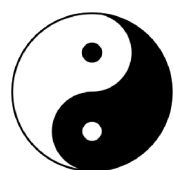


Yoga Nidra for Valentines Day

6:00pm Sunday, 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 Winter 2020 / Spring 2021 HEALTH & EXERCISE

Your source for information on complementary forms of health and exercise

Volume 15, number 1

www.7StarsMA.com

Circulation: 400+

Seven Practices to Cultivate Compassion

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion"

I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I am not talking about the short-term gratification of pleasures like sex, drugs or gambling (though I am not knocking them), but something that will bring true and lasting happiness. The kind that sticks.

Continued on page 10

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- 6 Compassion defined
- 8 Eight Hugs a Day
- 14 What is Self-Compassion?

Full class schedules and more!

Compassion comes when thought ends at its root

In a world of such violence, hatred and brutality as the present one, a word like compassion has very little meaning.

Continued on page 6

FEATURES

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

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Created just for you

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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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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.

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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

Winter 2020/Spring 2021

Editor & publisher - John Robertson



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Seven Stars
Martial Arts



630 229 4434 John@7StarsMA.com

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The Wisdom of Confucius

*"Worry not that no one knows of
you; seek to be worth knowing."*

Editor's Notebook

As we head towards the end of the year with no end to this pandemic in sight our online classes continue until November 11th when we head south for the winter.

By the time we end we will have provided a total of 171 free online classes! We are very grateful to everyone that has attended, to everyone that has shared our classes and spread the word, and to all those that have supported our efforts through donations. The best way you can help is to share our classes with your family, friends, on social media and everywhere you go. This costs nothing and can be of huge benefit.

Our online classes will begin again on November 30th, on a more formal basis. Classes are Monday through Thursday with 2 or 4 day options. Check out the back cover for more information. Plus watch out in class for special offers!

We will have also hosted 70 social time events online to help those that want social interaction. Those will continue every Tuesday at 7:00pm CT, you can join here: <https://zoom.us/j/783078749>. This is a great chance to make some new friends!

All our T'ai Chi for Health, T'ai Chi Ch'uan and T'ai Chi Sword class schedules for 2021 are posted on our website and are on our Google calendar. For updates to those ensure you are on our mailing list, sign up here: <https://conta.cc/2JC53Eh>

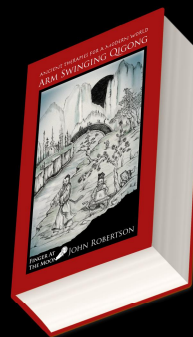
In the meantime, be careful, stay safe, stay well, wash your hands and wear your mask. Whether it works or not it is a small sacrifice we can all cope with. Wearing one shows you have respect and consideration for your fellows.

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
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series describes one
of simplest, and
yet most effective
exercises you can do!

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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 24th ~ 6:00 - 9:00pm



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.

3rd March ~ 6:00pm



What is compassion?

Compassion motivates people to go out of their way to help the physical, mental, or emotional pains of another and themselves.

Compassion is often regarded as having sensitivity, an emotional aspect to suffering. Though, when based on cerebral notions such as fairness, justice, and interdependence, it may be considered rational in nature and its application understood as an activity also based on sound judgment.

There is also an aspect of equal dimension, such that an individual's compassion is often given a property of "depth", "vigor", or "passion". The etymology of "compassion" is Latin, meaning "co-suffering."

Compassion involves "feeling for another" and is a precursor to empathy, the "feeling as another" capacity for better person-centered acts of active compassion; in common parlance active compassion is the desire to alleviate another's suffering.

Compassion involves allowing ourselves to be moved by suffering and experiencing the motivation to help alleviate and prevent it. An act of compassion is defined by its helpfulness.

Qualities of compassion are patience and wisdom; kindness and perseverance; warmth and resolve.

It is often, though not inevitably, the key component in what manifests in the social context as altruism.

“it is important to cultivate compassion for our own humanity. When our hearts open to our own suffering, we begin to also be more accepting of others and to realize that they too have the same struggles.”

