yin and yang energies transform themselves endlessly, one into the other. The tai chi illustrates this idea beautifully. In essence, it is a nutshell representation of the Taoist ("DOWist") belief that everything in the universe is created by-and returns to-the same source: the Tao ("dow"). If you're not Taoist, you might call this source God or the Creator.

To gain a better understanding of this concept, it might help to study its symbol. Here's an explanation of the tai chi, or yin-yang symbol, one part at a time.

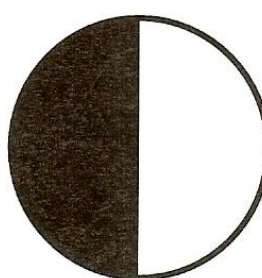
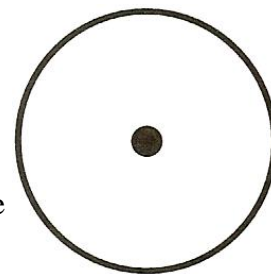


According to Taoist theory, the first stage in the creation of everything in the universe is called wu chi. Wu chi means "primal energy," the source of all things. The Chinese depicted this primal energy in the form of a

circle. This makes a lot of sense because when you look at a circle, it's both empty and full at the same time. So the wu chi circle is like a womb or an egg that is alive itself, yet waiting to hold life.

In the next stage, the "egg" is fertilized. A dot, or

"seed," appears in the circle and causes a change in its energy. Whereas the energy of the egg is calm and still, the energy of the seed is lively and active. So the once solitary circle is now two entities, each with its own energetic force.



As the seed begins to grow, the two energetic forces keep shifting and changing. Soon each force fills one half of the circle.

The dark half represents yin energy (female); the light half represents yang energy (male).

Next, the two energies begin to swirl around each other and "embrace." The two forces are so perfectly balanced that they mirror each other like a photograph and its negative. In the tai chi symbol at the right, the outer circle still represents what it did in the beginning: wu chi-nothing and everything at once- undifferentiated potential.



However, inside the circle now exist yin and yang, two equal-yet-opposite forces in perfectly balanced motion.

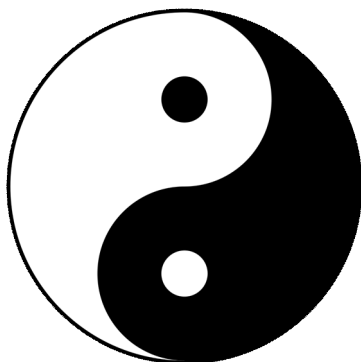
Although the tai chi symbol is static and one-dimensional, it is important to remember that it represents an energetic force that is multi-dimensional and ever-changing. The two dots in the symbol are there to remind us that there is always a seed of yang energy growing inside the yin, and there is always a seed of yin energy growing inside the yang. In this way, the two energies are constantly giving birth to-and returning to-each other..

# *Yīn* 陰 & *Yáng* 陽

John Robertson

The principle of *Yīn* 陰 and *Yáng* 陽 theory originated in the interest the Chinese had in the relationships and patterns that occurred in nature.

Rather than seeing isolated things, they viewed the world as a harmonious and holistic entity, where no single thing could exist unless it was seen in relation to its surrounding environment.



Through careful, prolonged observations over thousands of years they developed a theory that describes the way phenomena naturally occur in pairs of mutual complementing opposites, such as heaven and earth, sun and moon, night and day, winter and summer, male and female, up and down, inside and outside and many more.

The theory is based on the two basic components of *Yīn* 陰 and *Yáng* 陽, which are neither material nor energy. They are a method of explaining the relationships between things.

The Principles of *Yīn* 陰 & *Yáng* 陽 are:

- Everything has a *Yīn* 陰 and a *Yáng* 陽 aspect.
- Any *Yīn* 陰 and *Yáng* 陽 aspect can be broken down into *Yīn* 陰 and *Yáng* 陽.
- *Yīn* 陰 and *Yáng* 陽 mutually create each other.
- *Yīn* 陰 and *Yáng* 陽 control each other.
- *Yīn* 陰 and *Yáng* 陽 transform into each other.

## Online Classes

Join our Qigong class twice a week through the winter online via Zoom.

Can't attend in person? Watch the recording later that day in your own time.

The class focuses on the T'ai Chi Qigong Shibashi sequence, and may include Fragrance Qigong, Horse Form & more.

