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QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

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www.qissagebodysystems.org

March 2009



STRESS-BUSTERS:

“MAKING LIFE MORE TOLERABLE”



The Philadelphia Museum of Art was the site selected to be the “Stress-Buster of the Month” for March this year.

QBS, LLC started a new activity that is totally unrelated to the general curriculum taught at its schools. Due to the continuing stress-related scenarios that people are continually facing in this year’s economic climate, Shifu Walker presented the “Stress-Buster” program to help students, their families, friends and community members face sometimes-insurmountable levels of stress by taking a “day-off” to do something fun and relaxing.

Any member of the organization or school can suggest an activity that they would like to do to help relieve the stress levels of day-to-day living. “These activities can be anything that a person can think of,” stated Shifu Walker, “with the emphasis on stress reduction.”

A lot to the time, people think that they are engaging in activities that reduce stress, however, these activities do not really reach the “stress relieving stage” of management.

Most sports activities like golf or bowling are competitive in nature and can be a source of stress if one is not victorious in the sport. “We want to find activities that are truly stress relieving for people to engage that will always make them feel better upon completion and take their minds off of today’s worries for a short period of time in the month. We want it to be something that people look forward to doing,” commented Shifu Jonathan Walker, who came up with this idea.

“It’s not always as easy as we think to let go and do something for ourselves. We generally do not allow ourselves the privilege and luxury of self indulgence for the purpose of pleasure and relaxation,” concluded Walker.

AUDIO CDs & VIDEOS COMING SOON

QBS, LLC has been working feverishly for the last couple of years to get in position to produce audio CDs and videos for student and general public use.

“Despite the economic climate,” states Shifu Walker, “we have continued to seek affordable technology that we can use in-house to produce these products ourselves. It also required that we become self-taught to produce a valid product with at least professional quality. That has been a tough combination to put together.”

Shifu reports that the organization is finally prepared to start productions in the next few months. Limited staffing availability will necessitate a greater time involvement for production but it is inevitable that the first products will reach the market this summer.

Keep your eyes and ears open!

QBS OPENS NEW LOCATION IN MT. HOLLY



The participants seen here (front row, Margaret Gorhm, Sarah Miller, Margaret Mansfield, back row, Virginia Turner, Anne Luyster, Vera Johnson, Sally Miller and Lee Ellison) are some of the students who attend the new “Tai Chi for Seniors” program conducted at the Woolman Commons in Mt. Holly, NJ.

With co-sponsorship from the Westampton Recreation Department, QiSsage Body Systems, LLC opened a new “Tai Chi for Seniors” program at the Woolman Commons in Mt. Holly, New Jersey.

The program completed its first cycle and will continue serving the community with another 4-weeks.

TIPS FOR SUCCESS

Articles, Quotes & Comments
from Shifu

During my years in the martial arts engaging with the public, I have often heard people who are struggling through life to find their way make this statement: “*You know, I don’t want to be like everybody else. I want to be different.*”

I agree wholeheartedly with them, if this is their wish. However, there are a few simple rules that one must take to make this a reality.

First – Don’t do like everybody else. Often when people say they want to be different, that is as far as it goes.

Second – Be different from everybody else! You must institute change in your life to be different from everybody else.

Third – Decide where you want to be in relationship to everybody else. A young, energetic entrepreneur once told me the following:

80% of all people do exactly what everybody else does, so they all get the same result and are generally not successful in achieving their goals.

10% of all people are indifferent and do not really make change at all, therefore, their results never change and success is not a concern.

10% of all people institute change and do differently than everybody else, therefore, they are achievers and always ahead of everybody else. They know success and have it in their lives.

The last 10% of all people are the leaders, trailblazers and at the head-of-line in achievements and successfully attaining their goals.

When you look at the numbers, it is no wonder why the last 10% attain success. There is less conflict and competition in 10% of all people than there is in 80% of all people.

Where do you want to be? If you want to be different, you have to act different!

HOUSE-CALLS ARE BACK

QiSsage Body Systems, LLC is bringing back the old tradition of “*House-Calls*” and applying it to their alternative and complimentary services.

Shifu Walker has helped many people through the use of QiGong, Reiki and Hypnotherapy services in the past. It is generally a practice where the client comes to him for these services, but now, he has “turned-the-tables” (*so to speak*) and will make house-calls for clientele.

