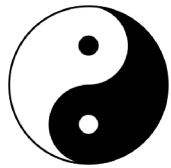


Discover the Secrets of Chinese Health Balls

October 8th in Winfield
630 229 4434
See advert on page 8

Reduce your risk of carpal tunnel, repetitive stress, trigger finger, arthritis, rheumatism and many hand related issues.



COMPLEMENTARY

Autumn 2017 HEALTH & EXERCISE

Your reliable source for information on complementary forms of health and exercise

Volume 11, number 3

www.7StarsMA.com

Circulation: 300+

The Disease of Being Busy

I saw a dear friend a few days ago. I stopped by to ask her how she was doing, how her family was. She looked up, voice lowered, and just whimpered: ðlɔm so busyí I am so busyí have so much going on.ö

Almost immediately after, I ran into another friend and asked him how he was. Again, same tone, same response: ðlɔm just so busyí got so much to do.ö The tone was exacerbated, tired, even overwhelmed. And it's not just adults.

Continued on page 10

INSIDE THIS ISSUE

- 4 On Your Skin In Your Body
- 8 Putting an end to laziness
- 16 10 Ways You Can Train Yourself To Be Happier

Full class schedules and more!

Is Life Getting in the Way of Your Goals? The Value of a Day Long Retreat

You want to change something. You might want to lose weight, get rid of clutter, work on your relationship, evaluate your work situation, align with Spirit, and be less anxious or depressed. You might feel stuck in habits that no longer serve you or make you happy.

Continued on page 6

FEATURES

• 3 Notebook • 9 & 12 T'ai Chi class schedules • 18 Events • 19 Calendar

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

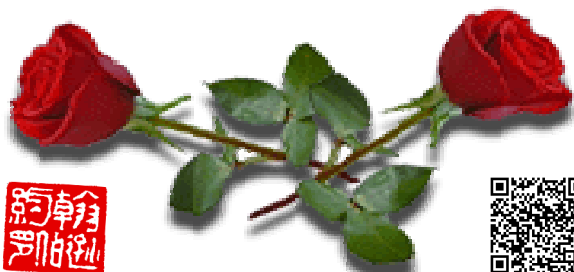
There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

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



Complementary Health & Exercise

Autumn 2017

Editor & publisher - John Robertson



© Copyright 2017
Seven Stars
Martial Arts



630 229 4434 John@7StarsMA.com

www.7StarsMA.com

www.Facebook.com/7StarsMA

www.YouTube.com/7StarsMA

www.Twitter.com/7StarsMA

www.Linkedin.com/in/7StarsMA

Find our issues online at:

www.7StarsMA.com/Resources/Magazine.html

Disclaimer

Seven Stars Martial Arts, as publishers, do not endorse and make no representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine.

The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine.

The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state and local laws prior to your purchase or use of these products, services or techniques.

The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services or techniques in the United States or elsewhere.

Because of the nature of some of the products, services or techniques advertised/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

The Wisdom of Confucious

**"It is better to light one
small candle than to curse
the darkness."**

Editor's Notebook

Welcome to our Autumn edition and to an important subject for many öThe Disease of Being Busyö. So many people spend their lives rushing from one task to another, trying to multitask and doing overly intense exercises that they rarely have time to sit quietly and enjoy life. Many collapse at the end of their day too exhausted to do anything other than watch TV.

This excessively -yangø(the busy) lifestyle is not good for our longevity and leads to -yinø(the quiet and relaxed) deficiency which causes us to age faster than we normally would.

The perception that time is moving faster and faster is one of the symptoms of doing too much.

We need to take the time to slow down, to meditate, to participate in -yinøexercises such as Tøai Chi, Qigong or yoga and to truly relax.

öBut I canø slow downö, öItø too slow for meö or öI need something fasterö are all comments that say you do need to slow down, and many of our classes will help you to do that.

We are human beings, not human doings, and we need to spend more time being than doing. As the Vietnamese monk, renowned Zen master, poet, and peace activist Thich Nhat Hanh said öWhen youøre washing dishes, wash dishesö.

Slow down and give yourself the time to smell the roses, when you do youøll find that life will become easier, more pleasant, that time will slow down and you will be a happier and healthier person able to do much more.

John Robertson

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

T'ai Chi for Health & Qigong teacher training

Learn the foundations of Qigong and Tøai Chi and how to teach the core curriculum to allow you to successfully facilitate Qigong & Tøai Chi for Health classes.

