

# Complementary Health & Exercise

Fall 2011

FREE!

## Energy medicine: Futuristic healing with ancient roots

by Dana Ullman, MPH in The Chiropractic Journal



The Quarterly Magazine bringing you  
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七星武道

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## Complementary Health & Exercise

Fall 2011

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## Tai Chi Sword

October 13<sup>th</sup> & December 1<sup>st</sup>  
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,  
338 N. Iowa Avenue, Villa Park, IL 60181  
630 834 8970

(Previous Tai Chi experience is required)

## The Wisdom of Confucius

"If you give a man a fish,  
you feed him for a day.  
If you teach a man how  
to fish, you feed him  
for a lifetime."

## Editor's Notebook

This fall we have two student events happening, a trip to 'The Tea House' for Tea 101, and our annual student dinner; we hope you can join us!

Join us on October 12th for a trip to 'The Tea House' in Naperville; and treat yourself to an enlightening afternoon as tea authority Dan Robertson presents an introduction to the history, geography, culture & production of the world's most consumed prepared beverage.

Followed by a tea tasting and then dinner at a top Chinese restaurant. See your Instructor to register, space is limited to only 24 students, so book early to avoid disappointment!

Then November is our annual student lunch; always the Tuesday before Thanksgiving at 'The Silverado Grill' in Elmhurst from 2-4:00pm. The event features; social time, an awards ceremony, a raffle in aid of the American Cancer Societies Relay for Life and of course some really good food! Look out for flyers coming soon.

If you have anything you would like to donate to our raffle then please bring it into class; everything is appreciated!

*John Robertson*

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# Seven Stars and the Natural Weapons of the Body

Author unknown

In the traditional Chinese martial terminology, the 'seven stars' refer to the natural weapons of a human body. A person's higher stars are the shoulders, elbows, and hands. The lower stars are the person's waist, knees, and feet. A person's head is the central star. The use of each of the seven stars is described below...

1. The Hand (Shou): For our purpose the hand is the part of the body between the elbow and the fingertips. As a person's 'general-purpose' weapons, the hands can take many forms to apply power (Jing). The most common martial hand forms are the horizontal closed fist, the vertical closed fist, the knife hand (positive or negative), the varieties of clawed hands, varieties of finger spade, and the palm. The hands and head are undoubtedly the most delicate stars and, therefore, the hardest to strengthen. Traditionally, to strengthen hand strikes one strikes bags filled with hard corn or small round stones under the supervision of a qualified teacher.

2. The Elbow (Zhou): Elbows are also a potent weapon. Short, but more powerful than the hands, the elbow is capable of a large variety of strikes. As weapons elbows have the advantage of striking with force in front of as well as behind so they can be used on the upswing and downswing of a strike. The two principal zones of contact are the front of the elbow and the back of the elbow. The front of the elbow is used for striking objects in front of you and the back of the elbow is used for striking backward or techniques using a downswing. The elbows can be also used to apply powerful dislocations (Qinna) and chokeholds.

3. The Shoulder (Jian): Although seldom used in combat, shoulders are an extremely powerful weapon when reinforced by the entire weight of the body or the torso. The primary shoulder technique consists of striking with the point of the deltoid and keeping the shoulders aligned. This technique is present in all the traditional

styles, and requires a good comprehension of the principles of torsion and Jing to reach its full potential.

4. Waist (Yao): Although under-utilized in many modern styles, the waist is very significant because of the exceptional amount of power it can generate. Although the waist is rarely used for direct striking it is essential for transmitting the power of the legs into strikes made with the upper body. This ability to transmit power makes the waist of paramount importance when projecting energy. By practicing the specific exercises to strengthen the waist, a martial artist will increase their stability and power.

5. Knees (Xi): Like the elbows, the knees are a weapon of average and short range. Unlike elbows, however, knees can only be used to strike a target in front of a person. A bent knee can deliver powerful strikes. Its striking surfaces are usually the surface directly above the bended knee or the kneecap. Knees are very useful to control an

opponent on the ground, for instance, the knee on the shoulder, the chin or the solar plexus.