“It’s like when I was a child and the *doctor used to come to our house when we were feeling ill, sick or running a temperature,” states Shifu. “It is more comforting to be in your own home when receiving services and you don’t have to go anywhere when you’re finished!” he said.

When people don’t feel well or are dealing with health issues, sometimes just getting to where the services are is stress producing. “We are just trying to do our part in helping people help themselves. If we can make receiving our services easier for the client to obtain, it is part of our goal,” concluded Shifu Walker.

If you are considering using QiGong, Reiki or Hypnotherapy for any health care concerns that you may be facing, contact Shifu Walker at (609) 518-9399 for more information and to schedule an appointment.

**QiSsage Body Systems, LLC does not provide diagnosis, care, treatment or rehabilitation of individuals, nor do we apply medical, mental health or human development principles. We are not a licensed medical facility, do not purport to have medical doctors on staff and do not provide medical doctors or practice medicine. We serve our clients through spiritual and holistic teachings and practices without the use of any drug material remedy or physical manipulation.*

A MESSAGE FROM AMVETS

American Veterans (AMVETS) is helping bring to light some interesting facts that may one day save you a great deal of inconvenience while at the same time delivering a message that may also help our nation’s soldiers and veterans.

Below are five (5) things that you should know about your cell phone’s practical uses. Check them out and at the end help a veteran while helping yourself.

Worldwide Emergency Number

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

Car key lock-out

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at home press the unlock button, holding it near the mobile phone on their end. Your car will unlock! This saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (*or the trunk*).

Editor's Note:

It works fine! We tried it out and it unlocked our car over a cell phone! (*cont. next page*)

Hidden battery power

Imagine your cell battery is very low. To activate hidden battery power, press the keys *3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

Disable a stolen mobile phone

To check your Mobile phone's serial number, key in the following digits on your phone: *#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. When your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset. So even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you'll know that whoever stole it can't use it or sell it either. If everybody does this, there would be no point in people stealing mobile phones.

Help American veterans

You can renew or purchase new cell phone service from any carrier including AT&T, Verizon, Sprint (*all the major carriers*), get the best deals on any phone you want, and part of the phone company's profit is contributed directly to AMVETS.org. AMVETS.org is the support group that provides assistance for veterans and active military from each branch of the military, including the National Guard and Reserves. That's right; the contribution doesn't come out of your pocket. Check out this special program at:
www.amvetmobile.com.

This information is the kind people don't mind receiving, so pass it on to your family and friends. It could come in handy someday.

HEALTH TIPS: GETTING SQUARE WITH YOUR FEET

The following article is a reprint from the Arthritis Today magazine.

Feet are the whipping boys of the body. With every mile we walk, 200,000 to 300,000 pounds of stress bears down on our tootsies, and by the time we're 50, most of us have walked 75,000 miles. That's a lot of action for two narrow islands of 26 bones and more than 30 joints. And yet despite the central role feet play in our lives, most of us ignore them.

Experts say orthopaedic disorders, including foot problems, are a leading cause of inactivity and disability in the United States. "Feet degenerate like tires on cars," says Washington, D.C.-based podiatrist Arnold Ravick, a spokesperson for the American Podiatric Association. "Just like the rest of our body, our feet spread out, muscles weaken and skin thins."

We begin to lose flexibility and elasticity, and our shock absorbers simply don't work as well as they used to. Add arthritis, and you have a double whammy. Joints inflamed and distorted by arthritis find no comfort from a day's pounding in ill-fitting shoes or from feet whose padding has grown thin.

If we pay attention to our feet, we can head off potential problems. If we already have arthritis, more surveillance and care taking of our feet and joints not only makes sense, it's crucial.

WHAT YEARS BRING. Feet age as the rest of our body does. Around our mid-40s, joints creak and joint tissues stiffen. Our feet begin to lose their once-plump cushion. "If you think of a honeycomb, that's what the anatomy of your heel looks like, honeycomb-shaped sacs filled with fat," explains Glenn Pfeiffer, MD, an orthopaedic surgeon specializing in feet and ankles, and assistant clinical professor at the University of California in San Francisco. "Each sac is a beautifully constructed pillow made to decrease the stress walking puts on our bodies. Without those pillows, it can begin to feel like you're walking on pebbles."

Our feet also change size from fluid retention, loosening ligaments and the flattening effects of gravity and weight. Heredity pops up as well – a predisposition to flattened arches, for example, or pronated feet (*feet that turn toward the inside of the arch, placing abnormal stress on the foot muscles*).

