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QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Summer Issue, Vol. 8

www.qissagebodysystems.org

June 2011



10th ANNUAL MASTER JOU TSUNG HWA BIRTHDAY CELEBRATION AND TAI CHI FESTIVAL



The late Grandmaster Jou, Tsung Hwa

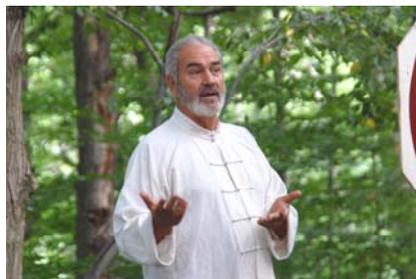
On July 9 & 10, 2011, you're invited to come and join the family, students, colleagues and friends of the late Grandmaster Jou, Tsung Hwa honoring and celebrating his memory by sharing his Tai Chi principles, practices, and philosophies on the 93rd Anniversary of his birth.

Workshops, demonstrations, and inspirations by colleagues are the order of this two-day, weekend event held at the beautiful Master Jou Tsung Hwa Tai Chi Memorial Park located on approximately 30 acres of the gentle, rolling hills and babbling brooks of Wantage, New Jersey.

Twenty (20) masters, teachers and practitioners of the arts will present thirty-five (35) workshops. Opening ceremonies will steer everyone in the direction of the event for the weekend while a delicious dinner will be served on Saturday evening featuring some of Master Jou's favorite dishes.

In 1984, Master Jou founded the legendary “Tai Chi Farm” on 103 beautiful acres in Warwick, New York. It was there that he held classes and hosted workshops in taijiquan, qigong, and meditation. He invited 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 the United States and abroad.

After Master Jou's death in 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 carrying on teaching their father's principles, practices and philosophies in his name using the grounds of an old farm owned by one of the students in Wantage, New Jersey. The Jou 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” and said, “You can have a Tai Chi festival here!”



Bruce LaCarruba, host & proprietor of the Park



Bruce demonstrates with the family of Master Jou



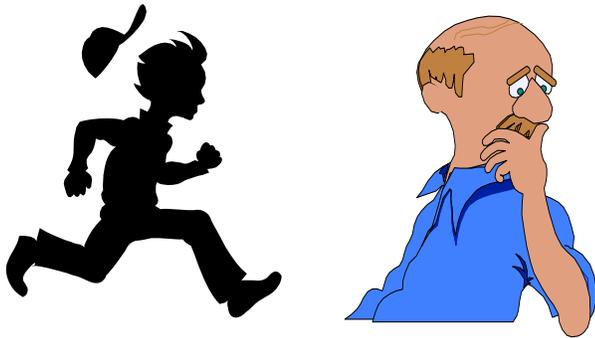
Jon Walker & Billy Pileggi hangout at the Park



Richard Greene explains a theory & posture

For more information, registration and a complete schedule of workshops visit the web site at: <http://www.taichipark-masterjoutsunghwa.org/welcome>.

HYPNOSIS CORNER



THE ULTIMATE PHOBIA LIST "Phobias From A - Z (continued)"

Phobias are fears that have gotten out of control and are not based on reality. Sometimes they gradually get better over time and sometimes they get worse but remember phobias can be resolved quite easily by using hypnosis.

Many people have phobias and don't realize it or have never viewed their fears as phobias. We have heard that as people get older, they seem to develop more phobias than when they were younger.

Our list is alphabetized and we are continuing our list of phobias starting with the letter G and go through letter K. We will continue in future issues until we have arrived at the letter Z.

Keep track as we publish this list in each newsletter and see how many you may have or have had at one time in your life.

Okay! Let's continue with the next three letters of the alphabet:

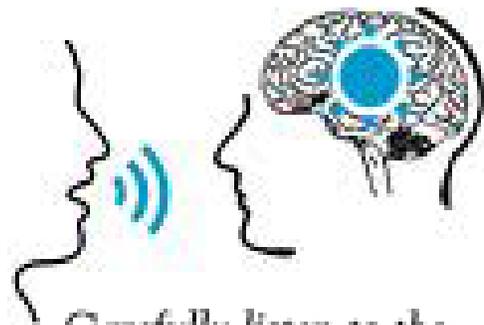
Gaiety	Cherophobia
Gaining Weight	Obesophobia
Garlic	Alliumphobia
Genitals, female	Kolpophobia
German things	Teutophobia
Germs	Verminophobia
Germs or contamination	Mysophobia
Ghosts	Phasmophobia
Glaring lights	Photoaugliaphobia
Glass	Hyelophobia
God or gods	Zeusophobia
Gold	Aurophobia
Gravity	Barophobia
Greek terms	Hellenologophobia
Hair	Trichopathophobia
Halloween	Samhainophobia
Hearing certain word/names	Onomatophobia
Hearing good news	Euphobia
Heart	Cardiophobia
Heat	Thermophobia
Heaven	Ouranophobia
Height	Hypsiphobia