Over the yearlong program we will delve into the history, philosophy and exercises of Qigong, learning how to explain and teach them.

Application forms, dates, tuition and more information is available on our website

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

**Next program begins
September 2017**



七星
武道



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

John@7StarsMA.com



630-229-4434



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

On Your Skin In Your Body

Darla Tegtmeier - July 2017

In today's busy world, more people are becoming aware of the need to eat a healthy diet, exercise regularly and consciously incorporate things like meditation and Tai Chi into their daily life. While these things are very important, many are missing a crucial element to living a healthier life.

When it comes to living a healthy and natural lifestyle, what you put on your body is just as significant as what you put in your body. Your skin is the largest organ of your body and since it is porous, it absorbs whatever you put on it.

A study published in the American Journal of Public Health looked into the skin's absorption rates of chemicals found in drinking water. It showed that the skin absorbed an average of 64% of total contaminant dosage.*1

Other studies found the face to be several times more permeable than broad body surfaces and an absorption rate of 100% for underarms and genitalia.*2 Another peer-reviewed study showed 100% absorption for fragrance ingredients.*3

It is easy to see that what we use on our skin ends up inside our bodies. So, it is important to pay close attention to the ingredients in our skin care products. If the products you use contain harmful ingredients such as harsh, toxic chemicals, colors, and fragrances, those ingredients make their way into your body, your blood and lymphatic system. The majority of mainstream body care products contain a cocktail of carcinogenic chemicals, allergens, and irritants. To eliminate a lot of toxic chemicals, preservatives, and fragrances that are harmful to our bodies, it is important to read labels and become educated about

what ingredients to avoid when selecting body care products. A good motto to go by is if you can't pronounce it or have only seen it in chemistry class, don't use it! Petroleum derivatives, preservatives, synthetic fragrances and dyes go by many names. A few examples of common ingredients to steer clear of are Cocoamidopropyl Betaine, Olefin Sulfonate, Sodium Lauryl Sarcosinate, Potassium Cocoyl Glutamate, Sulfates, Parabens, and Phenoxyethanol. This list is far from complete.

Here are a few ingredients that I feel should be avoided. The best rule of thumb: if you can't pronounce it or have no idea what it is then avoid it.

1. Parabens: Parabens are taking all the heat and getting a bad rap. Parabens are used to preserve products, and the jury is still out on how harmful they are, but if we don't need to be exposed to them, then why put ourselves in that position? Even if a product replaces parabens, they may use an equally bad or worse preservative, so check to see what the substitution is.

2. Formaldehyde: The following ingredients contain formaldehyde, may release formaldehyde or may break down into formaldehyde: 2-bromo-2-nitropropane-1,3-diol, Diazolidinyl urea, DMDM hydantoin, Imidazolidinyl urea, Quaternium 15

3. 1,4-dioxane (Remember, this isn't listed as an ingredient. See above)

4. Phthalates: Not listed on the label; found in fragrance and other ingredients in your products. A lot of companies are, however, starting to list "phthalate free."

5. Diethanolamine (DEA), Triethanolamine (TEA), monoethanolamine (MEA)

6. Diazolidinyl Urea, Imidazolidinyl Urea

7. Sodium Lauryl/Laureth Sulfate, and Ammonium laureth sulphate: These have the same problem as parabens; they are getting all the heat while their substitutes are equally bad or worse.

8. Propylene Glycol and PEGs

9. PVP/VA Copolymer

10. Nanoparticles

11. Fragrance: There are over 3000 chemicals that can be used in a fragrance blend that doesn't have to be added to the label.*4 Many are known to be hormone inhibitors, carcinogens, and or just down right toxic. How can they get away with that? The companies claim that if they include what makes up a fragrance blend other companies will be able to reproduce it and steal their signature scents.

Footnotes:

1. Brown et al. The role of skin absorption as a route of exposure for volatile organic compounds (VOCs) in drinking water. Am J Public Health. 1984 May; 74(5): 479-484.
2. Kasting and Kretsos. Skin Pharmacol Physiol 2005;18:55-74
3. Robinson et al. The Importance of Exposure Estimation in the Assessment of Skin Sensitization risk. Contact Dermatitis 2000; 42:251-259.
4. www.infraorg.org/en-us/ingredients

Naturally By Darla

Natural products including: bar soaps, scrubs, soaks, mists, slaves, balms, crystal roll-ons, hand soap, body wash, shampoo, cold & flu care and more.