Years of wearing the wrong shoes also take their toll. Problems can crop up like bunions (*an enlargement of the bone and tissue around the joint of the big toe*), hammertoes (*a buckling, or contraction, of the toes*) or neuromas (*an irritated nerve often between the third and fourth toes*). As we enter our fifth and sixth decades, our feet are in our face, so to speak.

ADD ARTHRITIS TO THE MIX. Neglect foot problems, and we're much more likely to develop osteoarthritis (OA) in our feet. In fact, almost half of people in their 60s and 70s have arthritis affecting the foot or ankle.

As the condition progresses, bony spurs form around joints and limit movement. "You can have a painful foot from wearing high heels or running too much," says Sharon Feldmann, a physical therapist and orthopaedic specialist at the Arthritis Center of the Rehabilitation Institute of Chicago. "But it's not arthritis until the irritation changes the joint tissues. Once there's enough damage to initiate inflammation, then you have an arthritic foot, not just a painful one."

Another problem is that pain – whether it's from arthritis or other foot problems – changes the way we walk. And once we change the way we use our feet, we also change the way we turn our ankles, knees, hips and spine. "If you have a limp, you put more weight on one leg than the other," says Anastasia Willis, a physical therapist who works in the arthritis program at the Schwab Rehabilitation Hospital in Chicago. (*cont. next page*)

“Then you have more stress on the other foot. It’s almost as if your body is a tower of stacked blocks. If you move one block, all the other blocks have to shift so the tower doesn’t fall.”

“You’re caught in a vicious cycle,” Feldmann agrees. “If you pronate (*tilt your foot to the inside*), for instance, cartilage in the ankle degenerates, causing you to pronate more, further wearing out the cartilage. That causes stress on the knee joint, forcing the knee to turn in and then you have a non-alignment of the knee, which can degenerate the outside of the knee joint. When the foot isn’t aligned, it affects everything – the way the knee, hip, pelvis or lower back is stressed. And if stress is abnormal, it leads to problems in those joints, which may result in deterioration of joint surfaces, or arthritis.” If you already have arthritis, joint difficulties worsen.

PREVENTION: A NECESSARY STEP. “If your hand looked as beat up as your foot looks,” says podiatrist Arthur E. Helfand, chairman of the Department of Community Health, Aging and Health Policy at Temple University School of Medicine in Philadelphia, “you’d do more to take care of it.” It’s true most of us ignore our feet, but most problems can be avoided or corrected if we pay attention.

If you already have arthritis, have your feet checked by a rheumatologist, an orthopaedic surgeon or a podiatrist experienced with arthritis. Your doctor will likely suggest X-rays, determine any problems and prescribe a treatment plan.

Whether you have arthritis or not, your foot problems probably stem from or are exacerbated by ill-fitting shoes. “Hammertoes, neuroma and bunions are conditions in which the foot is beginning to take the shape of the shoe,” Dr. Pfeffer says. “But wear a more comfortable shoe, and it’s

like getting a facelift without the surgery. A lower heel and roomier shoe box will make a foot feel young again.”

Shoes that fit and feel good are even more important for people who have arthritis, says rheumatologist Roland Chang, MD, director of the Arthritis Center at the Rehabilitation Institute of Chicago. “Often people with rheumatoid arthritis will lose their arch, so they need arch support. And joint capsules stretch as a result of inflammation.”

Another key to foot health is exercise. Stretching out the Achilles tendon (*the cord at the back of the heel*) and the tendons in the balls of your feet and toes can minimize stiffness and pain. “A foot that doesn’t have mobility will have abnormal stresses,” says Feldmann.

If your feet continue to be sore, consider self-massage, kneading the ball of your foot and your toes top to bottom. For pain, Helfand suggests nonsteroidal anti-inflammatory drugs, heat and ultrasound. Topical medications such as those containing Caspian sometimes help, but as Helfand says, nothing is 100 percent effective.

The most important thing is to take care of your feet. Pain is not normal or inevitable.

BOOT CAMP. The most important thing you can do for your feet – whether affected by arthritis or not – is to wear shoes that fit, feel comfortable and don’t hurt. But picking the right shoe isn’t always easy. Below are some tips for sizing up the best pair.

