

Complementary Health & Exercise

Fall 2008

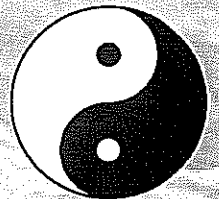
FREE!

**A Brief Introduction to
Feng Shui** By Juliette Looye, M.Ed

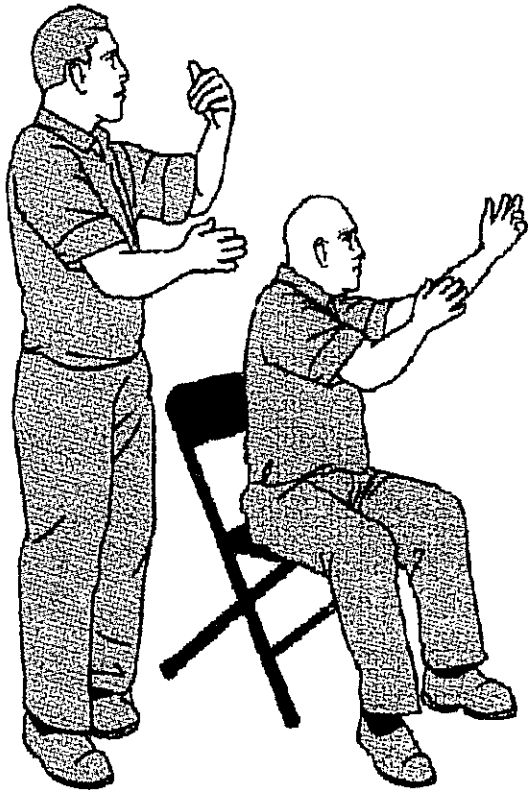
**What benefits can
T'ai chi and Qigong
bring to others?**

An Interview with Bill Douglas

The Quarterly Magazine bringing you news and
programs on complementary methods of healthcare
and exercise. Exercise for life!



Simplified T'ai Chi



Simplified T'ai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do, energising and deeply relaxing; it brings health and vitality to all those who practice it.

The class is suitable for students of all ages and abilities, and allows students to choose to be seated or to stand.

Every Thursday at 9:00am

Every Thursday at 11:30am

Community Recreation Building
320 East Wildwood Street,
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Courts Plus
186 S. West Avenue,
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Beginning October 16th
& December 2nd

Call: 630 834 8970



Beginning November 6th
& January 8th

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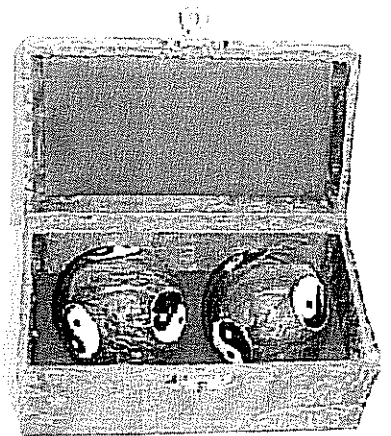
P **A** **R** **K** **S** **&** *Villa Park*
Recreation

 **Elmhurst**
Park District

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Chinese Health Balls can:

- Stimulate the mind, improve memory and promote new brain growth
- Improve overall health, stimulate blood circulation and reduce blood pressure
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 - Reduce stress, promote sleep and relaxation, and aid meditation
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Tuesday, October 28th ~ 7:00pm

Clauss Recreation Center, 555 W Bryn Mawr Avenue,
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Saturday, November 15th ~ 1:00pm

Warrenville Park District, 3 S 260 Warren Ave,
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Tuesday, December 4th ~ 4:00pm

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*Health Balls for
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These CD's are the perfect audio accompaniment to your T'ai Chi practice at home.

Each audio CD takes you through each of the postures as if you were in class. Also included are inhale / exhale tracks of 4, 5 and 6 seconds so you can time your practice.



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T'ai Chi ~
Part 2: \$10.00



T'ai Chi ~ The
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: \$15.00 soon!



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These are only available to
students!

Complementary Health & Exercise

Fall 2008

Editor/Publisher
John Robertson

630 229 4434

john@7starsma.com

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www.worldkigong.com

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Martial Arts



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The wisdom of Confucius



"They must often change who would be constant in happiness or wisdom."

