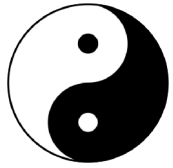


# Reiki Master Practitioner Training

Reiki Student (Level 1): October 26<sup>th</sup>  
Reiki Practitioner (Level 2): Nov 23<sup>rd</sup>  
Reiki Master (Level 3): December 21<sup>st</sup>

*"We're beginning now to understand things that we know in our hearts are true but we could never measure. As we get better at understanding how little we know about the body we begin to realize that the next big frontier in medicine is energy medicine."*



## COMPLEMENTARY

Fall 2014

FREE! HEALTH & EXERCISE

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Volume 9, number 4

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靈氣

# The Five Reiki Principles

by Curtis Lang and Jane Sherry

The Five Reiki Principles are found on the memorial stone commemorating Mikao Usui,

Founder of the system of spiritual development and healing known as Reiki.

According to American Reiki Master William Rand, who traveled extensively in Japan and visited the memorial:

Continued on page 10

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- 5 Reiki: An Introduction
- 8 For Patients With Dementia, Hands-On Comfort

Full class schedules and more!

*Just for today do not anger  
Just for today do not worry  
Just for today be filled with gratitude  
Just for today work hard  
Just for today be kind to people*

### FEATURES

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

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

**Contact Reverend John**

**630 229 4434**

**John@HolisticCeremonies.com**

**www.HolisticCeremonies.com**



# Complementary Health & Exercise

Fall 2014

Editor & publisher - John Robertson



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Seven Stars  
Martial Arts



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The wisdom of Confucious

"A gentleman is calm and spacious;  
the vulgar are always fretting."

## Editor's Notebook

Reiki is an amazing form of energy work that can induce a deep state of relaxation and garner an overall feeling of well-being. By becoming a channel for universal healing energy a practitioner can help themselves and others heal on physical, mental, emotional and spiritual levels.

Reiki can be defined as: a mind-body relaxation method where life force energy (Qi) is used to assist the healing of the self and others on all levels; physical, mental, emotional and spiritual.

Receiving Reiki is like the relaxed feeling your body gets from a massage or soaking in a warm tub, only that with Reiki you remain fully clothed and the practitioner gently lays their hands on or around various areas of your body to help balance your energy.

However it is much, much more than a healing system, it includes principles by which to live a more wholesome and satisfying life. Our center page feature goes into detail on what these principles are, and how to apply them to daily life. You do not need to be a Reiki practitioner to begin to live by them and make your life more fulfilling.

Our next Reiki training session begins in October with Level 1, Level 2 is in November and Level 3 (Master) is in December. If you want to learn this system, be it to help others, or to help in your own journey call us on 630-229-4434 to secure one of the 6 places available.

We have some changes to our class schedule this season; our Roselle class moves from Tuesday to Thursday, with the same times and format.

We have another Tøai Chi Qigong Shibashi class at Relax4Life on November 22<sup>nd</sup>, a great way to learn a complete system in a day.

Have a great autumn, and we'll see you in class soon!

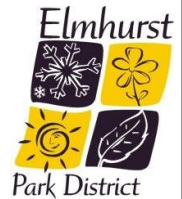
*John Robertson*

## Tøai Chi Express

Mondays at 8:00pm starting  
Sept 29<sup>th</sup> & Nov 10<sup>th</sup>

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250 Civic Center Plaza,  
Glendale Heights  
630 260 6060



# Reiki Used for Cancer Patients

By Laura Johannes The Wall Street Journal March 15, 2011

Reiki, a therapy in which hands are placed lightly on the body or just above it, is increasingly being used to reduce cancer-related fatigue, anxiety, nausea and pain. Several studies suggest a benefit to patients, but scientists say more large, rigorous studies are needed. Cancer patients—due to the disease and to side effects of chemotherapy—often suffer from severe mental and physical fatigue, doctors say. Anxiety, nausea and pain are also common. In recent years, many cancer centers have been offering Reiki, a form of healing which originated in Japan in the early 1900s, according to scientific literature. In a session of Reiki, hands are placed lightly on the body. Each spot is treated for three minutes or longer and sometimes therapists place their hands just above the body without touching, says Donah Drewett, a Fairlee, Vt.-based Reiki therapist who works at Norris Cotton Cancer Center in Lebanon, N.H.

Extra care is needed with cancer patients. Therapists must avoid sensitive areas on the body such as ports used to administer medications, doctors and therapists say. The gentleness of Reiki is appealing to cancer patients, many of whom are too ill to tolerate a deep-tissue massage, doctors say.

Reiki is often described as a treatment that helps life energy to flow in a patient—an explanation not generally accepted by scientists. Barrie Cassileth, chief of the Integrative Medicine Service at Memorial Sloan-Kettering Cancer Center in New York, calls the energy theory "absurd" but says light-touch therapy can have a "great relaxing effect" on cancer patients "who are constantly poked, prodded and given needles." Adds Deborah Steele, manager of patient and family support services at Norris Cotton: "How it works is a mystery, but we see anecdotally the amount of 'odelight' it brings patients.

