



Sun Do News

Spring 2017 Edition

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Dear Members,

Chuang Tzu says,
"It is easy to cheat when
you work for men,
but hard to cheat when
you work for Dao."

Sundo is work
for the Dao.
Working for the Dao
does not cheat the world.
Not cheating leads us to our
root,
and brings us home.

-Master Ron Catabia

The Sun Do Community Loses a Friend

My dear friends,

Our dear Bill Wong passed away last night, or
this morning at 3 am.

He went to his tailor shop on Thursday, April 6,
the day before going to the hospital where he
died in the middle of the night.

There is a lot to rejoice about his life, and there
is a lot to be grateful for his presence in our Sun
Do group. He was steady, always present, and
ready to do as much as he could with or without
a chair. He had renewed his membership for
2017. He is still a member...

At the Dynasty Seafood restaurant where we
had a dim sum meal on the occasion of his 95th
birthday on March 9, he expressed his intent to
fulfill Master Kim's prediction that he would be

a black belt in 10 years. He said, "I have only five more years to go."

What a beautiful soul! What a lovely spirit! His mind, sharp, and his smile, genuine.

I really loved this man. I will miss him.

We assume he was at peace on his last breath at 3:00 in the morning.

Breathing in, breathing out...

Love,

Lucie Lambert

Vancouver



Bill Wong

Photos of Bill by Lucie Lambert

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Senior Instructors

Michael Dauria

Steven Wong

David Delbrook

Al Passacantando

Jamie Bussiere

Ginger Hobbs

Betsy Barstow

Hank Babcock

Brian Quirk

Maria Kim

Song-Am Min

Anne Lee

Eunmi Han

Christine Ucich

Pauline White

Instructors

Diane Matta

Rich Kramer

Jerry Geier

Kwang Lip Pang

Stan Baker

Stanley Szczabrowski

Ginny LeRossignol

Lucy Young

Stephen Holmes

Barbara McCandless

Heidemarie Holmes

Heidi Meyer-Bothling

Kim Hedegaard

Roy Bushman

Joel Dunning

Theresa Dunning

Don Zickefoose

Bob Felekey

Instructor Trainees

Mina Kim

Alexander Wolf

Young June Kim

Sharon Kamenka

Sheila Pfeifer

Ada Rios

Patrick Studley

Sharon Meigs

Teresa Lenzen

Karl Pátek Sr.

Karl Pátek Jr.

Liz Culligan

*Bill Wong's request for promotion
to White Belt Level II:*

Reflections during my 90th year

Ten years ago I was on pills for cholesterol, along with Vivox, which was to counter the side effects of the cholesterol pill. When Vivox was banned from the market place, I consulted my son Steve who had started to practice traditional medicine, and he advised me to eliminate all the bad fat from my diet. Through him I was introduced to Sun Do.

The practice of abdominal breathing in Sun Do helped my bowel movements, which rid my gut of toxins and at the same time cured my heartburn and hiccups. Now I have a good appetite for all kinds of food. Abdominal breathing improves my energy level because I am less likely to be out of breath. For example, while turning the soil in my garden, the digging and turning is now synchronized to my breath.

Sun Do practice, which massages the whole body, is very beneficial. Thus, my eyes and hands are still good for tailoring after 75 years. Within a year of changing my lifestyle and practicing Sun Do, my cholesterol has lowered to the proper level. Not only I am now pill-free, but I have also lost thirty pounds without trying. Although my general health is very good for a ninety-year-old senior, my sex drive is definitely waning. Fortunately, Sun Do can be a pretty good compensation. These mountain hermits of Korea who developed Sun Do 9000 years ago have indeed got it all right!

Bill Wong
Vancouver, Fall 2012



Bill Wong with son Steven Wong, December 2016



Jesenka, Bill, and Lucie

CONGRATULATIONS TO RON CATABIA!

Ron's article, "Daoism and Peace Psychology," was printed in the 2017 edition of the *Journal of Taoist Studies*.

My Journey into Sun Do

By Rebecca Newhouse

I started Sun Do in 2015 with a mission of self-improvement and continuing the prior year's venture into finding the girl that I once knew, loved, and missed. Along the way, a path opened on the road to Sun Do. This is my journey, which will be ongoing for the rest of my life. The beauty of Sun Do is the PRACTICE, ever growing and changing in the way of the Taoist. The journey is the ever-changing balance of finding the day's grounding force, combining yoga, tai chi, and various meditative forms together in one holistic practice. As a form of Mountain Taoism, Sun Do is both a breath and body-centered practice in which the amount and consistency of one's own personal practice is the key to true transformation.

So here we go as I share tidbits from this unique form that is transformational. Now I can reflect over the past two years as 2017 moves into the spring of my venture. This paper is part of my moving even deeper into the Practice and heralds a new phase of postures, breathing, and what comes with self-awareness. More than the outward change in belt color, it is the unseen changes I want to share.

