

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 |
| Retreat Center | | Barnet, VT...Mailing Address: 1347 Kitchel Hill Road, St. Johnsbury, VT 0819 Phone: (802) 748-3667 (during summer) (802) 748-3371 (during winter) Coordinator: Virginia Platt |
| USA | California | Greater LA, CA...(310) 586-1594, Hank Babcock |
| | Florida | San Francisco, CA...(510) 530-6938, Tae Won Kim |
| | Massachusetts | Tampa / St. Petersburg, FL...(727) 478-4211, Tora Strawderman |
| | | Easthampton, MA...(617) 666-8697, Rich Kramer |
| | | Easthampton, MA...(860) 745-4154, Lucy Young |
| | 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 | | St. Johnsbury, VT...(802) 748-3371, Virginia Platt |
| | | Vancouver, BC...(604) 738-7845, Steven Wong |
| | | Lillooet, BC...(250) 256-0404, Wendy Larman |
| Europe | | Paris, France...33-130-79-0489, Philippe Lewkowicz |
| | | Sun Do France Online...http://www.sundofrance.com |
| Asia | | Denmark...45-3946-4430, Sanne Briggs |
| | | Auerbach, Germany...49-6251-79836, Bettina Haentjens |
| | | Tang-jin, Korea...041-356-3662, Master Hyunmoon Kim |
| | | Tae-an, Korea...010-7219-7583, Associate Master Ron Catabia |
| | | Cheonan, Korea...011-19-470-5316, Brian Quirk |
| | | Melaka, Malaysia...0-6-232-3597, Charles Chiam |

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

Sun Do News

WORLD KOUK SUN DO SOCIETY • NON PROFIT ORGANIZATION
FALL 2009, VOL. 25, ISSUE 3

Dear Members,

"Come with me,"
the pilot says,
"I will show you the air."

The small plane rises
above Hanseo airfield.
Below, the West Sea sparkles
in the afternoon sun.

I can see the air.

And, someday, I want to fly
just with my body.

—RON CATABIA, BOUP SA BO



Fire on the Mountain 2009

By Sheila Pfeifer

On returning home from evacuation, unable to sleep in the night, I read the *I Ching*—Richard Baynes' translation into German with Cary Baynes' further translation into English, 3rd edition, 1967. This book is important within the history and system of Chinese thought. The *I Ching* is said to have provided the common source for both Confucianist and Taoist philosophy. It began as a book of oracles, and then ethical values were attached to the oracular pronouncements.

Eventually it became a book of wisdom, accessible to the West through translations and a favorite study during the 1960s western counter-cultural revolution.

I looked first to the double trigram 30: Li, the Clinging, Fire.

As an Image, it is Fire that clings to the burning object and so is bright.

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World Kouk Sun Do Society

Master Hyunmoon Kim
(Boup Sa Nim)