Some scientists think the benefits may be as simple as the warmth of human touch and the feeling that someone is caring for you. "We do have a reciprocal effect between the mind and the body. If you relax one, you relax the other," Dr. Cassileth says.

At Memorial Sloan-Kettering, treatment for inpatients is available at no extra charge; outpatients pay \$90 to \$110 a session. At Norris Cotton, trained volunteers administer treatments free of charge—often while patients are at the hospital receiving intravenous chemotherapy treatments. Insurance typically doesn't pay for Reiki.

Other centers don't offer Reiki, citing insufficient evidence. "There isn't a good evidence base for its utility in cancer care as of yet," says Lorenzo Cohen, a professor in the departments of general oncology and behavioral science at M.D. Anderson Cancer Center in Houston.

David S. Rosenthal, professor of medicine at Harvard Medical School and medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston, co-authored a January study on Reiki that was published in *Cancer*. The study found twice-weekly, 50-minute sessions reduced anxiety in 18 men with prostate cancer, but the benefit wasn't statistically significant compared with a control group. A larger study is needed to determine if a benefit exists, Dr. Rosenthal says. "The evidence for Reiki is still slim, but there are trends and we have to show whether those trends are real," he says.

A 2004 study of 1,290 cancer patients at Memorial Sloan-Kettering found a light-touch massage, standard Swedish massage and foot massage all helped symptoms including pain, depression anxiety, nausea and fatigue; the study didn't have a control group. In a 16-person study published in 2007 in *Integrative Cancer Therapies*, a team of Canadian scientists found five daily Reiki sessions of about 45 minutes improved quality of life and general well-being reported by cancer patients on a 28-question survey significantly more than resting for about the same period.

Study co-author Linda E. Carlson, a psychologist and an associate professor in the oncology division at the University of Calgary, says she thinks it is possible that a good rapport between the Reiki therapist and the patients could be the reason for the positive result.

# Reiki: An Introduction

US Department of Health & Human Services

Reiki is a healing practice that originated in Japan. Reiki practitioners place their hands lightly on or just above the person receiving treatment, with the goal of facilitating the person's own healing response. In the United States, Reiki is part of complementary and alternative medicine (CAM). This fact sheet provides a general overview of Reiki and suggests sources for additional information.

## Key Points

- People use Reiki to promote overall health and well-being. Reiki is also used by people who are seeking relief from disease-related symptoms and the side effects of conventional medical treatments.
- Reiki has historically been practiced as a form of self-care. Increasingly, it is also provided by health care professionals in a variety of clinical settings.
- People do not need a special background to learn how to perform Reiki. Currently, training and certification for Reiki practitioners are not formally regulated.
- Scientific research is under way to learn more about how Reiki may work, its possible effects on health, and diseases and conditions for which it may be helpful.
- Tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

## History

The word ōReikiō is derived from two Japanese words: rei, or universal, and ki, or life energy. Current Reiki practice can be traced to the spiritual teachings of Mikao Usui in Japan during the early 20th century. Usui's teachings included meditative techniques and healing practices. One of Usui's students, Chujiro Hayashi, further developed the healing practices, placing less emphasis on the meditative techniques.

Continued on page 6:

## T'ai Chi for Health & Qigong teacher training

Learn the foundations of Qigong and T'ai Chi and how to teach the core curriculum to allow you to successfully facilitate Qigong & T'ai Chi for Health classes.

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**Program begins  
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[John@7StarsMA.com](mailto:John@7StarsMA.com)



**630-229-4434**



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



Continued from page 5:

An American named Hawayo Takata learned Reiki from Hayashi in Japan and introduced it to Western cultures in the late 1930s. The type of Reiki practiced and taught by Hayashi and Takata may be considered traditional Reiki. Numerous variations (or schools) of Reiki have since been developed and are currently practiced. Practice

Reiki is based on the idea that there is a universal (or source) energy that supports the body's innate healing abilities. Practitioners seek to access this energy, allowing it to flow to the body and facilitate healing. Although generally practiced as a form of self-care,

Reiki can be received from someone else and may be offered in a variety of health care settings, including medical offices, hospitals, and clinics. It can be practiced on its own or along with other CAM therapies or conventional medical treatments.

In a Reiki session, the client lies down or sits comfortably, fully clothed. The practitioner's hands are placed lightly on or just above the client's body, palms down, using a series of 12 to 15 different hand positions. Each position is held for about 2 to 5 minutes, or until the practitioner feels that the flow of energy is experienced as sensations such as heat or tingling in the hands or has slowed or stopped. The number of sessions depends on the health needs of the client.