- Buy shoes shaped like your foot. “Trace the shoes on a piece of paper,” suggests Arnold Ravick, a podiatrist in Washington, D.C. “Put your bare foot on top of the tracing. If your toes stick outside, you’ve got a problem.” Look for shoes squared or rounded at the toe so your toes have room to move.
- Shop for support. That means no mules or slip-ins, says orthopaedic specialist and physical therapist Sharon Feldmann. “Get a shoe with good arch support and a supportive layer on the top of the shoe – such as an athletic shoe.”
- Go for the rubber sole. The rubber will give you more cushion, says physical therapist Anastasia Willis. “Check to make sure the shoe is flexible at the ball of your foot, where you push off, not in the middle of the shoe.”
- Leave a finger’s width of room. “If you can’t stick your finger in between your heel and the back of the shoe,” says Ravick, “the shoe’s too tight.”
- Skip the high heels. A three-inch heel stresses your foot seven times more than a one-inch heel. And your toes are frozen in place. You might as well be in a cast.

STRETCH AND GO. Although your feet will never look buff like well-exercised abs do, exercise will help keep them strong, flexible and pain-free. Below are several sets of exercises to keep your feet fit. Check with your doctor before embarking on any exercise regimen.

- Achilles stretch. Lean against a wall, palms flat on the wall, one foot forward, one foot back. Leave the heel on the floor and lean forward, feeling the pull in your Achilles tendon and calf. Do three times, holding for 10 seconds each time.
- Big-toe stretch. Loop one thick rubber band around your big toes and pull the big toes away from each other and toward your other toes. Hold for five seconds. Repeat 10 times.
- Toe pull. Put a rubber band around the toes of each foot and spread your toes. Hold for five seconds. Repeat 10 times.

****(So, take some time and get your feet squared away!)****

REIKI NEWS



Documenting Reiki Sessions

Reiki practices are continually growing and evolving today. More and more people from all walks of life are becoming Reiki practitioners. Sessions are being offered to family and friends in a non-professional manner as well as more professional practitioners whom are licensed health care providers offering sessions in hospitals and clinical settings.

Documentation of your Reiki sessions is an important part of your practice. This means that you will have to create a file system for your clientele but it also means several other purposes will be addressed. These documents can be used to evaluate and enhance the services that you provide as a Reiki practitioner. They serve to keep a record of the types of techniques that you use as you progress in your practice from lower level practitioner to higher level practitioner.

If you document with attention to detail, you will clearly show the quality of care your clients receive, the outcome of the care and the sessions still needed.

Documentation should also include separately, a journal about what you are experiencing during the sessions. When writing your journal, be sure to not edit or analyze what you write. Simply write down your thoughts and feelings. You may want to review it at a later date to see how far you have come.

Check with your Reiki Master Teacher regarding forms already created that may be available for you to use in documentation of your client sessions and personal journals.

HYPNOSIS CORNER:

Neuro-Linguistic Programming



Milton H Erickson, MD

Neuro-linguistic programming (*NLP*) is defined in the Oxford English Dictionary as "a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences (*especially patterns of thought*) underlying them" and "a system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior"

John Grinder (*background in linguistics*) and Richard Bandler (*background in mathematics and gestalt therapy*) originated NLP. Their work, including *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D. Vol. I & II (1975, 1976)* examined the verbal and behavioral patterns of Milton Erickson. As a result of their work, Grinder and Bandler formalized their modeling techniques and their own individual contributions under the name "Neuro-Linguistic Programming" to symbolize the relationship between the brain, language and the body.

The recognized leading authority on clinical hypnosis was Milton H Erickson, MD (1901 - 1980), a remarkable man, and a highly effective psychotherapist. As a teenager he was stricken with polio and paralyzed, but he remobilized himself. It was while paralyzed that he had an unusual opportunity to observe people, and he notice that what people said and what they did were often very different.

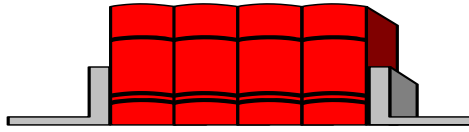
He became fascinated by human psychology and devised countless innovative and creative ways to help people. He healed through metaphor, surprise, confusion and humor, as well as hypnosis. A master of 'indirect hypnosis', he was able to put a person into a trance without even mentioning the word hypnosis.

An example of an indirect hypnotic suggestion is "*and perhaps your eyes will grow tired as you listen to this story, and you will want to close them, because people can, you know, experience a pleasant, deepening sense of comfort as they allow their eyes to close, and they relax deeply.*" This would all be said in such a way as to mark out key words and phrases by subtle shifts in the tone of voice. The person's unconscious awareness thus responds to these "embedded commands."