~ Rabbi Jeff Roth ~

OkDay.com

Compassion: An Evolutionary Analysis & Empirical Review

US National Library of Medicine
National Institutes of Health

What is compassion? And how did it evolve? In this review, we integrate three evolutionary arguments that converge on the hypothesis that compassion evolved as a distinct affective experience whose primary function is to facilitate cooperation and protection of the weak and those who suffer. Our empirical review reveals compassion to have distinct appraisal processes attuned to undeserved suffering, distinct signaling behavior related to caregiving patterns of touch, posture, and vocalization, and a phenomenological experience and physiological response that orients the individual to social approach.

This response profile of compassion differs from those of distress, sadness, and love, suggesting that compassion is indeed a distinct emotion. We conclude by considering how compassion shapes moral judgment and action, how it varies across different cultures, and how it may engage specific patterns of neural activation, as well as emerging directions of research.

Compassion is controversial. Within studies of morality, theoretical claims about compassion reach contrasting conclusions: some theorists consider compassion to be an unreliable guide to judgments about right and wrong, whereas others view compassion as a source of principled moral judgment (Haidt, 2003; Nussbaum, 1996, 2001).

Within debates about the nature of altruism, researchers have sought to document that a brief state like compassion is a proximal determinant of prosocial behavior (Batson & Shaw, 1991; Eisenberg & Miller, 1987; Hoffman, 1981). Within evolutionist thought, controversies have swirled around whether compassion and sympathy are the products of evolutionary processes, as Darwin assumed, or tendencies too costly for the self to align with the tenets of evolutionary theory (Cronin, 1991).

Read the rest of the study here:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2864937/>

LUNAR LUNCH '21

Join us for an afternoon of conversation & good food to celebrate the lunar new year!

noon ~ Arrival & get your food.

12:30 ~ Presentation

Lunch is an all you can eat Chinese Buffet.

\$16 per person: includes food, soft drink, gratuity, taxes & presentations.

Sign up with your instructor!

NOON ON FEBRUARY 12TH

Hibachi Grill & Supreme Buffet

240 Town Center Ln, Glendale Heights, IL 60139

LUNAR NEW YEAR

Celebrate the end of winter & the transition to spring with us!

Hear the fable of how the Chinese Zodiac was created, discover the characteristics of your birth sign and what 2021 has in store for us all, and for you in particular!

Everyone in person gets a traditional red envelope with money in it!

February 12th ~ 6:00pm

 **Bloomington
Park District**
630 529 3650

Compassion comes when thought ends at its root

Krishnamurti in Bombay 1958, Talk 7
Continued from page 1

We are all aware of what is going on in the world: the competition, the ambitions and frustrations, the extraordinary brutality, hatred and violence arising from the conflict between political parties, the right against the left and the left against the right.

Certain words are twisted to fit expediency and have lost their meaning. There is violence in all of us, conscious or unconscious. There is aggressiveness, the desire to be or to become something, the urge to express oneself, to fulfil oneself sexually, in relationship, in writing, in painting, which are all forms of violence.

There is an extraordinary amount of cruelty in a world where a small group of people takes charge of millions of others and directs their lives through tyranny. I wonder to what depth we are aware of our own cruelty, our own aggressive ambitions, our urge to fulfil ourselves at any cost.

Unless there is a complete change, a total mutation in the whole consciousness of the individual, any society built on acquisitive drives and aggression is bound to become more and more cruel, more and more tyrannical, more and more given over to materialistic values, which means that the mind will become constantly more slavish to those values.

I do not know if you are aware of all this. Probably most of you read the newspapers and unfortunately you get used to it, used to reading about the cruelties, the murders, the brutalities. Reading it all every day dulls the mind and so one gets accustomed to these things.

So, how do we break through the layers of this ugly, stupid, environmental conditioning that has made the mind a slave to words, and also a slave to the social structure in which we live? Compassion is not sentiment, it is not woolly sympathy or empathy.

I feel that the crisis that has arisen in the world is not an economic or a social crisis, but a crisis in the mind, in consciousness; and there can

be no answer to this crisis unless there is a deep, fundamental mutation in each one of us.

This mutation can take place only if we understand the whole process of verbalization, which is the psychological structure of the word. Please do not brush it off by saying, 'Is that all?' This is not a matter that can be lightly dismissed, because the word, the symbol, the idea has an extraordinary grip on the mind. We are talking of bringing about a mutation in the mind, and for that there must be the cessation of the word.

When you hear a statement of that kind for the

Compassion is
not sentiment,
it is not woolly
sympathy or
empathy.

first time you will probably not know what it means, and you will say, "What nonsense!"

