

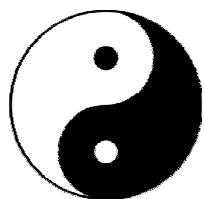
Complementary Health & Exercise

Winter 2012

FREE!

Memory Tricks You Need to Know

Secrets to a
Happy
Retirement



The Quarterly Magazine bringing you
news and programs on complementary
methods of healthcare and exercise.



七星武道



Keeping a Gratitude Journal

A recent study has found that people who keep a gratitude journal, were less likely to be stressed or unhappy.



Learn to surmount your difficulties, and become a better person.

Sunday, February 12th
9:30 - 10:30am



3 S. 260
Warren Avenue,
Warrenville,
IL 60555
630 393 7279

Manifest your dreams! Create a Vision Board



By selecting words and pictures of the things you wish to

manifest in your life you can bring clarity, focus, and intent to your dreams; create your vision board and clarify your intentions!

Sunday, February 12th 11:00am - noon



3 S. 260 Warren Ave,
Warrenville, IL 60555

630 393 7279

Complementary Health & Exercise

Winter 2012

Editor & publisher - John Robertson

630 229 4434 John@7StarsMA.com

www.7StarsMA.com



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Seven Stars
Martial Arts

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T'ai Chi Sword

January 12th & February 23rd
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

"Don't complain about the
snow on your neighbor's
roof when your own
doorstep is unclean."

Editor's Notebook

Welcome to 2012! And to another year in which to improve your health. 2011 has shown the power of our practice; with students helping themselves to heal from Asthma, diabetes, acid-reflux, hypertension and many more ailments.

A whole range of exciting new seminars will be offered this spring in our 'Oriental Wisdom' series. There will be a mix of educational classes; including The Five Oriental Rules of Health and Vitality and our popular Discover the Secrets of Chinese Health Balls.

Along with classes that will teach some of the exercise systems that have been practiced for centuries; such as the Eight Pieces of Brocade and The Frolics of the Five Animals. The Frolics is the oldest practiced exercise system still in use today, being 1,850 years old.

Watch out for dates for our Chinatown trip, the next installment of our Tea classes, World Tai Chi Day on April 28th, and our ever popular Annual Student Dinner on November 20th.

Have a wonderful, safe, happy and healthy new year, and keep up all the work; remember the journey is the destination!

John Robertson

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

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:

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- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Adult & Child Self-defense
- Exercise for Mental Muscle
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- Discover the Secrets of Chinese Health Balls
- 50 Secrets of the World's Longest Living People
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One time and ongoing classes available.

630 229 4434

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Health and safety education in your
location, at your convenience

Can you save your memory and stay sharp as you get older?

From Harvard Health beat July 19, 2011

As we age, most of us will find our short-term memory and ability to process new information “not what it used to be.” This is the cognitive equivalent of creaky knees — an inconvenient reminder that we’re getting older.

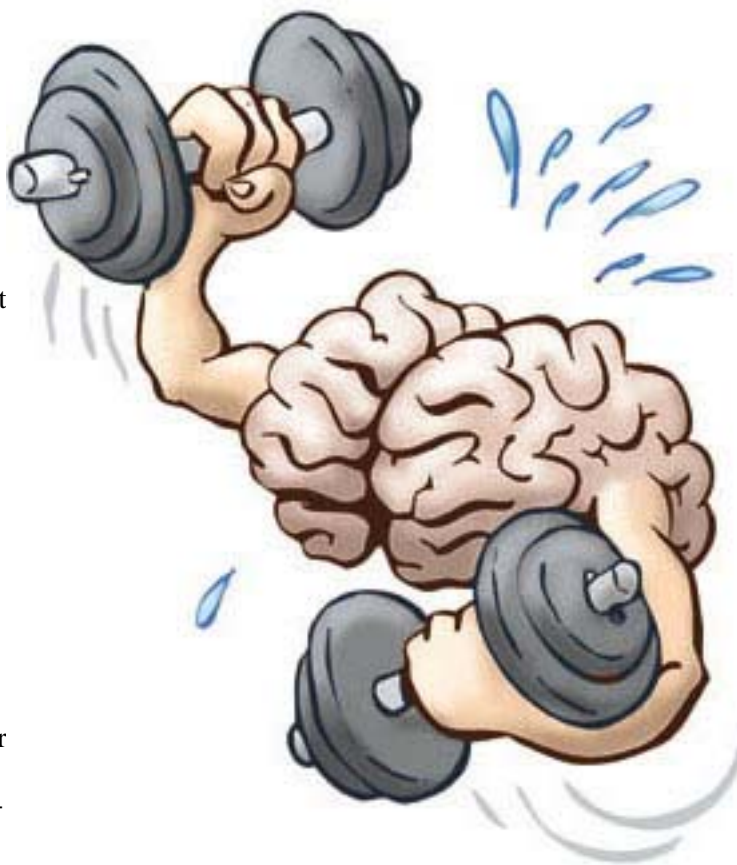
Dementia, though, is something different. With dementia, multiple areas of thinking are compromised and the deficits are likely to get worse.

