

TM

# QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

"Where Self-Defense Becomes Health-Defense"™

## NEWSLETTER

Winter Issue, Vol. 6

[www.qissagebodysystems.org](http://www.qissagebodysystems.org)

December 2009



**HAPPY NEW YEAR!**  
**4707**  
**YEAR OF THE TIGER**



Chinese Astrology Chart

February 14, 2010 will mark the Chinese New Year of 4707, Year of the Tiger. The Tiger is the third in the sequence of 12 animals in the Chinese calendar.

Those born under the influence of the Tiger are said to be lucky, vivid, lively and engaging. Another attribute of the Tiger is his incredible bravery, evidenced in his willingness to engage in battle or his undying courage. Maybe he is so brave because he is so lucky. The Chinese say that a Tiger having a Tiger in the house is the best protection against the evils of fire and burglary.

Tigers are also incorrigibly competitive, especially if honor is at stake or protecting some one they love. They are also unpredictable and it is unwise to underestimate their reactions. They may appear cool, but they have the Big Cat's instinct to pounce at a moment's warning. The Tiger's western counterpart is the Aquarius.

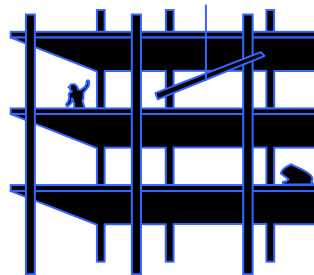


The Tiger

Characteristics of the Tiger are tempered by one of the five Chinese elements:  
The Metal element gives the Tiger its sharpness in action and speed of thought;  
The Water element gives the Tiger a soothing characteristic making this breed a bit more tranquil;  
The Wood Tiger is more adaptable to working with others than other Tigers;  
The Fire Tiger is eccentric, dramatic and is aglow with passion and verve;  
The Earth Tiger is realistic and does not tend to get caught up by his own enthusiasm and excitement.

Tigers are most compatible with Horses, Dragons and Dogs.

**QBS  
Building  
Fund**



**Building  
a Better  
Tomorrow**

The 2009 Building Fund was established to help the organization and school fill the financial voids that were created due to the economic recession of 2009.

We set a goal to be obtained by the end of the year but did not completely reach our goal for the year. We fell short by approximately 50%, however, we would like to thank each and everyone who so willingly and selflessly contributed each week.

We will again set a new goal for 2010 and welcome everyone's participation. Any contribution is not too small. All contributions are accepted in the spirit that they are given and greatly appreciated.

We look forward to a better year for all in 2010.

## HYPNOSIS CORNER



### “EYE ACCESSING CUES”

A good hypnotherapist knows how to evaluate a client and access information before starting hypnosis. During this evaluation conversation, the hypnotist has the opportunity to ask questions of the client that may assist in helping obtain the client’s goal while under hypnosis.

Information can be obtained by reading the cues in the client’s eyes when questions are asked. These cues will expose information categorized as visual thoughts, auditory thoughts or kinesthetic thoughts.

Under each of these categories, cues are accessed through eye movements, head position, breathing, voice tempo, tone of voice, skin color and muscle tension. These cues tell the hypnotist the source of the information that in turn helps the hypnotist evaluate how to better help the client.

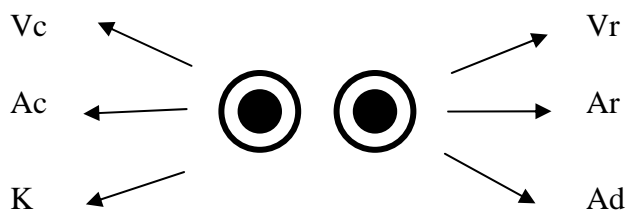
You may be more familiar with this process if I told you that it is also used to evaluate whether or not a person is telling the truth.

This is the way it works. Of the seven cues in each category (visual, auditory and kinesthetic), we will be primarily speaking about the visual or eye cues.

Have the person sit or stand and you position yourself in a position so that you are both comfortable and you are face to face.

Now start your line of questioning. You may want to start with some known facts, i.e., what is your name, where do you live, how old are you, are you married, how long have you been married, do you have children, what are their names and ages.

