

TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Summer Issue, Vol. 7

www.qissagebodysystems.org

June 2010



9TH ANNUAL MASTER JOU TSUNG HWA BIRTHDAY CELEBRATION & TAI CHI FESTIVAL

NEW SENIOR CENTER IN WILLINGBORO

May 6, 2010 marked the “Grand Opening Celebration” of the long awaited new Senior Citizen Center at the Kennedy Center in Willingboro, NJ. The pictures below show some of the modern style updated activity rooms now available for seniors for activities like exercise, arts/crafts and television.



In 1984 Master Jou founded the legendary Tai Chi Farm on 103 beautiful acres in Warwick, NY. It was there that he held classes and hosted workshops in taijiquan, qigong, and meditation, invited other world-renowned teachers to share their arts, and hosted the Annual Chang San Feng Festival which was attended by Tai Chi enthusiasts from all over this country and the world.

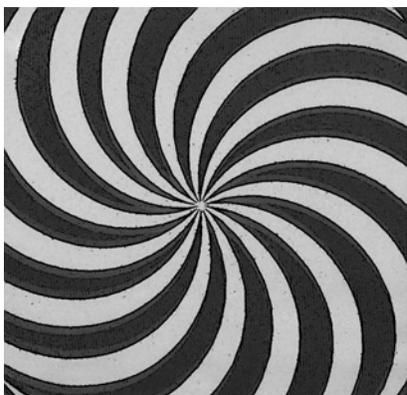
After Master Jou’s death on August 3, 1998 his students continued classes, workshops and the Annual Festival at the Farm until it was sold in 2000.

It was then that Master Jiang, Jian-ye, a great friend and colleague of Master Jou, suggested that the students approach the Jou Family for their approval to continue to carry
(continued page 7)



Participants in the “Tai Chi for Seniors” class (top) at the new Senior Center enjoy the modern, spacious, and naturally lit Recreation Room where they practice Tai Chi weekly. A poolroom, cozy fireplace setting and library adorn additional spaces in the center.

HYPNOSIS CORNER



“STAGE” VERSUS “CLINICAL” HYPNOSIS

Have you ever passed a turn while driving and thinking of something else? Wondered where the last few minutes went? Been so engrossed in television that you didn't hear someone talking to you? Most people will say yes. Well, you have experienced daydreaming, a state of hypnosis.

Hypnosis is actually a state of deep relaxation in which people find themselves more open to suggestion. It is an alpha brain wave state of mind obtained when you are between wakefulness and sleep.

Most people who have encountered hypnosis have experienced “stage hypnosis.” They have seen a typical scenario where some “unsuspecting” volunteer has been “put in the trance” state and was then made to do ridiculous things such as cluck like a chicken, think that they are a superhero or some other funny performance without knowing what they're doing.

Stage hypnosis is both real and entertaining. Like most entertainers, stage hypnotists are focused on pleasing the crowd with spectacles that they expect to see. So, these hypnotists must utilize audience-pleasing methods in addressing the spectator's needs as well as obtaining viable volunteers who will be the most willing and likely to provide the type of entertainment that the hypnotist and audience desire.

The clinical hypnosis, on the other hand, is only focused on obtaining the results of a single individual's desire to make change in their life. There is no regard for “spectators” during the session because there are no spectators involved. The only other people that would realize these changes would be those who may be directly affected by the changes in an individual such as a partner, spouse or close associate of that individual.

Clinical hypnotherapy is not a public performance and addresses personal behavioral issues. Therefore, not a lot of public exposure is available to establish an accurate public opinion of clinical hypnosis.

Unfortunately, the general public's opinion is largely the result a narrow perspective based on misinformation.

Regardless of which type hypnosis is used, there are specific rules that are common to both. First of all,

hypnosis is never “inflicted or forced” upon a person. Any type of hypnosis requires a willing individual who wants to be hypnotized and even then they cannot be influenced to do anything that they morally or ethically would not do consciously.