Editor's Notebook

Welcome to our final edition of the year, autumn is upon us and the days are drawing in. The cooler days can be a great opportunity to practice out of doors. The feeling is very different from our classroom lessons; you can get a much closer feeling to nature. Breathing fresh air; feeling the wind, hearing the birds singing and receiving the energy from the air. It also tests your 'mu shim', are you distracted by anything? If you have not tried your T'ai Chi or Qi Gong exercises outdoors we encourage you to give it a go, you won't regret it.

By the time you read this our new Beginners T'ai Chi class in Roselle; and Simplified T'ai Chi class in Villa Park will have started. Please remember to take some of our flyers and pass them out to anyone you think could benefit from our classes. The best compliment you can give your instructor is to refer a new student, with your help our classes can grow.

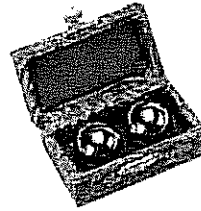
Are you wondering what to do with old cell phones, batteries or do you have questions about recycling? You can find all your answers at www.earth911.com or 1-800-CLEANUP.

We also encourage the use of local produce; this helps the environment, supports local farms, prevents urban sprawl and gives you fresher, healthier produce. Most supermarket produce travels an average of 1500 miles and is picked 4-7 days before reaching the shelf. Check out www.localharvest.org for farms, farmers markets.

John Robertson

*He lives most life whoever
breathes most air*

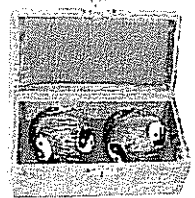
Chinese Health Balls: \$10.00



Available in all sizes from 1¼", through to 2½" in diameter.

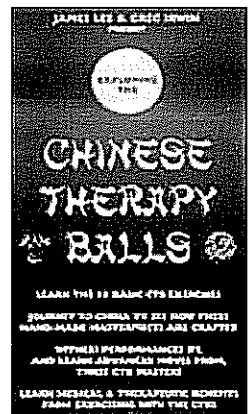
In many different styles, our stocks changes frequently, so call to find out what we have available.

There are many more styles available such as solid jade, marble, wood & chromed solid steel, plus many different styles of cloisonné.

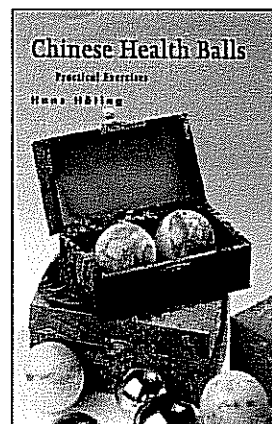


Exploring the Chinese Therapy Balls by James Lee & Greg Irwin: \$30.00

For expert instruction in using your Chinese Therapy Balls, Finger Fitness™ expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a visit to one of the factories. Then Chinese Masters demonstrate advanced moves. Commentary is also provided from a certified hand therapist. Available on DVD.



Chinese Health Balls by Hans Hoting: \$11.00



The author discusses meditation exercise, walking exercises, using them for massage, as well as working with the energy in the palms of your hands so that you can strengthen the yin or yang energy in your body. This is a very practical guide.

Available in soft cover.

To order:
630-229-4434 www.7starsma.com
or see your instructor

A Brief Introduction to Feng Shui

By Juliette Looye, M.Ed

Feng shui . . . feng WHAT?! Sounds like a menu item at a Chinese restaurant! . . . No? . . . It's not? . . . Well then, what is feng shui, and how does it work? . . . And how do you pronounce it correctly?

Let's take the easy part first: You pronounce it "fung shway." And although it's not a food, it actually is Chinese. Translated literally, feng means "wind" and shui means "water." Together, the two words suggest gentle winds blowing over smoothly flowing water. They suggest balance, peace, harmony. . . all the things you'd feel if you awoke on a beautiful day and everything was right with the world. That's what feng shui means. And that's what it does-it makes things right in your world.

To understand how this ancient art works, maybe it will help to make a comparison. First, think of your body. Your body is a living thing. One of the ways in which you keep it living is by breathing. You breathe in life-giving oxygen, which circulates through your body and keeps all of your systems working, from the top of your head to the tips of your fingers and toes.

Now imagine what would happen if you blocked the oxygen supply to one part of your body-say your left arm. If your arm didn't get its proper oxygen supply, it would start to suffer.

It wouldn't work the way it should. Eventually, its poor health and performance would affect the rest of your body. Then your whole body would suffer because of the problems in your left arm.