As you get responses, watch the direction that the person’s eyes look as they give you answers. The Eye Pattern Chart below will give you cues to look for and indicate what they mean.



In this chart, we can see the abbreviations, Vc, Ac, K, Vr, Ar and Ad. They mean Visual Constructed, Auditory Constructed, Kinesthetic, Visual Remembered, Auditory Remembered and Auditory Dialog respectively.

What does this mean? Well, when a person responds to a question and looks up to the right, they are accessing a visual memory or something that they remembered seeing. If they look up to the left, they are creating or making up a visual response because there is no memory of seeing anything related to that question.

If they look to the right, they are accessing an auditory memory or something that they remembered hearing. If they look to the left, they are creating or making up an auditory response because there is no memory of hearing anything related to that question.

If they look down to the right, they are repeating their inner dialog. If they look down to the left, they are creating or making up something kinesthetically in their mind by referring to their sense of touch or motion.

You can become a better judge of people by learning to better observe them. People who have a tendency to respond to questions visually are generally more organized, neat and orderly, more deliberate, less distracted by noise, and would rather read than be read to.

People who have a tendency to respond to questions in an auditory manner generally talk to themselves, are easily distracted, move their lips when reading, speak in rhythmic pattern, like music, memorize by steps and procedure sequence and can mimic tone, timbre and pitch.

People who have a tendency to respond to questions in a kinesthetic manner generally like to touch people and stand close, move a lot, have early large muscle development, learn by doing, gesture a lot and respond physically.

Watching someone’s eye-accessing cues takes practice. It is a way that you can consciously act on someone else’s subconscious mind. You have to be very in tune with what they are saying and the direction of their eye movements. As with any conversational hypnosis techniques, it will take some practice getting used to doing it and being successful in what you read.

Try to see if you can determine what a person is thinking using these eye accessing cues. Don’t be serious, just have fun with it!

Remember, the “eyes have it!”

Note:

*Unless you are a board certified hypnotherapist or legally licensed professional with experience and training in the area of “Accessing Cues,” this article is informational and for fun only. It is only partial information and not to be misinterpreted as professional training or any type of training in this area of practice.*

## TIPS FOR SUCCESS

### Articles, Quotes & Comments from Shifu

In this issue, I would like to quote some “Tips for Success” from my recently published book, “Does That Make Sense? Everyone’s Guide to Personal Empowerment and Success.”

I will quote from Chapter Four, “Road To Success” page 16, subtitle: *The Power of Words*:

*“There is an old adage: “Be careful what you ask for, you might get it!” . . . . “Our source of empowerment has always been the spoken word! What you say is what you are going to do (or not do!)”*

This is so true. We often toss our vocabulary around carelessly expressing our thoughts and ideas about most anything. However, it is factual that our spoken words have great impact on our actions.

I often question people who make statements that I feel they don’t realize impacts their actions. For example, the word “can’t” is my pet peeve word. When I hear someone use it, I immediately question whether they mean they are “not capable” or merely “don’t want to.” More often than not, when considered, the response is “don’t want to.”

There are many other words in our daily vocabulary that follow the same principal. I feel one of the biggest steps to being successful in any endeavor is to first consider the vocabulary that we use when mapping out a road to success.

So, the big tip of 2010 is:

“Say what you mean and mean what you say! More importantly, know the difference!”

## HEALTH TIPS:

### REGULAR EXERCISE



Regular exercise is an important part of health care. When we are young, we generally get more exercise on a daily basis than when we get older.

As we get to our older years, 50 and over, we have a tendency to decrease our exercise activities mostly because of the aging process and the health challenges that accompany aging.

In this century, everyone is more challenged to get regular physical exercise by the onslaught of cyberspace activities that keep us indoors and sedentary.

The human body is able to maintain a reasonable level of physical, mental and spiritual health by keeping three factors in balance: diet, exercise and rest.

With proper diet, you are able to function at peak proficiency when energy is needed to accomplish activities of daily living.

Adequate exercise of the physical body will sustain proper muscle functions (*including the heart*) and maintain good muscle tone, range of motion, agility and flexibility enabling us to efficiently burn calories from the food we eat and excrete the waste not needed.

Of course, after a day of healthy nutrition and adequate exercise, a great night’s sleep is imperative to rejuvenate and replenish for the next day.

