

Sun Do News

INTERNATIONAL SUN DO ASSOCIATION - NON PROFIT ORGANIZATION
FALL 2014, VOL. 30, ISSUE 2

Dear Members,

Crisp autumn air
touches my skin,
moonlight sparkles on
the clear water.

Dao De Ching (16) says,
"We all return
to our root,
Returning is
stillness and destiny"

In the moon's reflection,
my root looks
back at me.

—BOUP SA BO RON CATABIA

Finding Sun Do and Myself

by Nicole Galipeau

I started Sun Do in the fall of 2008. The year before I had a life-changing experience; I became a mother. It was a surprise experience, much like all the unplanned major events in my life with a man I gave my love to, but never believed I could plan a future with. We struggled to make it work and become a family, but it was not meant to be. One month after giving birth

I became depressed. I suppose it was post-partum depression, yet feeling depression was something I was already very familiar with. I had felt those gripping black fingers clutch my heart at many times in my life, even in early childhood. This time I doubted I could ever be a good mother. I just couldn't see the future in any

...continued on page 2

Inside

Finding Sun Do and Myself.....	1
Sun Do Members.....	2
Promotions.....	4
Lost.....	4
Some Notes on Sun Do.....	5
2015 Retreat Schedule.....	6
Sun Do Centers.....	7

International Sun Do Association

Master Hyunmoon Kim
(Boup Sa Nim)

Associate Masters
(Boup Sa Bo)
Ron Catabia
Tora Strawderman
Phillippe Lewkowicz

Teachers
(Sa Bum Nim)
Rich Magnussen
Glenn Magnussen
Lucie Lambert
Virginia Platt
Betsy Forrest

Senior Instructors
(Sa Bum Nim)
David Delbrook
Jamie Bussiere
Betsy Barstow
Brian Quirk
Song-Am Min
Al Passacantando
Ginger Hobbs
Hank Babcock
Steven Wong
Anne Lee
Christine Ucich
Maria Kim
Eunmi Han

Instructors
(Su Sa Nim)
Diane Matta
Kwang Lip Pang
Byung-Min Kim
Martin Kemple
Stan Baker
Richard Barstow
Don Robishaw
Heidemarie Heiss
Holmes
Stephen Holmes
Rich Kramer
Ginny LeRossignol
Stanley Szczabrowski
Barbara McCandless
Heidi Meyer-Bothling
Jerry Geier
Erik Spears
Roy Bushman
Kim Hedegaard
Joel Dunning
Lucy Young
Theresa Dunning
Don Zickefoose

Instructor Trainees
(Su Sa Nim)
Mina Kim
Young June Kim
Sheila Pfeifer
Nadine Bennett
Alexander Wolf
Nora Downey
Sharon Kamenka



Meeting in the teepee, summer retreat 2014

Photo courtesy of Lucie Lambert

...continued from page 1

good light, so I lived each day as though it was a burden to live, often thinking of death as my only possible solace.

I had practiced various forms of yoga throughout my life and had been practicing sitting meditation for years as well. Since I was mostly at home with my baby, I sat or exercised sporadically in my living room. One day a man that had been working on the roof of our house mentioned to me in passing that he saw me stretching through the window and wondered what tradition of yoga I was following. He was a very kind person, and we established a sort of conversational acquaintance. He told me he practiced Sun Do and described what that was like for him. He gave me the times when his group met, and I made up my mind to give it a try.

After my very first class of Sun Do I knew this was the way for me! I could feel the positive energy

move around my body from the first set of stretches! As I tried the gentle timing of my breath, with my mind's eye concentrating on my abdomen, I felt a sense of relaxation growing as never before. Yes, I was in dire need of paying attention to myself, both spiritually and physically, so the grace of this was all immediately relevant to me. I knew this was a path I wanted to follow.

In the next few weeks I noticed a growing strength coming from the center of my body. My abdominal muscles tightened. The muscles there were slightly sore during the first few weeks, and I imagined it was from the deep breathing alone. I also noticed that I was starting to use my body differently. All the everyday actions one takes, whether to carry or bend and lift, felt as if I were moving differently. I had funny little physical epiphanies. It seemed that my body was becoming trained to start and physically exert activity with a

...continued on page 3

...continued from page 2

focus from my middle. The strength began there and carried out to my limbs. In such a way I felt stronger, firmly attached to the ground. More balanced. More whole.

