



TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Fall Issue, Vol. 6

www.qissagebodysystems.org

September 2009



REIKI GOES TO WHERE IT IS NEEDED & SO DO ITS PRACTITIONERS



Lynn Kosek-Walker is a Level III (ART) Reiki practitioner who will soon become a Master Practitioner. Here, she is seen displaying a set of crystals for new practitioners studying to achieve Level III (ART).

The Usui System of Natural Healing School of Reiki recently certified five new practitioners to Level III – Advanced Reiki Treatment or ART.

That class was conducted by Reiki Master Teacher Jonathan B. Walker and assisted by Level III (ART) Practitioner Lynn Kosek-Walker who is gradually becoming more active in this role as the school grows.

“I agree the Reiki Level III class had wonderful energy. This was my second time taking the class so I approached it from more of an observational perspective this time. I also enjoyed talking about the use of crystals with Reiki. Looking forward to taking the Master Class with Guy the end of August,” quoted Lynn in a recent FaceBook comment where

Lynn and Guy are both Tai Chi and Qigong practitioners as well. They are very demonstrative of the saying, “Reiki goes to where it is needed.”

THE IMPORTANCE OF ENGAGING THE WAIST

What is all of the hyp about engaging the waist when playing Tai Chi? Well, let’s take a look and see what it could be.

The waist is the connection between upper and lower body. It is through this connection that we permit the qi flow (*power*) from under to move from the feet through the legs to the arms and become expressed in the hands. It is very easy for the trained eye to identify when the waist is correctly used in Tai Chi by simply watching the feet and hands of the Tai Chi player.

Anatomically, the waist is the only part of the human thoracic body that is not protected by the skeletal system. It is supported only by the lumbar (*vertebrae*) spine. However, this single bony structure enables us to produce amazing movements. We can bend forward, backward, sideward while simultaneously rotating the thoracic body right or left. The combination of these movements enables us to create a multitude of orbital actions. Other than the cervical spine (*neck*), no other part of the body has this capability.

One drawback with this part of the body is that we can easily and often do create injury in this area mostly because of our lack of strength in the muscular structures surrounding the waist (*mainly the stomach and lower back muscles*).

Engagement of the waist in Tai Chi accomplishes many goals. It strengthens the muscular structure or core muscles. It massages the internal organs including the kidneys (*which are often overlooked in traditional exercise*). It transmutes the energy (*qi*) from the feet to the hands. It houses the girdle meridian. Meridians from the upper body and lower body connect through the waist and much more.

Proper use of the waist in Tai Chi will be realized when the practitioner feels the waist connect the entire body and deliver the qi. Try this simple exercise to discover “engagement of the waist.”

Stand upright with feet flat and parallel about should width apart. Now fold your arms across your chest. Next, turn your shoulders as far as you can to the right or left without moving your hips in the process.

If done properly, you will feel your sides (*between the crest of your hip bone and last the last floating rib*) start to bind on one side and stretch on the opposite side. At this point you cannot move any further without other parts of your body becoming involved.

If done improperly, you will not feel the above action but you will notice that your hips move as wells as you knees, ankles and the weight in the sole of your feet will shift towards the outer/inner part of your feet on the floor.

Practice engaging the waist to improve internal organ functions and strengthen the muscles in the waist.

HYPNOSIS CORNER



“SELF-HYPNOSIS
AUDIO-FILES
ON OUR WEB”

We have now made it easier to experience hypnosis with us than ever before.

We have loaded a simple “relaxation/stress reduction” audio file on our web site. Provided in an MP3 file, you can download it or listen to it on your computer.

We recently added some features to our web site and the audio files in addition to video files have been the main focus lately.

One of the first audio files to be added is the self-hypnosis file for relaxation and stress reduction. It is recommended that you first read our web site section on “Hypnotherapy” especially if this is your first experience with hypnosis. It will give you a better idea of what to expect and provide background information on this exciting field. That section can be found on our Home page by clicking the menu tab labeled, “Hypnotherapy.”

Take a few moments and read through this section. It provides an introduction, background and history, FAQs, a description of a typical session and introduces our board certified hypnotherapist.

