



TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

Winter Issue, Vol. 7

www.qissagebodysystems.org

December 2010

ADVANCED CLINICAL HYPNOTHERAPIST



Jonathan Walker (lt) and Larry Dash (rt) proudly display their certification as Advanced Clinical Hypnotherapists obtained after completing requirements on December 5, 2010 at The Institute of Hypnotherapy in Edison, NJ.

Shifu Dr. Jonathan B. Walker continues to move up the hypnosis educational ladder. He has worked diligently and has completed all requirements to achieve certification as an Advanced Clinical Hypnotherapist.

This prestigious status is only granted to less than 10% of certified clinical hypnotherapists. It denotes that the practitioner has completed an extensive and advanced clinical hypnotherapy training and has demonstrated proficiency and efficacy far beyond the basic level practitioner.

Shifu Dr. Walker received his advanced training at The Institute of Hypnotherapy in Edison, New Jersey. He employs a revolutionary hypnotherapy called, "Advanced Parts Therapy." Shifu Dr. Walker is also certified in

Medical/Dental Hypnotherapy. He is an esteemed member of International Hypnosis Federation' (IHF). He is also a registered specialist of the International Hypnosis Federation's Medical/Dental Division, which is the highest level of specialty certification bestowed by IHF.

"It's been a great experience learning hypnosis and how it can help so many people achieve their goals in health, wellness and personal success," said Shifu. "I want to continue my education and learn more about this fantastic field. Not only am I learning how to help others but I'm learning more about myself as well," continued Walker. "It has been very satisfying helping people who have come to me for hypnosis. I plan to continue offering private services as well as I have set my sites on achieving the next level of proficiency as a Master Clinical Hypnotherapist (MCH). Who knows, maybe I will eventually seek a doctorate as well," concluded Walker.

ANNUAL AWARDS LUNCHEON



Enjoying the festive occasion are (lt to rt) Ronnie DiSipio, Shifu Walker and Lynn Walker.

Once again, QiSsage Body Systems, LLC held its annual awards luncheon at the popular Carlucci's Waterfront Restaurant on the Rancocas River in Mount Laurel, NJ.

The inviting culinary delights of the restaurant tantalized the mouths of all that attended this seasonal event that identifies those who have achieved honor and distinction among their peers during the year.

Twelve awards were presented to deserving recipients (*pictures page 2*).

ANNUAL AWARDS LUNCHEON



ANNUAL AWARDS LUNCHEON

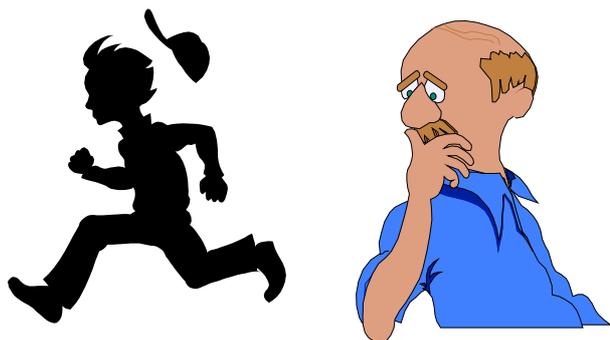


A GREAT TIME WAS HAD BY ALL!

BEST WISHES FOR A HAPPY HOLIDAY SEASON
AND PROSPEROUS NEW YEAR!



HYPNOSIS CORNER



THE ULTIMATE PHOBIA LIST

"Phobias From A - Z"

In the next few issues of the newsletter, we will print the "Ultimate Phobia List." This list will not only name the phobia but also tell you what type of phobia it is.