But I do not see how the mind can be totally free as long as we have not understood the influence of the word and the interpretation of the word, which means that we have to understand the whole process of our own thinking, because it is all based on the word.

If the word is removed, what have you left? The word represents the past; the innumerable pictures, images, the layers of experience, are all based on the word, on idea, on memory. From memory comes thought, and we give to thought an extraordinary importance; but I question that importance altogether. Thought cannot, by any means whatsoever, cultivate compassion.

I am not using that word compassion to mean the opposite, the antithesis of hate or violence. But unless each one of us has a deep sense of compassion, we shall become more and more brutal, inhuman to each other.

We shall have mechanical, computer-like minds which have merely been trained to perform certain functions; we shall go on seeking security, both physical and psychological, and we shall miss the extraordinary depth and beauty, the whole significance of life.

By compassion I do not mean a thing to be acquired. Compassion is not the word, which is merely of the past, but something which is of the active present; it is the verb and not the word, the name, or the noun. There is a difference between the verb and the word. The verb is of the active present, whereas the word is always of the past and therefore static. You may give vitality or movement to the name, to the word, but it is not the same as the verb which is actively present.

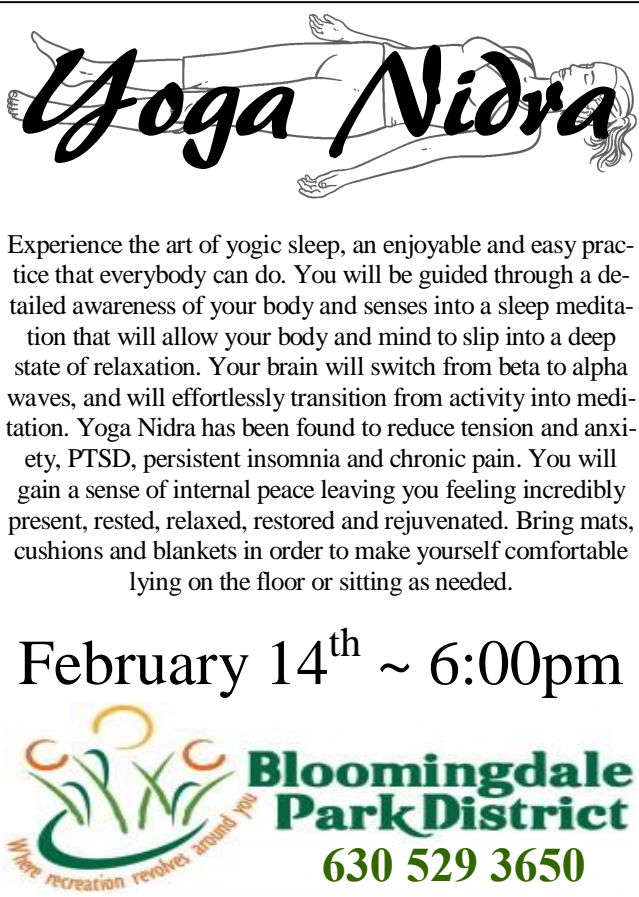
Now, the mutation must take place in the very seed of thought itself, not in the outward expressions of that seed, and this can happen only if we understand the whole process of thought, which is the word, the idea. Take a word like God. The word God is not God; and one will come upon that immensity, that immeasurable

something, whatever it may be, only when the word is not, when the symbol is not, when there is no belief, no idea; when there is complete freedom from security.

So we are talking of a mutation at the very source, in the very seed of thought. What we call thought is reaction, it is the response of memory, the response of one's background, of one's religious and social conditioning; it reflects the influence of one's environment and so on. Until there is the decay of that seed, there is no mutation and therefore no compassion.

Compassion is not sentiment, it is not woolly sympathy or empathy. Compassion is not something which you can cultivate through thought, through discipline, control, suppression, nor by being kind, polite, gentle, and all the rest of it.


Compassion comes into being only when thought has come to an end at its very root..



The graphic features a stylized line drawing of a person lying on their back in a relaxed pose, with arms slightly away from the body and legs extended. The words "Yoga Nidra" are written in a large, elegant, cursive script across the middle of the figure. Below the figure, there is a block of text describing the practice, followed by the date and time of the event, and then the logo and contact information for the Bloomingdale Park District.