6. Feet (Tui): Almost as flexible as the hands, the feet have multiple uses. Striking surfaces of the foot include: the heel, the 'ball of the foot' (below the raised toes), the external and interior sides, and the point of the toes. This variety of surfaces makes many techniques possible. However to be most effective, this weapon needs to be well delivered. Although its power is relatively limited, it is the weapon with the longest range, and it can deliver lot of power within that range. In some circles, the feet are defined more broadly as the area between the knee and the end of the toes, so techniques involving the tibia are also included in this category.

7. Head (Tou): The head is regarded as the most significant weapon, of

Continued over:



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Friday, November 11<sup>th</sup>  
6:30pm - 9:30pm

Clauss Rec Center  
555 W. Bryn Mawr Ave,  
Roselle, IL 60172

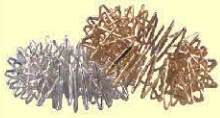
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Saturday, December 3<sup>rd</sup>  
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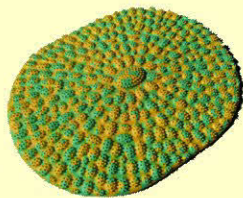
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equal importance to the arms, but only because it is essential. The head must be used with caution. The striking surfaces on a person's head include the forehead (well-known to soccer players), the back of the cranium, and the prominent sides of the cranium. Certain very short techniques can also be used with the point of the chin and the teeth. To learn to control this weapon, it is necessary to spend a great deal of time developing the musculature of the neck and the trapezoids. However, remember that each blow with the head or to the head destroys brain cells (the famous grey cells). Once a brain cell is destroyed it can never be replaced. Thus these techniques must be applied with prudence.

Competent martial artists must learn at least three techniques with each of the seven stars. However, prudence must be exercised, respect for the body and good judgment are advised. Just as a blacksmith can work an iron bar to make it a sword, a martial artist can make these natural weapons very effective. But, when a blacksmith makes an error and breaks the blade during its forging, he can always start again with new materials. This is not the case with your natural weapons. Usually we are only able to make two errors, then it is up to the wonders of Surgery.

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Clauss Recreation Centre at Roselle Park District  
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**Saturday, November 5<sup>th</sup> 2 - 3:00pm**

Courts Plus, 186 S. West Avenue, Elmhurst, IL 60126  
~ To register call 630 833 5064

**Wednesday, Dec 7<sup>th</sup> 1:00 - 2:00pm**

The Abbey Senior Center ~ To register call 630 993 8193  
407 W. St. Charles Road, Elmhurst, IL 60126

**Balance your body, mind and spirit through the use of Chinese Health Balls!**



# 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 Principles as the foundation along with regular meditation and daily self-treatment with Reiki. Simply stated, the Reiki Principles 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.

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.

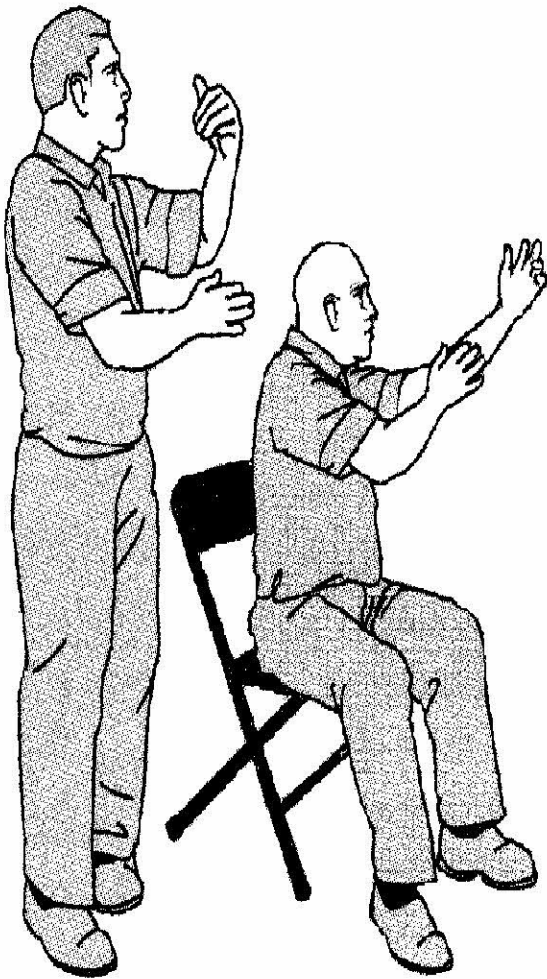
Reference: Quest, P. "Do not worry", Reiki Magazine, Spring 2005