In stage hypnosis, volunteers qualify as willing individuals and in clinical hypnosis, clientele qualify as willing individuals.

An individual who is willing has already opened his/her mind and/or attitude to suggestion thus is most receptive to being given suggestions through instructions and/or directions. There are certain types of personalities that are more receptive to suggestions than others. People who are accustomed to being given direction, instruction or orders are more receptive to hypnosis. These people would include military personnel, school students, athletes, police personnel and martial artists.

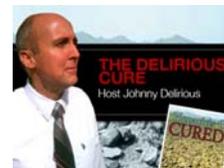
Others may be considered subjects not likely to become hypnotized or classified as “unhypnotizable.” This only means some people are open to suggestion and others are not.

Next time you encounter hypnosis, know the difference.

Note:

Unless you are a board-certified hypnotherapist or legally licensed professional with experience and training in the area(s) covered in this article, this article is informational. It is only partial information and not to be misinterpreted as professional training or any type of training in this area(s) of practice.

“DELIRIOUS” AGAIN!



“It was so nice, we did it twice.” Yes, Shifu Walker was invited to again appear on the Johnny Delirious show, the “Delirious Cure.”

Returning to further discuss topics of alternative health care options, Shifu was interviewed by co-host and stand-in for Johnny, Robert Purucker.

The show, titled, “Martial Arts to Healing Arts Part 2” was aired and archived on VoiceAmerica, syndicated Internet Live Talk Radio Network on the Health & Wellness Channel.

If you didn't hear the show, you have not lost out. Both shows (*Parts 1 & 2*) are archived on “The Delirious Cure” radio show's web site for your availability. It can be downloaded in MP3 or iTunes files for your listening pleasure and convenience (*and of course, it is available at www.qissagebodysystems.org in our “Audio Gallery”*).

TIPS FOR SUCCESS

Articles, Quotes & Comments from Shifu

THE POWER OF WORDS

WORDS, WORDS, WORDS. History has given us insight into the power of words. We've all heard of the phrase "the power of the pen." In the United States of America today, we have ensured for all citizens the rights to "freedom of speech" and "freedom of the press." These are examples of our freedom of expression in this country. However, we've also heard the expression, "Be careful of what you ask for, you just might get it!" This could be a dangerous dichotomy.

Hypnotherapists, psychologists and psychiatrists are keenly aware of the great power that lies in the spoken and unspoken word. To verbalize a thought is to give it a different power than to merely think it.

For an instance, let's imagine a person, let's call him George who lives alone and doesn't spend much time doing anything other than working. He puts in a hard, honest work week and spends his weekends and spare time at home alone. He doesn't have much contact with others outside of work and is an only child whose parents are deceased.

George has many ideas about what he would like to do with his life and thinks about it often, however, there are some challenges that he thinks may become major obstacles to his successful endeavors. So, he contemplates and decides that he should reconsider his ideas and maybe just continue life as it is, safe and secure in the routine that is already established.

Why has George decided to not engage any of his endeavors outside of the nice comfortable box that he lives in? There may be many reasons, but hypothetically let's examine his "lack of power" in the use of his words.

George, like so many people, has great and wonderful ideas about his life and direction. He thinks about it all the time. Thinking is a great pastime. Great men and women have spent many hours in deep thought. However, greater men and women have changed our world for the better by giving their thoughts life in open dialogue. Thoughts without actions are only dreams without reality. One manner to make thought come alive is to speak it. Say it out loud. Verbalize the thoughts. If they have validity, saying it aloud will bring a different reality to that thought.

Once a thought is brought to mouth, it takes on new life.

When we hear the saying, "be careful what you ask for, you just might get it" it is generally taken to be a negative connotation. This is not necessarily true. Consider its interpretation to be "choose your words wisely so that you do obtain that which you seek." This then becomes a positive action.

My training and experiences with hypnosis tell me that thought is a meditative state of mind between the conscious and subconscious. At the conscious level, thought is ruled by logic and is timeless (*it deals with the past and future*). At the subconscious level, thought is ruled by emotion and is time bound (*based on the present*). Therefore, if one does not utilize and have good balance of the conscious and subconscious minds, reality becomes distorted.

