



Sun Do News

Fall 2020 Edition

Volume 36, Issue 3

Dear Members,

Sundo is a Healing Art
Sundo also is a Spiritual
Practice
One day, a pandemic swept
suddenly
Then, where is the beef?
SUN gives birth to Corona
Corona is a SUN's **DO**ugh
In numerology, 19 is
 $1+9=10=1$
One means power for the
beginning

Sundians!
Covid-19 brought a message
for Sundo
Now, it's time to spread
a Sundo pandemic to the
world.

----Master Hyunmoon Kim

Master Kim's Workshop on the Cosmology of Covid

A summary by Greg Vorst

Intro

This workshop expanded our knowledge not only of the literal and material aspects of Covid, but perhaps also some of the psychological and spiritual significance of the virus.

Literal to cosmological

- Utilitarian to the profound
- The naming of corona
- Definition of corona rays

An uncommon view of the corona virus

- Appreciate rather than condemn and vilify—corona intelligence replicates, survives, communicates, etc.
- Accept rather than fight against, destroy, or reject it
- Learn to live with it rather than defeat/overcome it

- Overcome psychological deficiency; needs for safety, belonging, and self-esteem

Maslow's hierarchy

In accordance with the Tao and Chinese medicine

Meaning for the age

- Not to punish us but for the dawning of a new age/ new light
- Brilliance or crown only seen when normal light is obscured by darkness
- Symbolizes a new form of communication coming from inner vision

As familiar structures and forms of safety, belonging, and esteem disappear into darkness, we may learn to live by trust of inner light and the Tao.

Sundo, the coming pandemic, and the herald of a new age

Though we are collectively living through and experiencing a new kind of darkness in which much of the light we formerly derived security from is absent, it is perhaps preparing the way for our vision of a new light.

Sundo Mountain Taoism, with its rugged insistence on practicing, embracing things as they are rather than controlling and fixing them, emphasizing self-reliance and responsibility, and strengthening one's being to live in harmony with the Tao is perhaps just the medicine that is needed in this age of great challenge, opportunity, and transformation.

A pandemic is an epidemic that has become a worldwide phenomenon.

For those long acquainted with the indomitable nature of the red, red/blue, and blue belt postures, the value of obtaining wisdom through being with and embracing adversity is a familiar and understood notion. Through the experience of challenge and discomfort we are led to greater awareness and capacity; our stumbling through darkness, dissonance, and difficulty makes way for a new age.

It is during a time of great darkness, when the light of the sun is literally covered over, that the moon at its most brilliant luminescence can be seen.

Greg Vorst practices in Palo Alto, CA



Fall labyrinth stone—photo by Betsy Forrest

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia
Tora Strawderman

Teachers

Lucie Lambert
Virginia Platt
Betsy Forrest
Hyun Hee Kim
Christine Ucich
Roy Bushman

Senior Instructors

David Delbrook	Al Passacantando
Pauline White	Ginger Hobbs
Betsy Barstow	Hank Babcock
Brian Quirk	Stephen Holmes
Kim Hedegaard	Rich Kramer

Instructors

Diane Matta	Jerry Geier
Kwong Lip Pang	Don Zickefoose
Lucy Young	Teresa Lenzen
Barbara McCandless	Joel Dunning
Heidemarie Holmes	Teresa Dunning
Stanley Szczabrowsk	Florin Serbanescu

Instructor Trainees

Patrick Studley	Mihaela Talpau
Rebecca Newhouse	Marciana Ranceanu
Greg Vorst	Inna Dagman
Kira Visek	

Rich Kramer and Joel Dunning led a spring retreat via Zoom!



New Building Update

The inside is taking shape! The insulation and sheetrock are completed. Flooring and fixtures are next!



Photo by Master Kim

And that brings us to . . .

Fundraising!

A 2020 Summer Retreat Appreciation Fund has been started by some of the guests in attendance at the summer retreat and those who wanted to support the summer retreat effort from a distance. These donations before and during the retreat have now jumpstarted a triple-matching fund!

Brian Quirk kicked it off by pledging \$5000 if the SunDo community can produce a triple match to his donation, for a total of \$20,000. So far, many have donated toward the fund including Joel and Teresa Dunning (\$1200), Teresa Lenzen (\$1200), Lucy Young (\$300), and Betsy and Rick Barstow (\$178 in maple syrup sales).

Members or friends of SunDo may contribute to the 2020 Triple Match Fund by visiting our [PayPal Giving Fund](#).



The sheet rock arrives--Photo by Master Kim

Mrs. Kim's Kim Chi Recipe

From Teresa Lenzen

Mrs. Kim taught summer retreat participants how to make her delicious kim chi, and she even shared her recipe.



Mrs. Kim—photo by Teresa Lenzen

Step 1:

INGREDIENTS:

- 1 medium-size, regular CABBAGE, cut in quarters and washed well
- 6 NAPA CABBAGES, cut in halves or quarters (the long way) and washed well. Don't use the inner core (summer crop has an inner core; fall crop does not have this core.)
- SEA SALT, approximately 1 TBL per head of cabbage
- Cut all the cabbages into bite-size pieces. Put into a very large bowl, sprinkling sea salt onto each layer of cabbage in the bowl.
- Let sit for 5 hours or overnight. Stir the cabbage and salt after 1-2 hours and twice

during the soaking time. Mix gently; don't bruise the cabbage pieces.