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

Our list will be alphabetized so we will begin with phobias starting with the letter A and 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.

| | |
|---------------------|-----------------|
| Accidents | Dystychiphobia |
| Aging, growing old | Gerascophobia |
| Air Drafts | Anemophobia |
| Alcohol | Methyphobia |
| Alone | Autophobia |
| Amnesia | Amnesiphobia |
| Amphibians | Batrachophobia |
| Amputees | Apotemnophobia |
| Angina | Anginophobia |
| Angry, becoming | Angrophobia |
| Animals | Zoophobia |
| Ants | Myrmecophobia |
| Asymmetrical things | Asymmetriphobia |
| Ataxia | Ataxiophobia |
| Atomic explosion | Atomosophobia |
| Bacteria | Bacteriophobia |
| Bad men | Scelerophobia |
| Bald people | Peladophobia |
| Becoming Bald | Phalacrophobia |
| Beards | Pogonophobia |
| Bed, going to | Clinophobia |
| Bees | Apiphobia |
| Bicycles | Cyclophobia |
| Birds | Ornithophobia |
| Black | Melanophobia |
| Blindness | Scotomaphobia |
| Blood | Hemophobia |

| | |
|----------------------------|--------------------|
| Blushing | Erythrophobia |
| Body Smells | Bromidrosiphobia |
| Bogeyman | Bogyphobia |
| Books | Bibliophobia |
| Bound, being tied up | Merinthophobia |
| Brain diseases | Meningitophobia |
| Bridges, crossing | Gephyrophobia |
| Bulls | Taurophobia |
| Bums, beggars | Hobophobia |
| Burglars | Scelerophobia |
| Cemeteries | Taphophobia |
| Cancer | Carcinophobia |
| Cats | Elurophobia |
| Changes | Metathesiophobia |
| Chemicals, working with | Chemophobia |
| Chickens | Alexktorophobia |
| Childbirth | Maieusiophobia |
| Children | Pedophobia |
| Chinese culture | Sinophobia |
| Chins | Geniophobia |
| Choking of being smothered | Pnigophobia |
| Church | Ecclesiophobia |
| Clocks | Chronomentrophobia |
| Clothing | Vestiphobia |
| Clouds | Nephophobia |
| Clowns | Coulrophobia |
| Coitus | Coitophobia |
| Cold, extreme | Cryophobia |
| Cold things | Frigophobia |
| Cold | Psychrophobia |
| Colors | Chromophobia |
| Comets | Cometophobia |
| Computers | Cyberphobia |
| Confined spaces | Claustrophobia |
| Constipation | Coprastasphebia |
| Contagious, being | Tapinophobia |
| Contaminated, germs | Misophobia |
| Cooking | Mageirocophobia |
| Cosmic phenomenon | Kosmikophobia |
| Crosses or crucifix | Staurophobia |
| Crowds or mobs | Agoraphobia |
| Crystals or glass | Crystallophobia |

This is the first (*A-B-Cs*) of the ultimate phobia list. Have you identified any phobias that you may have or know of someone who may have one or more?

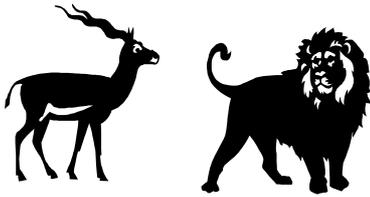
Phobias are fears that have gotten out of control and are not based on reality. Sometimes they gradually get better over time and sometimes they get worse but remember, phobias can be resolved quite easily by using hypnosis.

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.

TIPS FOR SUCCESS

Articles, Quotes & Comments
from Shifu



"The Lion & The Gazelle"

In a far off land, early in the morning there lays a gazelle thinking, "This morning, I need to get up and run as fast as I can. If I don't, I will die because there is a lion that will eat me."

In that same land early in the morning there lays a lion thinking, "This morning, I need to get up and run as fast as I can. If I don't, I will die because I will not eat."

One possible interpretation to this story is that success belongs to the diligent and hard working individual. If you don't work each day at what you do best, success will not be your reward.

Each day that you open your eyes and breathe another breath of life, you must start your day with that which you do best! You must stay focused on your goal. You must be diligent and unwavering. You must persevere.

Each one of you has a natural talent that is uniquely yours. You must be aware of that talent and use it often to reach your goals. All you have to do is match our talent with a proven process or method of success. This winning combination will lead you to your goals and success in your life.

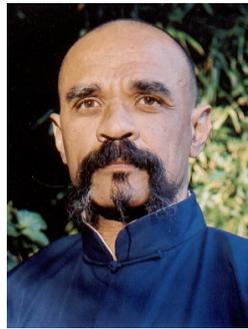
HEALTH TIPS:

Want to loose weight without becoming fanatical?