Spending a lot of time thinking at a subconscious level may create unrealistic responses or actions. The subconscious is our protector from harm but unless it has specific details to follow in providing that protection, it will respond in manners based on thoughts of past experiences that may not be valid.

An example of this would be an overweight person who has parents and family members who are overweight might think (*therefore believe*) that there is nothing that they can really do about their excess weight because their family members could never resolve their weight problems. So, this individual just accepts that excess weight is just a natural part of their life.

Now let's consider that this same person decided to speak to someone about weight management and found out they can resolve this situation by making some lifestyle changes.

The word, "can't" is one of the most destructive words in the English language because people don't really understand how to use it correctly.

"Try" is another word that surfaces when the thought of "can't" is questionable.

"There is no such thing as a silly question" is a phrase we sometimes hear when a person is doubtful about a question that they want to ask. Whether or not it is silly will be determined when it comes out of your mouth. Until then, it is not founded in reality.

It's simply amazing how the human body works and astounding how the human mind works.

The "Tip" for this issue is to choose your words wisely, whether thought or spoken. What you think and say is your reality!

HEALTH TIPS:

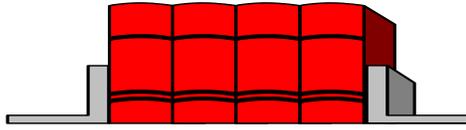
CONTROLLING STRESS

Stress has been and continues to be one of the most common fundamental, underlying causes of diseases, disorders and health care issues.

As devastating as it may become when out of control, it is as easily placed under control by simple and easy lifestyle changes. Yet, people find it increasing difficult to manage stress effectively.

The "Book Review" in this issue of the newsletter offers an easy, yet inexpensive way to begin a program of stress management by smiling and making six different sounds. Get started controlling your life now!

Martial & Healing Arts Book Review



Title: Taoist Ways to Transform Stress
Into Vitality
Author: Mantak Chia
Publisher: Healing Tao Books
Copyright: 1985
ISBN #: 0-935621-00-8
Price: \$11.95
Reviewer: J. B. Walker

Stress reduction in this book is based on Taoist meditation techniques that involve breathing and visualization that transform the negative responses into creativity and healing. The information is presented using photos, sketches, and step-by-step routines so that anyone can feel comfortable trying the exercises.

Western medical doctors have only recently discovered the effects on health of stressful living and their ways of coping with it are still in their infancy. They know nothing of the ancient, successful tradition of the Tao and its long record of transforming stress into vitality and power. Here, in this book, the Taoist way is set forth and illustrated. The meditation technique of the Inner Smile teaches you how to get in touch with your inner organs, feel love for them and smile to them, so that stress and negative emotions are transformed into creativity, learning, healing and peak performance energy.

Here is also the Taoist way of the Six Healing Sounds, which help to cool down the systems, eliminate trapped energy, clean toxins out of the organs, and make it possible for the organs to be in peak condition. Along with these ways, you are taught how to freely circulate your Chi energy throughout your Microcosmic Orbit. These are the Taoist foundations of true success, power and health.

Master Mantak Chia, born in Thailand, comes from the ancient lineage of Taoist Masters, extirpated in China and now existing in dwindling numbers among the Overseas Chinese. He also has a Western education in anatomy and physiology. Now living in Northern Thailand, he has developed a clear and practical way of teaching this ancient wisdom. He is also the author of Awakening Healing Energy and Taoist Secrets of Love.

UPCOMING CURRENT EVENTS

- ⚡ [Jou Tsung Hwa Birthday Celebration & Tai Chi Festival](#) – July 10 & 11, 2010 will mark the 9th annual celebration at the Tai Chi Park in Wantage, NJ.
- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ will hold Wednesday Morning Senior Leagues at 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks. They are non-sanctioned games.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site www.qissagebodysystems.org to be scheduled throughout the year. Register early. Class sizes are limited.
- ⚡ [HPA Seasonal Workshops](#) – We have more exciting and new certificate workshops out of Albany, NY in 2010 that will be conducted in central/southern New Jersey. Look for advertisement and more information at www.qissagebodysystems.org.