December 3<sup>rd</sup> to January 23<sup>rd</sup>

Tuesday & Thursday 8:00am  
Arizona time (8 weeks)

Register online at:  
[http://7starsma.com/  
taichiclasses/  
taichiforhealth.html](http://7starsma.com/taichiclasses/taichiforhealth.html)



## Online Classes

Join our T'ai Chi for Health class 3 times a week online via the Zoom app.

Can't attend in person? Watch the recording later that day in your own time.

The class focuses on the T'ai Chi Qigong Shibashi sequence, and may include Fragrance Qigong, Horse Form & more.

Running for 7 week sessions beginning  
February 3<sup>rd</sup> & March 30<sup>th</sup>

Monday 1:00pm  
Wednesday 11:00am  
Friday 10:00am

Register online at:  
[http://7starsma.com/taichiclasses/  
taichiforhealth.html](http://7starsma.com/taichiclasses/taichiforhealth.html)



# Energy - Qi 氣

John Robertson

Originally, Energy - Qi 氣 referred to the steam or vapor coming from boiling rice. There is no adequate English translation for Qi, nor is there any all-encompassing, equivalent concept in Western thought or science.

It has been rendered variously as energy, vital energy, pure energy, force, material force, spirit, vapor, air, etc

The character represents the nourishing vapor or the moistening mist, both of which encompass the atmosphere, furnishing the bodies of all creatures and becoming the source of life.

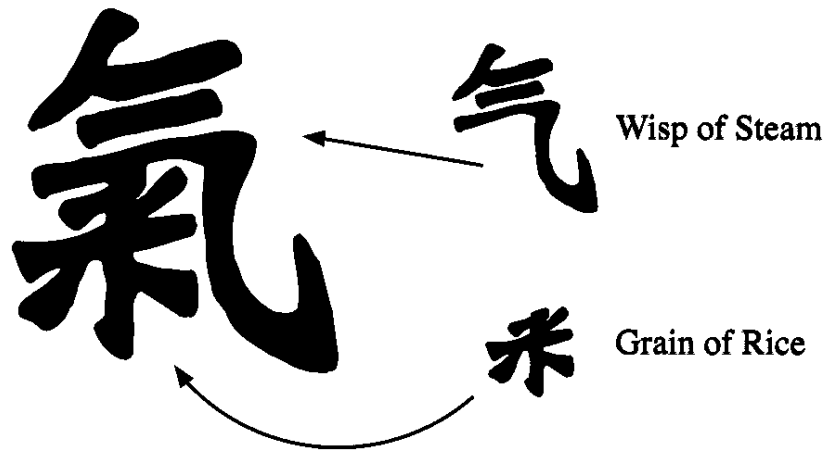
Qi is the idea that the body is pervaded by subtle material and mobile influences that cause most physiological functions and maintain the health and vitality of an individual.

It is the vital force believed to control the workings of the human mind and body. The entire body relies on Qi to function, and health is dependent on the free flow of Qi throughout the body.

The functions of Qi are:

- Transformation
- Transportation
- Containment & Holding
- Raising
- Protection
- Warming

The stresses of daily living and lifestyle can cause problems with Qi; through irregular breathing, poor drinking habits, the incorrect amount of sleep, poor eating habits, uncontrolled emotions, the incorrect amount of exercise, and more, Qi



may become rebellious, deficient, stagnant, or may sink. All of which will cause health problems.

There are many different kinds of Qi. We are born with what is called original Qi, which we get from our parents. This is the Qi that resides primarily in our dantian.

Some types of Qi are:

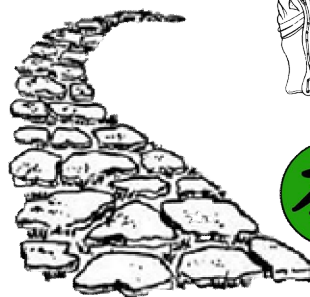
- Air Qi - Kōng Qi 空氣.
- Food Qi - Gǔ Qi 谷氣.
- Gathering Qi - Zōng Qi 宗氣.
- Original Qi - Yuán Qi 原氣.
- True Qi - Zhēn Qi 真氣.
- Nutritive Qi - Yīng Qi 營氣.
- Guardian Qi - Wèi Qi 衛氣.