It's simple and easy to do. Just follow this short process and watch the pounds come off!

1. Eat three square meals a day.
2. Avoid snacks (*any type*)!

3. Exercise at least 20 minutes 3 times a week (*aerobic exercise*).
4. Be sure to get at least 6-7 hours sleep every night.



Shifu's Message

"Clear and Simple"

My message to all of my family, friends, colleagues, students, associates and brothers and sisters in the arts is clearly and simply, "Have a safe, wonderful and happy holiday season. May the New Year bring you peace, prosperity and good health for 2011."

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

Gold, Frankincense & Myrrh
"The Gifts of the Wisemen"
by Emily Williams

We all know the value of gold but what exactly are frankincense and myrrh?

Frankincense is described as an aromatic resin coming from various Asiatic or African trees. It is used chiefly in the burning of incense especially in religious ceremonies.

Myrrh, although listed in many herb books, is also an aromatic resin. The best myrrh is said to come from Turkey. It has been stated that Moses was instructed to anoint the heads of priests with an oil containing myrrh. Egyptians used myrrh in embalming fluids and it was thought to be a cure for cancer and leprosy. It has astringent and antiseptic properties. Myrrh, when burned is said to repel mosquitoes (*a good thing to have in New Jersey*). Although the trees from which myrrh is extracted do not grow in the United States, myrrh is available in some drug and health food stores.

Sage is a beautiful perennial herb – a welcome addition to any garden. It is very hardy. Although the leaves shrivel when cold, they may be used throughout most of our northeastern winters. The plants thrive when there is little rain. Prune after blooming.

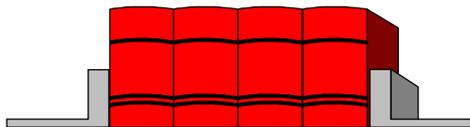
In addition to gold, frankincense and myrrh, bedstraw is an herb often associated with the Christmas season. When dried, it was commonly used to fill mattresses and pillows. It's been said to have been used in the manger of the Christ child.

It is an attractive herb for your garden. Low growing with feathery leaves. It makes a good ground cover. It likes full sun. Trim back if it starts to become invasive.

"Happy Holidays."



Martial & Healing Arts Book Review



Title: The Yin of Tai Chi
Author: John Lash
Publisher: Yega Books Limited
Copyright: 2000
ISBN: 1-84333-615-4
List Price: \$9.95
Reviewer: Lynn M. Kosek-Walker

This insightful and inspiring book takes an in-depth look at the mystery and true meaning of Tai Chi. The author, John Lash, is a Tai Chi teacher with more than 30 years of experience. He has a master's degree in Philosophy and has traveled extensively, visiting sacred places around the world.

The book emphasizes that Tai Chi is not merely a sport or form of exercise. The author delves deep into the philosophy and uses lots of personal stories to bring it to life. Lash notes that westerners typically separate all aspects of their lives while easterners see the connection of mind, body & spirit.

Lash explains the relationship of the Tao to Tai Chi. He uses Lao Tzu's writings to give greater clarity to its meaning. He goes into great detail about Wu Chi and how it is related to love. He states that, "Wu Chi is our true nature and links us in oneness with everything else in the Tao." He notes that without being rooted in Wu Chi a student's moves are merely exercise.

The author sees Tai Chi as something that should be lived and learned everyday of our lives, not just something that we experience once a week in the classroom. He explains that by using Tai Chi philosophy, we can learn from everyone and everything that we encounter in life. He believes that the importance of Tai Chi is to connect with who you really are and to see the interconnectedness you have with the universe.

Lash explores issues such as pain, the ego & love. He also goes into depth about living a Tai Chi life, the purpose of a Tai Chi school and the relationship between students and their teacher.

While I don't personally agree with all that the author says, I think that he has some very enlightening views about the meaning of Tai Chi. Some of his analogies are a little unusual. He acknowledges that readers may question his observations. "Though your mind might laugh and ridicule the things written on these pages, your heart will know that it has touched upon reality."