This is a very simple formula to good health and long life. Unfortunately, people find it difficult to maintain these simple guidelines.

It is not necessary to join a gym or health club to follow this process. It can easily be accomplished by anyone by simply incorporating some fun and exercising activities into your lifestyle.

If this is done when we are younger, it has a better chance of becoming a healthy habit rather than a chore as we get older.

Some examples of activities that can be included in your life are swimming, tennis, biking, power walking, ice/roller skating, dancing, and miniature golf, badminton, canoeing and bowling.

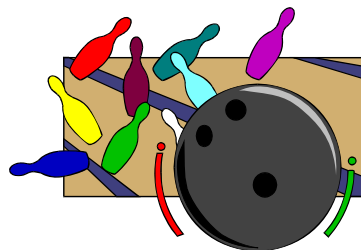
I will select bowling to elaborate upon simply because I have found a program that encourages older people to join a bowling team and bowl once a week in a special league for *fun*! A sponsoring bowling alley has encouraged older people in its surrounding communities to join a non-sanctioned, handicapped bowling league for seniors and dropped its rates dramatically to make it more affordable and achievable. A big feature is that if you can’t make it to the alley one week, you *don’t* have to *pay* a thing that week!

An outstanding feature about this bowling league is that you don’t even have to know *how* to bowl! It’s entirely for fun and exercise! The bowling alley even provides *free drinks* for the team bowlers.

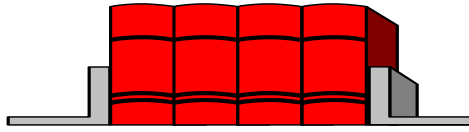
It is a great way to meet others, socialize, exercise and have fun while doing it all for very little money.

Elsewhere in this newsletter, we have placed a flyer advertising a Wednesday Morning Senior League that is starting in the first week of January 2010. Check it out. You can join as a single person to be placed with 3 others to form a team or join with your friends and form your own 4-man team!

Go for it! Have fun and exercise at the same time!



## Martial & Healing Arts Book Review



**Title:** Living Reiki:  
Takata's Teachings  
**Author:** Fran Brown  
**Publisher:** LifeRhythm  
**Copyright:** 1992  
**ISBN #:** 0-940795-10-8  
**Price:** \$12.95  
**Reviewer:** J. B. Walker, Sensei

Hawayo Takata was a 3<sup>rd</sup> generation lineage holder of the Usui system of Natural Healing. Fran Brown, a Reiki Master and student of Mrs. Takata, has gathered many stories that Hawayo Takata told during her thirty-five years as the only Reiki Master teaching. These stories create an inspirational panorama of Takata's teachings, filled with the practical and spiritual aspects of a life given to healing.

These stories are illustrations from the life of a woman who lived the Reiki teachings. They are funny and serious, happy and sad, reflecting her own upbringing and always demonstrating her deep trust in the Life Energy. The stories also show the growth of Takata's healing power and the simplicity with which she accepted it. From humble beginnings, she became a great figure of strength, loved and respected by all that knew her.

Phyllis Lei Furumoto, O Sensei, the granddaughter of Hawayo Takata and lineage carrier of the Usui System of Natural Healing, expresses her views on Reiki in a short one-page quote at the beginning of the book.

The small 5½ x 8½ softcover, white book is tastefully sprinkled with Japanese calligraphy, art, and black & white photographs of lineage holders Usui Sensei, Hayashi Sensei and Takata Sensei as well as Fran Brown. The twenty-two students who were made Masters under the instruction of Hawayo Takata are also named.

This book is a must read for any practitioner who studies Reiki under the Usui System of Natural Healing. It further delineates some of the confusing history so often presented to the public about the origin and lineage of Reiki.

If you have plans of becoming a Master Reiki practitioner, this book belongs in your library.