Now think of your house (or apartment or condo or town house). Think of the front door as your house's mouth. If your house were to open its mouth wide on a breezy spring day, fresh air would enter the house. As the air circulated, your house would be refreshed. This would

cause its inhabitants to feel healthy and alive.

Next, imagine what would happen if you closed the door to one of the rooms in your house: say the den, where you happened to be reading. If fresh air couldn't circulate through the den, you would start to suffer. You would feel hot and stuffy, and you wouldn't be able to concentrate very well. You probably would develop a headache and would become rather irritable. Eventually your headache and irritable mood would affect the rest of your family. Then your whole household would suffer because of the problems in the den.

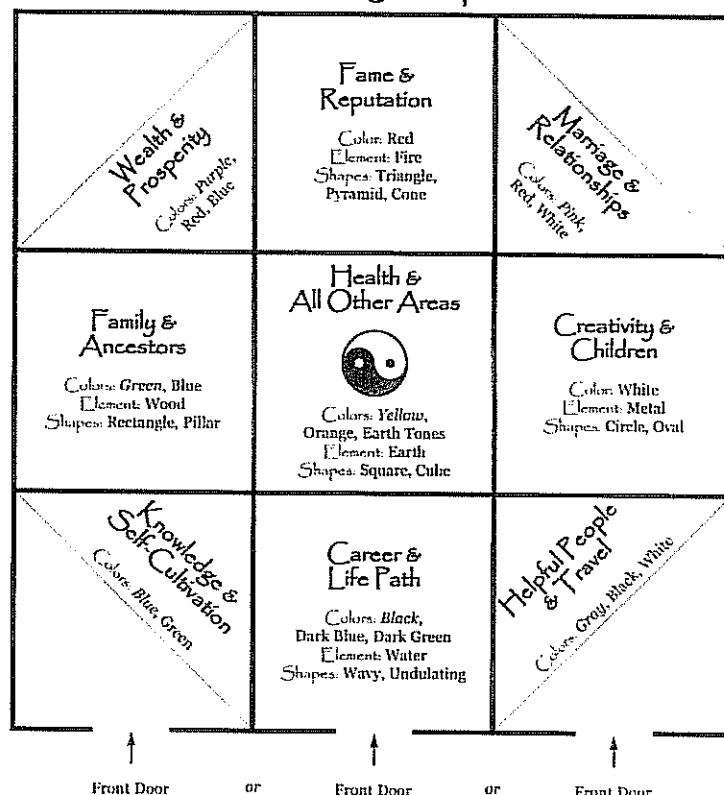
By now you understand the comparison: Your house is like a body. It has a life force, or energy, running through it that keeps its inhabitants healthy and happy. In feng shui that life force is called chi ("chee"). If you block the flow of chi to any part of your house, you'll begin to run into problems. You'll also run into problems if the chi moves so quickly or slowly that it doesn't have a chance to nourish your house properly.

As your body has different parts, so does your house. Those parts have different functions.

The octagon on this next page is called a bagua ("BAAgwaa") map. This eight-sided diagram shows your house's life areas, or guas ("gwaaz"). It also shows the guas' corresponding colors, shapes, and elements. (Much more on the bagua map and the guas later.)

Taken from
'Feng Shui Essentials
- A How-to Guide for
Creating the life you
desire'
by Juliette Looye,
M.Ed
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'Feng Shui Essentials'
is available to order
from your instructor.

The Bagua Map



T'ai Chi Ch'uan



Gentle, simple, powerful, profound and effective, T'ai Chi Ch'uan is a system of physical and mental exercises to promote health and wellness that has been practiced for hundreds of years.

We are currently accepting students for our 9:15a.m. Monday morning class beginning October 6th

The class is limited to eight select students to ensure individual attention, call today to reserve your place!

FREE class Monday September 29th 9:15am!

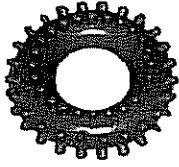
Eagle Academy of Martial Arts

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Call 630 229 4434 today to secure your place

Hand Care

Handhealth Ring: \$8.00



Perfect for warming-up before or warming-down after any type of hand-intensive activity. The ring is also beneficial during times of high stress.

The Hand Health Ring has been designed to help stimulate the main acupressure points in your hands to reduce pain and cramping, while improving flexibility and mobility. This durable ring is great to have while stuck in traffic...waiting at the doctor's office...or next to your favorite reading chair.