By definition, dementia means memory and other cognitive areas deteriorate to the point that everyday tasks and decisions become difficult, and sometimes impossible. The causes of dementia are many, but in this country, Alzheimer’s disease is responsible for between 60% and 80% of dementia cases.

Are there ways to avoid Alzheimer’s disease? Not according to the 2010 National Institutes of Health conference on preventing Alzheimer’s disease and cognitive decline. The group’s consensus statement said there is no evidence of “even moderate scientific quality” that nutritional supplements, herbal preparations, diet, or social and economic factors can reduce the chances of getting Alzheimer’s. Interventions intended to delay the onset of Alzheimer’s didn’t fare much better.

But it’s not all bad news: Physical activity and cognitive engagement may help keep cognitive decline at bay

In terms of staying sharp (versus developing dementia)



as we get older, the outlook was a little better, according to the group.

Diet and nutritional supplements still didn’t pass muster, and no medication was billed as preventing cognitive decline, but physical activity and cognitive “engagement” seem to hold some promise.

Why the difference? For one thing, by the time people are diagnosed with Alzheimer’s disease (even mild or moderate cases), there may already be too much brain damage for exercise and other interventions to do much good.

In some studies depression has been associated with mild cognitive impairment and cognitive decline. Successful treatment of depression may not alter Alzheimer’s, but the aspects of a person’s thinking clouded by depression may improve with treatment.

To stay at the top of your game, stay on top of your health

A healthy mind relies on a healthy body. Elevated blood pressure and cholesterol, diabetes, excess weight, smoking, and a sedentary lifestyle all contribute to cognitive declines. Working to stay healthy helps you stay sharp.

Stop smoking. In 2010, a National Institutes of Health panel noted that current smokers were 41% more likely to exhibit cognitive declines than former smokers or nonsmokers.

Challenge your mind. Engaging in Continued over:

Experience a Journey to the center of the self!

Explore the mystery of the Finger Labyrinth

Gain peace and engage
mystery for personal
and spiritual renewal
by 'walking' the
finger labyrinth



 **ROSELLE PARK DISTRICT**

Friday, January 6th
6:30pm - 9:30pm

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

630 894 4200

Sunday, February 12th
1:00 - 4:00pm

3 S. 260 Warren Ave,
Warrenville, IL 60555

Warrenville
PARK DISTRICT

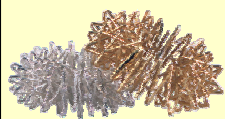


630 620 7322
Lombard
Park District

433 E. St. Charles Rd.
Lombard, IL 60148

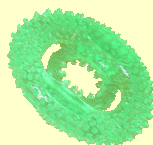
Saturday, March 24th
1:00 - 4:00pm

Self-care Store



Fights for your digits - \$3

Fantastic Fingers - \$8



Stress Grip - \$8



Positive Putty - \$8



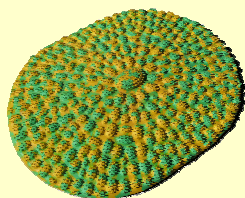
Spine Aligner - \$25



Chi Rollers - \$28

Mini Chi - \$15

Footsie - \$12 or Mini Footsie - \$8



Reflexology Pad - \$25

To order call 630 229 4434

or buy online at

www.7StarsMA.com/Webstore.html

Full catalogue available online
and from your instructor

challenging board games, reading, working crossword puzzles, playing a musical instrument, and acquiring new skills may help keep your mind fit. These activities seem to expand the web of neuronal connections in the brain and help keep neurons nimble and alive.

Challenge your body. Brain cells crave a steady diet of oxygen. Physically active people lower their risk for developing dementia and are more likely to stay mentally active.

Get your rest. Too little sleep can affect memory. Six hours may be the minimum needed, although researchers testing college students found those who had eight hours were better able to learn new skills.

Watch your weight. Staying within a normal weight range lowers your risk for illnesses such as diabetes, hypertension, metabolic syndrome, and stroke, which can compromise the brain to varying degrees.

Check with your doctor. Are there any factors — such as medication side effects, vitamin deficiencies, depression, or chronic conditions — that could be better managed to help you stay as mentally sharp as possible? Discuss these issues with your doctor.

Self defense for Women



Learn the four levels of self defense; learn and practice practical techniques that anyone can use to defend themselves and avoid becoming another statistic.

6 Saturday's from 9-10:00am
starting February 25th

In Lombard call 630 620 7322

Wear comfortable clothing, this is a practical & interactive class!

This class will discuss adult themes
~ under 18's must be accompanied.



An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.

