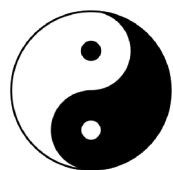


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COMPLEMENTARY

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Volume 10, number 4

www.7StarsMA.com

Circulation: 300+

How to Begin Rebuilding Your Life and Make It Ridiculously Amazing

by Luminita D. Saviuc

What if one day you woke up and decided that you were tired of feeling tired and that you had enough of everything?

Enough of stress and anxiety, enough of anger and resentment, enough of struggle, lack, pain and poverty, enough of tears, heartbreaks, self destructive thoughts, behaviors and relationships and enough of all that is negative and toxic? What if you decided that you wanted to change yourself and your life but didn't know where exactly to start, what then?

Continued on page 10

INSIDE THIS ISSUE

- 3 Editor's notebook
- 3 7 morning rituals that will change your life
- 16 5 Life Lessons Your Mom Was Right About

Full class schedules and more!

7 Morning Rituals That Will Change Your Life

It's been almost 4 years now since I began working to rewrite my bad sleeping habits.

It was around that time that my first son Malik was born, and my personal time began to (really) take a nosedive. I had already been working for years on figuring out what I wanted to do with my life, and then when I found it, committing myself to it. I wanted to give my wife and I, and later our growing family, a better life.

Continued on page 4

FEATURES

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

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Fall 2015

Editor & publisher - John Robertson



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Martial Arts



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The wisdom of Confucious

"What the superior man seeks
is in himself; what the small
man seeks is in others."

Editor's Notebook

Welcome everyone, we have a number of special classes happening this fall.

September 20th is our one day class on the 18 form or T'ai Chi Qigong Shibashi at beautiful Relax4Life in Barrington. If the weather is right we'll be outdoors to enjoy the 5 acres of land and as a bonus the 3 walking labyrinths.

Reiki Master training returns as a three class series starting September 27th. You can take as much or as little as you like; just want to promote your own and your families health and wellbeing? Take level 1. Do you want to practice professionally? Take level 2 and Master. Contact us to register, places can go quickly.

October 4th we have two classes the same day; Discover the Secrets of Chinese Health Balls in the morning and The Eight Pieces of Brocade in the afternoon. Register for both classes and save!

The next weekend on October 11th we have our very popular Six Healing Sounds class. Last time we offered this we had a waiting list, so secure your place early!

November 8th is a one day class on the 8 Step T'ai Chi form, a compact version of the 24 step form that is easy to do indoors as it requires little space - perfect for your winter practice!

All our park district programmes end the first week in December and re-start the week of January 4th.

During this time we have been invited to teach T'ai Chi and Qigong at The Latin America Masters Camp in Playa Del Mar in Argentina. We will also be attending a student clinic and their regional competitions. After that we will be travelling to Peru to visit Machu Picchu and Bolivia to teach T'ai Chi and Qigong.

John Robertson

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

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**Program begins
September 2016**



七星武道



The Lighthouse Center,
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Be guided to a higher quality of life
by the wisdom of the ancients

7 Morning Rituals That Will Change Your Life

"When you arise in the morning, think of what a precious privilege it is to be alive ó to breathe, to think, to enjoy, to love".

Marcus Aurelius

Continued from the front page

But it wasn't until my first son was born though that I had to heavily reevaluate my life and how I spent my time. That was a real turning point.

For a while, I tried staying up extra late to work on my personal projects. But having a traditional work schedule on top of taking care of my son really made that difficult. A schedule like that was completely against not only my son's sleep schedule but, as I would later learn, our bodies natural rhythm.

One day, I ran into an old article about Zen Buddhist monks sleep schedules. Knowing little about their day-to-day schedules at the time, I was really interested to find out that they typically had sleep schedules somewhere around 10-11 P.M. to 3-4 A.M.

The article talked a bit about the reasoning, mentioning some things such as the body's natural rhythm, the fact that apparently experienced meditators seemed to need less sleep, among other things.

What really caught my ear was the bit about it being more conducive to our body's natural rhythm, and apparently adopting a schedule closer to this rhythm helped us feel happier and be healthier. That was easily one of the two biggest convincing factors to getting me to start waking up early. I didn't know if it was true, but it convinced me to try.

I also did some calculations, guesstimating what time I'd go to sleep (on average, kids really make this fluctuate) and wake up, and realized I'd actually get more time to myself as well as improve the quality of my sleep by going to bed, as well as waking up, early.