The Qi that we accumulate during our daily life comes from air we breathe and food we eat. It is said to be cultivated Qi.

Since the original qi tends to be used up, it is important to replenish it. This can be done with breathing exercises such as qigong, meditation, and T'ai Chi Ch'uan



# EASTERN PHILOSOPHY & QIGONG



Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality.

What are the philosophies that lead them to these practices?

Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting.

Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity.

- Class 1: Qi, Qigong  
& Basic Movements
- Class 2: Yin & Yang  
& Fang Sung Kong
- Class 3: 5 Phases  
& 5 Phase Meditation
- Class 4: Channels  
& 12 Points
- Class 5: The Tao  
& Longevity Qigong

The exercises are effective and easy to learn, using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing they can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boosting energy and lowering blood pressure. For the exercises participants may choose to sit or stand as needed. An ideal class for those new to Eastern philosophy, Qigong & T'ai Chi.

Friday afternoons ~ 1:30-4:00PM  
14<sup>th</sup> February to 13<sup>th</sup> March  
Also available online via Zoom



**Bloomingdale  
Park District**

630 529 3650

172 S Circle Ave, Bloomingdale, IL 60108  
<https://www.bloomingdaleparks.org/>



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 14<sup>th</sup> ~ 6:00pm



## 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 19<sup>th</sup> ~ 6:00 - 9:00pm



## EASTERN PHILOSOPHY & QIGONG CLASS NEW FOR 2020!

John Robertson

During 2019 we've been asked for a class on the theory and philosophy that goes behind all the things we do in class, so here it is!

Running on a Friday afternoon from 1:30pm to 4:00pm for 5 weeks beginning mid-February to mid-March. You can take this class in person, live online, or watch the recording at your leisure.

Each week we will look at a different aspect of Eastern Cosmology, plus some techniques we don't regularly do in our regular classes. The class is 80% lecture and if we have time there will be some activities, plus there may be home work to do!

The first week we will take a look at what Qi is and how it is formed, what Qigong is and how it relates to what we do. Plus we will go over the Basic Movements.

The second week we will figure out what is Yin and what is Yang, and how you figure out what is Yin and What is Yang. Plus we will learn the simple yet powerful Fang Sung Kong meditation.

In the third week we will look at how Yin changes into Yang and back into Yin through the 5 Phases, and learn the 5 Phase Meditation to help these changes.

The fourth week we will look at some physiology and how and where the channels flow on the body. We will then use the 12 Points Tapping routine to enhance the flow of Qi in those channels.

In the final week we will take a look at The Tao and how it affects us. And finally learn a powerful self massage sequence, The Longevity Qigong.

An ideal class for those new to Eastern philosophy, Qigong & T'ai Chi. See the advert on page 7, and register with your local park district or directly with Bloomingtondale



# 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 6<sup>th</sup> & April 2<sup>nd</sup>

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 4<sup>th</sup> & March 31<sup>st</sup>

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 6<sup>th</sup> & April 2<sup>nd</sup>

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 4<sup>th</sup> & March 31<sup>st</sup>

Call: 630 834 8970



# Where does the Yin - Yang Symbol come from?

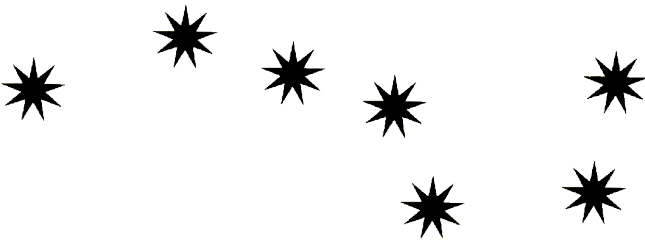
Author unknown

Continued from page 1:

The Chinese characters of I-Ching are . The second character means a book, a profound book. The first character means ease or change. Since I-Ching is easy, some people call it as "The Book of Ease" or "The Book of Changes". The original Chinese character of is , which is a symbol combining the sun (top) and moon (bottom).

It's easy for people to understand the philosophy by talking about the sun (Yang), moon (Yin) and universe. After observing the universe, the ancient Chinese found that the universe is changing every day. Although it changes easily every day, it also has seasonal and annual cycles. From these cycles the unchanging rules are created.