Services including: Hypnotherapy,
Toe Reading, Reiki, Reflexology
& Raindrop Therapy

Info@NaturallybyDarla.com 847-334-1580
www.NaturallybyDarla.com



T'ai Chi Sword

Classes start:

September 5th & October 24th
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)

Yang 24 T'ai Chi

Mondays at 6:30pm:
September 11th - December 4th

The Theosophical Society

1926 N Main St, Wheaton, IL 60187
630- 668-1571

Over the course of 12 weeks we will learn
the complete 24 posture form (Intense!).

Practice strengthens the immune system,
improves posture, balance, coordination,
flexibility and strength, reduces blood
pressure and stress, and releases tension
allowing a feeling of positive energy to
flow through your body.



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 8th ~ 6:00-9:00pm



630 529 3650

Don't let stress stress you out!

Stress could be called
the plague of the 21st century; it
is said to be responsible for
around 85% of Doctors visits

Learn simple, effective ways to
reduce both chronic and acute
stress

December 6th ~ 6-9:00pm



630 529 3650

Is Life Getting in the Way of Your Goals? The Value of a Day Long Retreat

By Roxann Camparone Licensed Psychotherapist
& Renee Ryan, Tai Ji & Qigong Teacher

You want to change something. You might want to lose weight, get rid of clutter, work on your relationship, evaluate your work situation, align with Spirit, and be less anxious or depressed. You might feel stuck in habits that no longer serve you or make you happy.

Life is so busy with so many distractions you need to get away from your daily responsibilities to have the space to break through the internal barriers holding you back. Refuel and find your inner healer.

I was burnt out at work and uncertain of the direction I needed to go. In 2011, I went on a trek across Europe for 3 weeks. I felt enriched and satisfied by the experience.

Afterward I made a lot of changes in my life and career, said therapist Roxann Camparone. You don't have to go out of the country or away for three weeks to become enlightened or spend more than a day on change. A one day retreat allows you a mini vacation from day to day life.

As a therapist, I see people pulled off track by their lives all the time. Like that diet you intended to stay on until you were at your cousin's birthday and offered a piece of cake. It throws you off your diet and it snowballs into a full blown diet relapse. You might flounder around for days, months or years before you get back on that diet.

In a one-day retreat you can accomplish what it ordinarily takes months to feel because a retreat is so experience driven. Experiences cultivate self-knowledge and personal growth.

A day-long retreat accelerates the processes that can occur in a weekly group or meeting. Participants support each other experiences, feelings and moving successfully towards their individual goals.

Renee agrees, A one-day retreat is a commitment to you. This is the day! A retreat moves us out of the

Continued on page 15:



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, September 17th
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, October 15th
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 \$57! Plus! get a laminated hand position and a symbols chart free!

Level 3

Sunday, November 19th
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!



七星
武道

The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:

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





Eight Pieces of Brocade

Practiced by martial artists, Traditional Chinese Doctors & common people for 1,000 years; learn one of the most important Qigong exercise systems there is.

October 8th ~ 9:00am - noon

The Lighthouse Center

0S165 Church Street, Winfield, IL 60190

Call 630 229 4434 www.7StarsMA.com



Discover the secrets of Chinese Health Balls

Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

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

October 8th ~ 1:00 - 4:00pm

The Lighthouse Center

165 S. Church Street, Winfield, IL 60190

Call 630 229 4434 www.7StarsMA.com

Putting an end to laziness & procrastination isn't as hard as you think, thanks to the Japanese technique of kaizen.

There are things we would like to accomplish. Personal goals for ourselves and our lives should take priority, but they fall behind sometimes. We procrastinate and lose faith.

Sure, we have the best intentions at the start and approach our goals with enthusiasm and zeal. But then something happens- we contribute just enough effort to tell ourselves that we've tried, and then we move on. Maybe we think we are moving too fast with all of this, or maybe results didn't happen fast enough for our liking.

If this is a reoccurring situation in your life, you may be asking yourself why this keeps happening. Well, it's simple: you're trying to achieve too much, too quickly. It's not easy to turn old habits into new ones, and unfamiliar responsibility is easy to grow weary of. Basically, it's easier and more comfortable to stick with the goals and ideas you know and have had for ever.

THIS IS WHERE THE JAPANESE TECHNIQUE OF KAIZEN COMES IN HANDY.

Japanese culture has a useful practice called "Kaizen." This one-minute principle for self-improvement has gained enormous recognition since the world has seen its effectiveness.