# Tai Chi for Health

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Our classes are suitable for participants of all ages and abilities; participants may choose to sit or stand during class

October 12<sup>th</sup>, November 30<sup>th</sup>  
11:15am - 12:15pm

The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

Elmhurst Park District 630 993 8193

# Energy medicine: Futuristic healing with ancient roots

by Dana Ullman, MPH in *The Chiropractic Journal*  
[www.thechiropracticjournal.com/news9.php?M=september&Y=2010](http://www.thechiropracticjournal.com/news9.php?M=september&Y=2010)



The study of energy medicine is the study of the “many working parts lacking visible connections.” The forces and fields that connect organ to organ, body to mind, and mind to nature are not always visible. This invisibility doesn’t mean they don’t exist. It may only mean we haven’t looked for them or haven’t yet developed the technology to objectively see, feel, or measure these interconnective forces.

The traditional definition refers to energy as “the capacity to do work” or as “a measurement of activity.” This meaning is appropriate in conceptualizing energy medicine as long as the definition of “work” or “activity” not only includes the gross changes in biochemical and physiological systems but also the changes in energy levels and field phenomena that affect human health. Modern understanding from chaos and complexity theories confirms that even subtle changes in energy levels and field phenomena have the capacity to catalyze significant biological transformations.

At the same time that energy medicine practitioners have begun to explore the fields and forces within the organism that have self-organizing and self-healing capacities, practitioners of modern medicine have begun to recognize self-regulating processes within the organism that work to defend and heal the individual.

Both groups are perhaps uncovering the same field phenomena. Whatever one calls this self-healing/self-regulating capacity, this inherent defensive and survival strategy helps the organism act with wisdom in adapting to all stresses, and to heal and transform itself as it acquires greater complexity and biological strength.

Ultimately, the concepts of energy medicine are futuristic, even though many of the most popular modern-day energy medicine practices are hundreds or even thousands of years old. Thinking of the health and life of living organisms in the light of energetics and field phenomena represents an important shift of perspective, and a predictable evolutionary step in the devel-

opment of science and medicine.

## Energy medicine East and West

This invisible yet ubiquitous self-healing/self-regulating system or field within the organism has been given various names at different times in history and in different cultures.

Hippocrates called it “*physis*” (from which the word “physician” was derived); Paracelsus called it “*archeus*”; the modern-day scientist and discoverer of vitamin C, Albert Szent-Gyorgyi, called it “*syntropy*” (which he defines as “the drive in matter to perfect itself”); the Chinese have referred to it as “*ch’i*”; the yogis as “*prana*”; homeopathic physicians—“*vital force*”; and naturopathic physicians—“*vis medicatrix naturae*” (translated as “the healing power of nature”).

Although reference to an energy flow within the organism may sound esoteric to some people, it’s equally difficult for others to consider the body to be some type of biochemical machine. As famed science and science fiction writer Isaac Asimov once wrote: “Science theories tend to fit the intellectual fashions of our times.” Concepts of energy in medicine and healing are at once ancient and futuristic. It, indeed, may be time for the present to catch up with the past and the future.

Before microscopes were developed, many people had difficulty believing in the existence of bacteria. It’s not surprising that many people today have difficulty accepting the possibility of an energy system within the body since, like the invisible microbes before Leeuwenhoek’s times, we haven’t yet developed the technology to see it.

As science develops more and more sophisticated technologies that help us observe the action of smaller and smaller processes (cells, then intracellular parts, then molecules, and then atoms), it seems obvious that understanding energy processes and fields will be a natural evolution for scientific endeavors. It’s not an easy

task to assess energy flow within the human body. Many of the health practices that are based on this type of assessment have taken hundreds or thousands of years to develop into coherent workable systems. Acupuncture, for example, has developed over the past 2-3,000 years, and its international popularity and stature is significant and undeniable. In order to evaluate the status of human energies, the acupuncturist uses pulse diagnosis with other diagnostic tools.

The quantity and quality of this energy flow informs the practitioner about the degree of pathological penetration and suggests the susceptibility of the person to certain conditions prior to their actual manifestation.