Typically, the practitioner delivers at least four sessions of 30 to 90 minutes each. The duration of Reiki sessions may be shorter in certain health care settings (for example, during surgery).

Practitioners with appropriate training may perform Reiki from a distance, that is, on clients who are not physically present in the office or clinic.

### Uses

According to the 2007 National Health Interview Survey, which included a comprehensive survey of CAM use by Americans, more than 1.2 million adults had used an energy healing therapy, such as Reiki, in the previous year. The survey also found that approximately 161,000 children had used an energy healing therapy in the previous year.

People use Reiki for relaxation, stress reduction, and symptom relief, in efforts to improve overall health and well-being. Reiki has been used by people with anxiety, chronic pain, HIV/AIDS, and other health conditions, as well as by people recovering from surgery or experiencing side effects from cancer treat-

ments. Reiki has also been given to people who are dying (and to their families and caregivers) to help impart a sense of peace.

### Effects and Safety

Clients may experience a deep state of relaxation during a Reiki session. They might also feel warm, tingly, sleepy, or refreshed.

Reiki appears to be generally safe, and no serious side effects have been reported.

### Training, Licensing, and Certification

No special background or credentials are needed to receive training. However, Reiki must be learned from an experienced teacher or a Master; it cannot be self-taught. The specific techniques taught can vary greatly.

Training in traditional Reiki has three degrees (levels), each focusing on a different aspect of practice. Each degree includes one or more initiations (also called attunements or empowerments). Receiving an initiation is believed to activate the ability to access Reiki energy. Training for first- and second-degree practice is typically given in 8 to 12 class hours over about 2 days. In first-degree training, students learn to perform Reiki on themselves and on others. In second-degree training, students learn to perform Reiki on others from a distance. Some students seek master-level (third-degree) training.

A Reiki Master can teach and initiate students. Becoming a Master can take years.

Reiki practitioners' training and expertise vary. Increasingly, many people who seek training are licensed health care professionals. However, no licensing or professional standards exist for the practice of Reiki.

### If You Are Thinking About Using Reiki

- Do not use Reiki as a replacement for proven conventional care or to postpone seeing a doctor about a medical problem.
- Find out about the Reiki practitioner's background, including training and experience treating clients.
- Be aware that Reiki has not been well studied scientifically, but research on whether and how Reiki may work is under way.
- Tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.



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, October 26<sup>th</sup>  
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

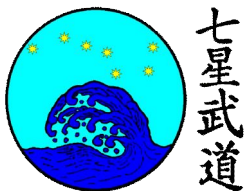
Sunday, November 23<sup>rd</sup>  
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

## Level 3

Sunday, December 21<sup>st</sup>  
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, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:  
[www.7StarsMA.com/Metaphysicsclasses/Reiki.html](http://www.7StarsMA.com/Metaphysicsclasses/Reiki.html)



# For Patients With Dementia, Hands-On Comfort

By Paula Span *The New York Times* April 5, 2011,

You can see the logic. Old people with dementia can become frightened and restless, angry or agitated. Reiki, a Japanese healing practice that supposedly channels a universal energy, is said to be soothing and deeply relaxing. So why not offer Reiki to elderly dementia patients?

Home Care Partners, a nonprofit home care agency in Washington, won a two-year grant from the federal Administration on Aging to give it a try and has just finished training 36 aides in Reiki. Next year, the agency will offer Reiki training to family caregivers and to workers at adult day programs.

“It relieves stress, it reduces anxiety and it can help diminish pain,” said Marie Muller, the agency’s education manager and a trained Reiki master. “We hope that our clients with dementia who become agitated and stressed will find Reiki calming” — and thus will be less disturbed when aides help them bathe or dress or eat.

Even at this early point, Ms. Muller said, aides are beginning to see benefits. One reported that Reiki, which involves gently placing hands on a patient’s clothed body (or just above it) in prescribed positions, was helping a client with painful arthritis. “She could feel the warmth, and her knees hurt her less,” Ms. Muller said. “The aide could observe her walking better.”

Scores of hospitals are also believers. At Portsmouth General Hospital in New Hampshire, for instance, two staff practitioners and a half dozen volunteers offer free Reiki to all patients, family members and staff, last year providing more than 2,100 sessions. “People say they just feel comforted,” said Christina Niles, the hospital’s Reiki director, citing patient surveys. “I personally believe Reiki is healing. Not everyone at the hospital agrees, but everyone thinks that people feel better afterward.”

The fly in this particular ointment: scant credible evidence of effectiveness. “There hasn’t been adequate research done to draw any kind of conclusion about whether Reiki works or not — or even, from a scientific standpoint, what Reiki is,” said Dr. Nassim Assefi, an internist in Seattle who researches alternative medicine.