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 ~ 6:00pm

 **Bloomingdale
Park District**
630 529 3650

Where recreation revolves around you

Reasons Why You Need at Least 8 Hugs a Day For Your Health

by Preity - December 4 2013



1. The nurturing touch of a hug builds trust and a sense of safety. This helps with open and honest communication.

2. Hugs can instantly boost oxytocin levels, which heal feelings of loneliness, isolation, and anger.

3. Holding a hug for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

4. Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Hugging boosts self-esteem. From the time we're born our family's touch shows us that we're loved and special. The associations of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our Mom and Dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self love.

6. Hugging relaxes muscles. Hugs release tension in the body. Hugs can take away pain; they soothe aches by increasing circulation into the soft tissues.

7. Hugs balance out the nervous system. The galvanic skin response of someone receiving and giving a hug shows a change in skin conductance. The effect in moisture and electricity in the skin suggests a more

balanced state in the nervous system - parasympathetic.

8. Hugs teach us how to give and receive. There is equal value in receiving and being receptive to warmth, as to giving and sharing. Hugs educate us how love flows both ways.

9. Hugs are so much like meditation and laughter. They teach us to let go and be present in the moment. They encourage us to flow with the energy of life. Hugs get you out of your circular thinking patterns and connect you with your heart and your feelings and your breath.

10. The energy exchange between the people hugging is an investment in the relationship. It encourages empathy and understanding. And, it's synergistic, which means the whole is more than the sum of its parts: $1 + 1 = 3$ or more! This synergy is more likely to result in win-win outcomes.



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:
4th February & 1st April

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:
2nd February & 30th March

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:
4th February & 1st April

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:
2nd February & 30th March

Call: 630 834 8970





Seven Practices to Cultivate Compassion

*"If you want others to be happy, practice compassion.
If you want to be happy, practice compassion."*

Dalai Lama

The key to developing compassion in your life is to make it a daily practice.

Meditate upon it in the morning (you can do it while checking email), think about it when you interact with others, and reflect on it at night. In this way, it becomes a part of your life.

Or as the Dalai Lama also said, "This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."

Definition

Let's use the Wikipedia definition of Compassion:

Compassion is an emotion that is a sense of shared suffering, most often combined with a desire to alleviate or reduce the suffering of another; to show special kindness to those who suffer. Compassion essentially arises through empathy, and is often character-

ized through actions, wherein a person acting with compassion will seek to aid those they feel compassionate for.

Compassionate acts are generally considered those which take into account the suffering of others and attempt to alleviate that suffering as if it were one's own. In this sense, the various forms of the Golden Rule are clearly based on the concept of compassion.

Compassion differs from other forms of helpful or humane behavior in that its focus is primarily on the alleviation of suffering.

Benefits

Why develop compassion in your life? Well, there are scientific studies that suggest there are physical benefits to practicing compassion — people who practice it produce 100 percent more DHEA, which is a hormone that counteracts the aging process, and 23 percent less cortisol — the "stress hormone."

But there are other benefits as well, and these are emotional and spiritual. The main benefit is that it helps you to be more happy, and brings others around you to be more happy. If we agree that it is a common aim of each of us to strive to be happy, then compassion is one of the main tools for achieving that happiness. It is therefore of utmost importance that we cultivate compassion in our lives and practice compassion every day.

How do we do that? This guide contains 7 different practices that you can try out and perhaps incorporate into your every day life.

7 Compassion Practices

Morning ritual. Greet each morning with a ritual. Try this one, suggest by the Dalai Lama: "Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings, I am going to have kind thoughts towards others, I am not going to get angry or think badly about others, I am going to benefit others as much as I can." Then, when you've done this, try one of the practices below.

Empathy Practice. The first step in cultivating compassion is to develop empathy for your fellow human beings. Many of us believe that we have empathy, and on some level nearly all of us do. But many times we are centered on ourselves (I am no exception) and we let our sense of empathy get rusty. Try this practice: Imagine that a loved one is suffering. Something terrible has happened to him or her. Now try to imagine the pain they are going through. Imagine the suffering in as much detail as possible. After doing this practice for a couple of weeks, you should try moving on to imagining the suffering of others you know, not just those who are close to you.