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

QiSage 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:

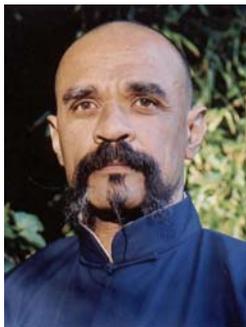
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

A Pinch of Wisdom

*“In between birth and death,
you can do a whole lot of living”*

Did You Know...

... that anyone can be happy during good times, but only the strong can be happy in bad times ?



Shifu's Message

“Summer: Stretch the Benefits ”

Summer is a great time of year for most folks in the northeastern part of this country. These few months out of the year optimize outdoor activities. Cold days are gone. Longer daylight hours mean more sunshine during the day and vacations are at a peak. This is a wonderful time of year!

With these advantages comes another opportunity to increase holistic health and wellness. The human anatomy and physiology reacts differently to different times of the year. When sunshine is limited and coldness is prevalent, people have a tendency to adjust their lifestyle accordingly. They slow down their activities, limit outdoor activities and become more mentally sedate. The body also tends to reduce its physical level of activity. Eventually, this limited activity has an affect on body functions. Range of motion is one function that is affected because of the reduced physical activity in the joints. Even talking about this time of year changes our mental demeanor regarding activity.

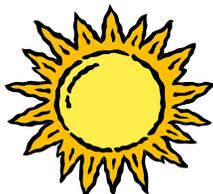
The good news is that as a practitioner of Tai Chi, I know that there is a complimentary side to this scenario. If winter has a tendency to reduce activities, then summer must have a tendency to increase activities.

Therefore, my recommendation and advice to you is to take advantage of a good thing while it's here.

Be sure to spend adequate time outdoors in the sunshine with an appropriate *sunscreen. Spend at least 15-30 minutes a day in the sun (*exposure to the arms and legs*). It provides us with vitamin D known as the “sunshine vitamin.” Sunshine provides 90% of the vitamin D that humans make naturally through the skin. Vitamin D is necessary to help prevent cardiac disease and osteoporosis among other disorders and diseases.

The sun also helps to warm the body and increase the potential of greater joint movement. The summertime is a great time to increase your ROM (range of motion) with exercises. Joints warm up faster and easier and remain more limber longer when accompanied by warmer weather conditions. Take advantage of this opportunity when it presents itself.

Oh yeah, as for the *sunscreen,



if you take the advice recommended above, you may also enjoy a side benefit from reading this article. Look elsewhere in this newsletter for the picture of the sun and read the article titled, “Everybody's Free to Wear Sunscreen.”

Enjoy and have a great summer!

In Harmony,

Jonathan B. Walker, PhD
Shifu

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.

HEALTHY FOODS COLUMN

LAVENDER “Heaven Scent” by Emily Williams

Scents have the power to bring back memories of other times and places. The smell of lavender brings back a visit to southern France, that area known as Provence. I can see fields of purple and smell the air filled with that familiar scent. At the time of my visit, I wondered what possibly could be done with all that lavender. Most, I guessed, went into the making of perfumes and perfumed products.

Today sachets are popular for scenting drawers and closets. Pillows filled with lavender are said to be an aid to sleeping. There are soaps, perfumes and even candles. My husband's grandfather, a chemist for an English-Italian pharmaceutical firm in Italy, formulated “lavandula”, a popular gentlemen's perfume.

Lavender is an ancient herb well known in Greek and Roman times. It was thought to have been brought to America by the Pilgrims. Besides being a popular cosmetic, it was thought to eliminate tension because of its soothing properties (try adding it to your bath water). Lavender was always used as a disinfectant and insect repellent.