In the near future, you can expect to see other hypnosis files added to our site.

So give it a try. The only thing that you have to lose is stress!

NOTE: Never attempt to do self-hypnosis while driving, operating machinery or performing any acts, tasks or jobs that may be considered dangerous or potentially dangerous to you or any other person or persons.

To learn more about hypnosis or schedule an appointment, contact Jonathan B. Walker, CHT at tophypno@aol.com or call (609) 518-9399.

REIKI NEWS

“SCHOOL ADOPTS A LOGO”



**Usui System of Natural Healing
School of Reiki**

The Usui System of Natural Healing School of Reiki is proud to present its new school logo. Designed with a message and meaning, it represents not only the school but also the direction that its practitioners should follow in their practice of this healing art.

“The logo has significance,” stated Sensei Jon Walker. “I created it with Reiki in mind. Each part of it is symbolic of a specific aspect of this healing modality and our purpose with it.

The color green is characteristic of the heart chakra which is representative of divine/unconditional love, compassion, understanding and oneness in life. This chakra anchors the life force from the Higher Self.

The shapes are significant in that they are the only geographical shapes in the universe. They represent the trilogy of our existence.

The square is representative of our foundation or root to Mother Earth; the circle representative of our center where the heart is acting as a conduit for the Higher Energy to channel through; and the triangle pointing upward represents the Higher Existence or Spirituality descending from the One downward over all. “In essences, this logo is significant of our connection from the earth below to our source of benevolence from above,” said Sensei.

“Therefore, this logo means that we as Reiki practitioners receive the source of benevolent energy from above into our hearts and it is from our hearts that we bring this energy to those who seek our assistance., added Sensei.

You will begin to see this logo appear on all literature, web sites, correspondence and communications with the school and its practitioners. There will even be patches and/or T-shirts created with the new logo.

“As with all logos, eventually you will come to recognize our school and its practitioners by this logo,” ended Sensei.

TIPS FOR SUCCESS

Articles, Quotes & Comments
from Shifu

Again, I would just like to stimulate your mind to move toward achievement and success by giving you a few quotes and/or comments to think about.

These words are not necessarily my words but they are provocative words that cause the mind to ponder.

Whatever they do for you, use the results wisely:

- *Anything is Possible.
- *Perfect practice makes Perfect.
- *Know thyself.
- *Actions speak louder than words.
- *Experience is the best teacher.
- *Hard work pays off.
- *Where there is a will there is a way.
- *Success is a journey not a destination.
- *Happiness is a choice
- *Seek not the men of old, seek what they sought.
- *The road to success is paved with simplicity.
- *Don't try, do!
- *Procrastination is the thief of time.

You may recognize some of the quotes or you may not. Some may have meaning for you or some may not. Hopefully, there is something here that "strikes a cord" with you.

HEALTH TIPS:

ACETAMINOPHEN

In the last few months, there has been a concern about the amount of acetaminophen that has been used by consumers and the relationship to liver damage or death from an overdose of this over-the-counter (OTC) medicine.

This drug, better known to most citizens as Tylenol, is also contained in other popular OTC medicines like NyQuil and Excedrin as well as prescription

medicines like Vicodin and Percocet. Many drugs that say "cold and flu" probably contain acetaminophen for muscle pain and fever.

An FDA memo, as reported by Mary Brophy Marcus of US TODAY, reported that an estimated 110,000 emergency room visits a year are related to acetaminophen and several hundreds of cases of acute liver failure are also reported.

With this growing concern, it is highly suggested that consumers be more aware of the OTC medications that may contain acetaminophen. Too much acetaminophen consumed in a day can lead to toxicity and complications thereof.

If you have a valid concern about how much acetaminophen that you may be consuming, contact your primary health care physician, organization, pharmacist or health care provider for recommendations.

RECENT OBITUARIES

Dr. Steve L. Sun

October 1939 – August 2009

Steven L Sun, PhD., 10th Degree Black Belt, born in Tainan, Taiwan, China advanced to the next realm at 70 years of age in August 2009.

Son of Grandmaster Chun Sun who was renowned for deep skills, encouraged his son to begin serious training in the martial arts upon reaching the age of ten years. Grandmaster Chun Sun guided his son's early training and directed him to advanced studies with respected masters in both Northern and Southern Shaolin styles.