Most studies of Reiki have obvious flaws: the numbers of patients are too low, or the experiment isn’t randomized or blinded — meaning that patients seek Reiki out (and thus are more likely to believe it’s beneficial) and know what they’re getting. The aides at Home Care Partners will fill out surveys reporting changes they observe in their clients receiving Reiki, but without controls that, too, is a subjective measure. One of the few rigorous, controlled, randomized and blinded studies — the gold standard in Western medicine — was Dr. Assefi’s own, involving 100 middle-aged fibromyalgia patients in Seattle. Whether they were randomly assigned to standard hands-on treatment by a Reiki master, to “distant” Reiki in which the master focused “healing intention” from two feet away, or to fake Reiki from an untrained actor who mimicked the positions, the results were the same: no significant improvement of symptoms after eight weeks of twice-weekly treatments.

Yet Dr. Assefi — who has trained in Reiki and acupuncture, among other alternative therapies — said that her own patients love Reiki.

One could debate whether it makes sense to promote an Eastern therapy when Western research methods fail to document its value. “What do you do when the science isn’t really there?” Dr. Assefi mused. “Should it be covered by insurance? Should we spend money on it?” The grant to Home Care Partners, for instance, comes to \$250,000 over two years.

But it’s also true, according to the National Center for Complementary and Alternative Medicine (part of the National Institutes of Health) that the practice appears safe, with no serious side effects reported. If Reiki can calm people suffering from dementia, regardless of whether the effect is measurable, maybe it’s a good addition to a caregiver’s toolbox.

If you’ve tried Reiki, or an elder friend or relative has, I’d like to hear about your experience. Meanwhile, Ms. Muller, who has used Reiki to reduce cancer patients’ nausea and fatigue and whose own 90-year-old mother appreciates it, is anticipating happy results. “Each person will respond in a different way,” she said. “But we’re really hopeful that we’ll see some positive effects.”



# 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

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

Beginner students meet every  
Thursday at 12:30pm  
October 2<sup>nd</sup> & November 13<sup>th</sup>

Call: 630 833 5064

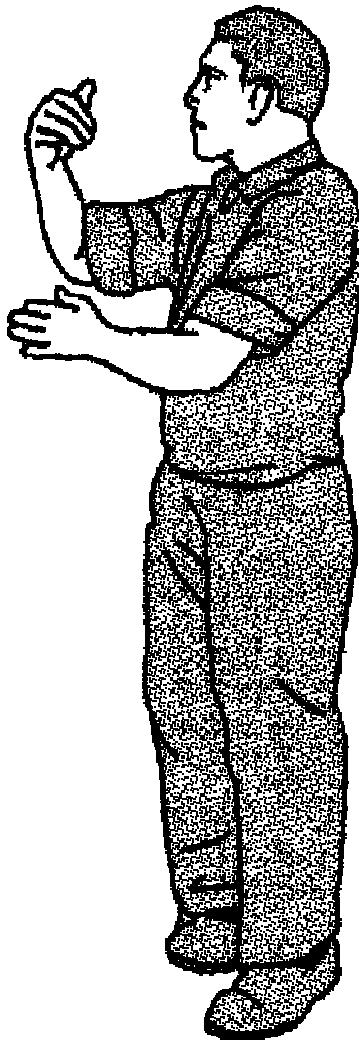
## Lombard

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

Beginner students meet every  
Monday at 5:00pm  
September 29<sup>th</sup> & November 10<sup>th</sup>

Continuing students meet every  
Monday at 6:00pm  
September 29<sup>th</sup> & November 10<sup>th</sup>

Call: 630 620 7322



## Roselle

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

Beginner students meet every  
Thursday at 9:00am  
September 18<sup>th</sup> & November 6<sup>th</sup>

Continuing students meet every  
Thursday at 9:00am  
September 18<sup>th</sup> & November 6<sup>th</sup>

Call: 630 894 4200

## Villa Park

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

Beginner students meet every  
Tuesday at 2:00pm  
September 30<sup>th</sup> & November 11<sup>th</sup>

Continuing students meet every  
Thursday at 2:00pm  
October 2<sup>nd</sup> & November 13<sup>th</sup>

Call: 630 834 8970



# 靈 氣 The Five Reiki Principles

by Curtis Lang and Jane Sherry

The Five Reiki Principles are found on the memorial stone commemorating Mikao Usui, Founder of the system of spiritual development and healing known as Reiki.

According to American Reiki Master William Rand, who traveled extensively in Japan and visited the memorial:

"The Usui memorial is located at the Saihoji temple in the Suginami district of Tokyo. It was erected by Usui Sensei's students shortly after his death. It is maintained by the Usui Shiki Reiki Ryoho, the organization started by Usui Sensei.

The memorial stone is about 10 feet tall and 4 feet wide. The inscription on the Usui Memorial was written in old Japanese by Mr. Okata, a member of the Usui Shiki Reiki Ryoho and Mr. Ushida, who became president after Usui Sensei's passing."