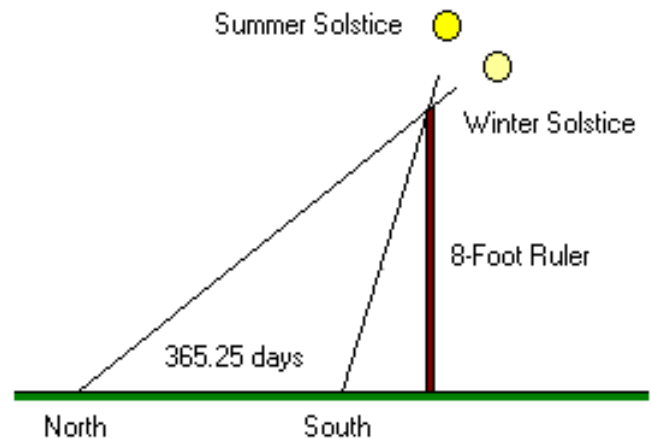
However, it's not easy to use the method to find the unchanging rules from the universe and apply on human activities. That's why some people think I-Ching is easy and some don't.



By observing the sky, and recording Ursa Major's positions and watching the shadow of the Sun from an 8-foot (Chinese measurement) pole, the ancient Chinese determined the four directions. The direction of sunrise is the East; the direction of sunset is the West; the direction of the shortest shadow is the South and the direction of the longest shadow is the North. At night, the di-

rection of the Polaris star is the North.

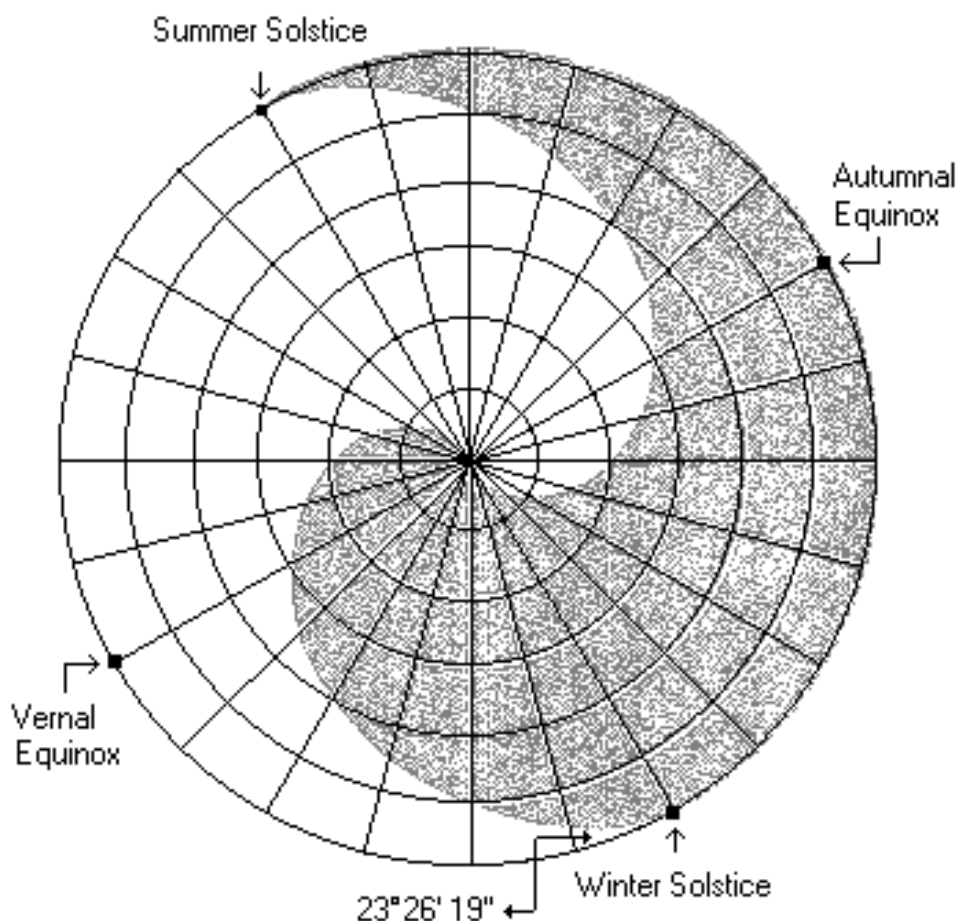
They noticed the seasonal changes. When Ursa Major points to the East, it's spring; when Ursa Major points to the South, it's summer; when Ursa Major points to the West, it's fall; when Ursa Major points to the North, it's winter.