Dr. Sun came to the United States in 1967. He founded the Siu Lum Martial Arts Academy in Havertown, PA in 1983 to offer a full program in Northern and Southern Kung Fu and in Yang Style Tai Chi Chuan (*Chi Kung, Forms, Weapons, Applications, Sparring, and Competition*). Dr. Sun's personal skill and dedication in the martial and internal arts was recognized in 1985 with a closed door invitation to become a disciple at the Shaolin Temple in Henan Province, China by training under renowned Shaolin masters in the ancient arts such as Abbot Su-Xi who trained him in Internal Qigong and Advanced Chin Na. Successful completion of the Shaolin program made Dr. Sun a 31st generation disciple with martial art brothers around the world.

Dr Sun's life has effected the hearts and minds of many martial artists.

Mayor Fred Lyman Simpkins "Toot"

March 16, 1931 – August 27, 2009

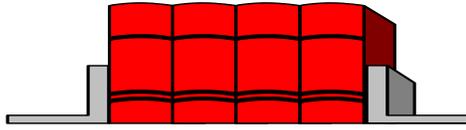
Frederick Lyman Simpkins, (*Toot*), Mayor of Pemberton Borough, NJ age 78 departed this life on August 27th surrounded by his family. He was a lifelong resident of Pemberton Borough and a graduate of Pemberton High School Class of 1950 where he was a Star Basketball Player and later inducted into the Pemberton Township High School Hall of Fame.

Fred was elected to the Pemberton Borough Council in 1968 and elected Mayor in 1979 where he held that office (*for 30 years*) until his untimely death.

Mayor Simpkins was a great friend and supporter of QiSage Body Systems, LLC. He was the first New Jersey mayor to endorse World Tai Chi & QiGong Day by written proclamation. His continual annual endorsement led to eleven other mayoral proclamations, a New Jersey Senate and General Assembly Resolution and a NJ Gubernatorial proclamation for this annual event.

Mayor Simpkins will truly be missed among us but his impact lives on.

Martial & Healing Arts Book Review



Title: Anatomy of Movement
Author: Calais-Germain
Publisher: Eastland Press/Seattle
Copyright: 1993
ISBN: 0-939616-17-3
13:9780939616-17-6
On-line
List Price: \$33.83
Reviewer: Jonathan B. Walker

Although, I haven't yet read this book, I have scanned its contents intensely. I find that it is complete and informative without getting totally medical about the physical movement of the human body.

In a compact paperback edition, this book is very handy for Tai Chi students who are not all that familiar with their body or its physical movements. It has great black and white illustrations that depict musculo-skeletal motion of the head, neck, shoulders, arms, hands, trunk, hips, legs, and feet. It gives a short course in anatomical names for these parts but not so involved as to disillusion the reader.

Available through Barnes and Nobles on-line and their suggested outlets, one reviewer gave these comments:

"A dynamic, integrated approach to the study of the physical structures of the musculo-skeletal system and their functional relationship to the movements of the human body. In clear and concise text illustrated with more than a thousand graphic drawings, the author takes on a lively tour of the muscles, bones, ligaments and joints of the arms, legs and trunk."

This book is a "must have" for any serious martial arts practitioner when it comes to understanding the human body and its performance as well as very informative about healthy and correct anatomical movement.

It gets a "5 Star" rating on my scale!

CURRENT EVENTS

// Reiki Classes –

Level I: September 26, 2009 at 9:00 am - 3:30 pm

Level II: October 24, 2009 at 9:00 am – 3:30 pm

// HPA Seasonal Workshops – We have more exciting and new workshops out of Albany, NY this year. October 17, 2009 - "Chinese Yoga with Healing Qi." This classes will be conducted in central/southern New Jersey.

// Westampton Day – September 26, 2009, 11 am – 4 pm at the Burlington county Special Services School on Woodlane Rd, Westampton, NJ. Full day of fun family-oriented activities at no charge.