Associate Masters

(Boup Sa Bo)
Ron Catabia
Tora Strawderman
Wendy Larman
Philippe Lewkowicz

Teachers

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

Senior Instructors

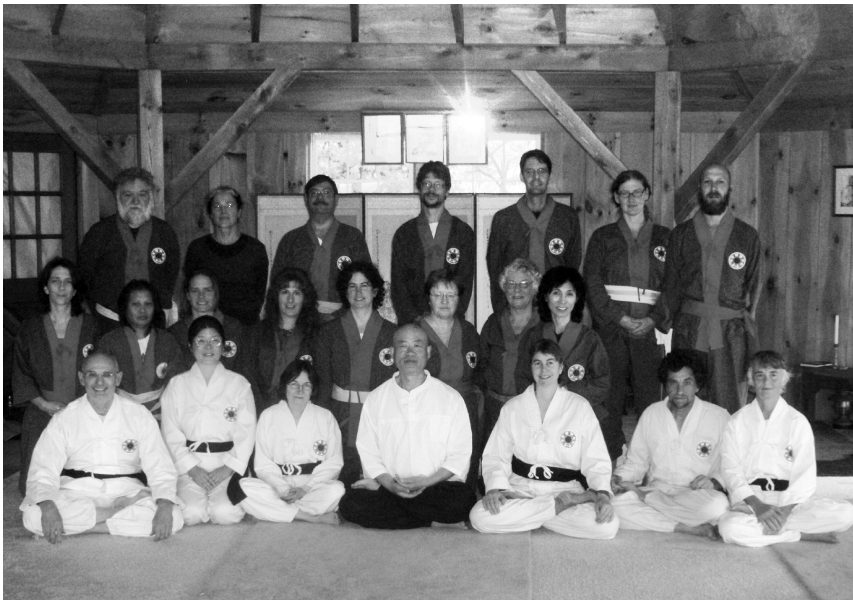
| | |
|----------------|------------------|
| (Sa Bum Nim) | Pauline White |
| Michael Dauria | Al Passacantando |
| David Delbrook | Ginger Hobbs |
| Jamie Bussiere | Hank Babcock |
| Betsy Barstow | Steven Wong |
| Brian Quirk | Kevin O'Hanlon |
| Song-Am Min | Anne Lee |

Instructors

| | |
|------------------|----------------------|
| (Su Sa Nim) | Stephen Holmes |
| Diane Matta | Bob Nemeth |
| Kwang Lip Pang | Rich Kramer |
| Byung-Min Kim | Christine Ucich |
| Colin McCaffrey | Eunmi Han |
| Martin Kemple | Maria Kim |
| Deanne Farr | Ginny LeRossignol |
| Stan Baker | Stanley Szczabrowski |
| Richard Barstow | Barbara McCandless |
| Don Robishaw | Heidi Meyer-Bothling |
| Peter Pagliaro | Jerry Geier |
| Leo Erlenbach | Nicolas Tacchi |
| Heidemarie Heiss | Phalin Yoeurng |
| Holmes | Sanne Briggs |

Instructor Trainees

| | |
|-----------------|----------------|
| (Su Sa Nim) | Roy Bushman |
| Charles Chiam | Kim Hedegaard |
| Tae Won Kim | Thierry Veil |
| Mina Kim | Sheila Pfeifer |
| Young June Kim | Nadine Bennett |
| Tony Petrosky | Alexander Wolf |
| Patrick Studley | Joel Dunning |
| John Antonucci | |
| Erik Spears | |



Summer retreat in Barnet, 2009: Photo by Dave Delbrook

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The Judgment: Everything that gives light is dependent on something to which it clings, in order that it may continue to shine. So too the dedicated person clings to what is right and therefore can shape the world. Human life on earth is conditioned and unfree, and when man recognizes this limitation and makes himself dependent upon the harmonious and beneficent forces of the cosmos, he achieves success.

This fire came upon our community without warning, caused by lightning. We are indeed *unfree* and cannot control such situations. The *I Ching* advises us to trust in the fact that the Universe is unfolding as it should, and to stay centered.

Next I went to hexagram 56: Lü, Mountain with Fire, *The Wanderer*. Here, the Mountain, Kên, stands still; above it Fire, Li, flames up and does not stay still. The two trigrams do not stay together. Strange lands and separation are the Wanderer's lot.

The Judgment: A Wanderer has no fixed abode; his home is the road. Therefore, he must take care to remain upright and steadfast so

that he sojourns only in the proper places, associating only with good people. Then he has good fortune and can go his way unmolested. In the comments on individual lines, the phrase *stranger in a strange land* is mentioned twice—again with the caution to embody modesty and adaptability in order to find a place of shelter.

Over 2000 people in our communities were ordered to evacuate, becoming *wanderers* finding shelter where their finances and family would allow. Some First Nations people were given hotel vouchers, some of us went to stay with family, and some went on holiday out of Province. Taking care to remain *upright and steadfast*, to think calmly and clearly under stress and unusual circumstances, required centering in the tancheon. It was impressed upon me how kind strangers were to me and my family—sympathizing, offering discounts, and listening to our stories at every turn. It was as if I were at my own five-day Sun Do retreat, with opportunities for physical challenges, tancheon meditation, breathing exercises, meeting new friends on the path. *Hun: Jung Shim, Jung Shi, Jung Gag, Jung Do, Jung Heng.*

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Retreat Center Residency and Dues

By Tora Strawderman

Master Kim has asked me to convey an invitation to any current black belt Sun Doer to live at the Barnet Retreat Center. The living accommodations could be their own small cabin (6x8 feet or so) or the present living units on the property. This invitation is also extended to current dues-paying members for shorter stays.