When observing the cycle of the Sun, the ancient Chinese simply used a pole about 8 feet long, posted at right angles to the ground and recorded positions of the shadow.

Then they found the length of a year is around 365.25 days. They even divided the year's cycle into 24 Segments, including the Vernal Equinox, Autumnal Equinox, Summer Solstice and Winter Solstice, using the sunrise and Ursa Major's positions.

They used six concentric circles, marked the 24-Segment points, divided the circles into 24 sectors and recorded the length of shadow every day. The shortest shadow is found on the day of



Earth. It's tilted relative to the Earth's equator. The value of obliquity of the Ecliptic is around 23° 26' 19" in year 2000.

By rotating the Sun chart and positioning the Winter Solstice at the bottom, it will look like this .

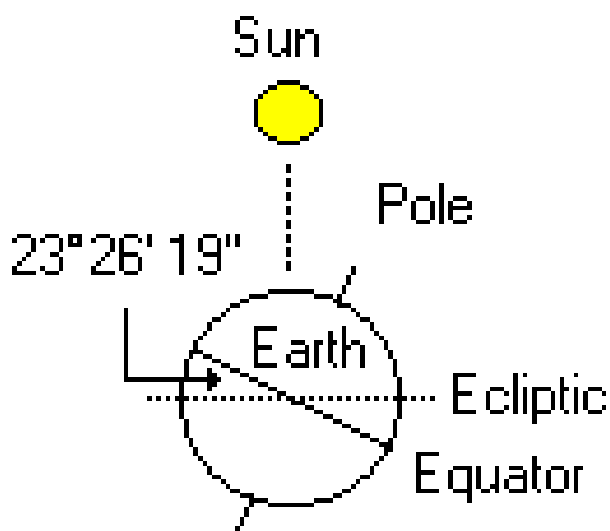
The light color area which indicates more sunlight is called Yang (Sun). The dark color area has less sunlight (more moonlight) and is called Yin (Moon).

Yang is like man. Yin is like woman. Yang wouldn't grow without Yin. Yin couldn't give birth without Yang. Yin is born (begins) at Summer Solstice and Yang is born (begins) at Winter Solstice. Therefore one little circle

Yin is marked on the Summer Solstice position. Another little circle Yang is marked on the Winter Solstice position. These two little circles look like two fish eyes.

the Summer Solstice. The longest shadow is found on the day of the Winter Solstice. After connecting each lines and dimming the Yin Part from Summer Solstice to Winter Solstice, the Sun chart looks like below. The ecliptic angle 23° 26' 19" of the Earth can be seen in this chart.

The Ecliptic is the Sun's apparent path around the



In general, the Yin Yang symbol is a Chinese representation of the entire celestial phenomenon. It contains the cycle of Sun, four seasons, 24-Segment Chi, the foundation of the I-Ching and the Chinese calendar.

# 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 5<sup>th</sup> & April 1<sup>st</sup>

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 6<sup>th</sup> & April 2<sup>nd</sup>

Call: 630 595 9333

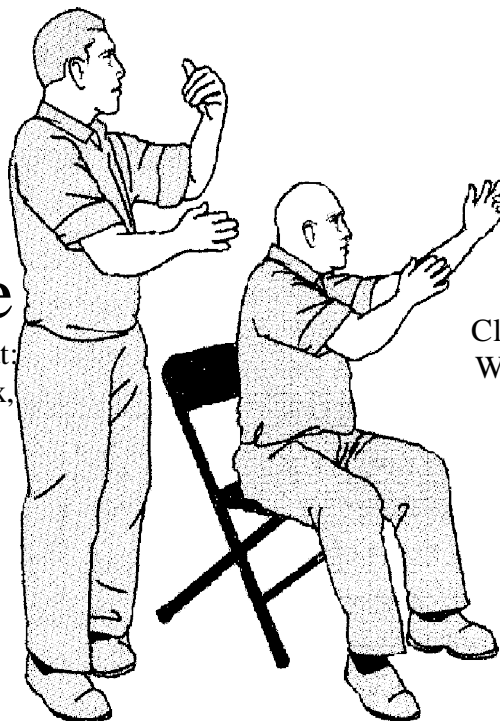
## Bloomingtondale

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 6<sup>th</sup> & April 2<sup>nd</sup>

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 6<sup>th</sup> & April 2<sup>nd</sup>

Call: 630 595 9333





# The Tao - *Dào* 道

John Robertson

The *Dào* 道 is like the wind; can you see wind? Can you feel wind? Are you sure you are not just feeling air moved by wind? Can you hold onto wind? Can you taste wind? Our senses cannot apprehend wind yet we have a word for it and we consider it to exist. The *Dào* 道 is as elusive as the wind.