The underlying principle of this method relies on someone practicing something for a full minute. At the same time every single day, do the same practice. Sounds easy enough, right? Laziness shouldn't be a problem; it's not like you're being asked to do something for 30 minutes every day- just 60 seconds.

Continued on page 13:

Tai Chi Chuan

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

Elmhurst

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

Beginner students meet every
Thursday 12:30-1:30pm

Continuing students meet every
Thursday 12:30-2:00pm

classes start:
September 7th & October 26th

Call: 630 833 5064

Lombard

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

Beginner students meet every
Tuesday 5:00-6:00pm

Continuing students meet every
Tuesday 5:00-6:30pm

classes start:
September 5th & October 24th

Call: 630 620 7322



Roselle

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

Beginner students meet every
Thursday 9:00-10:00am

Continuing students meet every
Thursday 9:00-10:30am

classes start:
September 7th & October 26th

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday 2:00-3:00pm

Continuing students meet every
Tuesday 2:00-3:30pm

classes start:
September 5th & October 24th

Call: 630 834 8970



The Disease of Being Busy

When we moved to North Carolina about ten years ago, we were thrilled to be moving to a city with a great school system. We found a diverse neighborhood, filled with families. Everything felt good, felt right.

After we settled in, we went to one of the friendly neighbors, asking if their daughter and our daughter could get together and play. The mother, a really lovely person, reached for her phone and pulled out the calendar function. She scrolled and scrolled and scrolled. She finally said: "She has a 45-minute opening two and half weeks from now. The rest of the time it's gymnastics, piano, and voice lessons. She's just so busy."

Horribly destructive habits start early, really early. How did we end up living like this? Why do we do this to ourselves? Why do we do this to our children? When did we forget that we are human beings, not human doings?

Whatever happened to a world in which kids get muddy, get dirty, get messy, and heavens, get bored? Do we have to love our children so much that we overschedule them, making them stressed and busy — just like us?

What happened to a world in which we can sit with the people we love so much and have slow conversations about the state of our heart and soul, conversations that slowly unfold, conversations with pregnant pauses and silences that we are in no rush to fill? How did we create a world in which we have more and more and more to do with less time for leisure, less time for reflection, less time for community, less time to just be?



Somewhere we read, "The unexamined life is not worth living" for a human. How are we supposed to live, to examine, to be, to become, to be fully human when we are so busy?

This disease of being "busy" (and let's call it what it is, the dis-ease of being busy, when we are never at ease) is spiritually destructive to our health and well-being. It saps our ability to be fully present with those we love the most in our families, and keeps us from forming the kind of community that we all so desperately crave.

Since the 1950s, we have had so many new technological innovations that we thought (or were promised) would make our lives easier, faster, simpler. Yet, we have no more "free" or leisurely time today than we did decades ago.

For some of us, the "privileged" ones, the lines between work and home have become blurred. We are on our devices. All. The. Freaking. Time. Smart phones and laptops mean that there is no division between the office and home. When the kids are in bed, we are back online.

One of my own daily struggles is the avalanche of email. I often refer to it as my jihad against email. I am constantly buried under hundreds and hundreds of emails, and I have absolutely no idea how to make it stop. I've tried different techniques: only responding in the evenings, not responding over weekends, asking people to schedule more face-to-face time. They keep on coming, in volumes that are unfathomable: personal emails, business emails, hybrid emails. And people expect a response — right now. I, too, it turns out I am so busy.

The reality looks very different for others. For many, working two jobs in low-paying sectors is the only way to keep the family afloat. Twenty percent of our children are living in poverty, and too many of our parents are working minimum wage jobs just to put a roof over their head and something resembling food on the table. We are so busy.

The old models, including that of a nuclear family with one parent working outside the home (if it ever existed), have passed away for most of us. We now have a majority of families being single families, or where both parents are working outside the home. It is not working.

It doesn't have to be this way.

In many Muslim cultures, when you want to ask them how they're doing, you ask: in Arabic, *Kayf haal-ik?* or, in Persian, *Haal-e shomaa chetoreh?* How is your haal?

What is this haal that you inquire about? It is the transient state of one's heart. In reality, we ask, "How is your heart doing at this very moment, at this breath?" When I ask, "How are you?" that is really what I want to know.