Commonalities practice. Instead of recognizing the differences between yourself and others, try to recognize what you have in common. At the root of it all, we are all human beings. We need food, and shelter, and love. We crave attention, and recognition, and affection, and above all, happiness. Reflect on these commonalities you have with every other human being, and ignore the differences. One of my favorite exercises comes from a great article from Ode Magazine – it's a five-step exercise to try when you meet friends and strangers. Do it discreetly and try to do all

the steps with the same person. With your attention geared to the other person, tell yourself:

Step 1: "Just like me, this person is seeking happiness in his/her life."

Step 2: "Just like me, this person is trying to avoid suffering in his/her life."

Step 3: "Just like me, this person has known sadness, loneliness and despair."

Step 4: "Just like me, this person is seeking to fill his/her needs."

Step 5: "Just like me, this person is learning about life."

Relief of suffering practice. Once you can empathize with another person, and understand his humanity and suffering, the next step is to want that person to be free from suffering. This is the heart of compassion – actually the definition of it. Try this exercise: Imagine the suffering of a human being you've met recently. Now imagine that you are the one going through that suffering. Reflect on how much you would like that suffering to end. Reflect on how happy you would be if another human being desired your suffering to end, and acted upon it. Open your heart to that human being and if you feel even a little that you'd want their suffering to end, reflect on that feeling. That's the feeling that you want to develop. With constant practice, that feeling can be grown and nurtured.

Act of kindness practice. Now that you've gotten good at the 4th practice, take the exercise a step further. Imagine again the suffering of someone you know or met recently. Imagine again that you are that person, and are going through that suffering. Now imagine that another human being would like your suffering to end – perhaps your mother or another loved one. What would you like for that person to do to end your suffering? Now reverse roles: you are the person who desires for the other person's suffering to end. Imagine that you do something to help ease the suffering, or end it completely.

Once you get good at this stage, practice doing something small each day to help end the suffering of others, even in a tiny way. Even a smile, or a kind word, or doing an errand or chore, or just talking about a problem with another person. Practice doing something kind to help ease the suffering of others. When you are good at this, find a way to make it a daily practice, and eventually a throughout-the-day practice.

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:
3rd February & 31st March

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
4th February & 1st April

Call: 630 595 9333

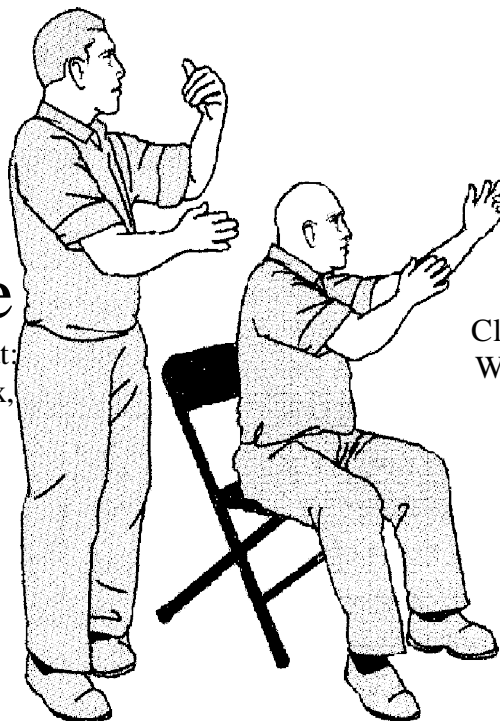
Bloomingtondale

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:
4th February & 1st April

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:
4th February & 1st April

Call: 630 595 9333



Those who mistreat us practice. The final stage in these compassion practices is to not only want to ease the suffering of those we love and meet, but even those who mistreat us.

When we encounter someone who mistreats us, instead of acting in anger, withdraw. Later, when you are calm and more detached, reflect on that person who mistreated you. Try to imagine the background of that person.

Try to imagine what that person was taught as a child. Try to imagine the day or week that person was going through, and what kind of bad things had happened to that person. Try to imagine the mood and state of mind that person was in \hat{o} the suffering that person must have been going through to mistreat you that way. And understand that their action was not about you, but about what they were going through. Now think some more about the suffering of that poor person, and see if you can imagine trying to stop the suffering of that person.

And then reflect that if you mistreated someone, and they acted with kindness and compassion toward you, whether that would make you less likely to mistreat that person the next time, and more likely to be kind to that person.

"My message is the practice of compassion, love and kindness. These things are very useful in our daily life, and also for the whole of human society these practices can be very important."