Heights/high buildings	Batophobia
Heights	Altophobia
Hell	Hadephobia
Heredity	Patroiophobia
House	Oikophobia
Home surroundings	Eicophobia
Home	Ecophobia
homosexuality	Homophobia
Horses	Equinophobia
Hospitals	Nosocomephobia
House, being in a	Domatophobia
Ice/Frost	Pagophobia
Ideas	Ideophobia
Ill, becoming	Nosophobia
Immobility of a joint	Ankylophobia
Imperfection	Atelophobia
Infinity	Apeirophobia
Injections	Trypanophobia
Insanity	Maniaphobia
Insects	Entomophobia
Itching, of insects	Acarophobia
Japanese	Japanophobia
Jews	Judeophobia
Jumping high/low places	Catapedaphobia
Justice	Dikephobia
Kidney disease	Albuminurophobia
Kissing	Philemaphobia
Knees	Genuphobia
Knowledge	Epistemophobia

Has anything popped out to you? Did you see anything new or familiar to you?

If you know someone with one of these phobias, you might want to suggest that they seek help with their phobia through hypnosis. IT WORKS!

See you next issue with more phobias!



Carefully listen to the
sound of my voice . . .

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.

WALKER EARNS MASTER CLINICAL HYPNOTHERAPIST CERTIFICATION



Walker (lt) receives his Master's certification from Dr. Jaime Feldman (rt) at The Institute of Hypnotherapy in Edison, NJ.

Jonathan B. Walker, PhD, LPN, RMT, MHt has attended school and worked for several years to finally earned a Master (Clinical) Hypnotherapist certification in (clinical) hypnotherapy. June brought the final classes from The Institute of Hypnotherapy in Edison, NJ. Walker has been attending classes at the Institute since 2007 where he has earned his basic and advance clinical certifications.

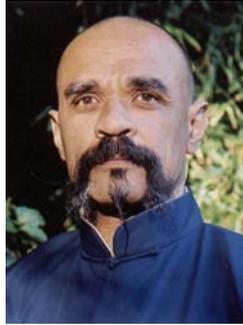
The Master's status is granted to only a small percentage of certified clinical hypnotherapists. It signifies that the practitioner has completed extensive training in advanced clinical hypnotherapy and has demonstrated proficiency and competency.

"The one and a quarter hour commute from South Jersey to Edison won't be missed," says Walker, "but I will miss my classmates and the new friends that I have made over the years. I will take advantage of the Institute's refresher classes that are available to students whenever they feel the need to brush up on techniques."

Walker plans on expanding his private practice and reaching more

people with the benefits of hypnosis.

"The general public really does *not* have an accurate view of hypnosis and its benefits," concluded Walker, "but I plan to play an active role in helping to change that view in the future!"



Shifu's Message

"Summer:

*Take Advantage of All of
Life's Golden Opportunities "*

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.

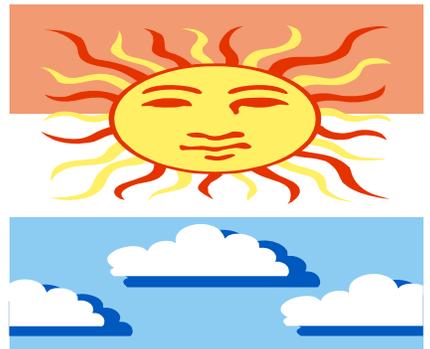
The good news is that as a practitioner of Tai Chi, I know that there is a complimentary side to this scenario. If winter has a tendency to reduce activities, then summer must have a tendency to increase activities.

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. 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.

Enjoy and have a great summer!



In Harmony,
Jonathan B. Walker, PhD
Shifu

TIPS FOR SUCCESS

Articles, Quotes & Comments
from Shifu

“DOES THAT MAKE SENSE?”

The following excerpt is from my book, “Does That Make Sense?” Consider it a tip for your personal success.

“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. Unfortunately, because we are all individuals, what works for one of us doesn’t have to necessarily work for another or anyone else. We all do things differently and that is a very interesting and necessary part of life. It makes us different yet makes us the same. However, we all have one thing in common. We all have our own individual and unique gift.

All that you have to do is identify what your gift is.

Cultivate it. Exploit it. Bring it to its highest degree of excellence and let it open the doors of success to you.”