Recently, its flowers and leaves have been used to flavor vinegar, jelly and salads. Sprinkle a little dried flowers into your favorite apple crisp recipe. Use sparingly.

Lavender plants come with white, pink and the familiar lavender flowers. The plant makes

a nice garden addition. In my old herb garden, I had little loss due to frost. Trim in the spring before flowering. Less hardy lavenders do well inside but like cool temperatures.

ONE STUDENT'S EXPERIENCE *by Joan Berenato*

Late on a Sunday evening, when I was ready to retire for the night, suddenly a horrible, terrible feeling came upon me. I thought, "what is happening to me?" I had a terrible thirst, so I wanted to drink a glass of water. I had a hard time swallowing. I also noticed as I was walking around my bedroom that I was slow and slightly unsteady. I said to my husband, "Call 911. I think I'm having a stroke!"

Soon, both policemen and EMTs were standing in the bedroom. They went right to work looking at my eyes, asking questions (did I have a headache, etc) testing the strength of my arms, hands and legs. My parched mouth made it difficult to talk.

Off we went to Lourdes Medical Center ER where I had an EKG, blood pressure, pulse and temperature taken. A Holter monitor was put on me and an IV started. I was admitted.

On Monday, I had an MRI brain scan performed. On Tuesday, I had a Cardiac Ultra Scan. That night, the doctor said, "Do you want to go home? Everything looks normal."

I was discharged with instructions to see my personal physician and also a cardiologist as a follow-up just to be thorough. I followed instructions because I believe in preventative care.

This TIA (Transient Ischemic Attack) or Mini Stroke as it was diagnosed was quickly resolved. So, now what?

Did Tai Chi play a part in my recovery? I say, Yes! My body,

mind and spirit was prepared to deal with that episode.

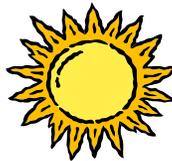
According to current research, Tai Chi strengthens the immune system and one's health defenses. I find a certain peace while doing Tai Chi.

Thank you Shifu Walker for introducing us to a holistic exercise.

Of course, my first line of defense is prayer. I hope this story can help someone else.

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*Have you had any experiences that you think your Tai Chi, QiGong, Reiki or Hypnotherapy has helped you get through? Well share it here with others who may be experiencing the same or like situations but have not found any help to resolve their scenarios. Send us your story. It may be just the story to help someone and save a life.*



## **EVERYBODY'S FREE TO WEAR SUNSCREEN**

*A Chicago Tribune staff writer, Mary Schmich, originally wrote these words on June 1, 1997 in a column entitled, "Advice, like Youth, Probably Just Wasted on the Young." They eventually became the lyrics to a song and in 1999 became the most requested song on morning radio in Atlanta and Philadelphia at that time.*

**Wear Sunscreen.**

Ladies and Gentlemen of the class of '99, if I could offer you only one tip for the future, sunscreen would be it.

The long-term benefits of sunscreen have been proved by scientists whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth; oh never mind; you will not understand the power and

beauty of your youth until they have faded. But trust me, in 20 years you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked....you're not as fat as you imagine.

Don't worry about the future; or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind; the kind that blindsides you at 4pm on some idle Tuesday.

Do one thing everyday that scares you

Sing.

Don't be reckless with other people's hearts, don't put up with people who are reckless with yours.

Floss.

Don't waste your time on jealousy; sometimes you're ahead, sometimes you're behind...the race is long, and in the end, it's only with yourself.

Remember the compliments you receive, forget the insults; if you succeed in doing this, tell me how.

Keep your old love letters, throw away your old bank statements.

Stretch.

Don't feel guilty if you don't know what you want to do with your life...the most interesting people I know didn't know at 22 what they wanted to do with their lives, some of the most interesting 40 year olds I know still don't.

Get plenty of calcium.

Be kind to your knees, you'll miss them when they're gone.

Maybe you'll marry, maybe you won't, maybe you'll have children, maybe you won't, maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary...what ever you do, don't congratulate

yourself too much or berate yourself either – your choices are half chance, so are everybody else's.