These precepts would be immediately understandable to most Buddhist practitioners, to students of yoga, and to practitioners of Chi-

nese spiritual practices. They are equally valid in a Christian or Jewish or Islamic context, and provide a truly Universal wisdom that is comparable to the force of Reiki, which is Universal Life Force energy.

Here is an example of meditations that we came up with at Satya Center, based upon these Five Principles.

One would do well to meditate each morning and evening in this fashion with folded hands.

For today only:

Relaxing the mind, center the consciousness, focusing on the eternal now, this precious moment, the only moment in which we live. Relax the body and become aware of the wrinkles in your forehead relaxing. Become aware of the muscles in your shoulders and back relaxing. Become aware of your breath. Focus on your breath.

On the inbreath, feel the breath entering the nostrils, passing across the roof of the palate and down into the lungs, filling the lungs with refreshing life force energy. On

## The Five Reiki Principles

"The secret of inviting happiness through many blessings ~

The spiritual medicine for all illness ~

For today only:

Do not anger

Do not worry and be filled with gratitude

Be humble

Be devoted in your work

Be compassionate to yourself and others

Join your hands in prayer every morning and evening

Keep in your mind and recite these words

Improve your mind and body with Usui Reiki Treatment"

Quote from Usuei-Sensei's gravestone

the outbreath, feel the breath passing across the roof the palate and out through the nostrils. Feel the relaxation in your solar plexus as you take another refreshing breath. Reflect on this beautiful moment. Know that this beautiful moment is enough.

## Do not anger

Release all anger, for anger is the great destroyer. Anger blocks us from love, and it is our great love for all nature, and for all our fellow human beings, in the form of compassionate action, that manifests as Reiki and heals. Anger creates a massive leak of energy from our vital systems that will cause us to commit rash actions, leading to regret and anguish, and ultimately bring us to self-destruction.

If anger arises in you, do not attempt to suppress the emotion, because this will only strengthen the unwanted energy, which will then resurface later. Instead, step back from this anger, and remind yourself that anger is not an element of your true nature. Remind yourself that anger is transitory. Make an effort to just be a witness to the anger. This will enable you to let go of the anger, to allow it to pass like storm clouds passing in front of the sun of your inner awareness.

The antidote to anger is loving compassion. If we can recall moments when we shared love, moments when we felt compassion for another human being, this love and compassion will fill our hearts and minds and there will be no room for anger in us.

Visualize a moment when you stared into your lover's, or mother's or father's or brother's or sister's eyes, and saw the great love they share with you. Relax your body and allow this love to fill your being once again.

The present Dalai Lama offers precious wisdom teachings on anger, love and compassion.



Mikao Usui

ōIf the love within your mind is lost and you see other beings as enemies, then no matter how much knowledge or education or material comfort you have, only suffering and confusion will ensue.

ōWe humans have existed in our present form for about a hundred thousand years. I believe that if during this time the human mind had been primarily controlled by anger and hatred, our overall population would have decreased. But today, despite all our wars, we find that the human population is greater than ever. This clearly indicates to me that love and compassion predominate in the world. And this is why unpleasant events are news, compassionate activities are so much a part of daily life that they are taken for granted and, therefore, largely ignored.

ōIf you want others to be happy, practice compassion. If you want to be happy, practice compassion.

ōLove and compassion are necessities, not luxuries. Without them humanity cannot survive.

ōTrue compassion is not just an emotional response but a firm commitment founded on reason.

ōOnly the development of compassion and understanding for others can bring us the tranquillity and happiness we all seek.

ōI have found that the greatest degree of inner tranquillity comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.ō

## Do not worry and be filled with gratitude

Release all worry, for worry is another great energy

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, 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  
October 1<sup>st</sup> & November 12<sup>th</sup>

Call: 630 993-8193



## Addison

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

Thursday at 11:00am  
September 18<sup>th</sup> & November 6<sup>th</sup>

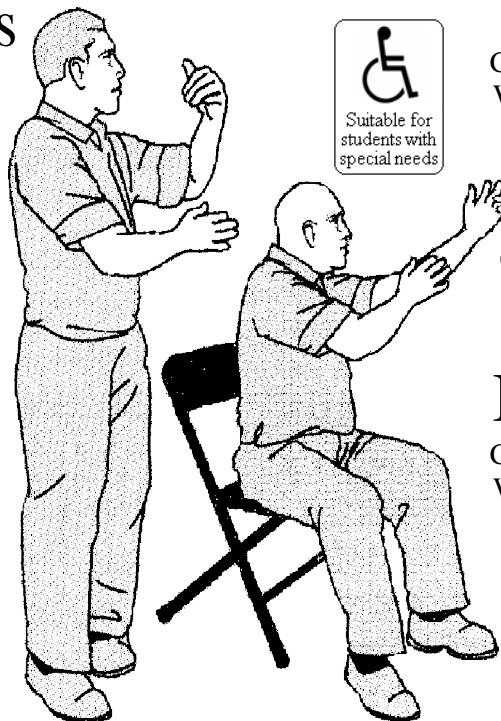
Call: 630 595 9333

## Glendale Heights

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

Thursday at 11:00am  
September 18<sup>th</sup> & November 6<sup>th</sup>

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  
September 18<sup>th</sup> & November 6<sup>th</sup>