So I set out to do the unthinkable: I, the certified night owl since age 15, would begin waking up early. Fast-forward 4 years and I now wake up between 3-4 A.M. daily. It was a gradual process, chopping off thirty minutes to an hour every couple of months, but it was so worth it.

What began as a way to get some extra time and maybe feel a little more balanced quickly turned into one of the single best decisions of my life. It took a while to shift my schedule over, but my new schedule, even just starting out waking up at 6:30-7 A.M., made me feel great. I felt more alert during the day, my mind felt clearer and more at ease, and the quality of the time I got to myself was much greater.

I wasn't half asleep for the last hour or two of my personal time, like when I'd stay up late. After a few minutes of shaking off the sleepiness I was awake and ready to go. And it was so peaceful and quiet in the morning that once I started waking up early I knew I'd never go back.

I learned that what you do when you first wake up in the morning is a firm indicator of not only the quality of the day you're going to have, but by extension, the quality of your entire life. Committing to a few powerful morning rituals each day can absolutely change your life in just about every way imaginable.

Becoming an early riser and making the most of each morning is about striving to get the most out of your life. You can use these 7 powerful morning rituals to take command of your day and begin writing your own life's story, instead of letting life write it for you.

The 7 Morning Rituals That Will Change Your Life

My morning schedule has changed many times over the past couple of years. Some things were experimental, some things I just got bored of (which is dangerous, because if you're not looking forward to waking up- you likely won't), but for the most part any change in my morning schedule has been because of my evolving spiritual practice.

Below are 7 powerful morning rituals, all of which I've done personally for an extended length of time and can heavily vouch for. I don't do all 7 of these rituals in one morning, nor have I ever. My morning schedule consists of usually 3-4 activities, some being daily activities and others being once or twice weeklies. I'd suggest starting out by picking 1-2 of these to do each morning and expanding from there.

1. Tea meditation

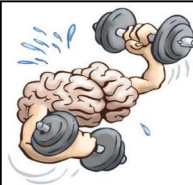
This is what I do when I first wake up (on most days). For a long time I wrestled with the difficulty of meditating immediately upon waking up. When you do that, you essentially sit down and go back to sleep. It's really difficult to have just woken up and sit down to meditate because you're just dozing off the entire time.

Bringing in a simple tea meditation ritual changed all of that. I drink mostly green tea, partly because that's just what I've drank for years but partly because of the caffeine. I'm not a coffee drinker, so the caffeine in the green tea is the perfect wake up call. After I drink my tea I'm alert enough to sit in meditation without dozing off, so it's really worked out nicely.

Admittedly, this is one of my favorite parts of my day. I call this tea meditation, but when you fully engage yourself in what you're doing with mindfulness everything becomes meditation, so this is really just "drinking tea", nothing more than that.

To do tea meditation, you simply need to do every part of the tea making and tea drinking process with mindfulness. Take your time making your tea with mindfulness- heat up your water, get your cup out, pour the water, and sift the tea. Then, take your tea and sit down in a quiet place with it. Drink your tea like there's no tomorrow. Drinking this tea is the

Continued on page 6:



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Scientific studies have shown that physical exercise can stimulate the growth of new brain cells and improve memory and the ability to learn.

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

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Continued from page 5:

most important thing in the world.

When I sit down with my tea, after each cup I pour I sit the cup down in front of me, put my hands together, and give thanks for the tea. I bring my awareness to all those people who have to live with the threat of death from dehydration, and all those people who simply don't have enough. I make sure to first fully respect the tea and express my deep gratitude before drinking it.

After paying my respects to the tea, I simply drink it slowly with mindfulness. I usually drink a few small cups (about 1/4 of one cup at a time), but you can drink however much you'd like. You can shorten the practice down to just 10-15 minutes from start to finish by drinking only one small cup and drinking at a moderately slow pace.

After I'm done I put my empty cup down in front of me and give thanks once again for the tea. I do this for each cup of tea I drink.

(You could always choose to do this with coffee if you're a coffee drinker.)

2. Zazen (sitting meditation)

This is my cornerstone practice and what I do every morning immediately following my tea meditation. While tea meditation has become an important practice in its own right, I adopted it solely as a way to be able to meditate soon after waking.

Before I started doing tea meditation, I would sit down to write for a few hours before meditating, because otherwise I'd just doze off and have a very ineffective meditation session.

I sit down once, occasionally twice in the morning typically for 45 minutes to an hour. Over the years my meditation sessions have lengthened, starting with just 5 minutes a day in the beginning.

I mostly let myself develop naturally, never advancing to a lengthier session unless I felt totally comfortable with my current session length.