I am not asking how many items are on your to-do list, nor asking how many items are in your inbox. I want to know how your heart is doing, at this very moment. Tell me. Tell me your heart is joyous, tell me your heart is aching, tell me your heart is sad, tell me your heart craves a human touch. Examine your own heart, explore your soul, and then tell me something about your heart and your soul.

Tell me you remember you are still a human being, not just a human doing. Tell me you're more than just a machine, checking off items from your to-do list. Have that conversation, that glance, that touch. Be a healing conversation, one filled with grace and presence.

Put your hand on my arm, look me in the eye, and connect with me for one second. Tell me something about your heart, and awaken my heart. Help me remember that I too am a full and complete human being, a human being who also craves a human touch. I teach at a university where many students pride themselves on the "study hard, party hard" lifestyle.

This might be a reflection of many of our lifestyles and our busy-ness — that even our means of relaxation is itself a reflection of that same world of over-stimulation. Our relaxation often takes the form of action-filled (yet mindless) films, or violent and face-paced sports.

I don't have any magical solutions. All I know is that we are losing the ability to live a truly human life. We need a different relationship to work, to technology. We know what we want: a meaningful life, a sense of community, a balanced existence. It's not just about "cleaning in" or faster iPhones. We want to be truly human.

W. B. Yeats once wrote:

"It takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on a battlefield."

How exactly are we supposed to examine the dark corners of our soul when we are so busy? How are we supposed to live the examined life?

I am always a prisoner of hope, but I wonder if we are willing to have the structural conversation necessary about how to do that, how to live like that. Somehow we need a different model of organizing our lives, our societies, our families, our communities.

I want my kids to be dirty, messy, even bored — learning to become human. I want us to have a kind of existence where we can pause, look each other in the eye, touch one another, and inquire together: Here is how my heart is doing? I am taking the time to reflect on my own existence; I am in touch enough with my own heart and soul to know how I fare, and I know how to express the state of my heart. How is the state of your heart today?

Let us insist on a type of human-to-human connection where when one of us responds by saying, "I am just so busy," we can follow up by saying, "I know, love. We all are. But I want to know how your heart is doing."

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 6th & October 25th

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
September 7th & October 26th

Call: 630 595 9333

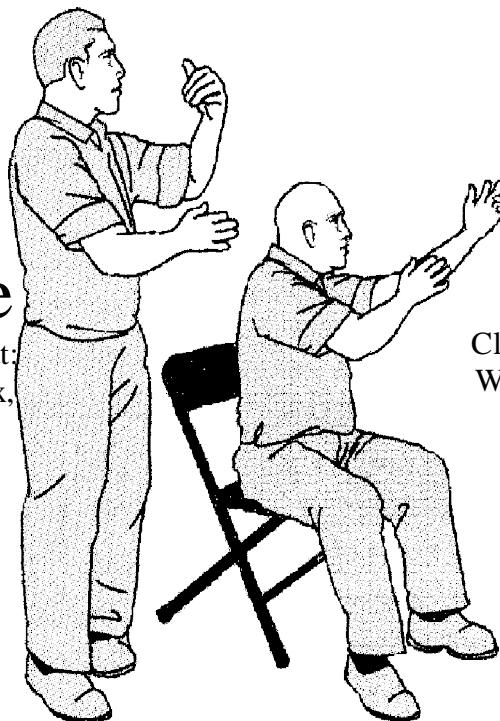
Bloomingtondale

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

Thursday at 11:00am

classes start:
September 7th & October 26th

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 7th & October 26th

Call: 630 595 9333



Continued from page 8:

Even if it is something as simple as doing sit-ups, or something more challenging like reading in a foreign language, do what you enjoy doing, and do it for a minute a day. The belief is that if you are experiencing joy and satisfaction during your practice, you will want to continue practicing the next day and so forth. Sometimes, it's our fear of failure that prevents us from trying. Don't let fear hold you back from truly living! You have to overcome your lack of confidence, and let go of those feelings of helplessness. A sense of victory is what you need to move forward.

IN FACT, IT IS THAT FEELING OF SUCCESS
THAT WILL PROPEL YOU AND INSPIRE YOU
TO KEEP MOVING.

After you have practiced your chosen activity for a minute, every day, for a few weeks, you can increase the amount of time you spend doing it. Work up to 5 minutes, and you will soon be at 30 and even 60 minutes before you know it. Eventually, you will be doing this practice for a comfortable period of time that you deem acceptable and helpful. It will amaze you how much 1-minute can change your life.