- After soaking 5 hours, rinse the cabbage pieces with cold water.

Step 2:

INGREDIENTS:

1-2 ONIONS, sliced thinly

1 bundle (5 pieces) SCALLIONS, cut in half lengthwise, then sliced diagonally

2 RED PEPPERS (sweet), cut into quarters, then sliced thinly. This is for color and a little sweetness.

3 heads GARLIC, diced finely. About 1 & 1/2 heads per gallon batch or per 2 heads of cabbage

2 BANANAS, mashed, for natural sweetness.

SEA SALT, coarse, to taste

1 cup RED PEPPER, ground (powder) or flakes. Adjust the quantity based on the heat of the spice and your family's taste preference.

- Blend the following ingredients: sweet red pepper, garlic, bananas, and a little coarse sea salt in a blender or food processor until pureed. It's fine to also just mix these ingredients in without pureeing them in a blender.
- Add the red pepper powder to the sweet red pepper, garlic, and bananas.
- Add the onion, scallion, red pepper, garlic, bananas, sea salt, and red pepper powder to the bowl of soaked and rinsed cabbages, which by now are wilted.
- Mix gently with gloved hands (the red pepper can irritate skin and eyes; avoid touching your eyes or sensitive areas). Be gentle to avoid bruising the cabbage.
- Put Kim Chi in a glass jar or stainless-steel container. Pack it down as you fill so the Kim Chi is covered in the liquid.
- Keep in the refrigerator. You can begin eating it immediately. It is best to eat in within a month.

MRS. KIM's TIPS:

- ½ Cabbage + 2 Napa Cabbages fills a 1-gallon jar.
- She often uses 1 small head of cabbage and 3-4 Napa cabbages. You can vary how much you use of each to your preference. It can be made with just regular cabbages as well.
- It is important to use garlic, since the Kim Chi won't last as long without it.
- She usually makes enough to eat in 2-3 weeks because it gets sour over time.
- She uses sour Kim Chi by rinsing it with cool water, then adding it to Korean pancakes or fried rice – both delicious ways to enjoy Kim Chi.
- After you prepare the Kim Chi, if it is a cool day, you can leave the jar out for 1 day, or in a cool basement. Then you must put the Kim Chi in the frig.



Historical Notes on Kim Chi

In Korea, enormous batches of Kim Chi were made in November, after the cabbage harvest, to last each family through the winter. This was called Kim Jang.

Kim Chi was traditionally stored in big jars or crocks in the ground to keep it cool. Now winters are not as cold in Korea, and the ground is warmer, so people now use a newer invention called a Kim Chi Refrigerator--a small refrigerator made specifically to keep Kim Chi at the same cool temperature as the ground in the past. These are very popular and useful. Nowadays every family has one.



Summer retreat group



Walking the microcosmic orbit—photo by Master Kim

Retreat Schedule

Fall Retreats 2020

Columbus Day Weekend Retreat
Led by Sundo Teachers & Senior Instructors
Overseen by Master Hyunmoon Kim
Sundo Retreat Center, Vermont, US

October 15~18
14th European Sundo Retreat
Led by Master Hyunmoon Kim
Praha, Czech Republic
more info: www.sundo5.cz

January Retreats 2021

January 5~10 (5 days)
5~7, Mountain Retreat
7~10, Regular Retreat
Led by Master Hyunmoon Kim
Sundo Retreat Center, Vermont, US

January 21~24
15th European Retreat
Led by Master Hyunmoon Kim
Sundo Retreat Center in Europe
Bran, Romania
more info: www.sundo.ro



Wearing masks—photo by Master Kim

Summer Retreat 2020

By Christine Ucich

SunDo Retreat Center's response to the Coronavirus (Covid-19) made retreat guests' health and safety the top priority at the 2020 Summer Retreat. In addition to measures shown below, daily temperature checks were recorded at an outdoor location at least 15 feet away from all buildings, a brine solution was provided for gargling that contained both sea salt and bamboo salt, and sanitization of any door handles or commonly touched objects took place on a daily basis. We are also happy to report that three weeks later, summer retreat guests have disclosed only positive health outcomes since the ending of the retreat.



A canvas tent and covered porch provide outdoor spaces on soft hay and carpet.



Markers taped to the floor of the meditation hall keep practitioners at a distance of 6-8 feet apart. A special stone emits healing energy from the center of the space.

Mrs. Kim serves a warming tea made with ginger root and cinnamon sticks to boost immunity, in addition to lots of kim chi with pro-biotics known to help prevent illness.





Tables spaced at a distance for up to 20 people

Promotions

Joong Ki Don Boup Hoo Pyun (White-Yellow)

Michael Nolan, Palo Alto

Inna Dagman, Palo Alto

Kira Visek, Palo Alto

Nick Stavrides, Palo Alto

Keon Kon Don Boup (Yellow)

Debra Horn, W. Hartford

Chook Ki Don Boup (Gray)

Teresa Lenzen, Omaha

Instructor Trainee

Greg Vorst, Palo Alto

Inna Dagman

Kira Visek

Teacher Certification

Roy Bushman, Ohio



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.

Website:

www.sundo.org

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

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

Find us on Facebook:

<https://www.facebook.com/Sundo.Healing/>

Editor and producer:

Betsy Forrest