Enjoy your body, use it every way you can...don't be afraid of it, or what other people think of it, it's the greatest instrument you'll ever own..

Dance...even if you have nowhere to do it but in your own living room.

Read the directions, even if you don't follow them.

Do NOT read beauty magazines, they will only make you feel ugly.

Get to know your parents, you never know when they'll be gone for good.

Be nice to your siblings; they are the best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but for the precious few you should hold on.

Work hard to bridge the gaps in geography and lifestyle because the older you get, the more you need the people you knew when you were young.

Live in New York City once, but leave before it makes you hard; live in Northern California once, but leave before it makes you soft.

Travel.

Accept certain inalienable truths, prices will rise, politicians will philander, you too will get old, and when you do you'll fantasize that when you were young prices were reasonable, politicians were noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund, maybe you have a wealthy spouse; but you never know when either one might run out.

Don't mess too much with your hair, or by the time you're 40, it will look 85.

Be careful whose advice you buy, but, be patient with those who supply it. Advice is a form of nostalgia, dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen...

~~~~~

*Thought provoking, isn't it?
Hope you enjoyed it.*

TAI CHI FESTIVAL *(continued from front page)*

on teaching their father's principles, practices, and philosophies in his name on the grounds of an old farm owned by one of the students in Wantage, NJ, 12 miles due west of the Tai Chi Farm. The Family gave their approval and The Master Jou, Tsung Hwa Memorial Tai Chi Park was dedicated in 2001, with the family cutting a ribbon at the Willow Lawn Gate on the property. Master Jou had visited the grounds several times during his lifetime and always remarked on the wonderful, peaceful energy he felt there. He also noted the remarkable physical similarities to the Tai Chi Farm: the open fields, deep woods with old-growth trees, and the steep slopes running down to the meandering stream bisecting the property. At one point he said, "You can have a Tai Chi festival here" and motioned where the tents for the workshops should be set up.

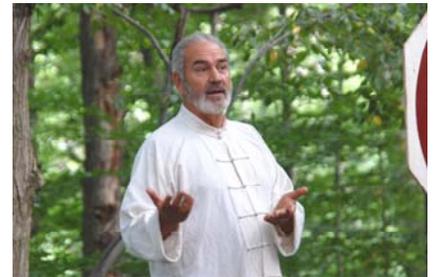
In 2003, Master Jou's daughter, Liz Jou, The President of the Tai Chi Foundation (which continues to publish his three brilliant books) flew from her home in Phoenix, Arizona, to attend her father's 3rd Annual Birthday Celebration. Since then, she has attended each year and has been a wonderful friend and advisor to The Park. We would like to express our most profound and heartfelt gratitude to Liz for her unflagging support and

encouragement in sustaining the efforts to help keep her father's teachings alive and to advance his dream.

This year, the 9th Annual Birthday Celebration and Tai Chi Festival again commemorated the life of Master Jou Tsung Hwa by bringing disciples, students, friends and family of Master Jou together to play, learn and renew the lessons he left with us.