Yes, John Lash does surprise us and make us think. His book is well worth the read for all Tai Chi students.

UPCOMING CURRENT EVENTS

- ⚡ [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.
- ⚡ [Annual Awards Luncheon](#) – After a lapse in routine last year, we will again conduct our Annual Awards Luncheon at Carlucci's Waterfront Restaurant in Mt. Laurel, NJ in December.

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.*

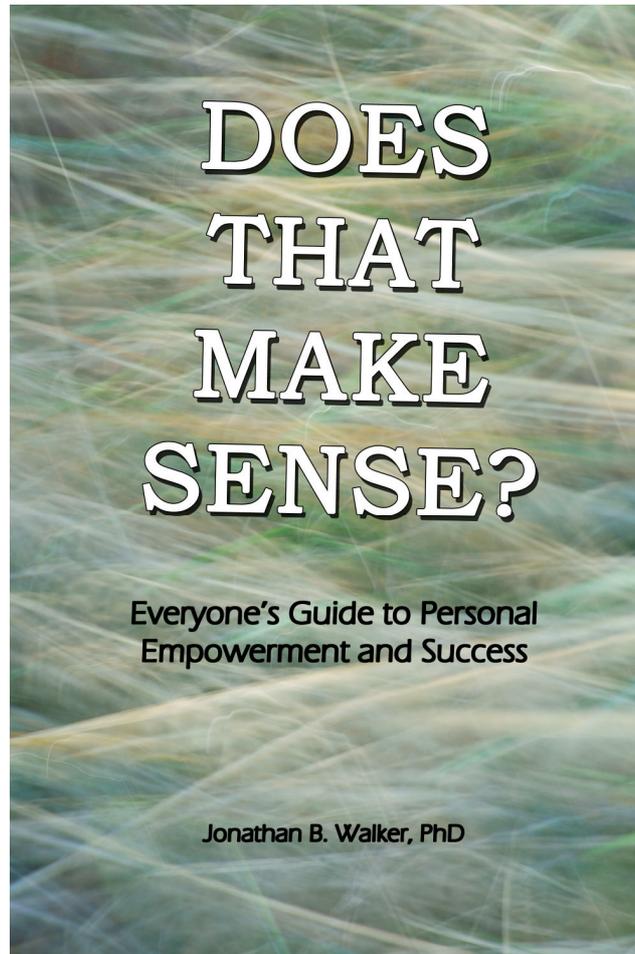
A Pinch of Wisdom

"Anyone can be happy during good times, but only the strong can be happy in bad times."

Did You Know...

*... that lost time is never found again.
(Benjamin Franklin)?*

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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~

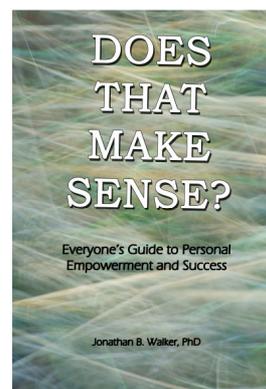
-----COMMENTS ABOUT THIS BOOK-----

"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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“Does That Make Sense?” *Everyone’s Guide to Personal Empowerment and Success*