//

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:

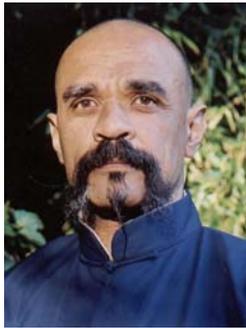
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or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

A Pinch of Wisdom

"Humility brings us back down to earth and plants our feet firmly on the ground"

Did You Know...

... just because something is not familiar to you does not mean that it does not exist?



Shifu's Message

Winding Down the Year

Fall is approaching and its time for the kids to go back to school and summer vacations to come to an end.

Economically, we continue to see people losing jobs, businesses closing, prices increasing and stress mounting. So far, it's been a tough year but we persevere.

I just want to remind everyone that we still have a long road ahead of us with stress mounting daily. Hopefully, you have been able to use the summer time vacations as a means of stress reduction or management.

Now that we are "back to the grind" so to speak, let's be reminded of our stress management tools we have learned through the year to date.

Each day, take time for yourself to spend a few quiet moments with yourself just being still. This allows you time to center and get grounded. Then move forward with your day. These short "breaks" are very helpful and mentally healthy during the course of the day when we get caught up in the business of work or daily activities.

Other helpful hints are to get adequate rest nightly, eat three sensible, healthy meals daily and make sure that you have regular exercise in your week. These three fundamentally important factors

are the basis for good mental, physical and spiritual health regardless of whether you are a traditional or holistic health practitioner.

Seek those who can help you. Help those who seek your help. We are all in this together and together we can all get through this successfully.

If I can help you, all that you have to do is ask!

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

SAGE
by Emily Williams

We generally think of sage as a culinary herb. Where would our Thanksgiving turkey be without sage dressing? An all around herb, young leaves may be cooked with almost any food I particularly like the following:

Sage leaves in flour and water batter. Put 1-cup water in soup plate. Gradually add about 2/3 cup of flour, stirring with a fork. When batter is the thickness of sour cream, dip washed and dried sage leaves. Fry in hot oil until crisp. Drain on paper towels (the batter acts as a barrier keeping the leaves from absorbing fat).

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.

Sage also has medicinal value. Claims in early herb books have been made for the cure of epilepsy, insomnia, seasickness, warts and yet another cure for snakebite. Because of the oils and tannins contained in sage, it is sometimes used as an antiperspirant, insect repellent or after-shave.

In parting, think about this quote from a 10th century medical school in Italy:

"Why should a man die when he can go to his garden for sage?"

SHARE THE WEALTH

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

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

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

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

DOES THAT MAKE SENSE?

"Does That Make Sense?" is now in its third printing. The author, Shifu J. B. Walker, PhD, states, "We have had a great reception from our introduction of this book into the public. People are ordering and purchasing the book from us daily. We are now preparing to schedule presentations and book signings for community groups, schools, organizations and businesses."

This book is published and sold exclusively from QiSage Body Systems, LLC.

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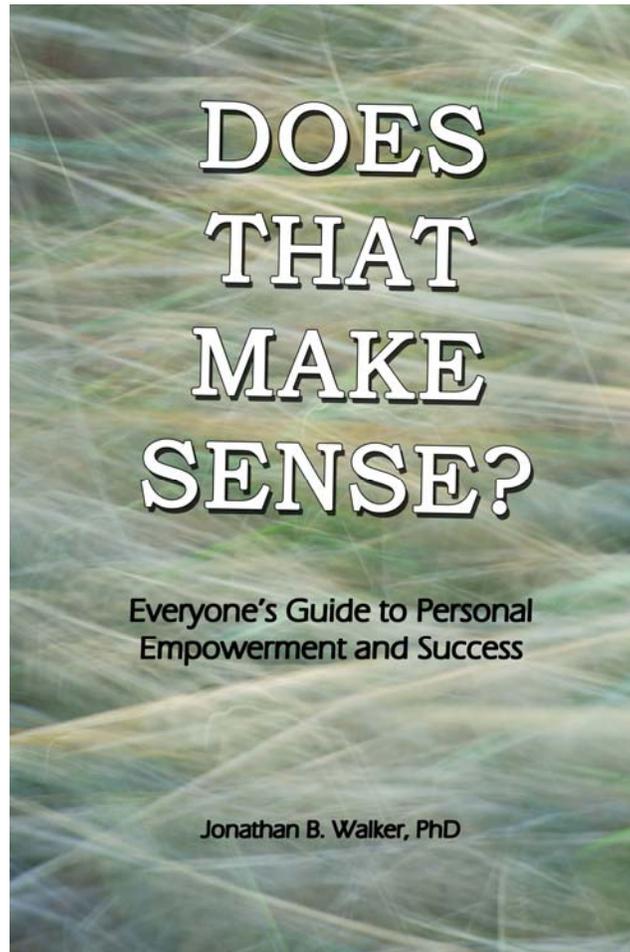
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“Making your world healthier”