Call: 630 595 9333

## Wood Dale

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

Thursday at 11:00am  
September 18<sup>th</sup> & November 6<sup>th</sup>

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  
September 18<sup>th</sup> & November 6<sup>th</sup>

Call: 630 595 9333



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leak. Worry activates unceasing mental chatter, filling the mind with unhelpful speculations which, like ghosts, feed on our vital life force energy, depleting us and destroying our will. When we worry we cannot feel our love, we cannot concentrate our compassion, and we cannot perform compassionate acts of Reiki practice.

If worry arises in you, do not attempt to suppress the emotion, because this will only strengthen the unwanted energy, which will then resurface later. Instead, step back from this worry, and remind yourself that worry is not an element of your true nature. Remind yourself that worry is transitory. Make an effort to just be a witness to the worry. This will enable you to let go of the worry, to allow it to pass like storm clouds passing in front of the sun of your inner awareness.

The antidote to worry is gratitude. When we are involved in deep feelings of gratitude for our many blessings, when we are filled with gratitude for our life, and for the present moment, there is no place in our hearts and minds for worry to reside.

Increase your feelings of gratitude by visualizing all the many beings that have worked ceaselessly through the years for many centuries to learn and transmit the spiritual practices that empower Reiki practitioners, and smooth their path of accelerated spiritual evolution.

Visualize the many hard-working individuals who have contributed to bringing you to this moment in your life. The efforts of your parents, your friends, those who grow your food, those who build your house and your car. Visualize the many blessings the natural world bestows upon you, including sunshine, rain and wind, trees and animal companions. Feel their warmth and how they vitalize your body, your mind and your spirit. Let this warmth and vitality fill your being, and know that this too is Reiki.

## Be humble

Remember what Usui-Sensei had to say about true awakening ó it is only possible when the Higher Self has a direct experience of the Universal Life Force Energy. Intellectual attainments are only a shadow of the true awakening.

So don't be proud of your natural gifts, don't be proud to be a Reiki practitioner, don't be proud of your mental abilities. These are all functions of your personality, and true awakening requires you to attain experiences that transcend your intellect and your personality. So don't be proud of your power.

It is only the Higher Self that transmits the power of Reiki. Be humble. Reflect upon the Divine origins of that Reiki energy and know that it transcends your individuality. Recall Usui-Sensei's arduous spiritual training. Only by dying to the personality could he achieve the true awakening.

Be thankful to Usui-Sensei, and to the Reiki teachers in your lineage, including Hayashi-Sensei, Takata-Sensei, and your own personal Reiki teacher who has worked so hard to reach a point of personal development that allows them to offer you Reiki teachings.

Visualize the difficult work that your teachers must do to be aware of every student's energy and to tune to each student's energetic needs, so that they may receive the appropriate teachings and the appropriate energy while each one learns to do Reiki self-treatment and to channel Reiki energy to others.

## Be devoted in your work

Continue to practice your craft each day. Whether it is Reiki or some other work, only continuous effort can bring us to the summit of achievement.

Follow Usui-Sensei's example. Visualize the effort he put into his spiritual quest and be willing to follow his example. Be willing to make sacrifices, to climb mountains, to do penance and fast and meditate in difficult conditions. Be willing to work hard to communicate your vision to others, as Usui-Sensei did when he came down from the mountain and brought Reiki to the people during the earthquake and fire, without regard to his own personal safety.

Recall that Usui-Sensei and his students worked very hard to create a system of teaching and healing that would be easy to communicate to a wide variety of individuals, from spiritual seekers to naval officers to members of the general public.

Recall your own difficulties in dealing with individuals who have belief systems, professions and personal histories very different from your own, and reflect

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Dec 3<sup>rd</sup> ~ 6:00 - 7:30pm

 **ROSELLE PARK DISTRICT**

**Clauss Recreation Center**

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

**Are you over 65?**

**Your chance of falling in  
the next year is 1 in 3**



## Falls?

They don't have  
to happen to you

Learn the risk factors,  
causes & consequences  
of a fall; simple things  
you can do around the  
home and when out and  
about to reduce your risk  
of falling.

September 11<sup>th</sup> ~ 9:00am



630 595  
9333

111 E. Foster Avenue,  
Wood Dale, IL 60191

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upon the hard work that the teachers in your Reiki lineage have done so that they could transcend their own limited views of reality and work harmoniously with others.