Kaizen originated in Japan, and was invented by Masaaki Imai. The word itself has two roots *ōkai* (change) and *-zen* (good). Together, it means *ō*change for the better. Imai says, *ō*The message of the Kaizen strategy is that not a day should go by without some kind of improvement being made somewhere.

It's important to challenge yourself, but keep your goals within reaching distance. What Imai and others in his field have noticed, is that it is the smaller challenges, when combined with continuous effort, are more rewarding and provide more self-improvement.

KAIZEN IS SOMETHING THAT ANYONE CAN
ATTEMPT, AND EVERYONE CAN BENEFIT
FROM.

All you have to do is make a plan, and give yourself a minute to follow through. By Raven Fon.

The Five Animal Frolics

This is oldest written exercise program for preventive medicine practiced today; being a sequence of natural movements and postures based on the movement of animals.

They were developed by a physician around 200AD, and have been around so long because they are a fun and effective method of helping people of all ages and abilities to develop strong, healthy bodies.

The five animals are the fierce and untamed tiger, the graceful deer, the steady and lumbering bear, the agile monkey and the flying crane. Practicing these exercises helps to strengthen the internal organs, fortify the body, increase balance and promote well being.

October 1st ~ 10:00-3:30pm

The Lighthouse Center

165 S. Church Street, Winfield, IL 60190

Call 630 229 4434 www.7StarsMA.com

Energy Protection

Do you find it exhausting to
be around stressed people?
around negative people?
or just around certain people?

Discover why and how energy can affect you, and learn and practice techniques to protect yourself from picking up unhealthy energy from other people.

CEUs available for counselors, social workers, massage therapists and occupational therapists.

November 11th ~ 9:00 - 2:30

847 842 1752



26402 Edgemoor Lane,
Barrington, IL 60010

Depressed? Stuck? Anxious? Dissatisfied? Afraid? Relationship Issues?

Awaken Your Healer Within



Tai Ji & Therapy (psychotherapy) day healing retreats

Breakthrough what's holding you back

Saturday August 26 from 10am-5pm

Breakthrough your grief & loss

Saturday September 23 from 10am- 5pm

Breakthrough your fear & anxiety

Saturday October 21 from 10am- 5pm

The Light Heart Center 0 S. 165 Church St. Winfield, IL 60190

Call today for registration or information 630-920-3332

with Roxann Camparone Licensed Therapist & Renee Ryan Tai Ji Teacher

Cost for each retreat is \$65/person. Bring 2 friends, come for \$60 each.

Bring your lunch or go to nearby restaurant.

www.ontheroxcounseling.com www.TheLightHeartCenter.org

Continued from page 6:

ordinary. Like a vision quest it creates the time and space to go inward. When on a vision quest I was able to review where I was and where I needed to go. In our retreats you will not be fasting nor doing a sweat lodge, however, in these retreats you might try some things like Tai Ji, art, music or journaling, öbeing sillyö and playing. These might take you out of your comfort zone. These are the risks that allow us to move forward.ö

öThe retreats will include the five senses. There will be time for solitude, and also times for team building. We expect you will to have a lot of fun, valuable and enriching experience. A retreat is a treat, a day for you!ö

Roxann Camparone Licensed Psychotherapist & Renee Ryan, Tai Ji & Qigong Teacher will be offering day long retreats Awaken Your Healer Within see our advert on page 14.



Gentle Tai Ji Movements for Inner & Outer Peace

Qigong and Tai Ji are ancient forms of meditative movement rooted in Taoism & Traditional Chinese Medicine. Using the mind and body to harmonize energy, these movements support physical and emotional health, reduce stress & create inner peace that is reflected outward to those around you.

Renee Ryan, codirector of the Lighthouse Center, has practiced the healing arts for 30 years and has studied Qigong and Tai Ji in the United States, China, and Korea.

Wednesdays, 11:45am-1:00pm

September 13th ö December 20th

No class November 22nd

The Theosophical Society
1926 N Main St, Wheaton, IL 60187
630-668-1571

50 Secrets



of the worlds



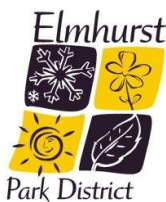
longest living



people

This class will give you plenty of ideas to help you to live a long & healthy life.

September 27th ~ 12:30pm



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

October 4th ~ 6:00pm



October 18th ~ 6:00pm



630 595
9333

111 E. Foster Avenue, Wood Dale, IL 60191

10 Ways You Can Train Yourself To Be Happier

Forbes Coaches Council

Reprogramming our thinking patterns isn't rocket science, but it does take some effort and intention. It starts with listening to the stories we tell ourselves and consciously changing them.