Neuro-Linguistic Programming encompasses the three most influential components involved in producing human experience: neurology, language and programming. The neurological system regulates how our bodies function, language determines how we interface and communicate with other people and our programming determines the kinds of models of the world we create. Neuro-Linguistic Programming describes the fundamental dynamics between mind (*neuro*) and language (*linguistic*) and how their interplay effects our body and behavior (*programming*).

Through the years, NLP has developed some very powerful tools and skills for communication and change in a wide range of professional areas including: counseling, psychotherapy, education, health, creativity, law, management, sales, leadership and parenting.

Martial & Healing Arts Movie Review



Title: Red Belt
Distributor: Sony Pictures Classics
Director: David Mamet
Producer: Chrisann Verges
Starring: Chiwetel Ejiofor, Tim Allen
Emily Mortimer, Alice Braga
Joe Mantegna
Released: 5/2/2008
Rated: R (*Strong Language*)
Reviewer: SiDi Robert Wahl

“There’s always a way out. You just have to find it.” Jiu-jitsu instructor Terry Moore (Chiwetel Ejiofor) tries to instill this into his students. As the movie opens, Moore works to keep his teachings and his students “pure to the true art” of jiu-jitsu (a Brazilian martial art which entails primarily ground fighting techniques), despite increasing financial difficulties. However, circumstances and plotting force him to choose between principles and reality.

Mamet’s film is not a typical martial arts (MA) movie and does not focus on action and fighting. It will appeal to a general audience through its intriguing plot and solid character development. Chiwetel Ejiofor does a great job as the main character; very believable, likeable, and perfect for this role. The movie is also full of well-known supporting actors such as Joe Mantegna, Tim Allen, and Jennifer Grey. It stands well on its own as a smart, dramatic film.

Although somewhat light on MA action, MA students will appreciate the details and the film’s overarching MA themes. Mamet does an excellent job of shooting the film’s fight scenes; Rico Chiapparelli, an experienced mixed-martial arts instructor and coach, is the film’s fight choreographer. MA enthusiasts also will enjoy finding the film’s hidden gems, such as Dan Inosanto, Gene LeBell, and Randy Couture.

“Red Belt” works on several levels and is a great example of Cheng Man-ch’ing’s maxim, “There are events that you have no control over and how you react to them is important” (paraphrased). Our main character is the victim of events completely beyond his control, and his only guides are the principles that he taught and practiced. As a “deep” MA movie, the lesson is that what we learn on the floor or mat is greater than just physical movement or action, and learning how to apply it to “regular” life is the ultimate art.

I think this movie is a hidden classic. It is unique in presenting deeper martial arts themes that frequently get dogpiled by kicking, punching, and ninjas. If you appreciated the subtleties of Jet Li’s “Hero” and “Kung Fu Panda” (really!), then this is a must-see film for you. Otherwise, see it anyway for Ejiofor’s standout acting and the absorbing story and plot.

CURRENT EVENTS

- /// [Reiki Classes](#) – Classes are conducted monthly based on enrollment and registration. Sign up for a class today!
- /// [HPA Seasonal Workshops](#) – We have more exciting and new workshops out of Albany, NY this year. May 2, ‘09 - “Yin Yang Medical & Healing QiGong” workshop. October 17, ‘09 - “Chinese Yoga with Healing Qi.”

QISSAGE BODY SYSTEMS, LLC

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSsage Body System exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

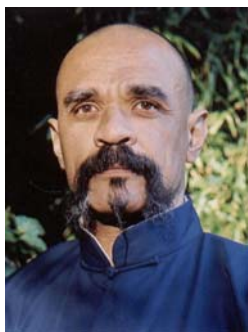
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSsage Body Systems.*

A Pinch of Wisdom

*You can’t soar like an eagle,
if you flock with turkeys!*

Did You Know...

*... excuses keep you away
from achieving
your goals?*



Shifu's Message

Word of the Year:
"Change"

The New Year is on its way to being well established in our lives. We have a new President in the United States who has monumental decisions to make that will affect not only Capitol Hill but also the entire world!

Every citizen of this country will feel the burden of each and every decision that is made in Washington.

Because of this very transitional time in our lives, we need to be cognizant of the many and wide variety of changes that will take place in our lives at the basic level of existence. These are changes that will become a reality for us on a daily basis.