If there was one practice on this list that I'd say do every single day with absolute dedication, meditation would be it. Most everything else can fluctuate to some extent, but a daily practice of sitting medi-

Continued on page 8:



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Level 3

Sunday, November 22nd
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, 2 laminated symbols charts, a session CD, & a Reiki for Dummies book free ~ a total saving of \$158!



The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:

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



Continued from page 6:

tation is one of the most powerful daily practices there is and really should be consistent if you want to get everything you can out of it.

3. Get creative

The morning is a great time to flex your creativity. When a novice monk or nun begins studying Zen, many times, if they have any natural inclination towards art within them, as time goes on they naturally begin to create art of some fashion more regularly.

It's difficult to describe in words why this is, but imagine you're a tuning fork. Through your spiritual practice you're attempting to attune yourself to the ultimate, the one in the all and the all in the one. When it gets down to it, realizing this is really the central idea behind all spirituality.

So through your practice you gradually begin to tune yourself closer and closer to it, and when this happens you naturally wish to express the all becoming the one, or the great expression of life coming to be in this moment.

This is what art really is, and the peace and quiet of the morning is the ideal time to look within yourself and feel a deep connection to the world around you. This brings out your natural creativity, and self-expression that comes from it is natural and nourishing for the mind.

About once or twice a week I practice Zen calligraphy. I used to draw a lot back in high school but stopped over time and just never came back to it. Zen has uncontrollably possessed me to express myself with pen and paper once again, and it feels great.

If you've practiced drawing, painting, or anything else before or want to start doing so then the morning is a great time to do it. And flexing your creativity in the morning is a great way to get your creative juices flowing for the rest of the day.

4. Write

Being a writer, this is what I do with most my time in the morning. But I don't want to talk too much about my writing practice, I want to talk about the benefits of writing in general.

Writing has become one of the most beneficial prac-

tices of my entire life. Writing opens you up and seeks you to bring form to thoughts and ideas in your mind like nothing else can. If you're going through a tough time, trying to figure something out, or gain clarity about something then writing is the most powerful exercise I know to do so.

I can't fully describe how powerful it is to take ideas in your head and have to figure out how to place them down on paper. This isn't always ideal, language has its limitations, but writing is a powerful exercise with great benefits nonetheless.

And whether you're a writer or not, you can get these same amazing benefits. You don't have to be good at writing, you simply need to write. If you're trying to figure something out, anything really, just sit down and write about it. Even better, imagine you're writing TO other people. This is part of why writing has been so powerful for me, writing something I know other people are going to read can be a lot of pressure, but it can bring a lot of great things out from within you.

Writing itself is its own meditation for me. I just put my hands down on my keyboard and let whatever comes out of me fill the page. This can be really revealing, but also very therapeutic.

5. Keep a journal

I kept a journal for about a year and would highly suggest it. I used Day One on my iPhone, it was absolutely my favorite method of keeping a journal. I've since stopped regular entries, but not for any particular reason though. I suppose it was mostly just to keep my efforts focused on a few things and not to over complicate my day/mornings.

Keeping a journal has all kinds of benefits. There's a couple different ways you can choose to keep a journal, the first notable way being to note all the good things that happened on a given day, however small. This form of keeping a journal can help to increase your confidence, make you happier, and give you better perspective during days that seemed tough and unproductive.

Another way of keeping a journal, and to me the most powerful, is what I'd call a mindful journal. It's essentially keeping a journal and noting down any thoughts or feelings you have throughout your day. You don't have to note down everything,

Continued on page 15:

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

Elmhurst

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

Beginner students meet every
Thursday 12:30-1:30pm
classes start:
September 10th & October 22nd

Continuing students meet every
Thursday 12:30-2:00pm
classes start:
September 10th & October 22nd

Call: 630 833 5064

Lombard

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

Beginner students meet every
Monday 5:00-6:00pm
classes start:
September 14th & October 26th

Continuing students meet every
Monday 6:00-7:00pm
classes start:
September 14th & October 26th

Call: 630 620 7322



Roselle

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

Beginner students meet every
Thursday 9:00-10:00am
classes start:
September 10th & October 22nd

Continuing students meet every
Thursday 9:00-10:30am
classes start:
September 10th & October 22nd

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday 2:00-3:00pm
classes start:
September 8th & October 20th

Continuing students meet every
classes start:
Tuesday 2:00-3:30pm
September 8th & October 20th

Call: 630 834 8970



How to Begin Rebuilding Your Life and Make It Ridiculously Amazing

Continued from the front page

"Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience and we soon shall see them in their proper figures."

