

## Finding Sundo and Myself

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.

This new way of meditation, while controlling the breath—and essentially the body—was most effective in quieting my anxious mind.

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.

My troubled mind also began to heal. It seemed that just by taking the actions to care for and love myself gave immediate relief.

(Sundo Newsletter, Fall 2014. Excerpts from Nicole Galipeau's article)