Free Health Balls for all participants

Friday, February 24th 6:00-7:00pm

Clauss Recreation Centre at Roselle Park District
555 W. Bryn Mawr Ave, Roselle, IL 60172
~ To register call 630 894 4200

Sunday, March 4th 1:00 - 2:00pm

Warrenville Park District ~ To register call 630 393 7279
3 S. 260 Warren Avenue, Warrenville, IL 60555

Saturday, March 17th 1-2:00pm

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

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



Secrets to a Happy Retirement

~ Author unknown

Some folks transition seamlessly into a happy retirement and get right to the business of enjoying their new lives. But other people have a tougher time entering the retirement years. Some of these folks may wonder whether they are really cut out for retirement at all. Here are seven traits happy retirees share.

Good health. Enjoying good health is the single most important factor impacting retiree happiness, according to a 2009 Watson Wyatt analysis. Retirees in poor health are nearly 50 percent less likely to report being happy, trumping all other factors including money and age.

A significant other. The same study found that married or cohabiting couples are more likely than singles to be happy in retirement. The news gets even better for couples enjoying retirement together. Retirees whose partners are also retired report being happier than those with a working partner, according to research conducted earlier this year at the University of Greenwich.

A social network. The Greenwich study also found that having friends was far more important to retirement bliss than having kids. Those who have strong social networks are 30 percent happier with their lives than those without a strong network of friends. Having kids or grandkids had no impact on a retiree's level of contentment.

They are not addicted to television. After you retire you will have lots of time to fill. If you want to be happy in retirement, don't fill that time with endless hours of television. Heavy TV viewers report lower satisfaction with their lives, according to a 2005 study published by the Institute for Empirical Research in Economics in Zurich. The same results were found again in 2008 by researchers at the University of Maryland. In that study, a direct negative correlation was found between the amount of TV watching and happiness levels: unhappy people watched more TV and happy people watched less.

Intellectual curiosity. Adults over 70 who choose brain-stimulating hobbies over TV watching are two



"I wish he'd been that lively when he was working."

and a half times less likely to suffer the effects of Alzheimer's disease, according to Richard Stim and Ralph Warner's book *Retire Happy: What You Can Do Now to Guarantee a Great Retirement*. Not only will shunning TV make you happier, it will make you healthier. Good health will in turn make you happier -- a not-so-vicious cycle.

They aren't addicted to achievement. The more you are defined by your job, the harder it will be to adjust to life without it. According to Robert Delamontagne's book *The Retiring Mind: How to Make the Psychological Transition to Retirement*, achievement addicts have the most difficulty transitioning to retirement.

Enough money. Of course you'll need enough money to support your chosen lifestyle in retirement. But beyond that, more money will not make you happier. The Watson Wyatt survey found that the absolute amount of money you have for retirement is less important than how your retirement income compares to your income before retirement. If you have enough to continue your pre-retirement lifestyle, you have enough.

If you don't have the traits necessary for a happy retirement, don't despair. There's good news for you, too. Consider a retirement that includes a little work. Researchers at the University of Maryland found that retirees who go back to work either full or part-time are healthier. The benefits don't depend on how many hours you work. Even temporary work has the same positive impact on health. If you can't find a paying job, don't worry.

A growing body of research shows that retirees who volunteer reap the same benefits of health, happiness, and longevity. And since a happy retirement is a healthy retirement, you'll be set up to enjoy both.

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

In Elmhurst

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

All students meet every
Monday at 8:00pm
January 9th & February 20th

Continuing students meet every
Tuesday at 12:30pm
January 10th & February 21st

Beginner students meet every
Thursday at 12:30pm
January 12th & February 23rd

Call: 630 833 5064

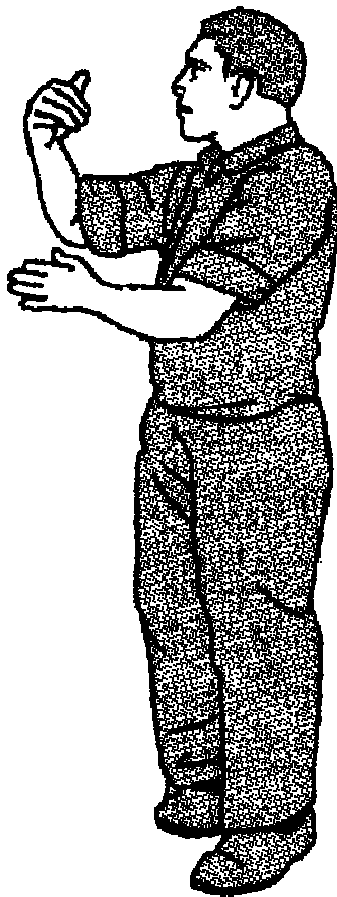
In Lombard

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

Beginner students meet every
Monday at 5:00pm
January 9th & February 20th

Continuing students meet every
Monday at 6:00pm
January 9th & February 20th

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
January 10th & February 21st

Continuing students meet every
Tuesday at 10:05am
January 10th & February 21st

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
January 10th & February 21st

Continuing students meet every
Thursday at 2:00pm
January 12th & February 23rd

Call: 630 834 8970



ROSELLE PARK DISTRICT



Philosophies to help you find happiness

Author unknown

Could finding a new philosophy on life help you find happiness in troubled times? It's probably too idealistic to expect that we can remain euphorically happy during times of extreme crisis, recession and when external events such as bereavement, illness or the loss of a job suddenly hits us with the impact of a demolition ball.