~ Joseph Addison

There are many things you can do to begin rebuilding your life and make it ridiculously amazing and today I will share with you 12 things that are meant to help you do just that. Are you ready? Let's begin:

1. Make a commitment to yourself

I (name),

Make a commitment to myself,

To spend so much time improving myself and my life that I have no time for worry, judgment, criticism, whining and complaining;

To forgive, release and let go of my attachment to any past struggles and allow every challenge life sends my way to make me better not bitter.

Starting now, I make a commitment to let go of what's behind me and start appreciating what's in front of me;

To let go of all the pointless drama, all the

toxic relationships, thoughts and behaviors that are present in my life and to constantly shift my focus from the bad on to the good;

To make room in my heart for love, happiness, peace and tranquility and to create my life from a place of infinite choices and possibilities – the present moment, and no longer from a place of limitations – the past.

I commit to staying true to myself at all times and to never betray myself just so I can please other people.

I commit myself to give up on toxic thought, behaviors and relationships but never on myself and my dreams.

Starting now and starting today, I will begin rebuilding my life and to make it ridiculously amazing.

*Sincerely,
(name)*

Once you truly commit to rebuilding your life and making it ridiculously amazing, nothing and no one will be able to stand in your way.

2. Forgive, release and let go of past hurts and resentments

Fill your heart with love. Forgive, release and let go. Not necessary because those who mistreated you deserve it, but because you do. Let forgiveness liberate you from your past. Allow it to take away all the resentment you kept in heart for all this time and allow yourself to fill in that empty space with love, inner peace and compassion.

If others mistreated you in the past it doesn't mean you have to continue their work. Look how beautiful Mark Twain talks about this: "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

Release and let go of all the negativity from your life. Start small and trust that as you work on letting go of all the extra baggage that is weighting you down, you will begin to feel lighter and you will gain a lot more clarity over your life. You will feel happier and more at peace with yourself and the world around you.

3. Embrace with grace all that you face

Shift your focus from the bad on to the good, from the pain on to the gain, from resentment on to the forgiveness, gratitude and appreciation. Learn to embrace with grace all that you face.

Appreciate everything life sends your way, whether good or bad and know that "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." ~ Melody Beattie

4. Visualize your achievements and create your destiny

Ask yourself the same question I asked myself a few years ago when I decided to let go of my attachment to my past and begin rebuild my whole life: "If there were no limits to what I can do, be and have, how would my life look like?"

Let your imagination run wild. Dare to dream big. Don't settle for less than you are worth.

The richer your imagination, the more beautiful your life will be.

"The power of imagination is incredible. Often we see athletes achieving unbelievable results and wonder how they did it. One of the tools they use is visualization or mental imagery... they made the choice to create their destinies and visualized their achievements before they ultimately succeeded."

~ George Kohlrieser

See in your mind's eye the life you would love to live, the person you would love to become and the relationships you would want to have. Live your life from the end and act as if all of the things you need and desire are already present in your life. Feel the feelings that come from having all those wonderful things happen to you and allow those feelings to be with you at all times.

5. Dreams won't work unless you do

Act upon your heart's desire. Do the things you need to do in order to get where you want to get. Read the books you need to read, contact the people you need to contact, build the skills you need to build.

Find a mentor. Dare to ask questions. Do whatever it takes to move yourself closer to making your dreams come true.

Trust that with every step you take, your life situation will improve and you will become even more happier than you already are.

6. Take one step at a time

Because of the many years of past conditioning and the intense training you have in holding on to toxic thoughts, behaviors and unhealthy relationships, giving up on all that is toxic in your life won't be easy and it won't happen overnight. Chances are that you won't see major improvements in your life immediately, and that's okay. Be patient and gentle with yourself while working on rebuilding your life and remember to enjoy the journey.

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it." ~ Greg Anderson

Take one step at a time and keep in mind that a journey of 1000 miles begins with a single step.

Continued on page 13:

Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, better balance, health and vitality to all who practice it.