Figits: \$2.00



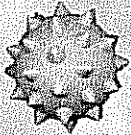
A unique copper ring featuring hundreds of tiny points to massage, tickle, and tingle your fingers. The increased stimulation leaves your fingers feeling nimble and well rested. Just roll one up and down each finger. The fingers are crucial to your daily functioning, yet one of the most neglected parts of your body.

Figits! digital relief for your hands and fingers!

Fantastik Fingers: \$8.00

Squeeze Ball: \$8.00

Fingers on a stick: \$12.00



Experience the soothing benefits of pressure point massage. The Fantastik Fingers Ball is designed to not only give you pressure point relief, but to also massage your hands. The pain eraser ball hits all the acupressure points as you roll it around and takes no strength to use. They are 2" in diameter, and available as a ball, a ball on a stick and a squeeze ball to strengthen your hands or for a less intense massage.

To order call 630 229 4434

www.7starsma.com/webstore.html

Employee Health & Wellness Programs

In the 1990s, the United Nations dubbed stress 'the 20th Century Disease'.

With the help of our relaxation and stress management programs we can change that in the 21st century!

According to a 2004 Ipsos-Reid study, the main preventable cause of employee absenteeism is mental health, mainly anxiety and/or depression, stress or a negative relationship with a manager or supervisor.

The implementation of an employee wellness program that increases the health, vitality and wellbeing of an organizations workforce will reduce healthcare and human resources costs, and make employees happier, and a happy employee is a productive employee.

Employee wellness programs are a simple and effective way for most companies to increase the fitness of their workforce and reduce healthcare costs at the same time.

Some organizations mistakenly think that benefits from employee wellness programs are mostly on the employee's side. In fact, employee wellness benefits employers and employees mutually.

A well-planned fitness initiative can provide potential cost savings to the company from \$2.30 to \$10.10 per \$1.00 spent on the programs.

Potential areas of savings include:

- fewer employee absences
- fewer injuries and less worker's disability/compensation claims
- lower healthcare costs
- higher productivity
- increased morale & better employee retention

Coors Brewing Co.'s employee wellness statistics indicate participant absenteeism drops by 18%. Coca-Cola saves \$500.00 per year per employee with their program.

According to these sources, employee wellness programs save companies money. For most companies employee wellness is indeed a "win-win" situation.

Benefits departments find that employee wellness programs are effective recruiting and retention tools, as well.

All of these factors make starting an employee wellness program an easy business decision - and an easy ethical decision too.

Continued next issue:

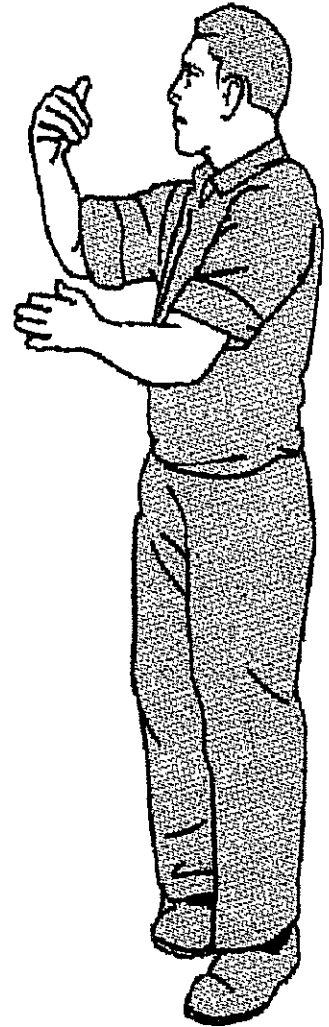
PARKS & Villa Park *Recreation*

T'ai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, strength, reduce stress & blood pressure.

Beginners meet every
Tuesday at 2:00pm; new classes begin
October 14th & December 2nd

Continuing students meet every
Thursday at 2:00pm; new classes begin
October 16th & December 4th



Call 630 834 8970 to register today

Iowa Community Centre

338 North Iowa Avenue, Villa Park, IL 60181

T'ai Chi in Villa Park

~ exercise for life!

An Interview with Bill Douglas

What benefits can T'ai chi and Qigong bring to others?