The five-element theory in Chinese medical practice along with other important principles of healing can guide the acupuncturist to finding the significant acupuncture points on the body that will balance the ch'i, thereby increasing or restoring its quantity and/or quality and augmenting the healing process.

Understanding how meteorologists predict the weather may actually be a useful metaphor for a better understanding of the practical workings of the energy flowing through the body.

Meteorologists predict the weather by measuring wind patterns and high and low air pressure. In this way, they predict where clouds will go and if and where it will rain. Wind and air pressure are forces, or energies, and if experts ignore these invisible forces and only watch and evaluate those elements of nature that can be seen (clouds), their skills at predicting weather will be embarrassingly poor. By understanding and observing how energy flows, experts can then predict how matter will be influenced and how it will behave.

Likewise, acupuncturists can predict disease processes when too much or too little energy pervades specific meridians. Acupuncturists use their needles to help move the ch'i from areas where there is much to areas that are under-nourished, creating more balance and health. Understanding and working with bodily energies is not just some "woo-woo" concept but has practical diagnostic and therapeutic value.

In a parallel fashion, homeopathic medicine has spread to virtually every country in the world, and is often considered a Western energy medicine. Like their Chinese counterparts, homeopaths utilize a detailed body-mind symptom analysis to assess a person's constitutional state of health. The person's health is evaluated by assessing obvious and subtle symptoms, with

greater emphasis placed on those unique symptoms that differentiate one person's disease from another.

Homeopaths commonly inquire about a person's sensitivity to hot or cold temperature, influences of time of day or night on health, motion or position of the body, food desires or aversions, sleeping habits, sweating patterns, emotional or mental states, and how each of these phenomena influence individual symptoms and a person's overall state of health. In so doing, homeopaths treat each person and his or her disease and unique syndrome of the disease.

For more than 200 years homeopaths internationally have confirmed that sick people have a hypersensitivity to a specific medicinal substance that, if given to healthy people in toxic doses, will cause the similar symptoms that the sick person is experiencing. Like acupuncture and other energy systems of medicines, the heightened power and effect of those homeopathic medicines that have undergone greater potentizations (the process of serial dilution with vigorous shaking in-between dilutions) may be the result of what the homeopaths call the "vital force" becoming sensitive to and resonant with the medicinal agent.

Because symptoms of illness are adaptive and defensive responses of the body to fight infection and/or adapt to stress, homeopathic medicines are matched and selected for their ability to mimic and augment this effort to elicit a healing response, thus leading some people to refer to homeopathy as "medical aikido" and "medical biomimicry."

Therapeutic touching practices seem as old as records of history. Certain sensitive therapeutic touch practitioners, like many psychics, seem to see energy patterns (or auras) around and through people from which susceptibility to disease can be diagnosed.

The gaps in energy patterns, the degrees of density and the colors emitted from the body together provide diagnostic information. Band-aiding gaps in energy patterns, "tonifying" the energy's overall density, and balancing the field that emanates from them are therapeutic methods used to manipulate forces and fields that stimulate a healing process.

Initially, these beliefs and claims appear metaphysical. But research in biological science and environmental medicine is beginning to explain the influence of field effects, bio-electrical processes, and biological hypersensitivity upon human health.

Continued over

# Tai Chi Chuan

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

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186 S. West Avenue,  
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All students meet every  
Monday at 8:00pm  
October 17<sup>th</sup> November 28<sup>th</sup>

Continuing students meet every  
Tuesday at 12:30pm  
October 11<sup>th</sup> November 29<sup>th</sup>

Beginner students meet every  
Thursday at 12:30pm  
October 13<sup>th</sup> December 1<sup>st</sup>

Call: 630 833 5064

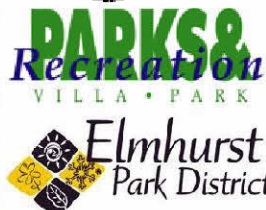
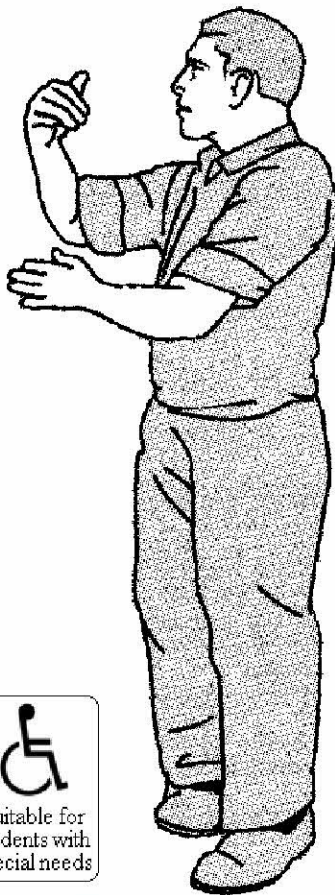
## In Lombard