Elmhurst

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

Wednesday at 11:15am

classes start:
September 9th & October 21st

Call: 630 993-8193

Bloomingtondale

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am

classes start:
September 10th & October 22nd

Call: 630 595 9333



Wood Dale

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

Thursday at 11:00am

classes start:
September 10th & October 22nd

Call: 630 595 9333

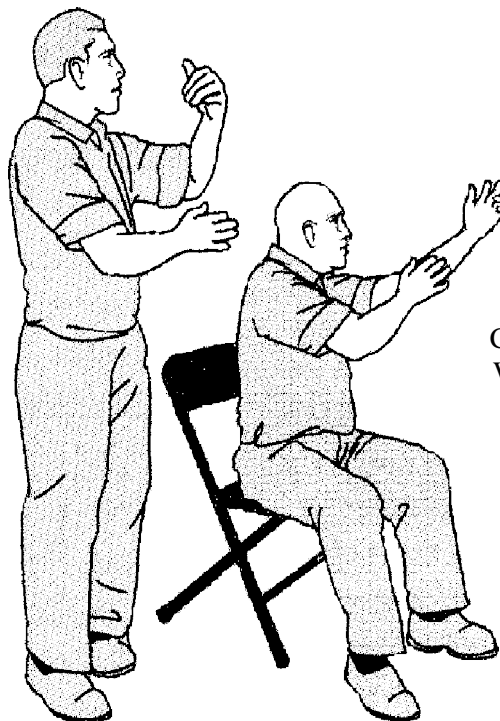
Bensenville

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am

classes start:
September 10th & October 22nd

Call: 630 595 9333



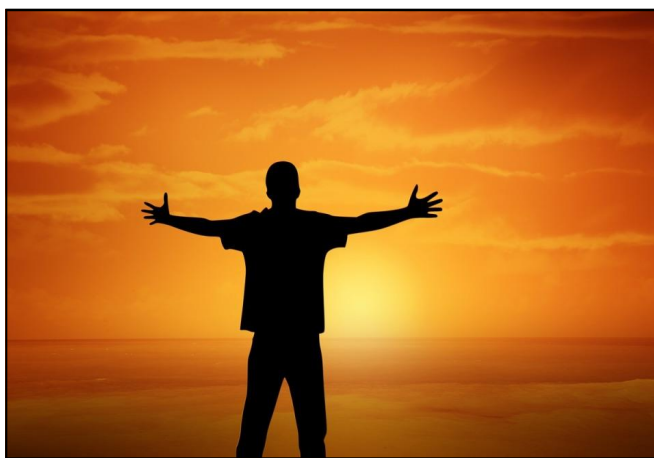
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7. Develop a deep trust in life

You have to have faith. You have to have trust!
Trust in yourself, trust in the people you interact with
and trust in life.

Put your fears aside. Allow yourself to be vulnerable.
Develop a deep trust in the wisdom of life.

*"Truly I tell you, if you have faith as small as
a mustard seed, you can say to this mountain,
'Move from here to there,' and it will move. Nothing
will be impossible for you."
~ Matthew 17:20*



8. Give yourself permission to ðfailö

Give yourself permission to ðfailö and make
ðmistakesö.

Trust me when I tell you that in every ðmistakeö there
is a lesson to learn, lesson that will be very beneficial
to you as you continue walking on your life's chosen
path.

*"There are no mistakes. The events we bring upon
ourselves, no matter how unpleasant,
are necessary in order to learn what we need
to learn; whatever steps we take,
they're necessary to reach the places we've
chosen to go."
~ Richard Bach*

9. Be good to yourself

Love yourself and be good to yourself because if you
do, the world around you will start mirroring your
behavior. Take good care of your mind, body, heart

and soul. Exercise, drink plenty of water, eat healthy
and delicious food.

Nurture good thoughts. Act in compassionate and
loving ways, towards yourself and the world around
you. Spend time alone, spending at least 5 to 10 min-
utes per day in silence would make you help make
you feel refreshed, rejuvenated and renewed.

Go outside. Spend some time in nature. Look at the
plants, the sky, the stars, the moon and the trees.
Celebrate the miracle of life.

*"There are only two ways to live your life. One is
as though nothing is a miracle.
The other is as though everything is a miracle."
~ Albert Einstein*

10. Give up living your life to other people's expecta- tions

Way too many people are living a life that is not
theirs to live. They live their lives according to what
others think is best for them, they live their lives ac-
cording to what their parents think is best for them, to
what their friends, their enemies and their teachers,
their government and the media think is best for them.
They ignore their inner voice, that inner calling.
They are so busy with pleasing everybody, with liv-
ing up to other people's expectations, that they lose
control over their lives. They forget what makes them
happy, what they want, what they need! .and eventu-
ally they forget about themselves.

Never get your sense of worth from outside yourself.
Your worth comes from inside yourself and not from
forces outside yourself ó people, events, material pos-
sessions. Don't ever let other people tell you how
much you're worth, decide for yourself. It's called
self worth not others worth.