### Be compassionate to yourself and others

Open your heart, for this is the keystone of all true awakening. When we meditate upon the suffering of our parents, our family, our friends, our loved ones, our co-workers, and on the suffering of the millions in the world who have not the food or shelter or medicine or love they need to survive and thrive in the world, our natural response is to weep with sorrow, to sincerely desire that this suffering should end. The recognition of the universality of human suffering is the beginning of compassion.

Here is a visualization you can do to stimulate the feeling of compassion and to send healing energy to suffering humanity.

Turn on your Reiki energy. Feel Reiki flowing from your hands.

Visualize the Source of Reiki energy as a great ball of fire, a Celestial Sun, hovering above your head. Now, see the Reiki energy streaming down from this Divine Source into your own being. Visualize this energy pouring into your crown chakra. Feel the warmth of the Celestial Sun on your head, and feel the warmth spread down across your forehead, your cheeks and into your neck and shoulders, streaming into your arms and down into your hands, until you can feel the energy tingling in your fingertips.

Allow this warm, nurturing energy to fill your entire body, as if your body were an empty vessel of glass. With your mind's eye you can see the energy filling your body, and you can feel the warmth streaming down through your chest and stomach, filling your heart with warmth, light and love, warming and healing every organ along the way.

You feel the warmth and see the energy streaming into your hips, and down into your legs, pouring all the way into your feet, until you feel the warm brightness reach all the way into your toes.

Now visualize a person you know ó perhaps the person you talked to on the telephone most recently, or



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whom you saw most recently at work or at home.

Feel the limitless Reiki energy which has filled your being begin to overflow your heart and stream forth from your hands.

Visualize a golden stream of Reiki energy passing from your hands and your heart to the place where your reality intersects with this person. See that golden light connecting with that intersection, which is the place where your relationship resides, and fill that intersection between you with warm, healing energy.

Now visualize your best friend. Feel the limitless Reiki energy which has filled your being begin to overflow your heart and stream forth from your hands.

Visualize a golden stream of Reiki energy passing from your hands and your heart to your best friend. See that golden light connecting to the place where your reality intersects with this close friend. See that golden light connecting with that intersection, which is the place where your relationship resides, and fill that intersection between you with warm, healing energy.

Now visualize your family and friends, gathered in a group around you. Feel the limitless Reiki energy which has filled your being begin to overflow your heart and stream forth from your hands.

Visualize a golden stream of Reiki energy passing from your hands and your heart to the place where your reality intersects with these friends and loved ones. See that golden light connecting with that intersection, which is the place where your relationship resides, and fill that intersection between you with warm, healing energy.

Now visualize an individual with whom you have been having difficulties. Someone who rubs you the wrong way, someone with whom you seem to have difficulty communicating, someone who seems to see the world totally differently from the way you see the world. Perhaps this is someone with whom you have quarrels, or even outright fights.

Imagine that this person is sitting next to you. Now imagine that this person is interacting with your Reiki teacher. You notice that your teacher can relate to

Continued on page 16:



## 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 the problem at the root cause & to eliminate it; imagine eating your meals without the threat of that harmful discomfort hanging over you.

October 11<sup>th</sup> ~ 10:00am



**Annette McKinney**

Acupuncture &

Oriental Medicine Intern

Call 630-629-9664 for an appointment

Wednesday, 9:00am-noon

Monday & Friday 1:00-5:00pm

National University of Health Sciences  
200E. Roosevelt Rd, Lombard, IL 60148

# 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.

**Saturday, Sept 13<sup>th</sup>**  
**10:00am - 3:30pm**

Learn two complete Healing Sounds systems; and how to use them to promote health and emotional wellbeing.



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



七星武道

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them without conflict. Imagine that this difficult person is relating to their own friends and loved ones. Notice that they have no difficulty relating to these individuals. This is a clue to you that the difficulty in relating does not lie in the other, difficult individual, but rather in your own being. Allow that realization to sink into your mind, and rest with this new knowing.

Feel the limitless Reiki energy which has filled your being begin to overflow your heart and stream forth from your hands.

Now visualize a golden stream of Reiki energy passing from your hands and your heart to the place where your reality intersects with this difficult person. See that golden light connecting with that intersection, which is the place where your relationship resides, and fill that intersection between you with warm, healing energy.

Now visualize the entire world, filled with individuals who are all suffering from their own difficulties, their own wounds, their own fears, anger, unfulfilled desires, jealousy, impatience, and alienation. Imagine the three billion people who do not have enough to eat, or a place to live today.

Feel the limitless Reiki energy which has filled your being begin to overflow your heart and stream forth from your hands and go out to those who are suffering.

Visualize Reiki energy streaming forth from the Radiant Sun above your head. See this luminous, warm, healing energy stream forth, connecting with all those who suffer with all of humanity. Allow this Reiki energy to pour forth from your heart, your hands and your mind into the world around you, enfolding those who are suffering in a stream of healing light.