If this appeals to you, please consider what contribution to the Center you could make in return, such as maintenance or gardening. Virginia Platt, the retreat center coordinator, would be glad to discuss your plans and ideas by e-mail (virginiap@charter.net) or phone (802-748-3371).

A REMINDER: It would be greatly appreciated if all Sun Doers would pay their membership dues. Our policy for many years has been for all members to pay a \$200.00 yearly membership fee (this includes all black belts, instructors, instructor trainees and distance members), except those students who are paying a monthly fee to their center. If everyone could stay current, that would help the organization a great deal and show respect for our teachings. Thank you! 2009 membership dues are due now!



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 betsyforrest@myfairpoint.net. You can snail mail contributions to her address below:

Betsy Forrest
205 Forest Drive #2
Montpelier, VT 05602

Website

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

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

Editor
Betsy Forrest

NEWSLETTER DESIGN
In the Woods Design Studio
Lake Placid, NY

Retreat Schedule 2009-2010

Retreats @ Barnet Retreat Center 802-748-3667
(unless otherwise specified)

Fall Retreat

Friday, October 9 to
Monday, October 12
Barnet Retreat Center

Fall Retreat

Thursday, October 1 to
Sunday, October 4
Lillooet, BC

2010 New Year's

Retreat

Thursday, January 7 to
Sunday, January 10
White Memorial Conservation
Center
Litchfield, CT

2010 Southern

California Winter

Retreat

Thursday, January 21 to
Sunday, January 24
Glen Ivy Community
For more information, call Hank at
1-888-441-0489, Ext. 4

Winter Mountain

Retreat

Wednesday, February 10 to
Sunday, February 14
Barnet Retreat Center

Spring Retreat

Friday, May 28 to
Monday, May 31
Barnet Retreat Center

Registration:

Regular Retreats: \$80/day
\$10/day discount if paid two weeks
in advance

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



Anne Lee is promoted to senior instructor: Photo by Dave Delbrook

Promotions

- Senior Instructor
Anne Lee (W. Hartford)
- Won Ki Dan Boup II
(Red & Blue Belt)
Maria Kim (W. Hartford)
Stanley Szczabrowski (W. Hartford)
Kim Hedegaard (Minnesota)
Barb McCandless (Lillooet)
- Won Ki Dan Boup I
(Red Belt)
Barbara Cormier (Montpelier)
Keith Schumacher (Montpelier)
Josiane Clauss (France)
- Keon Kon Dan Boup
(Yellow Belt)
Capucine Malhomme (France)
Francine Haack (France)
Jean-Pierre Oswald (France)
Sabine Gaston (France)
Claude Mirandola (France)
Sharon Kamenka (Lillooet)
Gwen Walker (Lillooet)
Susannah Tedesco White (Lillooet)
Marco Tkachuk (Lillooet)
- Jung Ki Dan Boup II
(White & Yellow Belt)
Anne-Marie Parent (Vancouver)
Joanne Apan (Lillooet)

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questions and then gave an assignment: write a two- to five-page paper on “Sun Do as a form of Conscious Evolution and process of enlightenment.” The workshop ended with group photo of Master Kim and the Graduate Institute students.

As a sample of the responses to Master Kim's assignment, this excerpt is from one student's paper, “Conscious Evolution Class Reflections” by Amy Lafond of CT:

Master Kim asked, “What is conscious evolution? How can meditation play a role in evolution?” *I have to admit I felt like the student in my own classroom who averts her eyes when she doesn't know the answer! What a tough question.*

As far as my understanding of the Sun Do perspective of Enlightenment allows me to see, what I have found is there is no short cut to Enlightenment, yet it is available to anyone who chooses to look inward to find it. Answers don't lie somewhere else; they lie within.