Dalai Lama

Once you have mastered this practice of reflection, try acting with compassion and understanding the next time a person treats you. Do it in little doses, until you are good at it. Practice makes perfect.

Evening routine. I highly recommend that you take a few minutes before you go to bed to reflect upon your day. Think about the people you met and talked to, and how you treated each other. Think about your goal that you stated this morn-

ing, to act with compassion towards others. How well did you do? What could you do better? What did you learn from your experiences today? And if you have time, try one of the above practices and exercises.

These compassionate practices can be done anywhere, any time. At work, at home, on the road, while traveling, while at a store, while at the home of a friend or family member. By sandwiching your day with a morning and evening ritual, you can frame your day properly, in an attitude of trying to practice compassion and develop it within yourself. And with practice, you can begin to do it throughout the day, and throughout your lifetime.

This, above all, with bring happiness to your life and to those around you.



What is Self-Compassion?

Having compassion for oneself is really no different than having compassion for others. Think about what the experience of compassion feels like.

First, to have compassion for others you must notice that they are suffering. If you ignore that homeless person on the street, you can't feel compassion for how difficult his or her experience is.

Second, compassion involves feeling moved by others' suffering so that your heart responds to their pain (the word compassion literally means to "suffer with"). When this occurs, you feel warmth, caring, and the desire to help the suffering person in some way.

Having compassion also means that you offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly.

Finally, when you feel compassion for another (rather than mere pity), it means that you realize that suffering, failure, and imperfection is part of the shared human experience. "There but for fortune go I."

Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself. Instead of just ignoring your pain with a "stiff upper lip" mentality,

you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings. After all, who ever said you were supposed to be perfect?

You may try to change in ways that allow you to be more healthy and happy, but this is done because you care about yourself, not because you are worthless or unacceptable as you are. Perhaps most importantly, having compassion for yourself means that you honor and accept your humanness.

Things will not always go the way you want them to. You will encounter frustrations, losses will occur, you will make mistakes, bump up against your limitations, fall short of your ideals. This is the human condition, a reality shared by all of us.

The more you open your heart to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and all your fellow humans in the experience of life.



Tai Chi Sword

Classes start:

2nd February & 30th March

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)

What does it take to be compassionate?

Compassion can be thought of as a mental state or an orientation towards suffering (your own or others) that includes four components:

- Bringing attention or awareness to recognizing that there is suffering (cognitive)
- Feeling emotionally moved by that suffering (affective)
- Wishing there to be relief from that suffering (intentional)
- A readiness to take action to relieve that suffering (motivational)

To be compassionate is to feel deeply for another person as they experience the ups and downs associated with life. To be compassionate is to not just tell someone that you care, but also to show them that you care by being there before they even ask for it, compassion and empathy often go hand in hand.

Mindfulness for the Modern World

Reduce stress & anxiety,
deepen sensitivity,
creativity & compassion



Classes will include guided, breathing, silence and discussion. Ideal for beginners and the experienced alike, we will sample many different aspects of being mindful so no 2 classes are alike. Participants may choose to sit or lie, bringing the things you need to make yourself comfortable can be helpful.

Classes are also available online via Zoom.

31st March ~ 7:30pm - 8 weeks



SELF-COMPASSION IN DAILY LIFE

inspired by the work of Chris Germer

sketchnote by @Haypsych

Physical "soften the body"	Mental "reduce agitation"	Emotional "soothe and comfort"	Relational "connect with others"	Spiritual "commit to your values"
exercise 	meditate 	journal 	meet with friends 	pray
sleep 	watch a comedy 	daily gratitude 	send a thank you card 	walk in nature
Massage 	read a book 	deep breathing 	play a board game 	help others
a warm bath 	draw 	visualise a peaceful image 	join a club 	practice yoga
a cup of tea 	do a puzzle 	listen to soothing music 	give a compliment 	go on a retreat

Health Benefits of Coloring for Adults

Beaumont Hospital, MI

Think spending hours coloring is only a childhood pastime? Think again!

The adult coloring book trend has spread nationwide, with some even popping up on bestseller lists. With the countless health benefits of coloring for adults, it might be time to pull out the crayons, colored pencils and markers!