The above excerpt is copyrighted and cannot be used, copied, rewritten, duplicated, faxed or otherwise reproduced with the expressed written permission of the author without violation of copyright laws and regulations.

HEALTH TIPS:

ARTHRITIS SUFFERERS “WALK WITH EASE” PROGRAM

The Arthritis Foundation “Walk With Ease” program can teach you how to safely make physical activity part of your everyday life. Designed for people with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension, “Walk With Ease”

will provide support, information and tools to help you succeed.

This program is designed for you to complete by yourself using a handy guidebook or in a group setting in your own community.

Some of the resources available to help you get started can be found on the Arthritis Foundation web site.

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.

PRESIDENTIAL ACTIVE LIFESTYLE AWARD PROGRAM

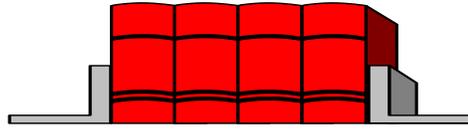
The Presidential Active Lifestyle Award Program (PALA) is a great way to constructively put physical activity into you life. It was created to get people from youth to seniors on a path of fitness success.

The program can be started by individuals, groups/teams, schools and/or organizations. It’s designed to help you set realistic goals to achieve fitness for a lifetime. It recommends starting with 60 minutes a day for youth and 30 minutes a day for adults to jump-start a healthy lifestyle.

Activities recommended range from Aerobics to Yoga and include fun things like volleyball, soccer, lawn bowling, household tasks, fishing, dancing, badminton, and Nintendo Wii Sports (*to name just a few*).

The presidentchallenge.org web site is fully loaded with support, recommendations, tracking, tools, resources and awards for your successful completion of each level of challenges that you complete. Try it and get healthy!

Martial & Healing Arts Book Review



Title: Taoist Secrets of Love
Cultivating Male Sexual Energy
Author: Mantak Chia
Michael Winn
Publisher: Aurora Press
Copyright: 1984
ISBN: 0-943358-19-1
List price: \$14.95
Reviewer: Anonymous

The author reveals the ancient sexual-secrets of the Taoist sages that enables men to conserve and transform sexual energy through its circulation in the Microcosmic Orbit, invigorating and rejuvenating the body's vital functions.

These esoteric techniques and principles make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

This book is written in clear, easy to understand language and illustrations.

CURRENT EVENTS & SERVICES

- ⚡ [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. All senior citizens are urged to come out and join a team. You don't have to be an experienced bowler. You don't even have to be good at bowling. All you need is to be willing to have fun and get a little exercise. 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.
- ⚡ [Hypnotherapy/HypnoCounseling](#) ~ Hypnosis is generally misunderstood. Physicians, psychologists and hypnotherapists have used it for many years. It can serve a wide range of health issues and behavioral scenarios such as fears/phobias and stress/anxiety. Jonathan B. Walker, PhD, LPN, MHT provides services for private clientele who want to resolve issues of unwanted behaviors and make significant changes in their lives. Stress, weight loss, fears/phobias and smoking cessation are our specialties. Call Health & Wellness, Unlimited at (609) 915-3435 for a “*free*” phone consultation.
- ⚡ [Master Jou Birthday Celebration & Tai Chi Festival](#) - The 10th Annual Master Jou & Tai Chi Festival will be held June 10-11, 2011 in Wantage, NJ at the “Tai Chi Park” hosted by Bruce LaCarruba.