Taken from Dr Weil - your trusted health advisor <http://www.drweil.com/drw/u/id/ART02732>

The world is experiencing a stress crisis, and in fact a 20-year study by Kaiser Permanente found that between 70 and 85 percent of illness sending patients to their doctors were rooted in unmanaged stress. A large reason for our modern stress is that the world is changing so incredibly rapidly. Change is stressful, even good change. Now, having said that, not all stress has to be bad. Stress being healthful or unhealthy depends on how our mind and body processes the events in our lives. T'ai chi & Qigong offer highly effective tools to help us "breathe through" the coming challenges in our lives, society and world, letting go of or "exhaling" outdated feelings and beliefs that no longer work, while becoming flexible in body and mind to open more easily to wholly new and more effective ways of being and doing. Oddly, these ancient tools have spread worldwide at a time when our modern world needs them the most to relax into the challenging future. We can learn a few simple techniques to stay balanced in an increasingly digital and always accelerating world.

In this increasingly digital age, we experience less and less right brain tactile experience, and are more and more drawn into the analytical or left-brain thinking. It's not that one is better than the other, both are great, but we need balance. For example, by shopping online, we save gas from driving, save time, etc., but we don't smell the food

shops at the mall or feel the warmth of sunbeams from the skylights or their glitter in our eyes, or feel the texture and smell the scent of the towels we may purchase, etc. In a digital world we miss the tactile pleasure, or right brain experiences we need to maintain balance. T'ai chi & Qigong are designed to "soak us" in the tactile pleasure experience of the body as we go through gentle movements. And amazingly, by using these techniques regularly it encourages us to bring that tactile pleasure awareness into our digital lives. We find ourselves taking more time to "smell the herbal apple-cinnamon tea" beside our computer keyboard, feeling the warmth of the cup on our hands, or noticing the texture of the computer keys on our fingers, or even remembering to breathe deeply and allow the trees and sky outside our office window to soak into our awareness in that healing way it always does when we take the time to let it happen.

When T'ai chi beginners get the hang of it, what is the most common reaction?

The traditional Chinese instructional methods have often depended on the discipline of the student, to eventually feel the benefits by virtue of sticking with T'ai chi until they did. Because I've taught in America's heartland of Missouri, the "Show Me State," and also through my years teaching T'ai chi & Qigong as stress management techniques for

major corporations, I've been challenged to help students feel the benefits of T'ai chi & Qigong immediately - the first day of class. If I couldn't help them feel benefit right away, most wouldn't stick with it. So my program of instruction teaches these ancient tools in a modern/Western way that helps students get it immediately.

I'm also working with T'ai chi & Qigong teachers worldwide to encourage them to begin adapting T'ai chi & Qigong instruction to make it culturally friendly for their local students - no matter what country or culture they teach in. Following the philosophy of T'ai chi, we encourage teachers to be flexible and allow their teaching methods to adapt to best suit the needs of their students, rather than rigidly expecting students of various cultures to all learn T'ai chi the way we were taught it, thereby enabling millions more people to enjoy T'ai chi's benefits more quickly.

On benefits, students often comment about feeling a great sense of well-being, a sense of "being here and now" rather than scattered and anxious. I've heard students say after a class that they feel like they just had a day at the spa. What's so wonderful is that the first taste of T'ai chi & Qigong - which feels so good and liberating - is only the beginning of a lifelong journey of pleasure, self discovery, and personal growth that these amazing gifts from china offer people

all over the world.

Many students also talk about relief from chronic pain they'd suffered before, or improved performance in sports, lowering high blood pressure, and being much more calm with family, co-workers, and others on the freeways that once irritated them to no end. Research indicates that T'ai chi & Qigong can lessen depression, anxiety and mood disturbance, as well as dramatically improving balance and coordination, improving breathing capacity, and lessening or eliminating chronic pain. Also, amazingly - given its gentle nature - it provides roughly the same cardiovascular benefit as moderate impact aerobics.

Is there anyone who shouldn't practice T'ai chi or Qigong, and why?

Anyone with an existing condition is well advised to consult their physician before beginning any exercise program. Having said that, realize that T'ai chi is perhaps the lowest impact exercise there is. It is extremely gentle, does not require the practitioner to get down on the floor, and thereby is often perfect for even the most delicate conditions. I have taught professional athletes, corporate executives, maximum security prisoners in prisons, drug rehabilitation patients, students in wheelchairs, elderly students with advanced Parkinson's, children with ADD, students with learning and developmental disabilities, and people with full blown AIDS. I have found in my experience that anyone and everyone can get great benefits from T'ai chi & Qigong, but again it's always good to let your physician

know what you are up to. If for no other reason, just so they can witness your dramatic improvement as you progress through your T'ai chi journey.