How do we do this so as to ignite more joy in our lives? Members of Forbes Coaches Council explain how you can train yourself to be happier.

1. Get To Know Your Stories

We cannot change the stories we tell ourselves until we know what those stories are and recognize them as stories. Brené Brown calls this your SFD, or "sucky first draft." Take a moment to get really clear on the story without judgment or analysis. Get the situation down on a sticky note or paper with just a few bullet points. Then look at what pieces are facts and what are assumptions and story. ó Jenn Lofgren, Incito Consulting

2. Flip The Story

Once we recognize we are telling a story, it is helpful to "flip" the story. That means to listen carefully to our habitual language, and then tell ourselves the exact opposite. For example, if our story is, "My boss doesn't value me," we could flip it to, "I am valuable at work because I pay attention to detail." Another example: "I am worthless" can become "I am treasured." ó Sharon Hull, Metta Solutions, LLC

3. Connect History To The Future

Employ this sequence: Chronicle your "history of success" by listing the joyful things in your personal



history.

Celebrate and express gratitude for those things. Ask, "What made those things possible?" Ask, "How can I experience more of these kinds of successes?" Ask, "What bigger successes do I want, and how can I create them?" Get intentional about the pursuit of those things. Repeat often! ó Patrick Jinks, The Jinks Perspective

4. Meditate

Our inner dialogue kicks in faster than the time it takes to read this article. Building in just 10 minutes a day of meditation can have a significant impact on your ability to slow your thought patterns down and identify the negative stories before they take hold. ó Lindsey Day, Magnetic Career Consulting

5. Find Out What Makes You Happy

Surprisingly, many of us don't know what would make us happy. We don't look past the superficial material things. So, first spend time on what would really make you happy.

Look for the opportunities that already exist. Identify what's blocking you. Often, it's a negative story about the past, interactions, slights or fears. Stop telling that story, and tell the story you want to see unfold. ó Larry Boyer, Success Rockets LLC

6. Be Thankful Today

Starting off your day with "thank you" puts you in a state of gratitude and brings more joy and things to be

grateful for in your life. It really works! We're like magnets. We can either pull joy/happiness or sadness/despair toward ourselves. Write down three things you're grateful for every day, even if it's food on your plate. Notice how you start to feel happier every day. ó Erin Kennedy, Professional Resume Services, Inc.

7. See Life As A Classroom

See life as a classroom with many lessons to teach you, not a test where your value is in question. Choose a perspective that all human beings have the same intrinsic value all the time and that value is absolute and unchangeable. If this is true, mistakes and experiences are just lessons, but they don't affect your value at all. This simple shift will change how you feel about everything. ó Kimberly Giles, Clarity-point Coaching Academy

8. Be Your Own Best Friend

Words can hurt. You probably don't speak kindly to yourself and would never tolerate a friend talking to you that way. Consider what your best friend would say, and tell yourself that instead. Use positive language and action words. They will empower you to feel in control rather than like a victim. ó Michelle Tillis Lederman, Executive Essentials

9. Pause When You Notice Yourself Being Negative

When the tape starts playing the negative story in your mind, pause and ask yourself, "Is this how I want to feel?" If your answer is no, you now get to decide how you do want to feel and align your thoughts and actions to create the feeling state you most desire. Choose a new perspective that brings joy into your life. Own your power to choose. ó Kris McCrea Scrutchfield, McCrea Coaching

10. Connect With People Who Know The -Real-You

People who know you at your best may be from the past. Ask former colleagues, classmates or bosses to remind you of who you are from their perspective. Take that perspective and infiltrate your thoughts with it.

See yourself from the eyes of someone else. The reminder may help you to reconnect with yourself at a time when you felt more passionate and joyful, and you can use that feeling going forward. ó Michelle Riklan, Riklan Resources LLC

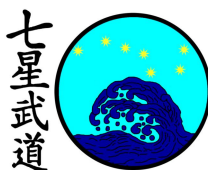
The 6 Healing Sounds

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 to help maintain health and vitality.