You have one life ó this one right now ó you must
live it, own it, and especially don't let other people's
opinions distract you from your path.

11. Discipline your mind to stay present in the NOW

Learn to be present and engaged in the present mo-
ment. Be happy with what you have, what you know
and who you are right now. Don't allow your mind to
trick you into thinking that you won't be happy until
you get where you want to get.

Continued on page 14:

The Six Healing Sounds



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

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

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

Sunday, October 11th
10:00am - 3:30pm

Learn how to use the sounds to promote health and emotional wellbeing plus exercises that enhance their power!



The Lighthouse Center,
0 S 165 Church Street,
Winfield, IL 60190
630 229 4434



Continued from page 13:

Appreciate what's in front of you. If you learn how to be present and engaged in the NOW, you will live a very happy and content life and no matter how many challenges life will send your way, you will become a better not bitter person.

"As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love ó even the most simple action."

~ Eckhart Tolle,

12. Surround yourself with loving and supportive people

Surround yourself with positive, cheerful, supportive and loving people. People who can lift you up when you are feeling down; people who will turn on the light for you when you are in the dark; people who can see you for what you truly are and who you can truly become. Take the advice of Mark Twain and ðKeep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.ð

You need positive and loving friends who will support you in your new way of life!

Commit yourself to making the best of everything life sends your way. Be soft and flexible. Go with the flow of life and no longer against it.

Enjoy the ride and no matter what happens to you and no matter how many challenges and difficult people life might send your way, know that they are all there to help you grow and evolve into the beautiful being you so much want and deserve to be.

You only have one life to live. Make it a memorable one.

Give up on all the toxicity present in your life but never on yourself and your dreams, ok?

"The road of life twists and turns and no two directions are ever the same. Yet our lessons come from the journey, not the destination."

~ Don Williams Jr.

by Luminita D. Saviuc

Continued from page 8:

mostly just those things which were unexpected or needed some introspection, but keeping a journal in this way can be a great partner to your meditation practice.

6. Start a project about something you love

This is why I originally decided to wake up early. The peace and quiet of the morning is unparalleled, so it's a great time to work on anything you want or need to do.

If you're still figuring out what you want to do with your life, or you just want to have some fun doing something you love, design a fun project around it and do a little each morning. The uninterrupted time of the morning is easily the most productive part of my day, and the perfect time to stretch your creativity as I mentioned earlier.

7. Exercise

I trained in various martial arts for years, up until just a few years ago, a little while after I began waking up early. So training and working out were one of the things I did the most in the morning at first. I decided to stop training years ago, but I can vouch for exercise in general being a great morning ritual.

The morning is a great time to go for a run too. It's so quiet and peaceful in the morning, you could go for a mindful run and have little interruptions.

What you do in the morning has an uncanny ability of setting you up for the rest of the day, so the energy and vitality you get from exercise is a great thing to do in the morning as it keeps you energized for the entire rest of your day.

Are you on 5Tsuö yet? It's a new social media platform that pays you for creating and sharing content! Thousands of people have already joined. It's just like Facebook, it takes seconds to join, and even easier to use! And best of all you can reach 100% of your friends and audience, and NO Censorship. You can only join by Invite, and this is an invitation from us to you. Click here to join! and be sure to Follow us too.

Source: 57 Morning Rituals That Will Change Your Life, from buddhaimonia.com, by Matt Valentine
December 28, 2014



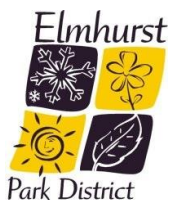
Say goodbye to antacids

Do you suffer from heartburn, acid reflux, indigestion, GERD or other digestive issues?

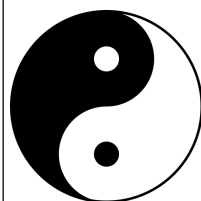
Would you prefer to deal with the cause rather than masking the symptoms with medication?

Learn exercises that have the potential to deal with problems at the root cause & to eliminate them; imagine eating your meals without the threat of harmful discomfort hanging over you.