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| Does That Make Sense? by Jonathan B. Walker, PhD Paperback, 32 pages Size: 8 ½ x 11 Pub: July 2009 | \$19.95 | _____ | _____ |
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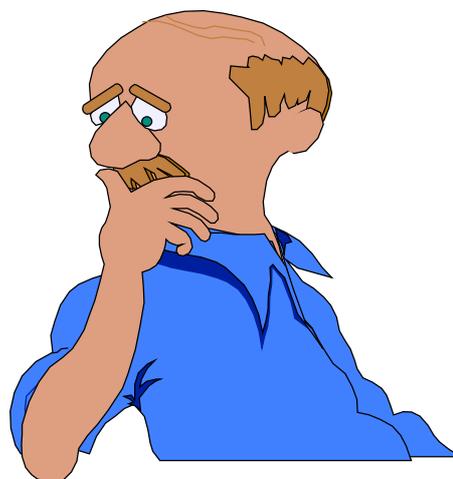
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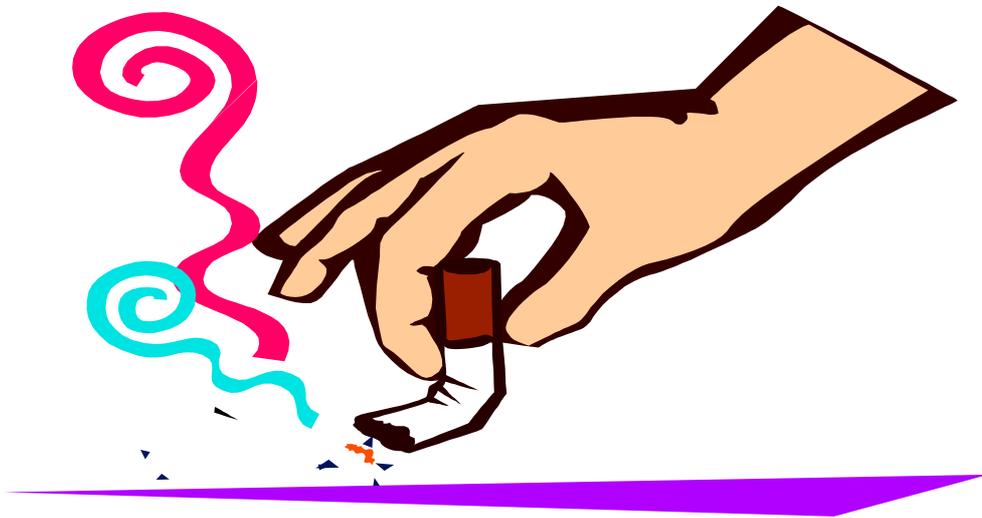
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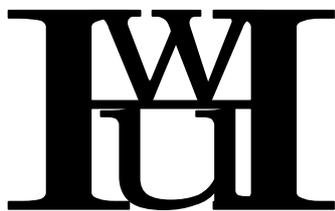
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2011 YEAR OF THE RABBIT

February 3, 2011

RABBIT PERSONALITY TRAITS:

Although generally calm, gentle and loving, Rabbit people can be very ambitious and intuitively know how to get ahead in the world.

They are good listeners, kind and sweet by nature, and are therefore often sought out as popular and trusted friends. Generally noted for their physical beauty, Rabbits like to surround themselves with beautiful things. They have a good eye for art, design and fashion, and are usually at the top of anyone's Best Dressed list.

Others may call the Rabbit timid, but those born under this sign rightly view themselves as wise and cautious.

Rabbits are rarely known to make a move or jump into any new situation without first carefully considering all their options. No one is more surprised than Rabbits when they win a poker hand or hit the jackpot at the races, although at times good luck just seems to come their way unbidden.

Rabbits are regarded as the peacemakers in any group. They remain calm in any situation, and are very slow to anger.

In close personal relationships they can be very romantic, but their natural cautiousness prevents them from settling down or committing to any one person right away.

At work, they excel by remaining cool and collected, and can be relied upon for extreme tact in delicate business dealings

RABBITS ARE MOST COMPATIBLE WITH:

Sheep, Dog and the Pig

FAMOUS PEOPLE BORN IN THE YEAR OF THE RABBIT:

Albert Einstein, Leon Trotsky, Frank Sinatra, Pope Benedict XVI, Angelina Jolie, Brad Pitt, Johnny Depp, David Beckham, Tiger Woods, Whitney Houston.

HOLIDAYS



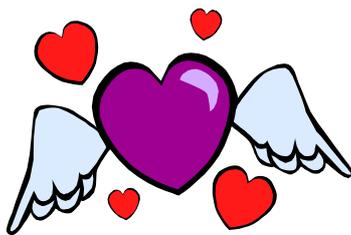
“MERRY CHRISTMAS”

“HAPPY NEW YEAR”



“HAPPY KWANZA”

“HAPPY HANUKKAH”



“VALENTINE’S DAY”

**“MARTIN L. KING, JR
DAY”**

“PRESIDENT’S



DAY”