Hold this image as long as you feel comfortable and simply feel the energy exchange as it continues.

Join your hands in prayer every morning and evening  
Keep in your mind and recite these words

Still the mind, morning and evening. Enter a meditative posture, fold your hands in prayer, and recite the Five Precepts. Allow yourself to experience them fully, in your mind, and in your heart, and in your body.

Improve your mind and body with Usui Reiki Treatment

Give yourself a daily blessing. Offer yourself the healing energy of a Reiki self-treatment. In this way you will accelerate your spiritual practice, strengthen your body, open your heart, quicken your mind, and create conscious connections to your Higher Mind, your Higher Self, and to the Divine Source of Reiki energy.

In this way, you will be healed, and you will be empowered to heal others. Pass this blessing on to others, and in this way, just for today, let humanity's healing begin.



## Introduction to 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.

December 3<sup>rd</sup> ~ 8 - 9:00pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

## 50 Secrets



Of the world's



longest living



people

October 11<sup>th</sup> ~ 1:00pm

 **Bloomington Park District**  
630 529 3650

# Don't let stress stress you out!

Stress could be called the plague of the 21<sup>st</sup> 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 10<sup>th</sup> ~ 6-9:00pm

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200



"I have to say I had a different impression of what Reiki is all about."

# Upcoming Events

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

## TheosoFEST

Saturday, September 6<sup>th</sup> ~ 10:00am - 5:00pm  
The Theosophical Society in Wheaton, IL

## The Six Healing Sounds

Saturday, Sept 13<sup>th</sup> ~ 10:00am - 3:30pm  
The Lighthouse Center in Winfield



## Chinatown Trip

September 16<sup>th</sup> ~ 9:00am - 2:30pm (The Abbey)  
Chicago Chinatown

## Tai Chi Qigong Shibashi

Saturday, Nov 22<sup>nd</sup> ~ 9:00am - 2:30pm  
Relax4Life in Barrington



## Six Healing Sounds & Chinese Health Balls

Sunday, October 12<sup>th</sup> ~ 9:00am - 5:30pm  
Relax4Life in Barrington

## Don't let stress stress you out (6 weeks)

Thursday, October 9<sup>th</sup> ~ 7:30pm - 10:00pm  
College of DuPage in Glen Ellyn

## Reiki 1, 2 & Master Classes

October 26<sup>th</sup>, November 23<sup>rd</sup>, December 21<sup>st</sup>  
Lighthouse Center in Winfield



## Annual Student Dinner

Tuesday, November 25<sup>th</sup> ~ 2:00 - 4:00pm  
Jack & Silverado Grill in Elmhurst



## World Tai Chi Day

Saturday, April 25<sup>th</sup> 2015 ~ 9:00-11:00am  
Theosophical Society in Wheaton



## Tai Chi Spring Gathering

Saturday, April 25<sup>th</sup> 2015 ~ 1:00pm - 4:00pm  
Creeside Park / Lighthouse Center in Winfield

## Teacher training program starts

September 2015  
Lighthouse Center in Winfield



## World Ki Gong Club Annual Clinic (TBC)

August 28th-30th 2015  
Starved Rock Resort in Ottawa, IL

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



# Class calendar

www.7StarsMA.com

## September

- 13 The Six Healing Sounds  
- The Lighthouse Center, Winfield
- 11 Falls: they don't have to happen to you  
- Wood Dale Park District
- 17 Chinatown Trip  
- The Abbey, Elmhurst
- 26 World Ki Gong Club Clinic  
- Lake Tahoe, CA

## October

- 9 Don't let stress stress you out  
- College of DuPage, Glen Ellyn
- 11 Say goodbye to antacids  
- Bloomingdale Park District, Bloomingdale
- 11 50 Secrets of the world's longest living people  
- Bloomingdale Park District, Bloomingdale
- 12 Six Healing Sounds & Chinese Health Balls  
- Relax4Life, Barrington
- 26 Reiki Student (Level 1)  
- The Lighthouse Center, Winfield

## November

- 22 Tai Chi Qigong Shibashi  
- Relax4Life, Barrington
- 23 Reiki Practitioner (Level 2)  
- The Lighthouse Center, Winfield
- 25 Annual Dinner  
- Silverado Grill, Elmhurst

## December

- 3 Falls: they don't have to happen to you  
- Roselle Park District, Roselle
- 3 Chinese Health Balls  
- Roselle Park District, Roselle
- 10 Don't let stress stress you out  
- Roselle Park District, Roselle
- 21 Reiki Master (Level 3)  
- The Lighthouse Center, Winfield

# 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 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

**November 22<sup>nd</sup> ~ 9:00am - 2:30pm**

Relax4Life Center, 26402 Edgemoor Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

[www.relax4life.com/Shibashi.htm](http://www.relax4life.com/Shibashi.htm)