November 18th ~ 12:30pm



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



Qigong

The inner health of the body is just as important as the outer health; through this mind-body practice you can improve your health & longevity, boost your immune system and reduce stress. The exercises are effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

Tuesday 12:30-1:30pm
September 8th & October 20th



185 Spring Avenue,
Glen Ellyn, IL 60137
630-858-2462

T'ai Chi Express

Wednesdays at 7:00pm:
September 9th & October 21st

3 S 260 Warren Ave,
Warrenville, IL 60555

630 393 7279



Using the 8 Step T'ai Chi form; a shorter more compact version of the 24 posture form taught in our T'ai Chi Chuan classes

It requires less time & space and is great for those without the room to practice the 24 form, or those with busy lives who still want the all the benefits of T'ai Chi



T'ai Chi Sword

Classes start:
September 8th & October 20th
Tuesday - 3:30-4:00pm

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

630 834 8970

(Previous Tai Chi experience is required)

5 Life Lessons Your Mom Was Right About

Author unknown

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ó Tenneva Jordan

If you scoured the entire Earth looking for someone who has shown more kindness to you than your own mother you would be gone a long time. Such a person does not exist. Your mother cared for you while you were in her stomach, gave birth to you, fed and raised you to become the person you are today. No body comes even close to her in terms of love and compassion. And over the years she has taught us many things, some helpful, some not so helpful. Here are a few life lessons that your mom was right about.

1. It could be worse

Of all the things your mom said to you as a kid this is one of the most valuable. Hidden inside these four words is a wealth of wisdom that has been somewhat obscured due to the popular nature of the saying. In fact, when your mom said this to you it was often at a time when you felt pretty terrible. And so you ignored her. I'll never forget when my little brother broke his arm my mom calmly announced that it could be worse and to basically get it together. She was right. It could have been worse.

The reason this saying is so important is because it teaches two things that are essential to your life, calmness and compassion. When you think about how much worse your bad situation could be you realize that there is no point getting all worked up. But you also start to think about those other people out there in that worse predicament and feel sorry for them. It is a very powerful tool.

2. The proof will be in the pudding

As if on a timer, my mom would say the proof will be in the pudding every year about three weeks before school report cards went out. It was around this time that she started to get nervous that my brother and I had been playing too much soccer and not doing enough homework. So she would subtly let us know that even though we said we were working hard, the real proof would be the grades on that card. And for some reason it scared the hell out of me!

There are a lot of people in this world who are good

at talking. They are good at spinning a few words together and getting out of a predicament. In a similar way, there are a lot of people who are good at making excuses. But the proof will be in the pudding. You can convince yourself and those around you that you are working hard towards your goals or a project but unless that hard work bears fruit then you might be kidding yourself. The proof really will be in the final product.

3. I don't care who started it, you stop it

Do you remember those times back at home when you and your brother or sister were pulling each other's hair out over some stupid little argument? Do you remember how cheated you felt when mom trounced in the room and told you to stop it even though you didn't start it? It was the worst feeling in the world. It felt like everyone was against you and that the world was completely unfair. Well, in actual fact, your mom was teaching you an extremely valuable life lesson about self control and self responsibility.

What your mom was really saying in this situation is that she wants you to take responsibility for being the bigger person and diffuse the situation. When you put it like that you might start to see some more adult-life scenarios where it would be useful. Perhaps an argument that you are having with your father or even with your siblings again? Perhaps a colleague at work has started a fight or maybe one of your mates did something silly? Even though you might be in the right it is often extremely wise to put your pride aside and diffuse the situation.

Imagine the effect this wisdom would have on a global scale if it was put into practice by world leaders and politicians. I am not saying that everyone should just admit defeat all the time, but rather that it could be useful to put grudges aside and be the person or nation who takes steps to solving the problem instead of arguing about it.

4. If you can't say something nice, don't say anything at all

What a simple but powerful lesson. Imagine how many disputes around the world would be avoided if people just remembered their mothers advice. If you can't say something nice, don't say anything at all. This saying has applications for marriages, politics, business and friendships. And it has a lot more to it than it seems.

As a kid this saying probably just meant that you shouldn't call your little brother something mean. But

as you grow up and get a little bit more life experience you can start to add new meanings to it. For example, saying 'something nice' might not just mean a compliment but rather something that is going to add to the situation and help the people that you are speaking with. Like the Buddha said, 'do not speak unless it improves on silence'. So from this point of view the saying is a lesson in helping other as well as being mindful of what one is saying.

In the business and political worlds this saying is perhaps one of the most important rules there is when dealing with other people. You never say anything bad about a business partner or a competitor because it will inevitably come back to harm your reputation. The consequences in the political world are even worse. Gossip and harsh speech can have implications for careers, national progress and even international relations. Your mom was right about this one. Unless you have something helpful, intelligent and proactive to say, don't say anything.

5. If you don't do it now, then when are you going to do it?


So much of our lives are wasted because we hate the idea of now and we love the idea of tomorrow. But when tomorrow comes and we still haven't accomplished anything we feel regret, depression and ever so unfulfilled.