The *Dào* 道 is like a thought; people can intuit what was referring to but can never express it. It is like a thought at the back of your mind; you only have a vague sense of what it is. Yet, with careful observation and contemplation The *Dào* 道 gradually becomes clearer.

The *Dào* 道 is the essence of everything that is right, and that complications exist only because people choose to complicate their own lives. Desire, ambition, fame, and selfishness are seen as hindrances to a harmonious life. It is only when someone rids themselves of all desires can harmony The *Dào* 道 be achieved. It is an active and holistic practice of the natural order of nature and its universal awakening.

The *Dào* 道 is the highest reality; yet it is not -Godø nor is it a -a godø It is the absolutely transcendent & incomprehensible source of the natural world (the universe). The *Dào* 道 is beyond sensation, beyond thought, beyond imagination, beyond words. It is knowable only through direct experience or intuition. For a person to realize their full potential during their time on earth living in harmony with The *Dào* 道 is essential.

Taoism - *Dàojiào* 道教 is a philosophical tradition and religion that emphasizes living in harmony with The Way - *Dào* 道.

Recommended reading: The Tao of Pooh

## 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.

February 12<sup>th</sup> ~ 6:00pm

630-784-6100



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 15<sup>th</sup> ~ 6:00pm

630-784-6100







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, April 19<sup>th</sup>  
9:00am - 5:00pm

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

Helping you to harness the energy of the universe

All for only \$157!

## Level 2

Sunday, May 10<sup>th</sup>  
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

## Level 3

Sunday, June 14<sup>th</sup>  
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  
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道

The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:

[www.7StarsMA.com/Metaphysicsclasses/Reiki.html](http://www.7StarsMA.com/Metaphysicsclasses/Reiki.html)



# Who was Lao Tzu?

Author unknown



Lao Tzu - 李耳 李耳

Continued from page 1:

According to Chinese tradition, Lao Tzu lived in the 6th century BC. Many historians contend that Lao Tzu actually lived in the 4th century BC, concurrent with the Hundred Schools of Thought and Warring States Period, while others claim he is not a historical figure. Lao Tzu was credited with writing the central Taoist work the Daodejing (also called the Tao Te Ching), which was originally known simply by his name. Taishang Laojun is a title for Lao Tzu in the Taoist religion, which refers to him as "One of the Three Pure Ones".

There are many popular accounts of Lao Tzu's life, though facts and myths are impossible to separate regarding him. He is traditionally regarded as an older contemporary of Confucius, but modern scholarship places him centuries later or questions if he ever existed as an individual. Lao Tzu is regarded as the author of the Dao De Jing, though it has been debated throughout history whether he authored it.

In legends, he was conceived when his mother gazed upon a falling star. It is said that he stayed in the womb and matured for sixty-two years. He was born when his mother leaned against a plum tree. He emerged a grown man with a full grey beard and long earlobes, which are a sign of wisdom and long life.

According to popular biographies, he worked as the Keeper of the Archives for the royal court of Chou. This allowed him broad access to the works of the Yellow Emperor and other classics of the time. Lao Tzu never opened a formal school. Nonetheless, he attracted a large number of students and loyal disciples. There are numerous variations of a story depicting Confucius consulting Lao Tzu about rituals.

Lao Tzu is said to have married and had a son named Tsung, who was a celebrated soldier. A large number of people trace their lineage back to Lao Tzu, as the T'ang Dynasty did. Many, or all, of the lineages may be inaccurate. However, they are a testament to the impact of Lao Tzu on Chinese culture.

Traditional accounts state that Lao Tzu grew weary of the moral decay of the city and noted the kingdom's decline.

At the age of 160, he ventured west to live as a hermit in the unsettled frontier. At the western gate of the city, or kingdom, he was recognized by a guard. The sentry asked the old master to produce a record of his wisdom.