What sparked your interest in T'ai chi and Qigong?

You know it's funny to look back now, after founding a worldwide health education event like World T'ai chi & Qigong Day, to educate millions worldwide of the benefits of T'ai chi & Qigong, and having it recognized by the United Nations, World Health Organization and governors of many states...how I almost "accidentally" stumbled into discovering T'ai chi & Qigong for myself 25 years ago.

Like millions of people coming to T'ai chi & Qigong today, I had no idea what it really was when I began it. I was simply stressed out and needed "something that would work for me." When I began my first T'ai chi and Qigong class, I didn't even know how to pronounce the words. (I thought it was pronounced Tay-ieeee-chie, but learned later it's "Tie-Chee"). I was just going through a lot of life and career changes (which most of the planet is experiencing now), and was very stressed out, so a friend suggested I try a T'ai chi class at the local

community college.

Today through my global efforts, I guess I'm just trying to be that same friend to millions worldwide, saying to them, "Hey, I know how stressed life can get...try out this class someone told me about, it's really great!"

What benefits have practicing these arts brought to your life?

That first night of T'ai chi & Qigong class dramatically changed the way I felt physically, emotionally and mentally. I felt so clear, so unburdened and so "here and now" - in a way I hadn't felt in many years. Remember when we were kids and simple things like dust mote meteors shooting through the brilliant sunrays would totally mesmerize and entertain us? This was a time when we felt at home in the world, and the world was not a threat or something to be feared, but rather a place of wonder, pregnant with possibility. That was the long-lost feeling that I got a new taste of from my first T'ai chi & Qigong class, and I knew then and there (that) I wanted more of this feeling. So, 25 years later, here I am, still enjoying T'ai chi & Qigong, but of course, I'm also teaching it to a world in need of calm and peace of mind. It would be selfish of me to keep it all to myself.

About the author:

Bill Douglas is the Tai Chi Expert at DrWeil.com, Founder of World T'ai Chi & Qigong Day (held in 60 nations each year), and has authored and co-authored several books including a #1 best selling Tai Chi book *The Complete Idiot's Guide to T'ai Chi & Qigong*. Bill's been a Tai Chi source for *The Wall Street Journal*, *New York Times*, etc. Bill is the author of the ebook, *How to be a Successful Tai Chi Teacher* (Namasta University Publishing). Bill is the author of the ebook, *How to be a Successful Tai Chi Teacher* (Namasta University Publishing). You can learn more about Tai Chi & Qigong, search a worldwide teachers directory, and also contact Bill Douglas at <http://www.worldtaichiday.org>

T'ai Chi ~ Exercise for LIFE!

T'ai Chi is practiced by millions of people everyday, who consider it to be an integral part of their lives, giving them good health, vitality, a calm stress-free mind and a strong, flexible body.



T'ai Chi is proven as the most effective way to improve balance and delay the onset of falling. Feel relaxed and energized.

Beginners meet every Thursday afternoon at 12:30pm;
classes begin November 6th & January 8th

Continuing students meet every Tuesday afternoon at 12:30pm;
classes begin November 4th & January 6th



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

COURTS PLUSSM

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Questions & Answers

Our experts answer all your questions on health and exercise.

What is Traditional Chinese Medicine and how does it work? M.H.

Traditional Chinese Medicine, sometimes shortened to TCM, is a holistic medical system that has been used in China and other countries to diagnose, treat and prevent illness for almost 4,000 years.

Traditional Chinese Medicine believes that a person's health is determined by a balanced flow of vital energy throughout the body. For thousands of years, Traditional Chinese Medicine has acknowledged that there is a vital life force that flows through all things which called Qi, Chi or Ki. In the West, this is often referred to as 'energy'. Qi circulates throughout the body through twelve major energy pathways called meridians, each of which is linked to specific internal organs and organ systems.

When the balance of Qi in the body is disturbed due to trauma, poor diet, medication, environmental factors or excessive emotional issues, pain or illness usually results.

Traditional Chinese Medicine focuses on correcting these energetic imbalances by breaking up any obstruction and encouraging an even and balanced flow of Qi, which stimulates the body's natural ability to heal itself. Traditional Chinese Medicine may use a combination of Qi Gong or T'ai Chi Ch'uan exercise, diet, herbal supplements, Tui Na massage, acupuncture and acupressure to balance and harmonize the flow of Qi to restore health.