## UPCOMING CURRENT EVENTS

- ⚡ [Taoist Water Fast](#) – January 1, 2010 will commence the annual/seasonal Taoist Water Fasting period. Must qualify to participate. Contact Shifu Walker at yangqichen@aol.com for more information and qualification.
- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ will hold Wednesday Morning Senior League bowling starting January 6<sup>th</sup> @ 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site [www.qissagebodysystems.org](http://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](http://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

*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:*

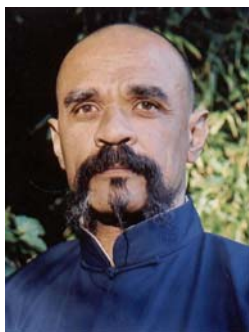
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

### ***A Pinch of Wisdom***

*“Since people haven't changed in millennia, history should be our best teacher”*

### ***Did You Know...***

*... that the more things change, the more they stay the same?*



# Shifu's Message

## "Happy Holidays"

Well, it's been a long, arduous and stressful year but we have finally come to its end.

Economically, we have continued to see people losing jobs, businesses closing, prices increasing and stress mounting.

Mentally and physically, we have witnessed stress-related diseases, disorders and ill health mounting basically because health care costs are unaffordable for everyone.

However, I would like to think that spiritually, we have persevered through all obstacles in these last 12 months.

There are many reasons for our survival. One such reason is what we have learned in classes. Philosophically, Taiji Quan has been one universal tool that has not only helped us prevail in 2009 but will continue to assist us in 2010.

I just want to remind everyone that we still have a long road ahead of us. The problems of our world have not yet been resolved on a global scale and will take more time to become effective in our daily lives.

Each day, take time for you to spend a few quiet moments with yourself just being still. Then move forward with your day.

Most of all don't forget the real reason for the holiday season.

Find the true meaning and spend time focusing on that.

**"HAVE A VERY MERRY AND HAPPY HOLIDAY SEASON!"**

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.*

## HEALTHY FOODS COLUMN

### THYME

#### "Take Time for Thyme"

by Emily Williams

My granddaughter, Alexandra, was captain of her high school tennis team and went on to play at the college level. She continually suffered from aches and pains. A doctor recommended herbal baths using thyme. Most herbal baths recommended using dried herbs but if fresh herbs are available, all the better.

Wrap the herbs in cheesecloth and hang from the water tap. Water temperature should be close to body temperature. Relax and enjoy. You might smell a little like a roast turkey (*thyme is a principle ingredient in stuffing*) after a particularly long soak but what's wrong with that?

Thyme probably came to America with the first settlers. It is used as a seasoning for all foods. Try different varieties such as lemon, oregano or caraway thyme.

You can also try making an herbal tea using 1 tablespoon of the dried herb to 1 cup of water. If using fresh thyme, use 2 tablespoons to 1 cup. This tea is recommended for shortness of breath or congested lungs. Some

herbalists recommend the tea for digestive disorders. Mashing the leaves may be used to soothe skin inflammations.

Have creepy-crawlers invading your house? Make sachets from thyme and place them with your bed linens or hang in your closets.

I have several types of thyme growing in my herb garden. Fairly easy to grow, it may need to be replaced after several years because plants become scraggly. My plants seem to have a set back after a particularly cold winter. To protect them from deep frost use mulch. In spring, cut back any dead wood.

I am still waiting to catch sight of the fairies, which according to an old superstition appear if you plant a bed of thyme. ;-}