But despite tragic or difficult circumstances there are strategies that can help us keep sane and enjoying what life has to offer.

We look at 10 non-religious philosophies that may just inspire you to take a more positive approach to finding or maintaining happiness, if not your sanity, through difficult times. Take your pick.

Epicurean

Rather than advocating a free-for-all in lustful actions and gluttony, the epicurean way, as first stated by Greek philosopher Epicurus, is about advocating "friends, freedom and thought" as a path to happiness.

The main tenets for contentment as stated by Epicurus were a life among friends, a body free from pain and a peaceful mind. Certainly what separates this attitude from the dreary Protestant work ethic is simply not to feel guilty about wanting to have a good time and seeking pleasure in everything.

The idea being that a fun-seeking person will not only keep them in a positive frame of mind but also cheer up those surrounding them.

Socrates

One of the greatest gifts the Athenian philosopher gave to the world was that thinking logically about our lives may help us to be more certain about ourselves.

According to Socrates, happiness lies in not worrying about what others think of you. Socrates believed that without confidence, it's unlikely we will make the right choices. Emphasis is placed on not appeasing others too much or being concerned by what people may think.

Cynics might see these traits as being the motivators of the most anti-social citizens but the idea is really to be

more independent-minded and positive about the world. Socrates famously died for his beliefs - encouraging us to stand up for our own.

Stoicism

Another Greek philosophy from Zeno of Citium but one that the Victorians had more in common with, although doesn't actually mean you have to act like a corseted stuffy governess.

The teachings of stoicism are about not allowing emotions - especially destructive ones like anger to colour decisions, actions and day-to-day living.

Stoicism teaches the development of self-control and in a world of many distractions and temptations that's probably not such a bad thing. Especially when you need to finish putting up that flat-pack wardrobe.

William James

James, considered to be the father of psychology, put emphasis on "giving up pretensions" in order to become a more fulfilled and content human being.

William James believed giving up pretensions and accepting our limitations were essential to finding contentment in life. His view was that there are many things about ourselves that we would like to be true - but that we know deep down we either fall short of or are far from reality.

As long as we cling to them, James could only envisage continuing disappointment and dissatisfaction in our lives. Perhaps Simon Cowell took a leaf out of James' book when he started up X Factor?

Arthur Schopenhauer

The 19th-century German philosopher is probably the closest we'll get to Jack Dee advising us on how to make life tolerable. Schopenhauer believed that humankind is pretty wretched and driven by basic cravings that make us miserable. His solution to escape every frustration is to accept that choices are not made freely.

But it's not all pessimism. A major tenet of Schopenhauer's life philosophy is escaping self-oppression by immersing oneself in the arts. He suggests developing a passion for music ("the purest form of art") and to seek out sex and love where you can find it, seeing love affairs as "more important than all other aims in man's life". So, no need to feel guilty about watching *Mama Mia* on DVD, then.

Benjamin Franklin

Benjamin Franklin, philanthropist, scientist and almanac publisher, compiled a compendium of wise aphorisms & practical information about how to live well. His musings made the first American self-help book.

Good deeds and good humour were Benjamin Franklin's philosophical tenets of choice. Franklin was Confucius with a sense of humour. Classics include "take counsel in wine, but resolve afterwards in water" and "he that lieth down with dogs, shall rise up with flies".

One belief Franklin stood by was that the way to do well in the world was to do good. His mixture of old-fashioned morality and emphasis on self-responsibility would have been a welcome ingredient in our banking system.

Michel de Montaigne

Sixteenth-century French philosopher Michel de Montaigne understood what can make us feel bad about ourselves. He recognised three things that make us unhappy: bodily inadequacy, being judged and intellectual inadequacy - the feeling that we're not as bright as we should be. For Montaigne, self-loathing is key to self-esteem issues. But he put forward some practical solutions.

Montaigne urged people to remember that they're animals: "Kings and philosophers shit and so do ladies," wrote Montaigne, reminding us of our relation to the

farmyard.

In a world where society makes judgments on how we dress and eat and our lifestyles, Montaigne suggests that we take a leaf out of the animal kingdom and feel less shameful of who and what we are. Accept ourselves and our limitations with grace and a touch of humour and remember that "even upon the highest throne we are seated on our arses".