The workshop was well received by students. Many bought a copy of Master Kim's thesis, asked for a Sun Do class schedule, or stayed after the workshop to chat and sip tea. Comments made after the workshop included:

The experience of being with Master Kim was amazing. Master Kim is incredibly warm and gentle. I feel honored to have met him.

According to Chuck Silverstein, Master Kim was one of the most popular speakers in the program. The Graduate Institute is glad that he was able to connect with the Conscious Evolution program this year.

Silverstein, a Sun Do yellow-belt practitioner, has experienced the effect of Taoist practice and philosophy in his own life. He chose to offer a Sun Do-Taoist workshop as part of the Conscious Evolution program because of the tradition's great depth of understanding about human nature. “Master Kim is an important presenter, bringing his presence and understanding into the classroom,” said Silverstein.

“The practice of Sun Do is an exemplary model of a psycho-spiritual system, providing both a cognitive and experiential understanding of human development.”

In addition, many of the philosophers and scientists studied in the Conscious Evolution program are discussed in Master Kim's own doctoral dissertation on Sun Do. And, the Academic Director of the Conscious Evolution program, Dr. Allan Combs, was a member of Master Kim's dissertation committee!

To learn more about Master Kim or Sun Do-Taoist practice, please visit www.sundo.org, or call the main center at 860.523.6380.

Christine Ucich practices in West Hartford.

The path turns,
the moon moves,
but I am not lost.

—JOEL DUNNING

Paradigm Shifts and Enlightenment Within

By Christine Ucich

The West Hartford Sun Do Center looked more like a college study room than a Taoist yoga and meditation practice space. I entered the room and saw a low table where Master Kim's presentation notes lay next to various books on Taoism. Arranged in a semi-circle, thick meditation cushions faced inward toward his table. Notebooks and pens, an *Empty Vessel* article by Associate Master Ron Catabia, as well as Master Kim's thesis book, *The Tao of Life*, were strewn about on the floor next to each cushion. A syllabus entitled “Sun Do: An Ancient Taoist Psycho-Spiritual System” listed agenda items for the day such as breath meditation practice, introduction to Sun Do philosophy, and a tea break. “What is going on here?” I wondered. I stood there for a minute and then realized that I had walked into the middle of a Graduate Institute class on Conscious Evolution hosted at the Sun Do-Taoist Center. It was one o'clock on a Thursday afternoon and Master Kim and the students had still not returned from lunch.

The Conscious Evolution program is an accredited Masters degree program offered by The Graduate Institute in Bethany, CT (www.learn.edu). The program presents a new worldview, or paradigm, emphasizing personal and planetary transformation. It is a transdisciplinary program, encompassing the study of consciousness through the lenses of philosophy, history, cosmology, biology, neuroscience, sociology, psychology, and spirituality.

For the past two and a half years Chuck Silverstein, a West Hartford Sun Do member, has been the Conscious Evolution Program Coordinator. He teaches classes within the program and also invites guest presenters to teach

workshops that engage students in paradigm-shifting worldviews through creative, transformative experiences. Silverstein was very pleased to have invited Master Kim as a presenter for this year's student cohort of the Conscious Evolution Program.

After a lunch of delicious Korean food at a local Hartford restaurant, the Conscious Evolution students began to slowly filter back into the room at the Sun Do Center. They sat on their pillows, talked quietly, and awaited the second half of the workshop, “Conscious Evolution as an Eastern Paradigm of Enlightenment.”