The resulting book is said to be the Tao Te Ching. In some versions of the tale, the sentry is so touched by the work that he leaves with Lao Tzu to never be seen again. Some legends elaborate further that the "Old Master" was the teacher of the Buddha, or the Buddha himself.

## Legendary Lineage

By Lao Tzu

Who is firmly established is not easily shaken.  
Who has a firm grasp does not easily let go.  
From generation to generation his ancestral sacrifices shall be continued without fail.

Cultivated in the individual,  
character will become genuine;  
Cultivated in the family, character  
will become abundant;  
Cultivated in the village, character will multiply;  
Cultivated in the state, character will prosper;  
Cultivated in the world,  
character will become universal.

## Being & Non-Being

By Lao Tzu

Clay is moulded to form a cup, But it is on its non-being that the utility of the cup depends.  
Doors and windows are cut out to make a room,  
But it is on its non-being that the utility of the room depends. Therefore turn being into advantage, and turn non-being into utility.

# The Six Healing Sounds



It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

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

Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

**Sunday, March 1<sup>st</sup>**  
**10:00am - 3:30pm**

Learn the complete Healing Sounds system; and how to use them to promote health and emotional wellbeing.

Register before February 22<sup>nd</sup>  
and receive a FREE Healing  
Sounds Laminate!



七星  
武道



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

630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)

# The *Bāguà* 八卦

John Robertson

The Eight Trigrams - *Bāguà* 八卦 are a method of representing the fundamental principles of existence, depicted through the inter-relationship of *Yīn* and *Yáng*.



Each Trigram - *Guà* 卦 consists of broken and unbroken lines representing *Yīn* 陰 (broken) and *Yáng* 陽 (unbroken), and shows their relationships with the principles of *Yīn* and *Yáng*, T'ai Chi - *Tàijí* 太極, Five Phases - *Wǔ Xíng* 五行, Energy - *Qì* and the I Ching - *Yì Jīng* 易经.

Each Trigram illustrates one of the eight primary energies, the natural phenomena, that interact in the universe:

☰ **Heaven - *Qián*** 乾 is neither heaven nor the universe. It represents pure *Yáng Qì*, the creative energy that the universe employs to bring the myriad of things into being.

☱ **Lake - *Duì*** 兌 represents a reservoir of water, such as a marsh or a rice field that radiates joy and cheerfulness to stimulate growth.

☲ **Fire - *Lí*** 離 represents brightness, and symbolizes intelligence and wisdom, like a light that casts out darkness.

☳ **Thunder - *Zhèn*** 震 represents the arousing energy in the universe.

☴ **Wind - *Xùn*** 巽, also known as wood, represents the gently proceeding, penetrating energy of the universe, that goes everywhere.

☵ **Water - *Kǎn*** 坎 is the symbol of danger.

☶ **Mountain - *Gèn*** 艮 represents the soothing energy in the universe, the energy that stops things from growing or advancing once they have started.

☷ **Earth - *Kūn*** 坤 resembles the earth but is not the earth. It represents pure *Yīn Qì*, the responsive energy of the universe.

## The Five Phases - *Wǔ Xíng* 五行

John Robertson

The theory of The Five Phases - *Wǔ Xíng* 五行 is deeply woven into the fabric of Chinese culture, and as early as the Warring States Period - *Zhànguó Shídài* 戰國時代 (475-221BCE) this theory was integrated into Chinese medicine.

The Five Phases are an extension of the theory of *Yīn* and *Yáng*, and are often used simultaneously to explain natural phenomena and the relationships that exist in our universe.

They represent the tangible activities of *Yīn* and *Yáng*, as manifested in the cyclical changes of nature which regulate life on earth, focusing on energy and transformation, rather than form and substance.

They describe the change of *Yīn* into *Yáng*, and *Yáng* into *Yīn*.

The Five Phases - *Wǔ Xíng* 五行 are:

- Wood - *Mù* 木.
- Fire - *Huǒ* 火.
- Earth - *Dìqiú* 土.
- Metal - *Jīnshǔ* 金.
- Water - *Shuǐ* 水.



In The Generating Sequence - *Shēng* 生 each phase nourishes and supports the next phase, in turn being nourished and supported by the previous phase.

In The Controlling Sequence - *Kè* 剋 each phase controls and keeps in place the phase two steps away, in turn being controlled and kept in place by the phase two steps previous.