Friedrich Nietzsche

He may never have been the kind of guy you'd invite round for a karaoke evening but the wise sage did say some profound truisms on happiness and how best to find it. Worthwhile achievements come from overcoming hardship, according to Friedrich Nietzsche

Nietzsche, who once said that "there are no facts, only interpretations," advocated hard work and effort as being a key to fulfilment and happiness. His main dictum being that any worthwhile achievements in life come from the experience of overcoming hardship. You only have to watch an episode of *Grand Designs* to get his point.

Albert Schweitzer

The humanitarian Nobel peace prize winner is the author of one of the most thoughtful and beautifully simplistic statements: "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

Of course, the reality of the employment world, needing stringent qualifications and access to training can throw cold water on such idealism, but Schweitzer's main point is that primarily striving to be successful materialistically isn't the way to find happiness.

In other words, don't put off trying to be happy until you've got that status car and des res by the river.

Humanism

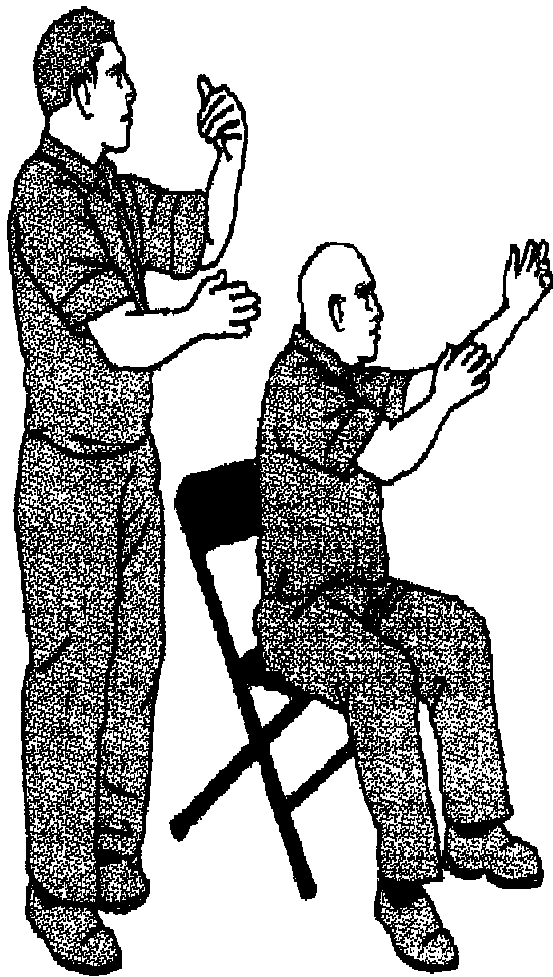
Humanism advocates a philosophy of life inspired by humanity (as opposed to beliefs in divinity) and guided by reason. This can be a tricky one if you're naturally predisposed to preferring the company of furry four-legged creatures and tend to give your charity money to the donkey sanctuary.

According to humanists, the main tenets for a happy and content life are to take responsibility for your actions and base your ethics on the goals of human welfare. Firmly non-religious, the movement is made up of agnostics and atheists.

Tai Chi for Health

The experts agree...

"If you want to be healthy and live
to 100, do 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 health
and vitality to all who
practice it.

Our Tai Chi for Health classes are suitable for all ages
and abilities; participants may choose to sit or stand
during class as they need.



Every Wednesday at 3:00pm
January 11th, February 22nd

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

630 620 7322



January 11th, February 22nd
Every Wednesday at 11:15am

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



Elmhurst
Park District

630 993
8193

Every Wednesday at 6:00pm
Starts February 22nd

The Sports Hub
250 Civic Center Plaza,
Glendale Heights, IL 60139



630 260

Memory Tricks You Need to Know

Reader's Digest Magazine, on Thu Jun 17, 2010 7:13am PDT

Can't remember where you put your glasses? Blanked on your new colleague's name? "Forgetting these types of things is a sign of how busy we are," says Zaldy S. Tan, MD, director of the Memory Disorders Clinic at Beth Israel Deaconess Medical Center in Boston. "When we're not paying good attention, the memories we form aren't very robust, and we have a problem retrieving the information later."