Nestled in the hills of Wantage, New Jersey is the beautiful land acreage of Disciple Bruce LaCarruba who selflessly shares his space with those who would follow the practices of Master Jou in an outdoor replica of the original "Tai Chi Farm" once existing in Warwick, New York. Affectionately called the "Tai Chi Park," it is now the home of the annual celebration.

If you didn't attend this event this year, make sure that you don't miss it next year!



Bruce LaCarruba leads a class in the Chan Su Jing exercises that Master Jou taught.

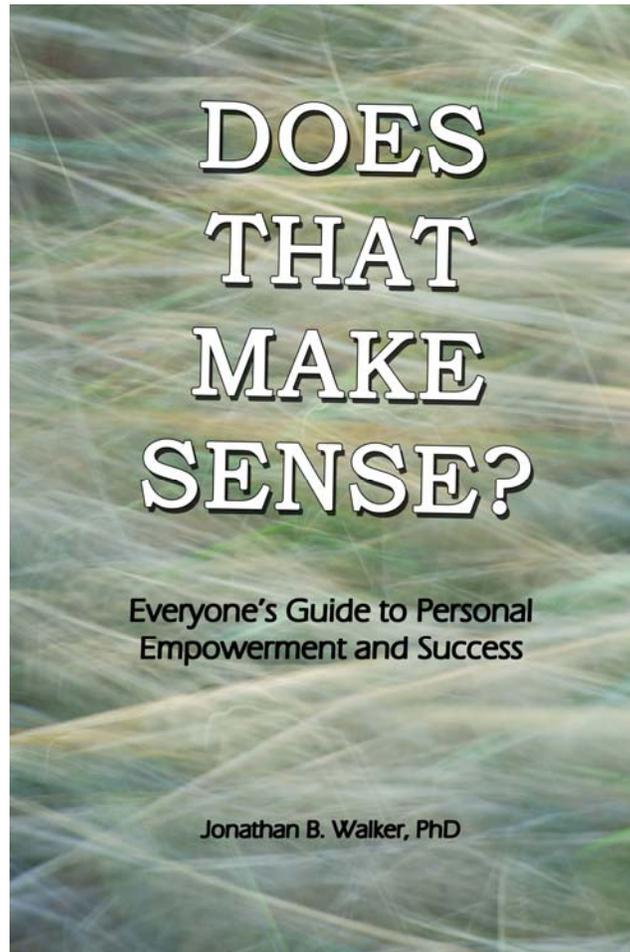


A now famous photo of Master Jou Tsung Hwa hangs proudly at the Tai Chi Park

ADDITIONAL PHOTOS OF THE JOU TSUNG HWA CELEBRATION



Get Your Copy Today!
Get Your Copy Today!



Does That Make Sense?

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own” “We each have a gift. All that you have to do is identify what your gift is” “Once you’ve identified your gift, you need to capitalize on it” “Does that make sense?”

DOES THAT MAKE SENSE? is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

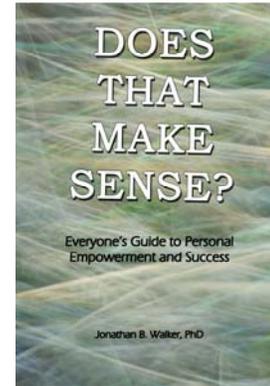
-----COMMENTS ABOUT THIS BOOK-----

"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!

*Robert Purucker, Co-Host
"The Delirious Cure"
VoiceAmerica Talk Radio Network
Health & Wellness Channel*

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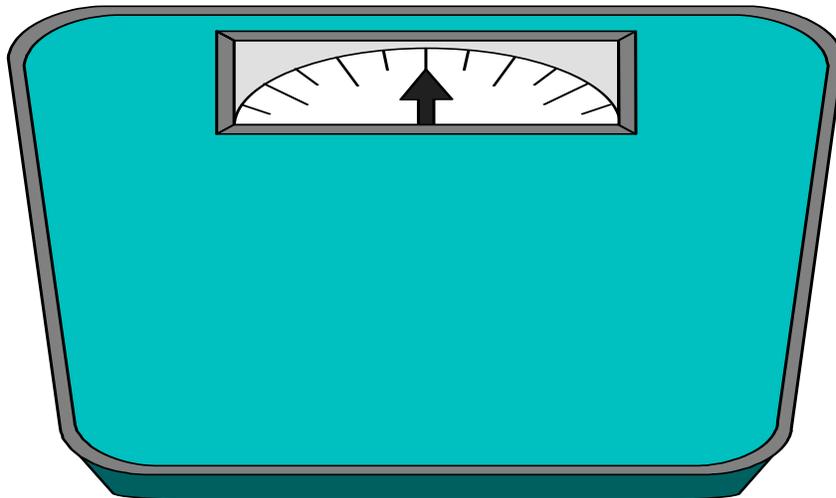
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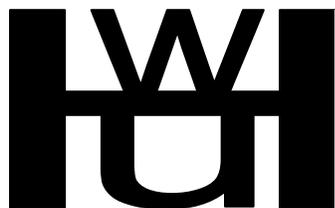
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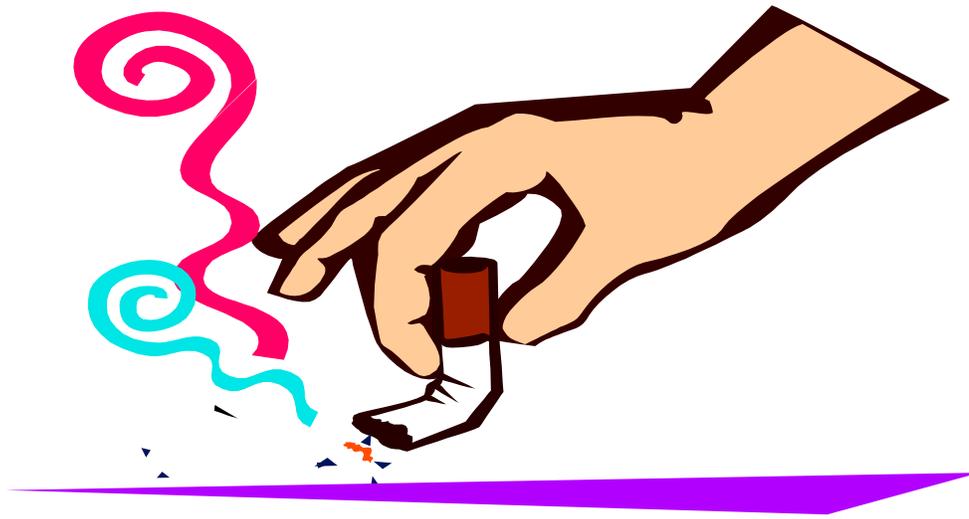
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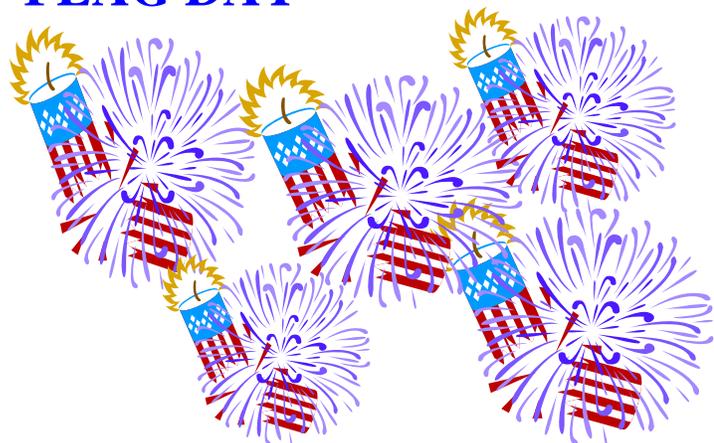
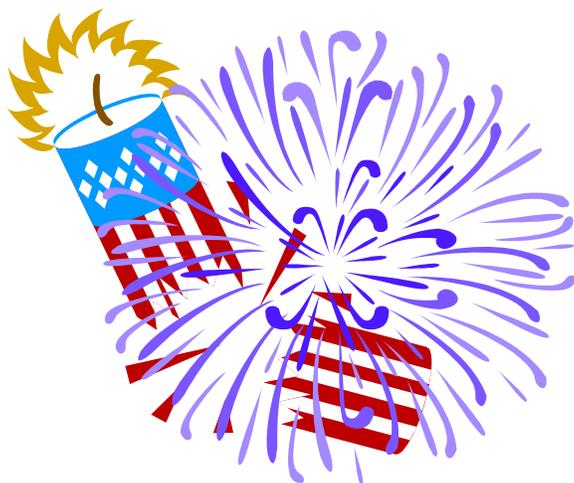
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