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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 only through QiSsage Body Systems, LLC~
(allow 1-2 weeks from date of payment receipt for delivery)

Order your copy today:

Price:	\$19.95	
Sales tax:	1.40	(NJ sales tax 7%)
Postage:	<u>3.65</u>	(all books are shipped 1 st class postage)
Total:	\$25.00	

Payment methods accepted:

Checks, money orders made out to: *QiSsage Body Systems, LLC*

Remit payment to:

QiSsage Body Systems, LLC
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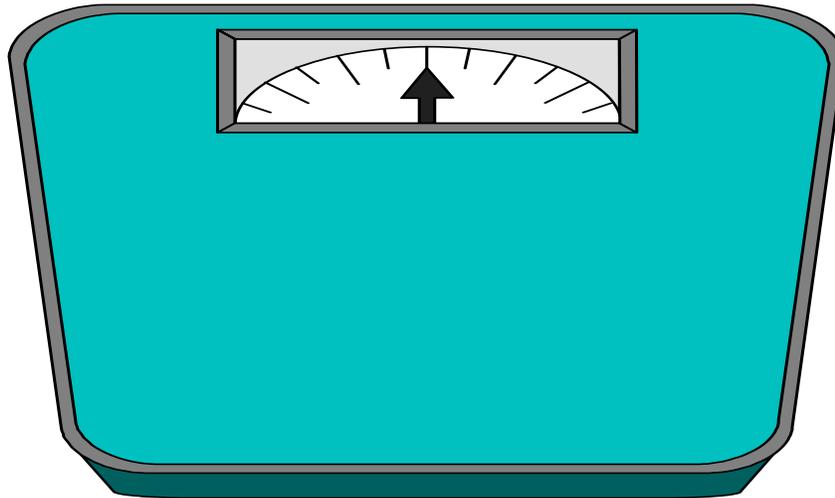
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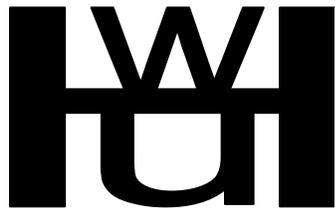
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DON'T LOSE CONTROL!***



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Want Help?**

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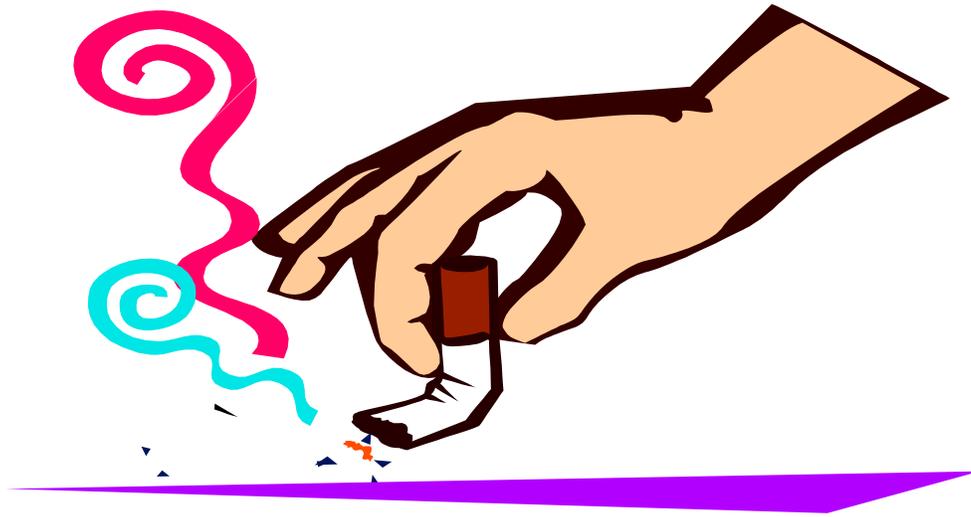
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BEFORE YOU QUIT
BREATHING!***