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

Beginner students meet every  
Monday at 5:00pm  
October 10<sup>th</sup> November 28<sup>th</sup>

Continuing students meet every  
Monday at 6:00pm  
October 10<sup>th</sup> November 28<sup>th</sup>

Call: 630 620 7322



## In Roselle

Clauss Recreation Center  
555 W. Bryn Mawr Avenue,  
Roselle, IL 60172

Beginner students meet every  
Tuesday at 9:00am  
October 11<sup>th</sup> November 29<sup>th</sup>

Continuing students meet every  
Tuesday at 10:05am  
October 11<sup>th</sup> November 29<sup>th</sup>

Call: 630 894 4200

## In Villa Park

Iowa Community Centre  
338 N. Iowa Avenue,  
Villa Park, IL 60181

Beginner students meet every  
Tuesday at 2:00pm  
October 11<sup>th</sup> November 29<sup>th</sup>

Continuing students meet every  
Thursday at 2:00pm  
October 13<sup>th</sup> December 1<sup>st</sup>

Call: 630 834 8970



# ROSELLE PARK DISTRICT

The use of electrical current to stimulate wound healing and bone regeneration is stirring the medical community with its successes and implications. Researchers find small doses of electrical current that mimic the electrical potential from the wound or bone can stimulate its healing. Others find that imposing an electrical field to a recently amputated limb, say in a frog, can lead to appreciable regeneration where slower regeneration would normally occur. The significance of this research is that it begins to show the special curative value of changing electrical fields within an organism to influence biochemical and physiological function.

Specialists in environmental medicine have looked at how low-dose energy from fluorescent lights, air ions, microwaves, cell phones, sound and electromagnetic fields can distort cell functioning and result in illness. Although most people may not experience any obvious effects from these fields, it can and should be acknowledged that there seem to be some hypersensitive individuals for whom such influences have significant impact. It has long been known that such stressors can cause chronic conditions after long-term exposure. Yet, recent research shows that significant functional abnormalities occur from low doses well before structural changes take place.

While the neuro-endocrine system, with its hypersensitivity to various low dose phenomena, may be a primary mediator for the various energy emanations, the occasional rapid manifestations of symptoms from exceedingly small doses may indicate some other yet undefined communications pathway in living organisms. It's important to acknowledge the capacity of an organism to respond to external energy, and it's time to recognize the possibility of an internal energy system within the body that might be resonant or dissonant with these environmental influences.

### **Magnetic fields and the human body**

Back in 1989, I read a fascinating book called, "The Compass in Your Nose and Other Astonishing Facts About Humans," by science writer Marc McCutcheon. The author provided evidence of trace amounts of magnetized iron in the human nose and suggested that its magnetic properties enable our sense of direction.

Other researchers have found that birds have magnetite in their beaks which may help them with their amazing navigational abilities to migrate long distances. [1] Still other researchers have found concen-

Continued over:

## **Over 65? Your chance of falling in the next year is 1 in 3**



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Wednesday, Dec 21<sup>st</sup>  
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# **Falls?**

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These classes can help reduce stress & blood pressure, build health, vitality & more. They can instill in you a greater sense of control over your wellbeing.

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Secrets of Chinese Health Balls  
The Eight Pieces of Brocade  
The Six Healing Sounds  
The Dragon Gate Form

Coming Spring 2012

For dates & to register:  
[www.7StarsMA.com/  
OrientalWisdom.html](http://www.7StarsMA.com/OrientalWisdom.html)

*Be guided to a higher quality of life  
by the wisdom of the ancients*



trations of magnetic particles in the human brain [2,3] and in other parts of the human body. [4] Research has just begun in evaluating the role of magnetite in health and in disease. [5] (People who wish to follow-up on this area of inquiry will benefit from doing a Google search of "magnetite" and "biomagnetite.")