Some very real changes that are already evident are job losses, housing losses, increased cost of food, fuel and clothing as well as a severe decrease in available monies for any purpose. We are in the biggest challenge of the millennium.

Therefore, this organization will make every attempt to present "change" as a continual theme for students to learn how to effectively deal with this transitional time in our lives.

In Harmony,
Jonathan B. Walker
Shifu, PhD

STUDENT'S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

TAOIST WATER FAST by Robert Wahl

The first full moon of 2009 was on January 9th and this is when Shifu started on his Taoist Water Fast. This year, I joined Shifu in fasting and learned a great deal about food and myself.

The purpose of the Fast is to "cleanse your body, mind and spirit from the inside to the outside." An unavoidable side effect of fasting is weight loss. I lost nearly 10 pounds during the fast as my body started to burn fat for energy. However, going too far into this fast can be unhealthy because the body may start to "breakdown" muscle tissues for energy. You should always have a knowledgeable resource (*like Shifu*) when attempting as fast like this one.

In the first part of the fast, I ate nothing and drank only water. We commenced the fast at 12:01 a.m. on a Friday morning. For the next 4 days, I only consumed water. No food for 4 days! This was the first time in my life that I had gone longer than 18 hours without eating (*did you just say, "I could never do that!"*)

In the second part of the fast, I began to carefully start eating again. Initially, I started only with broth, then broth with some simple vegetables. Eventually, I started to consume more complex foods like rice or pasta.

Since I fasted for 4 days, it took 4 additional days of graduated light eating to "come out" of the fast. A noteworthy comment: The first piece of carrot or broccoli or

snowpeas tasted completely new to me. I had developed a profoundly new appreciation for how foods tasted instead of just shoveling it into my mouth.

Another important insight that I developed was that of how much "absent-minded eating" I was regularly doing prior to this fast. Even knowing that I was not hungry, I would frequently grab a few cookies, crackers or even a handful of peanuts "just to eat."

I believe that eating was mostly a mental activity and the fast helped to solidify that idea. Many times a day during the fast, I would think, "I would eat that if I wasn't fasting."

After the fast is as important as the fasting experience itself. I am still very mindful of absent-minded eating and how easy it can be to overeat!

Since this was my first fast, I engaged in a lot of "clock watching," but I also tried to pay attention to what was happening to me physically, mentally and also spiritually. I was certain that I would start getting stomach growls before the first afternoon of the fast. Surprisingly, I only got a few minor rumblings by the fourth day. My energy level was fairly normal for the first 3 days but started to diminish on the fourth day. Shifu and I met daily to discuss the fast and also learn how to perform several QiGong exercises that help to provide energy in place of food.

It was a significant insight to experience how little food one actually needs to eat (*if consuming the proper foods for nutrition and health*) and by performing specific exercises. One can actually maintain a good energy level and mental capabilities.

(By the way, Shifu continued the fast for 20 days; 10 in & 10 out).

****WARNING: DON'T ATTEMPT THIS OR ANY OTHER FAST WITHOUT FIRST CONSULTING A PHYSICIAN.****

REIKI ANECDOTE

by Alice Newman,
Reiki II Practitioner

My son, age 35, has been having some financial challenges lately, connected with the current recession. He owns a small business in Colorado, specializing in energy healing. Although I knew he was feeling extra fear and worry, I was not prepared for his negative outpouring of emotion in our last telephone conversation. Having known him all his life, I realized that something must truly be wrong, if he was behaving in such an irrational manner. I felt powerless to help him.

Our conversation took place on a Monday. After giving it some thought I decided that there might, indeed, be something I could do for him -- send him long-distance reiki healing. On the first day, I used my son's photo as a vehicle for the healing process. As I began to communicate healing wishes, more and more wishes began pouring out of my mind, and as they came, I sent them. This took quite awhile. On subsequent days I repeated this process.

On Saturday, I received a phone call. It was from my son. This call was out of character, because phone calls have been rare over the years. We generally use e-mail or I call him. Therefore, my surprise at receiving this personal communication prompted me to blurt out, "I have been sending you messages every day!" He responded, "Do you mean psychic ones?" "Yes," I replied. His reply came back, "Why do you think I called?"

Since I have been studying and practicing tai chi and reiki I have learned about the vast spiritual and healing power that the Universe places in our hands. I am continuously humbled as the Universe reminds me of the miracles available to all of us. I

know that a miracle happened that day.