**Sunday, October 29th
10:00am - 3:30pm**



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

630 229 4434 www.7StarsMA.com

CNM CARE

Dr Michelle Ennsman, DC,ND
Chiropractic & Naturopathic Physician
Health Talks

August 23rd ~ 7:00pm


The risks, side effects and dangers
of prescription medications

September 27th ~ 7:00pm
Stress & Anxiety

October 25th ~ 7:00pm
Weight loss

November 15th ~ 7:00pm
Diabetes care & prevention

OS165 Church Street, Winfield, IL 60190
(630) 216-5916 www.cnmcare.com



CNM CARE

www.cnmcare.com
DrEnnsman@gmail.com

Os165 Church Street
Winfield, IL 60190
(630) 216-5916

Michelle Ennsman, DC, ND
Chiropractic & Naturopathic Physician



CNM CARE

Cassandra Ennsman, LMT
Licensed Massage Therapist

(630) 216-5916
Os165 Church Street
Winfield, IL 60190

www.cnmcare.com CmEnnsman@gmail.com



Jennifer Dexheimer, BS, LMT
Owner, Journey to Wellness
Licensed Massage Therapist
Reiki Practitioner

By appointment only:
630-699-3452

Inside The Wellness Center at:
721 W. Lake St, Ste 201
Addison, IL 60101 <http://tiny.cc/journeytowellness>



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

TheosoFEST

Saturday, September 9th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

World Ki Gong Club Annual Clinic

Friday - Sunday September 22-24th
Wolf Ridge Education Center, MN

Annual Student Dinner

Wednesday, December 6th ~ 2:00-4:00pm
Jack & Silverado Grill in Elmhurst, IL



Chinese New Year celebration

Friday, February 16th 2018 ~ noon - 2:00pm
Hibachi Grill in Bloomingdale, IL

Ki Gong Clinic

Saturday, February 17th ~ 1:00pm - 5:00pm
Coronado Tidelands Park, San Diego, CA

World Tai Chi Day

Saturday, April 28th ~ 9:00-11:00am
The Theosophical Society in Wheaton, IL



The Spring Gathering

Saturday, April 28th ~ 1:00 - 4:00pm
The Lighthouse Center in Winfield, IL



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

Taichi principle: Sensitivity



Class calendar

September

- 17 Reiki Student class
- The Lighthouse Center, Winfield, IL
- 27 50 Secrets of the World's Longest Living People
- The Abbey, Elmhurst, IL

October

- 1 The Frolics of the Five Animals
- The Lighthouse Center, Winfield, IL
- 4 50 Secrets of the World's Longest Living People
- Bloomingdale Park District, Bloomingdale, IL
- 7 Tai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 7 Chinese Health Balls
- Natural Healing Centers, Tinley Park, IL
- 8 The 8 Pieces of Brocade & Chinese Health Balls
- The Lighthouse Center, Winfield, IL
- 15 Reiki Practitioner class
- The Lighthouse Center, Winfield, IL
- 18 50 Secrets of the World's Longest Living People
- Wood Dale Park District, Wood Dale, IL
- 28 Tai Chi Qigong Shibashi
- Relax 4 Life, Barrington, IL

November

- 4 Tai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 4 The Finger Labyrinth
- Natural Healing Centers, Tinley Park, IL
- 8 Say goodbye to antacids
- Bloomingdale Park District, Bloomingdale, IL
- 11 Energy Protection
- Relax 4 Life, Barrington, IL
- 12 Six healing Sounds & Chinese Health Balls
- Relax 4 Life, Barrington, IL
- 19 Reiki Master Class
- The Lighthouse Center, Winfield, IL

December

- 2 Tai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 2 Golden Child Meditation
- Natural Healing Centers, Tinley Park, IL
- 6 Annual Student Dinner
- Silverado Grill, Elmhurst, IL
- 6 Don't let stress stress you out
- Bloomingdale Park District, Bloomingdale, IL

Learning Lunches

Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while Increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434 John@7StarsMA.com
www.7StarsMA.com/Community/LearningLunches.html

Health and safety education in your location, at your convenience

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 Tai 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.

**Saturday,
October 28th
9:00am - 2:30pm**

Six Healing Sounds & Chinese Health Balls

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.

Discover the Secrets of Chinese Health Balls: why they can be so beneficial to your mind & body.

Reduce your risk of arthritis, rheumatism, dementia and more.



**Sunday,
Nov 12th
9:00am
- 5:00pm**

CEUs available for counselors, social workers, massage & occupational therapists



七星武道

Relax4Life

26402 Edgemon Lane, Barrington, IL 60010
To register call 847 842 1752 www.relax4life.com