When one realizes that many parts of our body are infused with magnetic particles, one must also wonder how these invisible but active forces and fields influence the body and its health. One might also wonder if treatments that mimic or resonate with these fields might be optimized in our health care system. The implications for having magnetic fields in the body could be significant, and this area of inquiry is inadequately explored by mainstream medicine.

Sadly, our sophisticated medical system has focused on biochemical process, while ignoring the fields and forces that influence biochemistry. Our modern medical instrumentation simply reinforces the biochemical processes. It isn't that we should ignore biochemistry (obviously), but our modern era beckons us to consider an integrative model of health and medicine so that the diversity of diagnostic and therapeutic processes can lead to the safest and highest quality health care. Until and unless our medical sciences assess and account for the field phenomena of the human organism, doctors will be blinded to knowing about interconnective forces in our bodies... and until this happens, doctors will be like meteorologists who try to predict weather by only looking at clouds.

It's no wonder that Albert Einstein, with his colleague Leopold Infeld, acknowledged that despite the invisibility of electromagnetic fields, "The electromagnetic field is, for the modern physicist, as real as the chair on which he sits." [6]

## Conclusions

The primary alternative model to the vitalist/energetic model is that of an elaborate machine, though evolutionary biologist and science historian Stephen Jay Gould has cautioned, "a machine makes a poor model for a living organism." [7]

The newly published book, "Green Medicine: Challenging the Assumptions of Conventional Health Care," by Dr. Larry Maler-ba, considers the vitalistic viewpoint of health and healing to be so essential to the green medicine perspective that its first chap-

Continued over

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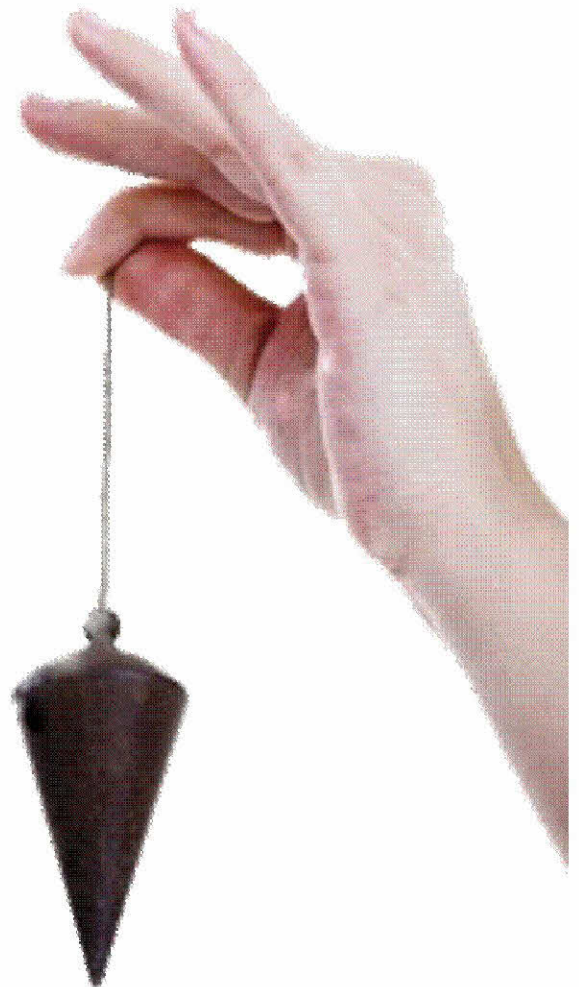
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Park District

820 S. Finley Road.  
Lombard, IL 60148

Saturday, November 12<sup>th</sup>  
9:00am - noon



ter is entitled “The Unifying Life Force.” [8]

The fact of the matter is that American medical care embodies a mechanistic and reductionistic view of health and disease. Its treatments may effectively rid a person of a specific symptom, but it may be time to realize that simplistic and mechanistic thinking provide primarily only the guise of health improvement. It’s therefore no wonder that American health care is ranked 37th in the world, while virtually all of the countries that have the greatest use of energy medicines are ranked at the top.