IT'S A MIRACLE

By Margaret Tomlinson

Cancer caused my friend to have a mastectomy last spring. During the summer, the incision had not healed. It was oozing fluid constantly. She also had a lot of edema in her arm on the operative side. The doctor then decided to debride (*remove old skin and clean up the area*) and do a skin graft.

In three weeks, there was no sign of healing and still oozing at the incision site. Her nephew asked her if he could administer Reiki to her. She was skeptical but willing to try most anything.

By fall, the area showed a great improvement. December proved to be a blessing. Everything healed well and the edema was almost gone.

She told me, "A miracle has happened!" Now she knows Reiki does work!

TAI CHI

STRENGTHENS MUSCLES

By Margaret Tomlinson

In November, after one of several trip & falls, I started looking for reasons that I was tripping. I was unable to raise the toes on my right foot up completely and that made me trip and fall.

I had an electromyogram and MRI done and started physical therapy. After the therapist did an evaluation, she felt that the cause had to be nerve damage because my leg muscles were very strong. When I told her that I do Tai Chi, she said, "Terrific! I want you to continue with Tai Chi and make it part of your program."

The electromyogram did show that I have "foot drop" that was due to nerve damage from a previous spinal surgery.

With exercise and therapy, it is improving.

DR. J. ZIMMERMAN'S

"OPTIMOTION"

by Linwood Thomas

Jeffrey Zimmerman is a Doctor of Oriental Medicine. He is a board certified and licensed acupuncturist trained in both the US and China. He has a certification in acupuncture and moxibustion from the Academy of Traditional Chinese Medicine, Beijing, China and the National Commission for the Certification of Acupuncturists and Oriental Medicine. He has been the Qi Gong presenter at the Comprehensive CancerCare Conference, in Washington, D.C. Jeff has trained in Shaolin Kung Fu (*Wushu*), Daoist Tai Chi and Qi Gong for more than twenty years.

Jeff was on the board of the Acupuncture Society of New York. He has been an examiner for the National Commission for the Certification of Acupuncturists. He was on the alternative medicine board of Oxford Health Plans representing acupuncture for the State of Connecticut. Jeff has lectured at Columbia University and Columbia Presbyterian Hospital on Oriental Medicine. He continues to do medical qi gong during heart operations with Dr. Mehmet Oz, Director of the Cardiovascular Institute at Columbia University Medical Center.

The following excerpts are from Dr. Jeffrey Zimmerman's web site article on his "Science of OptiMotion" (*a mind-body feedback system consisting of educational/coaching that is rooted in sync*). He has over 20 years in martial arts and is a Doctor of Oriental Medicine. I felt this article, Dr. Zimmerman's system and the following excerpts are related to our method of meditation and focus as taught in the Tai Chi for Health Programs by Shifu Jonathan B. Walker, Ph.D.

Peruse the following excerpts and see if you might agree with me:

"Albert Einstein and the most prestigious institutions such as Harvard, Johns Hopkins, Yale and MIT agree that there is an emerging science based on biological mathematics".

"OptiMotion" fuses these 5000-year old eastern techniques with modern western-based biological mathematical models that govern the laws of nature and the principles of Synchronicity.

"The basic principle of biological mathematics is that the body in its natural state naturally syncs with itself and its environment..." "You can not try to get in sync".

"Your body is already in sync. *You need to learn how to get out of your body's way in order for it to return to its natural state of sync*"...Dr. Zimmerman states "Right now, the crisis that the United States finds itself in is that we have not been trained to heal ourselves".

Dr. Zimmerman states "One example of the power of the body is reflected in how well the body joints or hinges, communicate with each other which directly influences how Chi, the body energy, flows."

He has set out to prove the healing properties of QiGong and his system in research and clinical settings . . ."He demonstrated on petri dishes infused with cancer cells and also worked with DR. Oz's staff, on a diseased non-functioning heart that began to twitch when QiGong and his method was applied to it.

Dr. Oz recently said on Oprah "Energy Medicine is the medicine of the future."

"Dr. Zimmerman believes, his OptiMotion provides the link

between the energy medicine of the East with the technology of the West ... to think quicker, move better, play sports beyond the top of your game and to heal the body naturally."

HEALTHY FOODS COLUMN

Spinach Noodle Bowl w/Ginger by Lynn Kosek-Walker

This is a flavorful recipe that cooks quickly. It has plenty of fresh vegetables and a rich ginger taste. Works well with chicken or shrimp. Pick your favorite.