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present



Chinese Yoga with Healing Qi

Chinese Yoga is a combination of Tai Chi, QiGong, balance, stretching and meridian stimulation that can reduce pain of arthritis, common neck & back pain, and lower high blood pressure.

Shifu Jonathan B. Walker, PhD will be your host and instructor. He is one of many internationally certified HPA instructors who receive regular training under Grandmaster Jianye Jiang.

Date: October 17, 2009
Time: 9:00 a.m. – 5:00 p.m.
Location: The NAC
64 Hanover St., Pemberton, NJ 08068

Cost: \$100 “Early Bird” (2 months prior to)
\$150 – 1 month prior to workshop
\$175 Less than 1 month prior to workshop

****Register early to get a FREE T-Shirt & FREE lunch!**

For information and registration, call:

Shifu Walker (609) 518-9399 or email to: yangqichen@aol.com

-----**REGISTRATION FORM**-----

Name: _____ Date of Registration: _____

Address: _____

City: _____ State _____ Zip _____

Phone: (____) _____ - _____ Cell: (____) _____ - _____

DOB: ____/____/____ Age: ____ T-Shirt Size: S M L XL XXL

Email address: _____

Registration type (circle one): Early Bird 1-month Less than 1 month

Amount Enclosed: \$ _____

Method of Payment (choose one):

Cash Check # _____ MO# _____

Credit Card:



*Make checks/M.O. payable to:

QiSsage Body Systems, LLC

*Send registration & remittance to:

**QiSsage Body Systems, LLC
3 Warwick Road
Eastampton, NJ 08060-3222**

ABOUT CHINESE YOGA

Ancient Chinese history, of more than 2500 years ago, shows evidence that people practiced martial arts. In drawings found at the Tomb of Ma Wang Dui in Xi Han Dynasty in Hunan Province people are depicted posing in various martial arts postures. Other examples in succeeding dynasties support this conclusion: The Five Animal Frolics created by Hua-Tua, a famous doctor in the East Dong Han Dynasty; the Eight-Section Brocade and the Dragon Door QiGong of the Song Dynasty; and the Buddhist's Shaolin of the Ming Dynasty.

Grandmaster Jianye Jian has been researching this unique combination of Chinese and Indian art cultures. His study has confirmed that all of the movements are fundamentally similar to Indian Yoga except for the naming of the forms.

This Chinese Yoga Series is an attempt by Grandmaster Jiang to create a new system based on these earlier forms while maintaining the integrity of the Yoga heritage.

He has divided the Chinese Yoga Series into four levels: Beginner & Seniors, Intermediate, Advanced and Master. The purpose of this series is to improve the health and knowledge of every practitioner and to explore its many benefits together.

Shifu Jonathan B. Walker, PhD, is one of many internationally HPA Certified Instructors. He teaches the Health Preservation Association classes in Eastampton, NJ, USA. Shifu Walker has been teaching these classes since the inception of the HPA in 2007.

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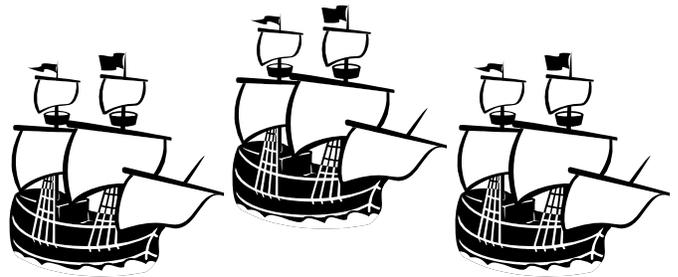
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HOLIDAYS



LABOR
DAY

COLUMBUS
DAY



VETERANS
DAY

Thanksgiving