One of the sad truths about life is that you can lose it at any time. Death is certain to come but the time of its arrival is most uncertain. So you might not even have a tomorrow in order to accomplish your task. Really, if you look closely at the matter, now is all you have. Now is all you have. If you don't do it now, when are you going to do it? What if that opportunity never comes or if you run out of time because you are too busy; will you be filled with regrets on your deathbed?

Again, we can add a little bit more grown up meaning to a saying that your mom probably said a thousand times. Of all the lessons she taught you this is one that really needs to hit home. She is right about this one. If you don't do it now then when are you going to do it? My guess is never.

Every mom has a myriad of different lessons for their children what was your mom right about?





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Upcoming Events

www.7StarsMA.com/SevenStarsStudents.html

Teacher training program starts

September 2015

Lighthouse Center in Winfield



Tai Chi Qigong Shibashi

Saturday, September 20th ~ 9:00 - 2:30pm

Relax4Life in Barrington



Reiki 1, 2 & Master Classes

September 27th, November 1st & 22nd

The Lighthouse Center in Winfield



Discover the Secrets of Chinese Health Balls

Sunday, October 4th ~ 9:00am - noon

The Lighthouse Center in Winfield

The Eight Pieces of Brocade

Sunday, October 4th ~ 1:00pm - 4:00pm

The Lighthouse Center in Winfield

The Six Healing Sounds

Sunday, October 11th ~ 10:00am - 3:30pm

The Lighthouse Center in Winfield



Six Healing Sounds & Chinese Health Balls

Saturday, October 25th ~ 9:00am - 5:30pm

Relax4Life in Barrington

Annual Student Dinner

Tuesday, November 24th ~ 2:00 - 4:00pm

Jack's Silverado Grill in Elmhurst



World Tai Chi Day

Saturday, April 30th 2016 ~ 9:00-11:00am

Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 30th 2016 ~ 1:00pm - 4:00pm

Creeside Park / Lighthouse Center in Winfield

World Ki Gong Club Annual Clinic

September TBA 2016

Starved Rock Resort in Ottawa, IL

TheosoFEST

Saturday, September 10th ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton, IL

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

Class calendar

www.7StarsMA.com

September

- 12 TheosoFEST
- The Theosophical Society, Wheaton, IL
- 20 Tai Chi Qigong Shibashi
- Relax 4 Life, Barrington
- 27 Reiki Level 1
- The Lighthouse Center, Winfield

October

- 3 Falls: they don't have to happen to you
- Lan-Oak Park Park District, Lansing
- 3 Discover the secrets of Chinese Health Balls
- Lan-Oak Park Park District, Lansing
- 4 Discover the secrets of Chinese Health Balls
- The Lighthouse Center, Winfield
- 4 The Eight Pieces of Brocade
- The Lighthouse Center, Winfield
- 11 The Six Healing Sounds
- The Lighthouse Center, Winfield
- 25 Healing Sounds & Health Balls
- Relax 4 Life, Barrington

November

- 8 Eight Step T'ai Chi
- The Lighthouse Center, Winfield
- 12 Discover the secret of Chinese Health Balls
- Wood Dale Park District, Wood Dale, IL
- 13 Falls: they don't have to happen to you
- Wayne Township Senior Center
- 18 Say goodbye to antacids
- The Abbey, Elmhurst, IL
- 19 Say goodbye to antacids
- Roselle Park District
- 24 Annual student dinner
- The Silverado Grill, Elmhurst, IL

December

- 3 Exercise for Mental Muscle
- Roselle Park District
- 4 Christmas break starts

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

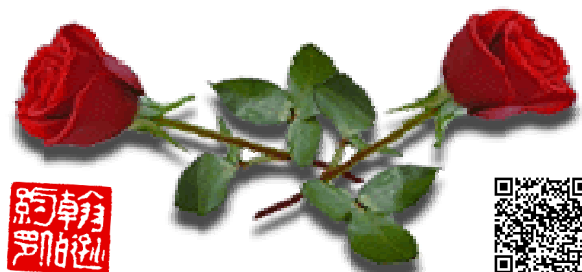
There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

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@7StarsMA.com



Tai Chi Qigong Shibashi

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

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.

This is an ideal class for beginners.

If you are a social worker, counselor, teacher or massage therapist and want 5 CEU's for this workshop there is a \$5 additional processing fee

September 20th ~ 9:00am - 2:30pm

Relax4Life Center, 26402 Edgemon Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