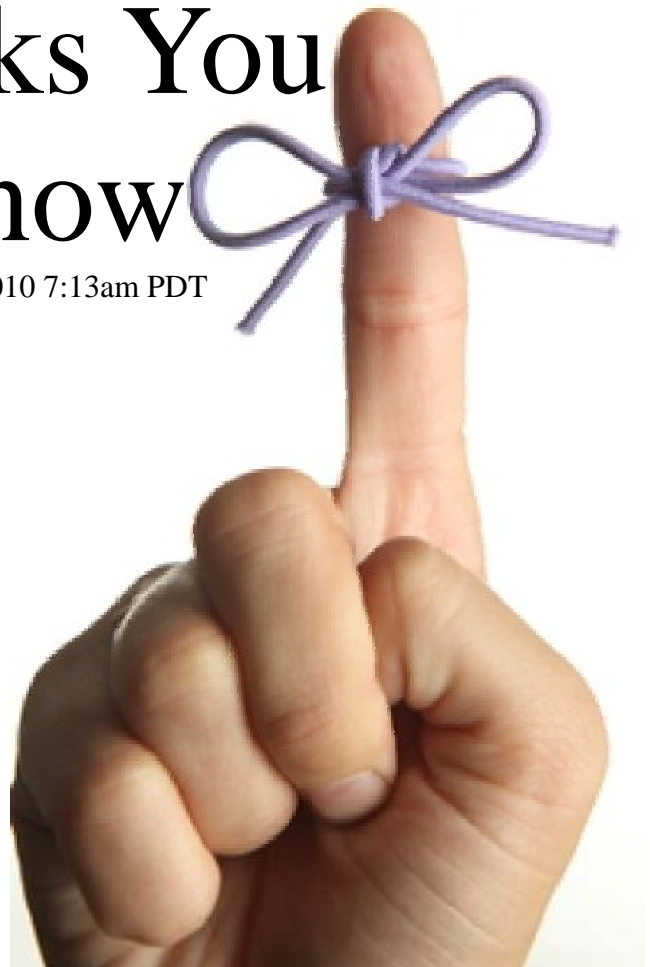
The key, says Harry Lorayne, author of *Ageless Memory: Simple Secrets for Keeping Your Brain Young*, is to get your brain in shape. "We exercise our bodies, but what good is that great body if you don't have the mental capabilities to go with it?" Sure, you could write everything down, keep organized lists and leave electronic notes on your BlackBerry, cell phone or PDA. But when you don't have access to those aids, or if you want to strengthen your brain, try these expert-recommended strategies to help you remember.

Brain Freeze: "What the heck is his name?"

1. Pay attention. When you're introduced to someone, really listen to the person's name. Then, to get a better grasp, picture the spelling. Ask, "Is that Kathy with a K or a C?" Make a remark about the name to help lock it in ("Oh, Carpenter -- that was my childhood best friend's last name"), and use the name a few times during the conversation and when you say goodbye.

2. Visualize the name. For hard-to-remember monikers (Bentavegna, Wobbekind), make the name meaningful. For Bentavegna, maybe you think of a bent weather vane. Picture it. Then look at the person, choose an outstanding feature (bushy eyebrows, green eyes) and tie the name to the face. If Mr. Bentavegna has a big nose, picture a bent weather vane instead of his nose. The sillier the image, the better.

3. Create memorable associations. Picture Joe Everett standing atop Mount Everest. If you want to remember that Erin Curtis is the CEO of an architectural



firm, imagine her curtsying in front of a large building, suggests Gini Graham Scott, PhD, author of *30 Days to a More Powerful Memory*.

4. Cheat a little. Supplement these tips with some more concrete actions. When you get a business card, after the meeting, jot down a few notes on the back of the card ("red glasses, lives in Springfield, went to my alma mater") to help you out when you need a reminder.

Brain Freeze: "Where in the world did I leave my glasses?"

5. Give a play-by-play. Pay attention to what you're doing as you place your glasses on the end table. Remind yourself, "I'm putting my keys in my coat pocket," so you have a clear memory of doing it, says Scott.

6. Make it a habit. Put a small basket on a side table. Train yourself to put your keys, glasses, cell phone or any other object you frequently use (or misplace) in the basket -- every time.

Continued over:



Oriental Wisdom

Learn exercises and principles
that have guided people to live long
and healthy lives for centuries.

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.

Including:

Oriental Rules of Health & Vitality

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Tai Chi for Diabetes

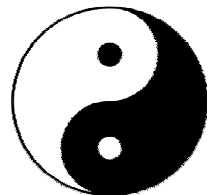
Coming Spring 2012

For dates & to register:

www.7StarsMA.com/

OrientalWisdom.html

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



**Brain Freeze: "What else was
I supposed to do today?"**

7. Start a ritual. To remind yourself of a chore (write a thank-you note, go to the dry cleaner), give yourself an unusual physical reminder. You expect to see your bills on your desk, so leaving them there won't necessarily remind you to pay them. But place a shoe or a piece of fruit on the stack of bills, and later, when you spot the out-of-place object, you'll remember to take care of them, says Carol Vorderman, author of *Super Brain: 101 Easy Ways to a More Agile Mind*.

8. Sing it. To remember a small group of items (a grocery list, phone number, list of names, to-do list), adapt it to a well-known song, says Vorderman. Try "peanut butter, milk and eggs" to the tune of "Twinkle, Twinkle, Little Star," "Happy Birthday" or even nursery rhymes.