REDUCE STRESS AND ANXIETY

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

IMPROVE MOTOR SKILLS AND VISION

Coloring goes beyond being a fun activity for

relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

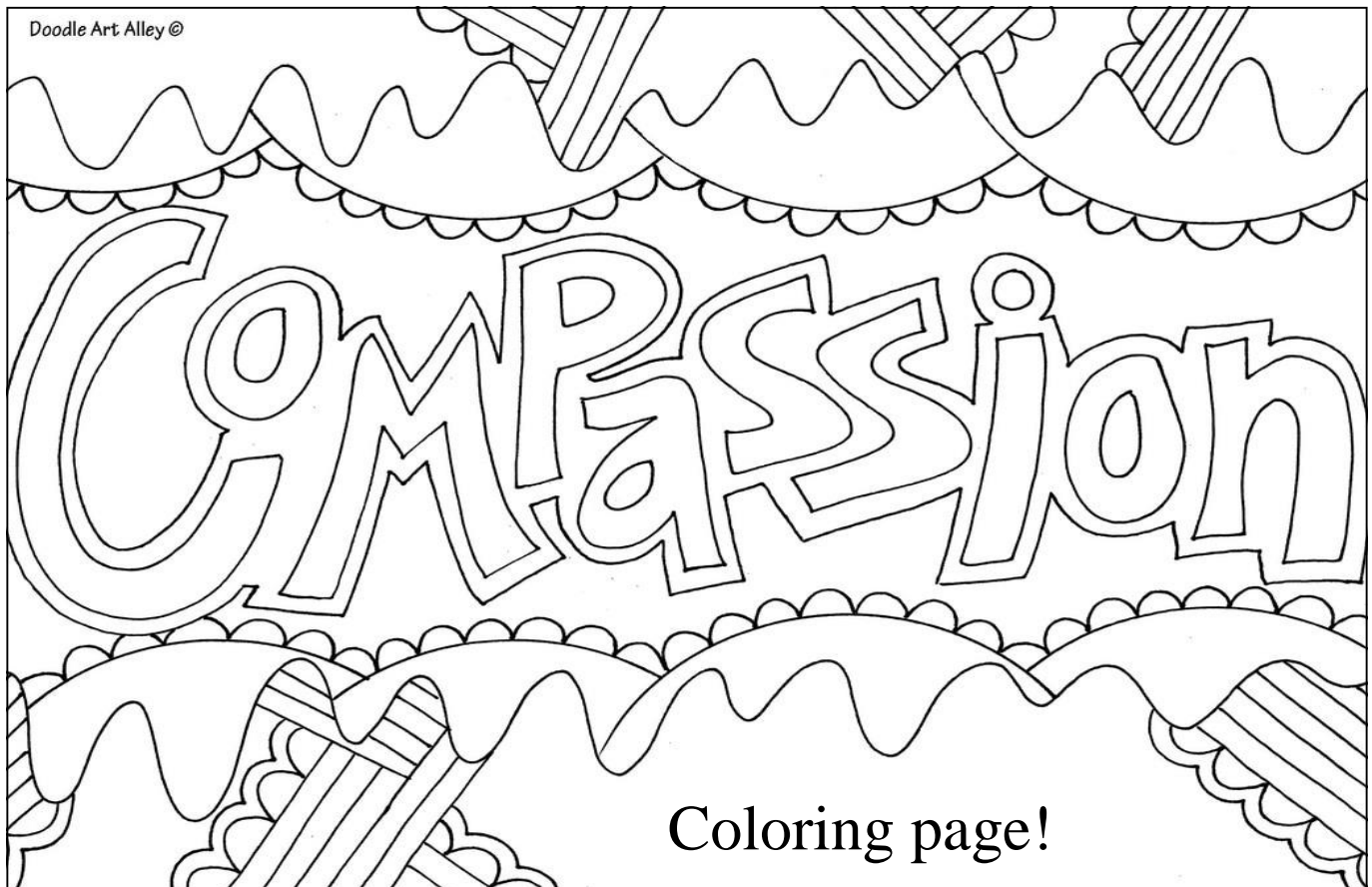
IMPROVE SLEEP

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

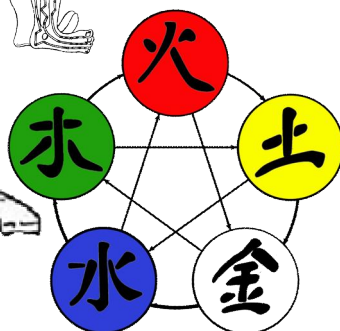
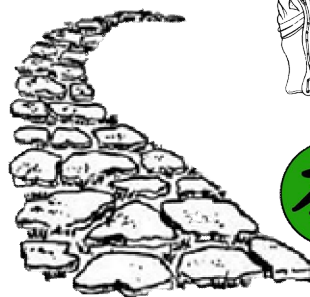
IMPROVE FOCUS

Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!.