Traditional Chinese Medicine can be traced back to *The Yellow Emperor's Classic of Medicine*. A book, still published today, attributed to the great Huang Di, the Yellow Emperor, who reigned during the 3rd millennium BCE.

It contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology.

All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life.

Send your questions to info@7starsma.com

Feng Shui Essentials: \$20.00

A How-to Guide for Creating the Life You Desire by Juliette Looye, M.Ed.

Feng Shui Essentials is an extremely user-friendly book that not only presents the basic principles of feng shui but takes readers through a step-by-step process for applying those principles to their own homes and lives.



Fans of the movies *The Secret* and *What the Bleep Do We Know!?* will especially understand this book's underlying principle that what "matters" to us most becomes the physical matter with which we surround our-selves.

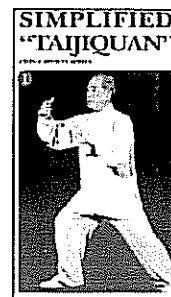
Standing Pole Exercise: \$10.00



Standing Pole Exercises are a unique form of the ancient Chinese tradition of Qi Gong practiced by people of all ages and physical conditions. These exercises involve calisthenics which incorporate mind and body and constitute a very simple and effective system for the treatment of illness and the development of overall health and fitness. Fully illustrated.

Simplified "Taijiquan": \$10.00

Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.



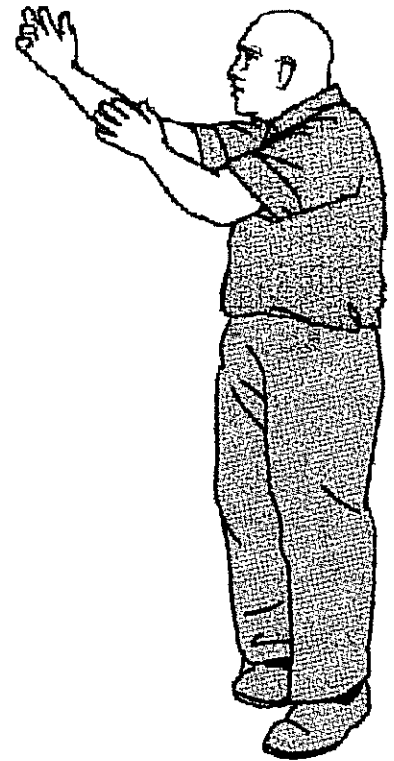
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ROSELLE PARK DISTRICT

T'ai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, & strength, and reduce stress & blood pressure.



New class begins at 9:00am
Tuesday, October 21st & December 2nd
Call 630 894 4200 to register today

Class Recreation Center

Class Recreation Center

555 W Bryn Mawr Avenue, Roselle, IL60172

T'ai Chi for life!

Just for Today, Do Not Worry

By Jane Van De Velde, RN, ND

How often do you worry about what is going on in your life? Do you worry about your family, your children? How about finances or health issues? And how does worry affect you physically? Does it interrupt your sleep or your appetite? Daily life can be hectic and filled with many demands. But there are ways to manage this kind of stress and heal your tendency to worry. The practice and philosophy of Reiki can be helpful in achieving this goal.

Reiki is a Japanese technique that is used for relaxation and stress reduction. It allows the practitioner to direct life force energy into the body and energy field of the person who is receiving it. This technique was developed in Japan in the early 1920's by a man named Dr. Mikao Usui. He discovered how to access Reiki energy for personal healing and balance. Dr. Usui encouraged his students to live a "proper life" using the Reiki Principals as the foundation along with regular meditation and daily self-treatment with Reiki. Simply stated, the Reiki Principals are as follows: Just for today, *be grateful, *do not worry, *do not get angry, *work hard and *be kind to others.

Let's consider the concept of worry. The definition of worry is to feel anxious, distressed, and uneasy. Worry can become a habit or pattern of thinking. We may have constant, repetitive thoughts about situations in our lives with the belief that the outcomes are going to be negative. Our thoughts travel in circles and soon our worries are blown completely out of proportion. However, no matter how much worrying we do, it never achieves or changes anything. Worry is nonproductive and simply serves to make us feel bad.

Our worries can also be linked to fear of the future and the unknown. We have all played the "what if" game in our minds, imagining the terrible things that could happen to us or to our loved ones. Nine times out of ten, these scenarios never come to pass yet we have expended much time and energy worrying.