9. Try mnemonic devices. Many of us learned "ROY G BIV" to remember the colors of the rainbow, or "Every Good Boy Deserves Favors" to learn musical notes. Make up your own device to memorize names (Suzanne's kids are Adam, Patrick and Elizabeth, or "APE"), lists (milk, eggs, tomatoes, soda, or "METS") or computer commands (to shut down your PC, hit Control+Alt+Delete, or "CAD").

10. Use your body. When you have no pen or paper and are making a mental grocery or to-do list, remember it according to major body parts, says Scott. Start at your feet and work your way up. So if you have to buy glue, cat food, broccoli, chicken, grapes and toothpaste, you might picture your foot stuck in glue, a cat on your knee looking for food, a stalk of broccoli sticking out of your pants pocket, a chicken pecking at your belly button, a bunch of grapes hanging from your chest and a toothbrush in your mouth.

11. Go Roman. With the Roman room technique, you associate your grocery, to-do or party-invite list with the rooms of your house or the layout of your office, garden or route to work. Again, the zanier the association, the more likely you'll remember it, says Scott. Imagine apples hanging from the chandelier in your foyer, spilled cereal all over the living room couch, shampoo bubbles overflowing in the kitchen sink and cheese on your bedspread.

**Brain Freeze: "What's my
password for this website?"**

12. Shape your numbers. Assign a shape to each number: 0 looks like a ball or ring; 1 is a pen; 2 is a swan;

Continued over

Chinese Health Balls

Chiming chrome sets only \$10!



available in
1", 1¼", 1½", 1¾" 2" & 2¼"

Cloisonné enamel sets only \$12!



Available in 1¼", 1½" & 1¾"

Sun & Moon
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Solid steel from \$20!



1", 1¼", 1½" & 1¾" - \$20

2" & 2¼" - \$25

Jade from \$20!

Yellow jade - \$20
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Black jade - \$30
Translucent jade - \$35

Marble - \$15



Agate - \$40



This is just a selection of our stock - which is constantly changing! Call to confirm availability!

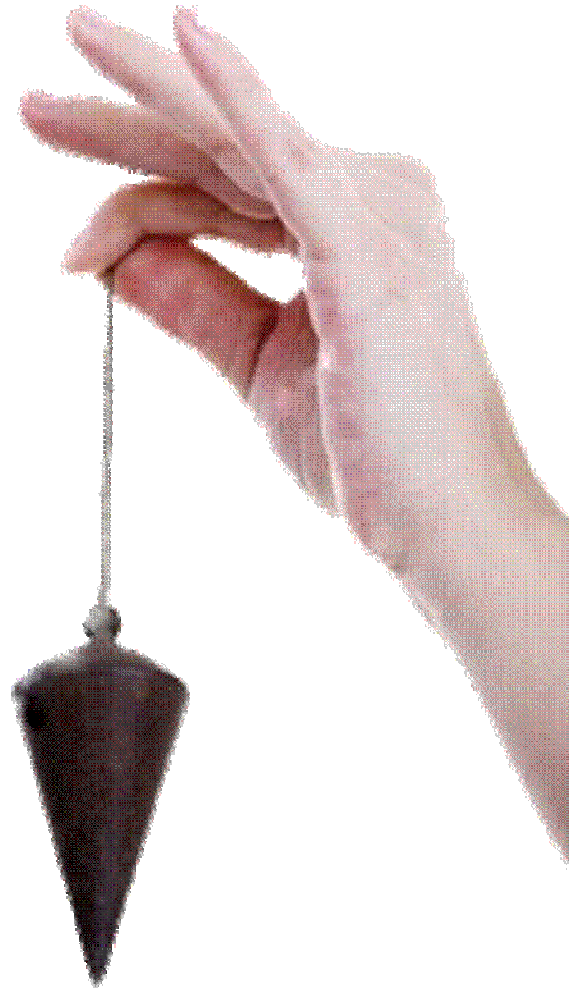
630 229 4434

John@7StarsMA.com

www.7StarsMA.com/webstore/healthballs.html

The Magic of the Pendulum

*Learn to
communicate with the
depths of your
subconscious mind,
tune into your
intuition and tap the
unlimited potential of
your own mind*



Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

Saturday, January 7th
1:00pm - 4:00pm

COURTS PLUSSM

*bring your own
pendulum, use
or purchase
one of ours!*

Sunday, March 4th
9:00am - noon

3 S. 260 Warren Ave,
Warrenville, IL 60555
630 393 7279

Warrenville
PARK DISTRICT

3 looks like handcuffs; 4 is a sailboat; 5, a pregnant woman; 6, a pipe; 7, a boomerang; 8, a snowman; and 9, a tennis racket. To remember your ATM PIN (4298, say), imagine yourself on a sailboat (4), when a swan (2) tries to attack you. You hit it with a tennis racket (9), and it turns into a snowman (8). Try forgetting that image!