After discussing sacred breathing practices, Master Kim talked about the concept of enlightenment from a Sun Do perspective. “The unification of body, mind, and spirit,” he explained, “is not just one dramatic experience that occurs singularly, but is rather a slow process that develops over time and with practice.” In order to become enlightened, a person needs to be able to “accept everything,” including painful experiences and thoughts. Nothing can be shut out or repressed, because this inhibits the unification process. Through meditation practitioners have an opportunity to explore the shadow side of the self by delving into the unconscious. This does not necessarily mean that one would encounter bad or evil events, but one may perhaps experience things never seen before during waking consciousness. Once the unconscious and conscious minds have been brought together there is less inner conflict within an individual, and consequently, less outer conflict in daily life. After the discussion, Master Kim answered



Charcoal/pencil impression of an Asian landscape painting by John Wade

Starting a New Set of Postures
It's time to change
Starting a new set of postures
Breathing in, breathing out
Studying crisp unfamiliar sheet of paper
Sun Do chanting tape rolls on,
singing life forward.
Body/mind/spirit pulled in strange new directions
Tasting fear when stretching at awkward angles
The scent of the rug from an unusual position
Life in upheaval
So many things remain constant
So many things are brand new
Why hold back the Sun Do?
Yes, it's time to change
Starting a new set of postures
Breathing in, breathing out.
—SOPHIE GLASSER

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New Power Source for Our Utility Building

By Tora Strawderman

This summer during the work week and retreat the Sun Do Board and others discussed the future building developments for the Barnet Retreat Center. We want to build a new building to house a kitchen, dinning room, and showers. This would replace the trailer, which is gradually falling into disrepair. A power source and wiring for the building infrastructure will be needed. We are considering whether we want this power source to be the grid or an alternative. If we choose alternative energy, what type would it be?

I have been asked by Master Kim to coordinate this research. I am asking for input from our members about different energy sources, including cost, preferences, and practicality. These are some of the questions I feel need to be answered:

How much would it cost to wire the new building? This cost is independent of the power source. We can use gas for cooking and water heating, and possibly a propane refrigerator. A wood-fired system could be used for radiant heating.

What is the cost of an electrical source? Various choices include:

1. Solar panels
2. Wind turbine
3. A generator
4. The commercial power grid.

Please e-mail your responses to me: torstraw@yahoo.co.uk

I will give an update in the next newsletter.



Stanley paints window frames on the meditation hall at the summer volunteer week: Photo by Christine Ucich

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Finally, I checked hexagram 22: Pi, Fire with Mountain, *Grace*.

This hexagram shows a fire that breaks out of the secret depths of the earth and, blazing up, illuminates and beautifies the mountain, the heavenly heights. Grace is beauty of form.

The Judgment: In human affairs, aesthetic form comes into being when traditions exist that are made pleasing by beauty. A translator's comment goes on to say that this hexagram shows tranquil beauty-*clarity* within, quiet without. This is the tranquility of pure contemplation. When desire is silenced and the will comes to rest, the world-as-idea becomes manifest. The comments for the individual lines say at one point that a white horse comes as if on wings, white being the symbol of simplicity and the winged horse being the symbol of the thoughts that transcend all limits of space and time.

Because the fire was still far away from us, and visible far up at the crest of the mountain and occasionally creeping down the canyons, during the Alert it was indeed a thing of beauty. We lay

flat on our backs on the lawn on a blanket and commented with delight as trees would candle and flare up dramatically. There was, of course, no sound, because it was too far away to hear. After a while, we just lay still, tranquil and lost in observing the night and the mountain.

When I returned I found eight messages on my answering machine from friends and family I hadn't heard from in a long time, all concerned and offering their wishes for our well-being and safety. As I called them all back to reassure them that all was well (except for the smoke), it eased my mind, letting me remember the good things that came out of the fire and the evacuation and gratitude to the many people who came from far away to help us cope with the fire. The devastation that threatened did not happen. The forest will renew itself, and the bug-killed trees will be gone. And we will be the wiser for the practice.

To see some of the fire, go to: <http://www.youtube.com/watch?v=ohCDcGmhbmA>

Sheila Pfeifer practices in Lillooet.