My troubled mind also began to heal. It seemed that just by taking the actions to care for and love myself gave immediate relief. Through most of my life I had wondered, "Who am I?" That wallowing question felt hopeless. This new way of meditation, while controlling the breath—and essentially the body—was most effective in quieting my anxious mind.

Sitting with oneself in meditation is to sit with whatever one is feeling and experiencing at that moment. Facing this, with either gladness, fortitude, or angst, one continues to breathe and repeat the postures that all along have been the focus. In this way we allow ourselves to just be, and those feelings that may have directed us in some way are given

presence, somehow watched, somehow let go with every breath.

The mind is in spinning wheels at the

Navel, heart, throat, head.

The connecting shaft is emptiness.

Without an unobstructed route,

Energy can flow.

*From "Axle" 365 Tao –
Deng Ming Dao*

The motions of Sun Do involve movement of energy through channels and meridians in the body. There is an exquisite precision in the way one posture follows the one before. In the first third of the practice, the stretches carry through both halves of the body, and continue through the whole body, essentially releasing tension and opening the entire system. The feeling in my body during this section is one of relief and gratitude.

I especially enjoy the

meditative mid-section of the practice. Following my breath while holding my body to each posture, it is easy to simply quiet my mind. The length of time one has to hold a posture can feel difficult, but there is a miraculous rightness in changing to the posture that follows. I find the correct position by flowing into the sense of relief that lies there, and as the new posture becomes a strain, at the end of it, the change and relief will come once again.

I have no doubt that I will practice Sun Do for the rest of my life. I read Taoist writings on a daily basis as both meditation and counsel. This philosophy feels right to me. The messages conveyed are more intuitive in their nature rather than having an overly logical or moralistic standard. Life is about change and quietly accepting change without resistance or fear; opening up to listening within is a gentler way. It benefits all beings, as well as oneself.

*Nicole Galipeau practices in
Montpelier, Vermont.*



Black belts, summer retreat 2014.

Photo courtesy of Lucie Lambert

Promotions

Jin Ki Dan Boup
(Black Belt)
Maria Kim, West Hartford
Eunmi Han, West Hartford

Won Ki Dan Boup II
(Red Belt)
Nicole Galipeau, Montpelier

Keon Kon Dan Boup
(Yellow Belt)
Sharon Meigs, St. Johnsbury

Jung Ki Dan Boup II
(White Belt with Yellow Stripe)
Jeffrey Gilbert, Montpelier

Senior Instructor
Maria Kim, West Hartford
Eunmi Han, West Hartford

Lost

by David Wagoner, from *Collected Poems 1956-1976*

**Stand still. The trees ahead and bushes beside you
Are not lost. Wherever you are is called Here,
And you must treat it as a powerful stranger,
Must ask permission to know it and be known.
The forest breathes. Listen. It answers,
I have made this place around you.
If you leave it, you may come back again, saying Here.
No two trees are the same to Raven.
No two branches are the same to Wren.
If what a tree or a bush does is lost on you,
You are surely lost. Stand still. The forest knows
Where you are. You must let it find you.**

Poem submitted by Steve Holmes.



Potluck lunch at the Montpelier Center, February 2014

photo courtesy of Dave Delbrook

Some Notes on Sun Do

by Jeffrey Gilbert

A friend and Sun Do student served as guide to this practice and encouraged my willingness to continue in the developing course of our friendship. The first year established a sense of structure. In the second year, structure began to connect, integrate the breath, and create energy in body, mind, and heart. Muscle skills and body mechanics learned prior to coming to Sun Do were recalled, recovered, and became more effective. Stiffness gave way to relief; the efforts of work grew purposeful while injury, strain, and inflammation were reduced. Familiar tenets in contemplative philosophies and exercises moved in accord with the Way.