13. Rhyme it. Think of words that rhyme with the numbers 1 through 9 (knee for 3, wine for 9, etc.). Then create a story using the rhyming words: A nun (1) in heaven (7) banged her knee (3), and it became sore (4).

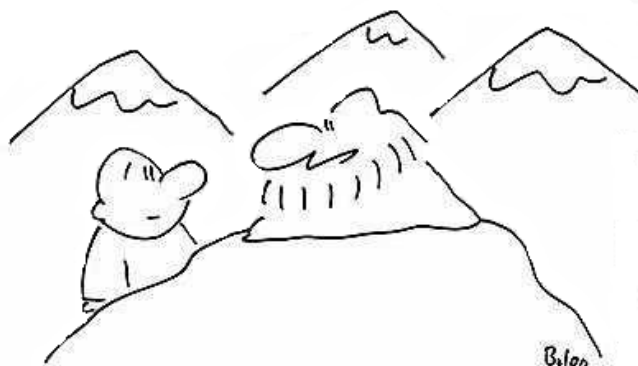
Brain Freeze: "The word is on the tip of my tongue."

14. Practice your ABCs. Say you just can't remember the name of that movie. Recite the alphabet (aloud or in your head). When you get to the letter R, it should trigger the name that's escaping you: Ratatouille. This trick works when taking tests too.

15. Read it, type it, say it, hear it. To memorize a speech, toast or test material, read your notes, then type them into the computer. Next, read them aloud and tape-record them. Listen to the recording several times. As you work on memorizing, remember to turn off the TV, unplug your iPod and shut down your computer; you'll retain more.

16. Use color. Give your notes some color with bolded headings and bulleted sections (it's easier to remember a red bullet than running text).

17. Make a map. Imagine an intersection and mentally place a word, fact or number on each street corner.



"You'll remember the meaning of life better if you look it up yourself."



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

To register call: 630 620 7322
Saturdays 10:30 - 11:30am
February 25th for 6 weeks

Cobblestone Walking



Aging can be seen as beginning with the feet; where reflex points correspond to organs, muscles, and glands.

Modern mats are used to apply acupressure from the bodies own weight stimulating the whole body.

Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.



3 S 260 Warren Ave,
Warrenville,
IL 60555

630 393 7279

January 12th & February 23rd
6:30 - 7:30pm

Holistic Ceremonies

Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

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

Naming ceremonies & blessings

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

House clearings & blessings

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

Rites Of Passage

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

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

Contact Reverend John

630 229 4434

John@HolisticCeremonies.com

www.HolisticCeremonies.com



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

Chinese New Year

Monday, January 23rd

Cultures of Tea

Wednesday, March 14th ~ 2:00 - 3:30pm

The Tea House in Naperville

Spring Dinner

Wednesday, March 14th ~ 4:00 - 6:00pm

LaJiao in Naperville

World Tai Chi Day

Saturday, April 28th ~ 9:00am - 11:00am

Theosophical Society in Wheaton

Tai Chi Spring Gathering

Saturday, April 28th ~ 1:00pm - 4:00pm

Creekside Park / Lighthouse Center in Winfield

Tai Chi Qigong Shibashi

May 5th ~ 9:00am - 2:30pm

Relax4Life in Barrington

Relay for Life

June TBA ~ 4:00pm - 6:00am

TBA in Lombard

Chinatown Trip

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

Chicago Chinatown

TheosoFEST

September 8th ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton

Holistic Health Fair

Sunday, October TBA ~ 10:00am - 5:00pm

Soup to Nuts in Geneva

Annual Student Dinner

Tuesday, November 20th ~ 2:00 - 4:00pm

Jack's Silverado Grill in Elmhurst

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



Cultures of Tea

(Tea 103)

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 highlights the places and cultures that produce tea & their role in tea's history



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 '*LaJiao*' Chinese Restaurant

[Tuition includes tea 103 & tea tasting at The Tea House; appetizer, dinner, soft drink & gratuities at LaJiao; Non-refundable except in case of cancellation]

Wednesday, March 14th
2:00-6:00pm

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

THE TEA HOUSE 七星武道 

The Tea House, 24125 W. 111th Street. Naperville, IL 60564



Learn to use your own healing abilities

Reiki

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



Register early ~ class is limited to 6 participants!

Level 1

Sunday, January 29th
9:00am - 5:00pm

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

Helping you to harness the energy of the universe

All for only \$157!

Level 2

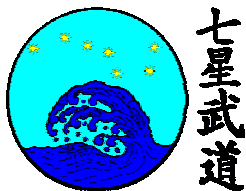
Sunday, February 26th
9:00am - 5:00pm

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, March 25th
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!



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

Call 630-229-4434 or register online at:

www.7StarsMA.com/MetaphysicsClasses/Reiki.html