Further refinement and synthesis of the empirical basis for energy medicine is needed, and research on its diagnostic and therapeutic processes is essential, though I’m sure that some people whose income or paradigm of medicine or science is threatened will do their best to squash such investigation or integration.

Understanding the forces that tie and bind our body and mind, and those that connect us with nature will not be easy. Such forces and fields of life cannot be placed under a microscope, but they can be understood and studied. Energy medicine offers the potential for understanding some very real mysteries of nature, for developing some valuable health practices and for learning how to create healthy environments in which to live. This field of inquiry is on the cutting edge and needs the sharpest of minds to fathom its realities—and its limitations. Ultimately, the energy medicine paradigm proves a useful model to understand and explain healing.

Our discussion of energy medicine, as with many new ways of understanding phenomena, may not be readily accepted by the medical establishment. Thomas Kuhn, author of “The Structure of Scientific Revolutions,” and popularizer of the word “paradigm,” helps us understand why this may happen: “Scientific revolutions ... seem revolutionary only to those whose paradigms are affected by them. To outsiders they may ... seem like normal parts of the developmental process.”

Energy medicine is a logical evolutionary step for medicine. I invite you to step out with us to help understand more fully its meaning, its depth, and its significance.

In the light of ALL of the above, it isn’t surprising that America’s most respected doctor, Mehmet Oz, MD, asserted in 2007 on the Oprah show, “The next big frontier in medicine is energy medicine.”[9]

And finally, Albert Szent-Gyorgyi, the Nobel Prize-winning scientist who discovered vitamin C, once asserted, “In every culture and in every medical tradition before ours, healing was accomplished by moving energy.” [10]

It may be time for mainstream Western medicine to catch up with the past and to enter the future of real healing.

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# Event Calendar

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

### TheosoFEST

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

### Holistic Health Fair

Sunday, October 2<sup>nd</sup> ~ 10:00 - 5:00pm  
Soup to Nuts in Geneva

### All About Tea (Tea 101)

Wednesday, October 12<sup>th</sup> ~ 2:00 - 3:30pm  
The Tea House in Naperville

### Annual Student Dinner

Tuesday, November 22<sup>nd</sup> ~ 2:00 - 4:00pm  
Jack's Silverado Grill in Elmhurst

### 2012

### The Tea Ceremony

Wednesday, March TBA ~ 2:00 - 3:30pm  
The Tea House in Naperville

### China Tour - no classes - provisional

April 1<sup>st</sup> to 20<sup>th</sup>

### World Tai Chi Day

Saturday, April 28<sup>th</sup> ~ 9:00am - 11:00am  
Theosophical Society in Wheaton

### Tai Chi Spring Gathering

Saturday, April 28<sup>th</sup> ~ 1:00pm - 4:00pm  
Creekside Park / Lightheart Center in Winfield

### Relay for Life

TBA ~ 4:00pm - 6:00am  
Montini Catholic High School in Lombard

### Chinatown Trip

Saturday, July TBA ~ 9:00am - 6:00pm  
Chicago Chinatown

Watch out for flyers for all these events,  
and check our website for updates!



# All about Tea

(Tea 101)

Consumed for nearly 5,000 years, the simple cup of tea has been the favored indulgence of royalty as well as the steadfast companion of the common man.

Treat yourself to an enlightening afternoon as tea authority Dan Robertson presents an introduction to the history, geography, culture & production of the world's most consumed prepared beverage.



Enjoy an educational experience for your palate with a tea tasting session featuring some of the rarest teas in the world.


We end the day with a full dinner at *'The Tang Dynasty'* one of the top 100 Chinese Restaurants in the US!

[Tuition includes tea 101 & tea tasting at The Tea House; appetizer, dinner, soft drink & gratuities at The Tang Dynasty; Non-refundable except in case of cancellation]

Wednesday, October 12<sup>th</sup>

2:00-6:00pm

Limited to 24 people only! ~ Register with your Instructor!

**THE TEA HOUSE** 七星武道 

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Register early ~ class is limited to 6 participants!

## Level 1

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9:00am - 5:00pm

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

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## Level 2

Sunday, November 13<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 \$37! Plus! get a laminated hand position and symbols chart free!

## Level 3

Sunday, December 11<sup>th</sup>  
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, two laminated symbols charts, a session CD, and a Reiki for Dummies book free ~ a total saving of \$86!



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