Mastery is the fulfillment of living completely in one's own lifetime, and Sun Do is graced with the epic narrative on how to live, drawn by Lao-tzu in the Tao Te Ching. The proven step taken by each of the long line of teachers who walk this Way. They have gathered from across time unencumbered by the difference in their systems of belief, cultures, place, or standing in the world. Sun Do takes root with a touch of willingness, friendship, and the encouragement of the dedicated instructors' inspired confidence to cross the bridge of continuity and step towards the future with insight.

rainy night of summer, from outside a voice of wonder revels in exclaiming the discovery that, "The lightening bugs fly in both the wind and the water, transmitting their message of light."

This is a season to advance, and though I'm not certain I am ready to fly, I am willing to continue with thanks and friendly thoughts for my fellow students and instructors.

Jeffrey Gilbert practices in Montpelier, Vermont.

Just now, on the first warm



Bob walks the microcosmic orbit, summer retreat 2014.
photo courtesy of Lucie Lambert



Master Kim plants a crabapple tree at the retreat center.
photo courtesy of Lucie Lambert



Jerry Geier's sculptures at the retreat center
photo courtesy of Lucie Lambert



Master Kim at the summer retreat 2014.
photo courtesy of Lucie Lambert



Maria Kim at Montpelier Center potluck.

photo courtesy of Dave Delbrook



The Sun Do News welcomes stories, articles poems, photos and announcements. Please send your contribution to Betsy Forrest as an email attachment, if possible, at bforrest777@gmail.com.

2015 Retreat Schedule

New Year's Retreat

Thursday, January 8 - Sunday, January 11
White Memorial Conservation Center
Litchfield, CT

Spring Retreat

Friday, May 22 - Monday, May 25
Sun Do Meditation Center
Barnet, VT

Summer Retreat

9 days: July 31- August 9
5 days: August 4 -9
3 days: August 6-9
Sun Do Meditation Center
Barnet, VT

Registration:

Regular Retreats: \$95/day
\$80/day for 3- or 5-day packages
paid 2 weeks in advance.

For more information see <http://www.Sundo.org/retreats>.

All retreats begin at 4:00 PM on the first day and end at noon on the last day.

Website

www.sundo.org

Visit the Sun Do website for information on Sun Do history, retreat dates and registration, and much more.

Sign up to receive Sun Do News via email at www.sundo.org.

You may also e-mail questions to us through the website.



Find us on Facebook

Editor

Betsy Forrest

Newsletter Production

Heidi Meyer-Bothling

Sun Do Centers

Main Center		West Hartford, CT...45 South Main Street, Suite 90, West Hartford, CT 06107-2402 (860) 523-5260 Coordinator: Anne Lee
Meditation Center		Located in the town of Barnet, VT...Mailing Address: 1347 Kitchel Hill Road, St. Johnsbury, VT 05819 Phone: (802) 748-3667 (during summer) (802) 748-3371 (during winter) Coordinator: Virginia Platt
USA	California	Greater LA, CA...(310) 586-1594, Hank Babcock
	Connecticut	New Haven, CT... (203) 901-7393, Christine Ucich
	Florida	Tampa / St. Petersburg, FL...(727) 478-4211, Associate Master Tora Strawderman
	Massachusetts	Northampton, MA...(860) 745-4154, Lucy Young
		Swansea, MA...(774) 327-0399, Associate Master Ron Catabia
	Worcester, MA...(978) 838-2439, Rich Kramer	
	Minnesota	Duluth, MN...(218) 355-1401, Kim Hedegaard
	Nebraska	Omaha, NE...(402) 650-7715, Joel Dunning
	Ohio	Cincinnati, OH...(513) 884-1489, Roy Bushman
	Vermont	Burlington, VT...(802) 865-9682, Ginger Hobbs
Montpelier, VT...(802) 229-4262, Betsy Forrest		
Canada	British Columbia	Lillooet, BC...(250) 256-7497, Barbara McCandless
		Vancouver, BC...(604) 732-9389, Lucie Lambert
Europe	France	Paris, France...33-130-79-0489, Associate Master Philippe Lewkowicz
		Sun Do France Online... http://www.sundofrance.com
Asia	Korea	Seosan City, Korea...041-660-1503, Master Hyunmoon Kim

Sun Do Main Center

45 S. Main Street, Suite 090
West Hartford, CT 06107-2402