The original Tai Chi Farm, Warwick, NY

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.*

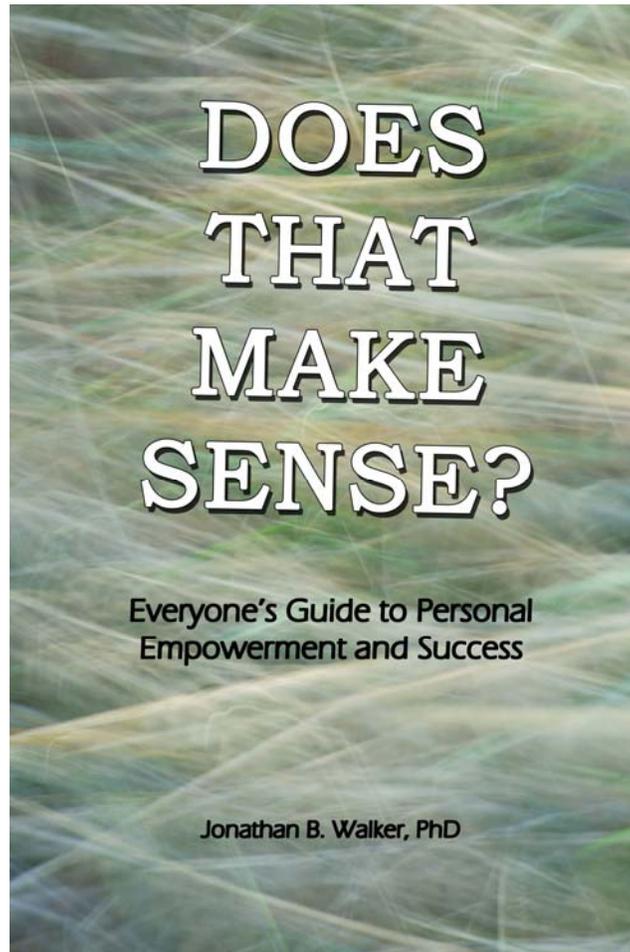
A Pinch of Wisdom

*Application breeds learning,
Dig deeply.*

Did You Know...

*The courage to fail
brings the hope of success.
Diligence brings a good harvest.*

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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~

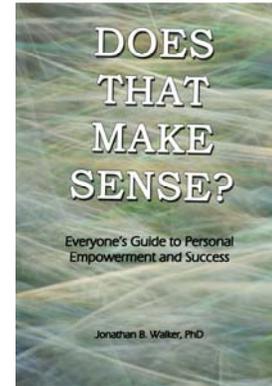
-----COMMENTS ABOUT THIS BOOK-----

"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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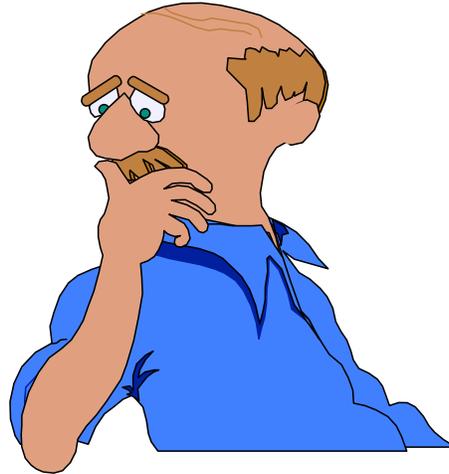
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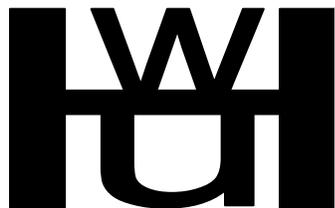
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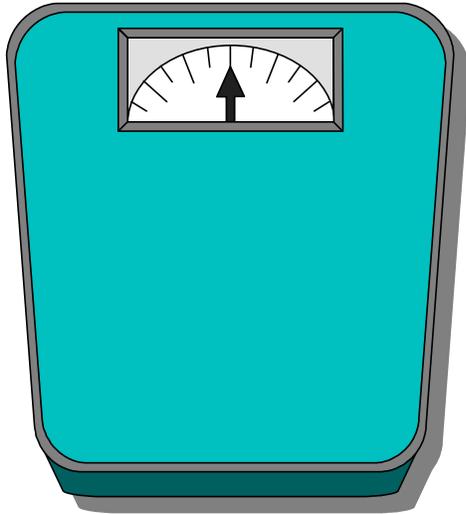
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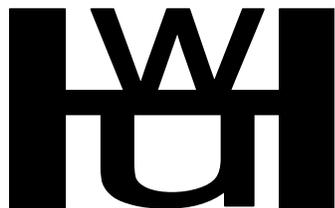
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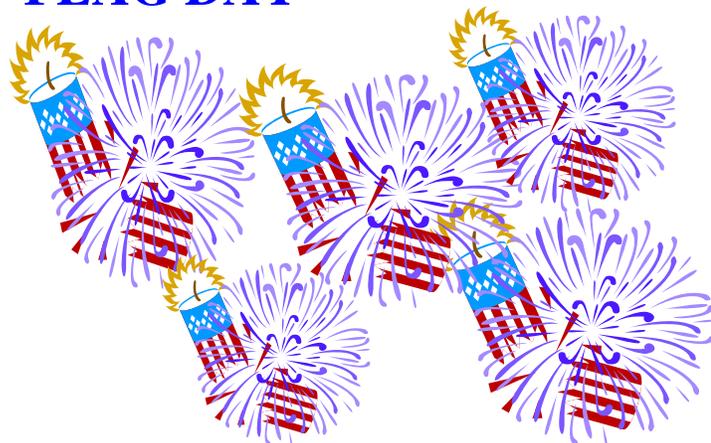
UPCOMING HOLIDAYS



“FATHER’S DAY”



“FLAG DAY”



“INDEPENDENCE DAY”