There are an additional 3 ways the phases interact with each other that are less commonly used.

## T'ai Chi Qigong Shibashi

T'ai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style T'ai Chi Chuan and adds Qigong exercise.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques. It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities. This is an ideal class for beginners.

Saturday, February 22<sup>nd</sup>  
9:00am-2:30pm

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

## 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-8:00pm  
February 10<sup>th</sup> - May 4<sup>th</sup>

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



# Holistic Ceremonies

## Created just for you

### Weddings, vow renewals, blessings, commitment ceremonies & more

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

### Naming ceremonies & blessings

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

### House clearings & blessings

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

### Rites Of Passage

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

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

**Contact Reverend John**

**630 229 4434**

**John@HolisticCeremonies.com**

**www.HolisticCeremonies.com**



**PARKS & Recreation**  
VILLA • PARK

## T'ai Chi Sword

Classes start:  
February 4<sup>th</sup> & March 31<sup>st</sup>  
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)



# Event Calendar

[www.7StarsMA.com/SevenStarsStudents.html](http://www.7StarsMA.com/SevenStarsStudents.html)

## Chinese New Year Lunch

Friday, February 14<sup>th</sup> 2020 ~ 11:30am - 1:00pm  
Hibachi Grill in Glendale Heights, IL

## Reiki 1, 2 & Master Classes

March 8<sup>th</sup>, April 5<sup>th</sup> & May 10<sup>th</sup> 2020  
The Lighthouse Center in Winfield, IL



## World T'ai Chi & Qigong Day

Saturday, April 25<sup>th</sup> 2020 ~ 9:00am - 11:00am  
The Theosophical Society, Wheaton, IL



## The Spring Gathering

Saturday, April 25<sup>th</sup> 2020 ~ 1:00pm - 4:00pm  
The Lighthouse Center, Winfield, IL



## Chinatown Trip

Friday, May 1<sup>st</sup> 2020 ~ 10:00am - 3:30pm  
Leaving from Roselle Park District, IL

## World Labyrinth Day

Saturday, May 2<sup>nd</sup> 2020 ~ 1:00pm - 2:00pm  
The Theosophical Society, Wheaton, IL

Summer vacation July 10<sup>th</sup> to 26<sup>th</sup>

## TheosoFEST

September 12<sup>th</sup> 2020 ~ 10:00am - 5:00pm  
The Theosophical Society in Wheaton

Fall break September 13<sup>th</sup> to 27<sup>th</sup>

## Quiet Reflection & Meditation retreat

Sunday, October 11<sup>th</sup> 2020 ~ 9:30am - 5:30pm  
Relax4Life in Barrington, IL

## Annual Student Dinner

Wednesday, Nov 11<sup>th</sup> 2020 ~ 2:00-4:00pm  
Jack & Silverado Grill in Elmhurst, IL



Chicagoland park district classes end f  
or the year November 13<sup>th</sup> 2020

# 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](http://www.7StarsMA.com/Community/LearningLunches.html)

Health and safety education in your location, at your convenience

# Discover the Secret of Chinese Health Balls



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

Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, cognitive decline, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

Friday, March 13<sup>th</sup>  
7:00pm - 10:00pm

# Energy Protection

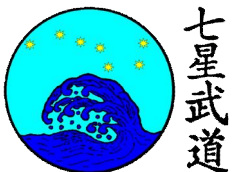


Do you find it exhausting to be around stressed, negative or just around certain people?

Energy Protection training will help you discover why and how energy can negatively affect both you and others, as well as practice a number of different energy techniques and strategies to help stop you from picking up unhealthy energy from others or transferring unhealthy energy to them. Unhealthy and toxic energies can easily be transferred during a therapy session from client to practitioner and vice-versa. Many energy and body workers report feeling drained or fatigued after working with certain clients. Some professionals and non-professionals experience the same effect while simply being in the presence of co-workers, friends and family; noting that others' thoughts, emotions and words can also have a profound impact on their physical, mental, emotional and spiritual well-being. Energy protection training for many professionals and the general public is a must.

Saturday, March 14<sup>th</sup>  
10:00am - 3:30pm

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 Edgemon Lane, Barrington, IL 60010  
To register call 847 842 1752    [www.relax4life.com](http://www.relax4life.com)