Experiencing Step-Up Volunteer Week

By Roberta L. Franzl

I picked up Master Kim in Hartford and we drove to the center; it's been awhile since my last visit. In many ways, the place looked the same; the mobile trailer was in the same spot, and so was the yurt. The flower gardens looked wonderful as ever and the vegetable garden was still enclosed in its fencing. Some new structures had cropped up in the 75-acre landscape. Next to the garden there was an empty shed, and a circular wooden outdoor shower was near the old water source. I remembered taller grasses and a pathway to walk the micro-cosmic orbit. The path wasn't obvious anymore, yet the pine tree was still standing at the top of the hill. The small wooden tent platform located near the edge of the forest looked abandoned. Also, there were tent areas, inside the woods, another new feature added to the land.

The daily format for the Volunteer Week was a complete program: double practice in the morning, breakfast, work projects, lunch, more work projects, dinner, and a one-hour evening practice. I had brought some of my garden tools to connect to the Vermont soil, trees, and shrubs, not to mention any available weeds. Would there be enough internal energy to accomplish a full program of activities? Briefly, Virginia Platt stopped by the center and I lamented my plight. Virginia's suggestion was to *connect the dots*. So began the connection of events.

During the course of the stay, folks were assigned to various projects. The painting of the windows frames of the meditation hall involved Victor, Stanley, Tora, and Christine. My participation was in three areas: arranging the tools in the new shed with Doug, cleaning out the lilac meditation area, and weeding the side garden next to the trailer. On Friday, I started the first project with Doug Michon, who

knew Ron Catabia *from way back when*. Doug came to learn about the practice with his wife Heather. On the previous day, they stained the garden shed. Together, Doug and I pulled all the garden tools out of the old shed and from under the trailer. We discussed where and how the tools could be arranged both for connivance and safety. Doug completed the job of hammering all the long nails into the shed wall to support all of the hanging tools. Supplemental materials such as: hay, tarps, and plant support rods were put into buckets for easy access. In one morning, the new shed was fitted with all its equipment.

Saturday morning involved the next project: working on the lilac meditation area. Four years ago a team did major work in this area now it needed additional pruning and weeding. The entrance to the area could be barely seen because of the plant growth. In viewing the moss covered rock and weeds, I felt less sure of my role. What would happen if I disturbed the delicate balance of moss, light, and weeds? Maybe the weeds had the function of protecting the moss from direct sunlight, but to show the rock structure, these plants needed to be removed. Behind one area was a rich patch of small rocks. Later these became the stones for the front entrance. To view my progress, a few birds stopped by, along with Master Kim, equipped with a large ax and huge saw. He looked like a lumberjack ready to take down the forest. Lumberjack moved on to a pine forest project. It took four cart-loads of weeds and debris to clean out the lilac area. By adding two long logs and extra stone the front entrance became more visible.

The last project was the garden bed, filled with beautiful dahlias and day lilies, next to the trailer. The flowers were tightly packed

and needed to be weeded and separated. On one side of the bed was a medium-sized rock standing alone and covered with tall grass. An idea surfaced: how about incorporating this rock and some smaller stones with the rest of the bed? This would prevent having to hand-clip around the area and allow a mower to pass. Victor, who was taking a break from painting the meditation windows frames, was enlisted in helping with the selection and placement of stone. Stone placement is like a puzzle, with one piece connecting to the next. Larger pieces are placed first, with other stones acting as fillers. To finish off this project, a round core of wood was placed on the opposite side of the bed, along with a few rocks to visually stabilize both sides.

Part of the retreat time I spent working in the kitchen, with Tora Strawderman and Christine Ucich. The three of us were the main kitchen crew, along with volunteers who cut vegetables, sliced fruit, set out the food, and washed dishes. On Sunday there was an extended afternoon business meeting and dinner needed to be prepared. William Downey with two of his buddies (Bo and Bill) from UMass Boston became the main source of kitchen manpower.

During the retreat, I encountered changes taking place within the Sun Do organization. All projects require time, money, and resources. Even volunteer labor has its price. Organizational growing pains are to be expected. The undertakings toward a new future require a strong vision along with practical business application. In one breath a new outlook can begin for a 2,000-year-old practice.

Roberta L. Franzl practices in New Jersey.