Repetitive, constant worry impacts negatively on our physical health. Worry can make us feel depressed, anxious or frightened. This directly affects our physiology so we might experience a faster heartbeat, a tension headache, sleepless nights or fatigue. Persistent worry stresses the body and can decrease the effectiveness of our immune systems, making us more vulnerable to illness.

So what are some things you can do to help yourself let go of worry? Learning Reiki for self-treatment is very effective. Reiki gently moves the receiver towards relaxation and helps to quiet and calm the mind. My students and clients often describe feelings of peacefulness and clarity after a Reiki session. Practices such as meditation and guided imagery are also wonderful antidotes to worry.

Another solution is to become conscious that you are worrying and be able to identify this negative thought pattern. Simply acknowledge to yourself, "I am worrying right now". Next, consider the situation you are worried about. If there is some action you can take to improve matters, then do so. But if there is nothing you can do to change the situation...let it go.

Continued on page 18



Jane Van De
Velde, RN, ND
Reiki
Practitioner &
Teacher

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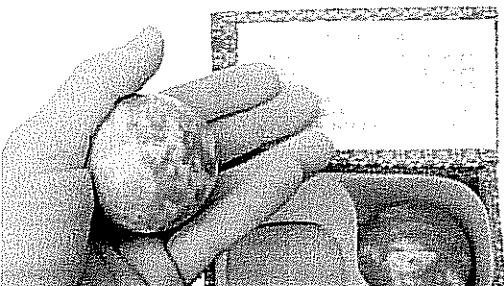


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Saturday, December 6th
~ 1:00pm - 4:00pm

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Just for Today, Do Not Worry

continued from page 16

This will take a conscious effort on your part and it will probably take more than once.

It is also important to monitor what you say to yourself. Carefully listen to your own words and change your message. Consciously replace negative thoughts and worries with positive thoughts and hopeful feelings.

Taking several deep breaths can help to circumvent worry. We tend to hold our breath when feeling stressed. Breathing brings us into the present moment where there is nothing to worry about. Exercise is another excellent stress reliever. Get outdoors, take a walk and begin to practice mindfulness, coming into the present moment. When we worry, we often have no sense of what is going on around us. We become focused on our inner thoughts and have no appreciation for the beauty that surrounds us.

Do not allow worry to consume your life. Remember that worry is simply meditating on the negative. You can make changes in your life that will move you towards peace of mind. Just for today....do not worry.

Reference: Quest, P. "Do not worry", Reiki Magazine, Spring 2005

Advertising

Adverts are available in the following sizes:

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November 6th (6 weeks)

January 8th (6 weeks)

Continuing T'ai Chi
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January 6th (6 weeks)

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Thursdays, 11:30am - 12:15pm

November 6th (6 weeks)

January 8th (6 weeks)



**An Introduction to
Chinese Health Balls**

Thursday, December 4th
4:00pm – 4:45pm
4:45pm – 5:30pm
5:30pm – 6:15pm

Registration: 630 833 5064

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Relax4Life
26402 N. Edgemoor Lane,
Barrington, IL 60010

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This class is worth 6 CEU's

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9:00am – 4:00pm

Registration: 847 842 1752

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555 W Bryn Mawr Avenue,
Roselle, IL 60172

Beginners T'ai Chi
Tuesdays, 9:00am – 10:00am

October 21st (6 weeks)

December 2nd (6 weeks)

**An Introduction to
Chinese Health Balls**

Tuesday, October 28th
7:00pm - 8:00pm

Registration: 630 894 4200

Villa Park

Iowa Community Centre
338 North Iowa Avenue
Villa Park, IL 60181

Beginners T'ai Chi
Tuesdays, 2:00pm - 3:00pm

October 14th (6 weeks)

December 2nd (6 weeks)

Continuing T'ai Chi
Thursdays, 2:00pm - 3:00pm

October 16th (6 weeks)

December 4th (6 weeks)

Registration: 630 834 8970

Community Recreation Building
320 East Wildwood Street
Villa Park, IL 60181

Simplified T'ai Chi
Thursdays, 9:00am - 9:45am

October 16th (6 weeks)

December 2nd (6 weeks)

Registration: 630 834 8525

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January 7th 2009 (6 months)

T'ai Chi Ch'uan
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April 14th 2009 (6 months)

Registration: 630 229 4434

Warrenville Park District
3 S 260 Warren Ave,
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