48 ounces of Chicken Broth
(Homemade or Swanson's Natural Goodness Fat Free and No MSG version)
4 ounces uncooked dry vermicelli noodles, broken into thirds
1 ½ cups matchstick cut carrots
3 ounces of snow peas, cut in half, stems removed
4 cups packed spinach leaves (4 ounces)
1 pound cooked shrimp or chicken
½ cup finely chopped green onion
½ tablespoon grated fresh ginger
1 teaspoon soy sauce (optional)

Bring broth to a boil in a Dutch oven over high heat. Add the vermicelli and return to a boil. Cook until al dente, about 2 minutes less than the package directions. Add the carrots and snow peas. Cook 2 minutes or until the pasta is tender.

Remove from heat. Stir in spinach, shrimp or chicken, green onions, ginger and soy sauce. Let stand 2 minutes to absorb flavors before serving.

Makes 4 servings.

Basil – A Summer Tonic by Emily Williams

My cousin, Tito, so loved basil that he would wear a sprig in his buttonhole. Amy, our Welsh Corgi, would take a short cut through the basil on her way to the back yard. The basil plants take a

beating but Amy smelled delicious.

If I had one herb, it would be basil. There are a dozen different kinds. Take your pick. It's easy to grow. Start with seeds directly sown in the ground after the danger of frost is over. In our area, that's usually around Mother's Day. Or buy flats of seedlings available in many plant markets. Plant in full sun. Keep clipped to discourage flowers from forming and to keep plants short and bushy.

Although unusually thought of as a culinary herb with a particular affinity to tomatoes, basil also has medicinal qualities. Herbalists recommend basil tea to aid digestion, relieve headaches and anxiety. It is also recommended for an herbal bath. The fragrance alone makes one feel better.

Basil is used liberally in Mediterranean dishes and in Vietnam and Thailand cuisine. There is also Pesto (*a recipe found in most cookbooks*). I like to chop basil with fresh tomatoes and garlic. Then drizzle it with good olive oil and add to freshly cooked pasta.

Just the thought of it makes me drift off to warm summer evenings!

SHARE THE WEALTH

Do you have a favorite healthy food or recipe that you would like to share with our readers?

Share your health, wealth and wisdom with others by submitting our favorite recipe to the editor of this newsletter and we will be sure to publish it.

Just type out your recipe and email it to yangqichen@aol.com with "Healthy Foods Column" in the subject line.

There is no deadline to submit. Recipes will be published in the next available space in the next upcoming quarterly newsletter after receiving them.

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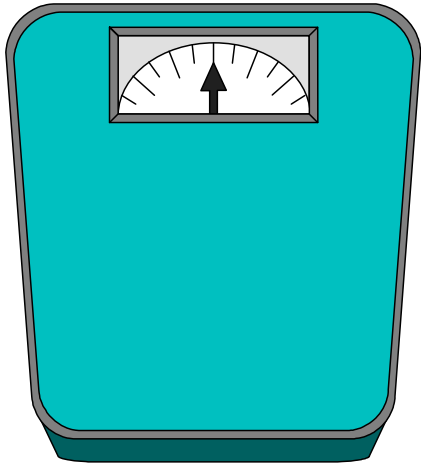
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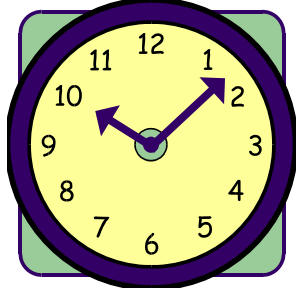
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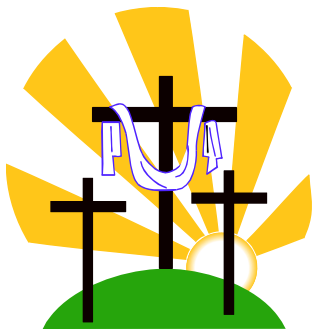
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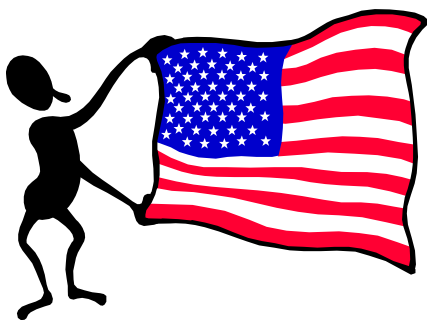
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