## NEW FACES IN THE SCHOOL

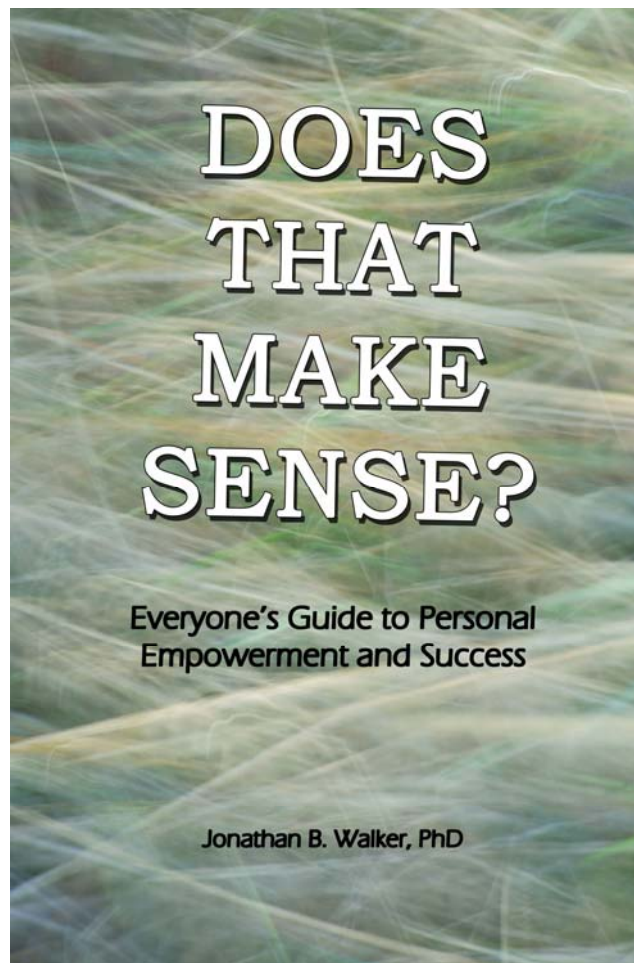


Jeffrey W. Starr has recently joined the ranks of martial artists in the Three Mountains School of Taiji Quan.

He came, he saw, he took a free class then he joined! That's the process and that's exactly what Jeffrey did!

Hailing from Hamilton Township, NJ, Jeffrey has been searching for a martial arts school for the last few months. When asked why he joined this school, he replied, "I wanted to get more than the general market has to offer in a martial arts school! This school has just what I need!"

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!**

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(allow 1-2 weeks from date of payment receipt for delivery)

Order your copy today:

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Sales tax:	1.40	(NJ sales tax 7%)
Postage:	<u>3.65</u>	(all books are shipped 1 <sup>st</sup> class postage)
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\*Credit card payments by phone only. Call (609) 518-9399 to use the following accepted Credit Cards:



# WEDNESDAY MORNING SENIOR LEAGUE

Starts  
January 6th, 2010 @ 9:30 AM

\$6.00 per week per Bowler  
12 Weeks

4 Person Teams

Create your own team with your friends

Join an existing team

Handicap League



Free Coffee Every Week  
While You BOWL



Come Join The Fun Every Wednesday  
At

*Burlington Bowl & Recreation Center*

4486 Route 130 North  
Burlington, New Jersey 08016  
(609) 386-2655

*Please Register For The Weekly League & Return Form to the above address  
Or call (609) 386-2655 ask for Jean or Justin*

1. Bowler: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone Number: \_\_\_\_\_

2. Bowler: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone Number: \_\_\_\_\_

3. Bowler: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone Number: \_\_\_\_\_



# Tai chi



## is martial arts!

*"Fall Special"*



***\*STRETCH YOUR MONEY!***

***\*SAVE 15%!***

*\* Initial enrollment in the martial arts program.*

*We are looking for a few good candidates to join our team!  
Do you want to learn Martial Arts, obtain Black Sash Expertise and  
become the next generation of top-ranked martial artists?*

**QiSsage Body Systems, LLC**

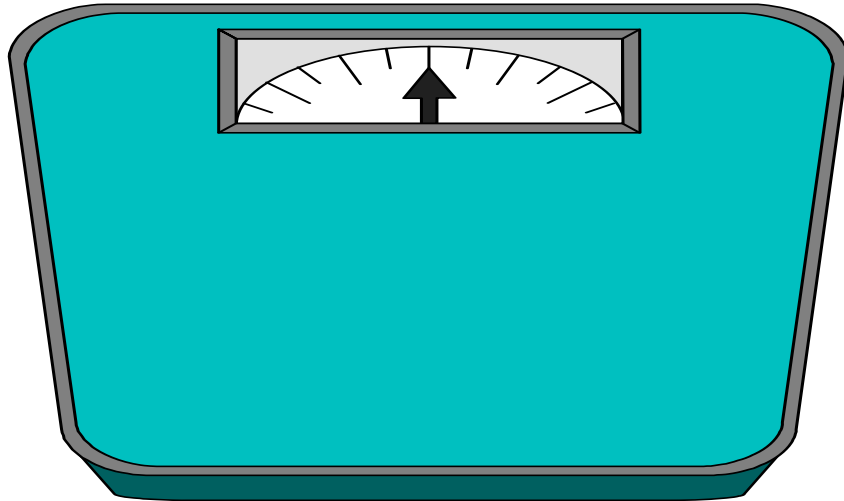
*"Where Self-Defense becomes Health-Defense"™*

***Get Your Training Started Today!***

**Call: (609) 518-9399      email: [yangqichen@aol.com](mailto:yangqichen@aol.com)**

*(You must bring this printed-out ad to qualify for discount)*

MAKE THE NEW YEAR'S RESOLUTION  
THAT CAN CHANGE YOUR LIFE!