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

5th March to 2nd April

Also available online via Zoom



**Bloomingdale
Park District**

630 529 3650

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

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:

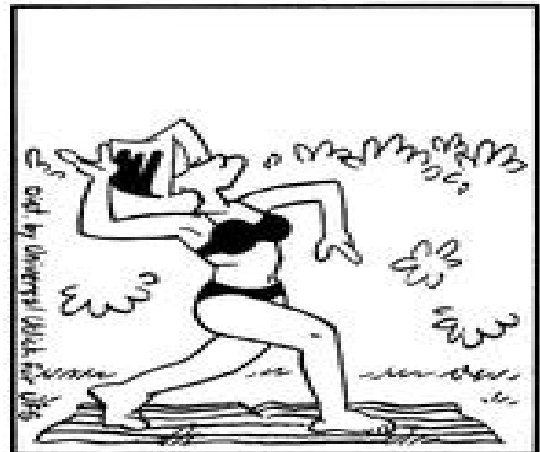
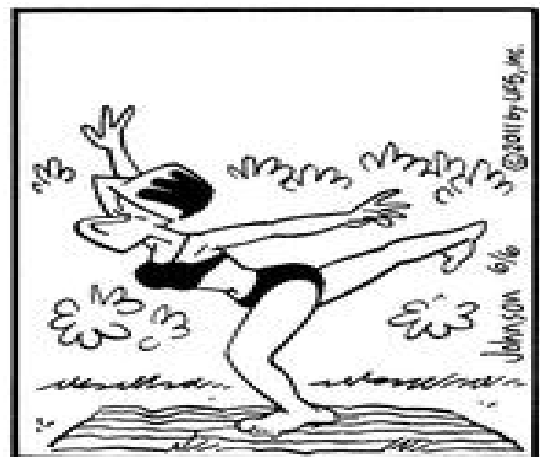
\$100 / year ~ save \$20!

Lifetime membership:

\$497 unrestricted lifetime access

Watch out for special offers available in class!

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



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

Chinese New Year Lunch

12th February 2021 ~ noon - 2:00pm
Hibachi Grill in Glendale Heights, IL

World T'ai Chi & Qigong Day

24th April 2021 ~ 9:00am - 11:00am
The Theosophical Society, Wheaton, IL



The Spring Gathering

24th April 2021 ~ 1:00pm - 4:00pm
The Lighthouse Center, Winfield, IL



World Labyrinth Day

1st May 2021 ~ 1:00pm - 2:00pm
The Theosophical Society, Wheaton, IL

Iron Range Clinic

21st - 23rd May 2021
Range Martial Arts East, Virginia, MN

Early summer break 21st to 31st May

Quiet Reflection & Meditation retreat

13th June 2021 ~ 9:30am - 5:30pm
Relax4Life in Barrington, IL

Late summer break 23rd July to 1st August

Destination Asia Festival

5th - 7th August 2021
Morton Arboretum, Lisle, IL

TheosoFEST

11th September 2021 ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton

Annual Student Dinner

3rd November 2021 ~ 2:00-4:00pm
Jack & Silverado Grill in Elmhurst, IL



Classes move to Arizona 19th November

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

Classes in the comfort of your own home!

T'ai Chi & Qigong Online



T'ai Chi and Qigong are gentle, beautiful and flowing exercises that are a joy to do, energizing yet deeply relaxing; they bring health and vitality to all who practice them.

The movements are all done naturally and gently. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are effective and easy to learn.

Classes are online via Zoom. A device such as a smartphone, tablet, iPhone, iPad, laptop or desktop computer that has a connection to the internet is required. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities. Classes held online via Zoom.

Monday & Wednesday

8:00am MT

30-Nov-20 to 20-Jan-21

Tuesday & Thursday

10:30am MT

1-Dec-20 to 21-Jan-21



Register with your local park district*,
in person with your instructor or online at:
<http://7StarsMA.com/taichiclasses/qigong.html>



* not all park districts have decided to offer these classes check with yours.