My body had become a stranger to me, as I realized one day I turned sideways to walk down the stairs. I tried to see if I could do any of the physical things I had enjoyed before a desk became my home. I was humiliated and shocked at the loss of flexibility and strength I once knew like the back of my hand. I also had become a stranger to the youthful joy and humor I once embraced. Oh, I wasn't a sad sort, never have been, but delusional in my physical awareness. Over the course of setting out to find my "young girls" that only now existed in photos, I started self-reflection and discovery. Gradually I added, out of necessity, swimming to awaken my body. With the help of a friend, holding our feet to the fire, we set out to swim our way to feeling better. Little by little the good feeling started to appear, the one that says well done for this day.

Now I was ready for the next event that would introduce me to Sun Do. I knew someone that I had known for almost all my life with the omission of the last 40 years. Sun Do had saved his life. It had made such an impact that the daily practice for over 20 years was a palpable concept that he wore like skin. I wanted that. I wanted more than the dabbling I had done in Yoga, Tai Chi, Wushu, and self-help reading. I wanted something safe and core to my being. I needed physical attention and self-awareness. I wanted even more, I wanted to understand how the body and spirit relate, how so many

different modalities could possibly be collected in one practice. Oh, and why always “practice,” because it is just that, never perfection, never completed, ever growing and changing with you, so you are ever in practice.

Early in, my body was still a stranger to me and often awkward or lame. I was humiliated at my lack of ability to stretch and do certain movements. My instructor reassured me that I was actually creating new connections, new wiring, from body to brain. Patience has been a challenge to me always, so this was a challenge to be sure. To allow myself the awareness that patience would be my friend if embraced. To understand the concept of not the goal but the journey.

I had believed my body to be my friend and of good foundation. That foundation has served me well and has appreciated the new energy and focus given it. Little by little I could feel the improvements in muscles and joints. Little by little I could appreciate quieting and centering. It was and remains as if any improvement in body has opened new understandings in my perspective. It is as if even the lens by which I see the world changes and opens new channels to discover.



Summer sky at the retreat center—*photo by Rebecca Newhouse*

The most dynamic challenge I allowed myself was to attend a 9-day retreat, which kicked my butt in the most delightful of ways. As my body was challenged, it responded with new ability and sensation. As I started each morning with a 4:00 am practice, I rediscovered what morning energy feels like, and it is glorious. To feel so exhausted but good in the exhaustion. To feel hungry and appreciative of simple clean foods. To feel thirsty and quenched. These were the most delicious of days. Retreats are wonderful for focus in an otherwise noisy world. It's also a good time to jot down thoughts and feelings, so of course that I did.



The meditation hall at night—*photo by Rebecca Newhouse*

This practice is for any body, any person, and any type physique, any age, anyone with a passion, need, or desire to find quiet in self, a strength in core body, a confidence in understanding how to guide your physical response, the benefit of continuous creation of new neural pathways, a better understanding of the Tao, but it all starts with the breath. The breath of life, the breath that stirs energy, the power of circulation like an x-ray as it traverses the bone and sinew of the body bringing life and energy for movement and sensation.

Honestly to get to 60 and feel as I do now is amazing to me. No, I have not found perfection in my body, and yet I can bring healing to more parts of me now than ever. I may never actually sit on my heels since my knees are scarred by the weight they carried. And I may never do a firm head stand, but I get closer all the time. And it is in the moving closer, and then the finding of relaxation in each step or movement. It is the ongoing ability to find an ease to a pain or strength to a breath, the pause toward relaxing, the quiet of the mind, the silence of old recording.

What was taught in the hidden mountains and what was learned from the hermitage is what we small band carry on. Passing on the wisdom and allowing others to find a way to the life that can be, the one with a focus, a grounding. The student needs the teacher as much as the teacher needs the student. It's easy for me to share the Sun Do experience with people I meet along the way. Planting a seed of hope, possibility, and a permanence in change, something to count on and yet just struggle to maintain. Nope, it is not easy, and often just getting up the stairs is indeed the hard part, until you panic at no more air to give out and four more counts to hold while twisted a bit pretzelly, only to relax into it and find a moment of total quiet and pause.

*Rebecca Newhouse practices in Montpelier, VT.
Rebecca's paper was edited to fit into this space.*

Promotions

Keon Kon Dan Boup (Yellow Belt)
Rebecca Newhouse, Montpelier



Walking the microcosmic orbit in the early morning mist—*photo by Rebecca Newhouse.*

Retreat Schedule

Spring Retreat 2017 in Barnet
May 26-29

Summer Retreat 2017 in Barnet
9-day retreat: July 28-August 6
5-day retreat: August 1-6
3-day retreat: August 3-6

Fall Retreat 2017 in Barnet
October 6-9

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

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



Ron Walesch, Shirley Walesch, and John Mallery practice a few Sun Do postures on a Culebra beach this past March --Photo by Fran Mallery

The Retreat Center's 20th Anniversary



On March 5th Ron Walesch, Virginia Platt, Betsy Forrest, and Betsy Barstow (taking the picture), celebrated the retreat center's 20th anniversary by practicing in the meditation hall, having a potluck lunch, ringing the gong, and tying colored ribbons around the old tree (ribbons in same colors as Sun Do belts).

Thanks to Betsy Barstow for organizing this event!



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.

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