**MORE IS NOT BETTER!  
WEIGH LESS, FEEL BETTER!**

***HYPNOSIS***  
***can make a difference!***



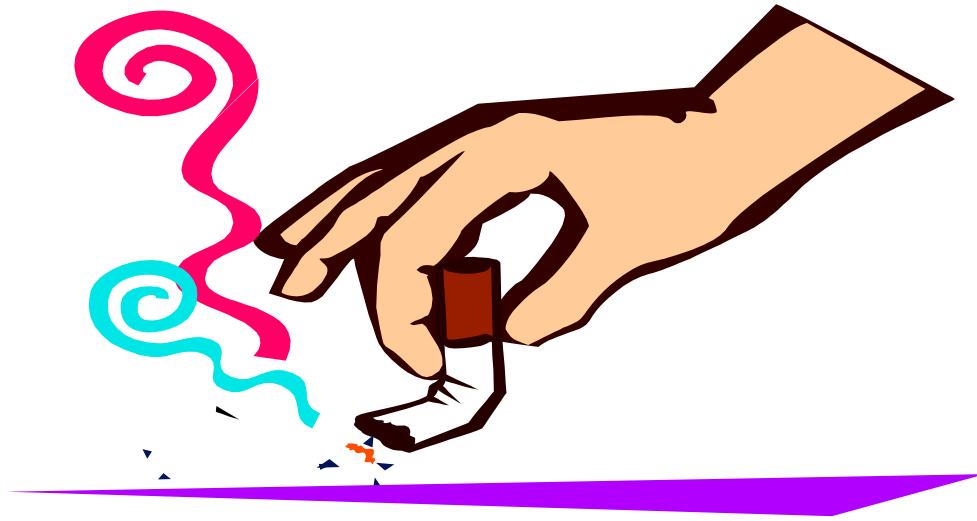
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(609) 518-9399 or email: [tophypno@aol.com](mailto:tophypno@aol.com)

*\*Board Approved Certified Hypnotherapist*

MAKE THE NEW YEAR'S RESOLUTION  
THAT CAN **SAVE** YOUR LIFE!



**SMOKING CAN TAKE  
YOUR BREATH AWAY...  
STOP SMOKING BEFORE  
YOU STOP BREATHING!**

***HYPNOSIS***  
***can make a difference!***



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*\*Board Approved Certified Hypnotherapist*

# "Senior Fitness Special"

ENROLL OR RENEW YOUR  
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**"TAI CHI HEALTHWAYS CLASS"**

DURING THE MONTHS OF:  
**JANUARY - FEBRUARY - MARCH**  
AND WE WILL ACCEPT ONE  
NEW ENROLLMENT IN ANY:

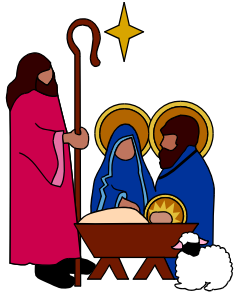
**"TAI CHI FOR  
SENIORS"**

PROGRAM FOR **"FREE!"**

For more details and to learn how you can  
take advantage of this offer:

Contact: (609) 518-9399

# HOLIDAYS



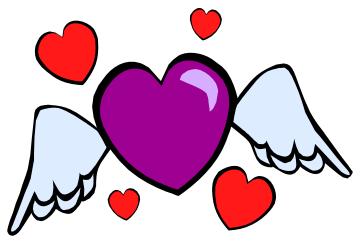
**“MERRY CHRISTMAS”**

**“HAPPY NEW YEAR”**



**“HAPPY KWANZA”**

**“HAPPY HANUKKAH”**



**“VALENTINE’S DAY”**

**“MARTIN L. KING, JR  
DAY”**

**“PRESIDENT’S**



**DAY”**