



Sun Do News

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Dear Sundian,

The first Vermont Arts Festival was held at the Sundo Retreat Center By the Sundo Community from around the world.

Teaching Sundo at the local center is the foundation for sharing with society.

However, conveying the spirit of Sundo by Arts is fundamental to Reaching out to the world.

The Fine Arts, Sculptures, Calligraphy, Installation Arts, Martial Arts, and Healing Arts were all sung together toward the glory of Sundo in the land of peace and serenity.

When dawn broke next morning, the clear white mist truly infused the Sundo practitioners' hearts.

----Master Hyunmoon Kim

Experiences from the Practice of Sundo

By Milan Michal Strnad

My initial encounter with Sundo was nine years ago. Ten years ago, I would never have thought that I could apply the practice of yoga or meditation to my life. I figured I would start this practice at retirement age at the earliest, if at all. Certain life circumstances suggested that I would have to start the practice earlier. But everything has its time, and each person has a role, task, or mission here on Earth. The materialistic and consumeristic world of today is going a different way than the spiritual way. The more materialistic we become, the more we move away from the spiritual world. In these times of war, religious and political conflicts, it is very important to return to the roots of thousands-of-years-old cultures where coexistence and harmony with nature and divine laws was part of life.

The path of Taoist Yoga Sundo opens the gateway to these realms. It is for me a natural way of connecting the physical body with the soul. Many people are gradually opening up to these teachings. Unfortunately, one of the obstacles of Western civilization is the lack of discipline and belief in oneself. A lot of people seek help from other people, so they become slaves to a system that sets certain rules and limits for them. Even ancient cultures like the Egyptians and Greeks knew how to control humanity. The tool was simple, and that was through fear and insecurity. History, whether we like it or not, is repeating itself. Technology has advanced incredibly over hundreds of years (today's advanced digital world and artificial intelligence). The sad fact is that the level of consciousness has hardly shifted at all in that time. It's dangerous, and if it continues, humanity will go down the drain.

In the COVID era, I practiced Sundo almost every day. I was very internally strong and confident. I didn't let the outside world put fear

into my mind. Sundo helps me believe in myself, and the more I practice regularly, the more my intuitive sense develops. I am more calm and balanced. It is the law of energy. What I send out from my body, I also receive from the outside environment. One becomes more connected to the laws of nature while realizing the importance of the power of the present moment. We are influenced, of course, by everything that happens around us. Sundo helps me cope with the stress and physical tension that affects me in my daily life.



Retreat Center scene

In applying Sundo to life, I have found that real freedom does not come from what is imposed on us from the outside world. In fact, real freedom comes from within us. We tend to evaluate everything with our eyes first, what we see. The eyes are one of the weakest sensory organs. Everything is based on the energies around us, whether we believe it or not. Energy influences our lives, our health, and all that is happening around us. If I want to live in love, I attract love. Love is boundless and infinite.

Sundo follows the path of love, peace, nature, and living according to divine, and above all, cosmic laws. The only thing we have to keep in mind is that it is not enough just to practice and write the number of exercises in your diary. It is necessary to live what I do. That is, apply it to

my life. Expecting nothing and getting so much. It's like nature, which gives us fruit, water, warmth, oxygen, and yet wants and expects nothing from us.



Sundo needs to be practiced regularly. I personally exercise about four times a week. Even though it may seem like an impossible thing for some, it's kind of like doing my body hygiene every day. I don't think about it and I do it. It's part of my life. As important as personal physical hygiene is, mental hygiene is just as important. A lot of people tell me they don't have time to exercise for an hour and a half a day. But my opinion is that if you want to do something, you can do it. Those who don't want to, usually look for reasons and excuses.

Sundo helps us cope with the jungle of civilization around us. Today's hectic world leads people more and more to stress and depression. I served for over twenty years in the army, and I can confirm that stress was part of the job. Last year, in 2023, I retired from the military after 20 years. The reason was simple: I didn't feel free. Sundo has been a great help to me over the last five years in the Army. I took an important step in my life and just ended my military career. Following my retirement from the army, I was offered a position from the University of Defense to work as a civilian academic staff member for Basic Physical Training and to run yoga classes as part of this. I initially declined, but I figured it was an

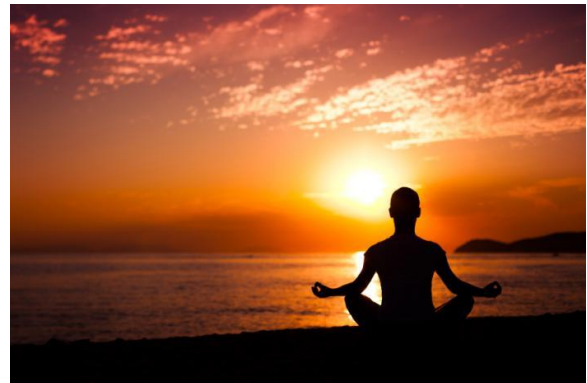
opportunity to show young people a different path than that of drill, determination, and rigidity. Young people are the future and I felt I had something to pass on to them. Since April this year, I have been teaching Sundo practice at the university, once a week for now. The students are interested in the practice. They are interested in breath work and stretching exercises. I also include Sundo in self-defense classes, where I explain to the students the work of the breath in the lower *tancheon*.



When practicing Sundo, one works a lot with the breath. The breath gives us life and energy. When we are born, the first thing we do is breathe. When one dies, the last thing one does is exhale. It's the breath that gives us the power to live. Through exercise and meditation, my previously compromised health began to mend. Other aspects of my life began to open up in the realm of spirituality. I read and thought more about life and death and came to the conclusion that I needed to accept death into my life. Only in this way can I free myself from fear.

That is why I practice this art regularly, with reverence and humility. I would like to continue to share these experiences with other people. That is why I have been teaching at the University of Defense since this year. I want to show people the way of self-acceptance and love towards themselves and others. I would like to show people that the best medicine and healer in these hectic times is themselves. It is important to trust yourself and not be afraid to take responsibility for yourself. I know myself that this is not an easy path. It's a daily job, just like brushing my teeth every day. I think I can point them in the right direction thanks to Sundo.

My life experience can be helpful for this, as motivation, determination, and a role model for others. In these rather hectic times, it is important to find at least a part of the day for oneself, when one is just alone, to become more aware of one's own being. Only in this way can I get to the depths of my inner self. Sundo is a very effective and beautiful art if practiced for the right reason, with good intentions.



I like that Taoism is nature, not discipline, as in some religions. It's a path for life. Once we understand that, everything starts to change. We will feel more free. Our inner voice and intuition will guide us. But the important thing is that we always need to be in the present moment.

Milan Strnad practices Won Ki Don Boup III (Blue Belt) in Brno, Czech Republic.



Summer Retreat 2024

Photos by Master Kim and Don Zickefoose



Lunchtime



Mina's drawing workshop for the children



Master Kim's guests from Korea prepare spring rolls



Roy and Don with Master Kim after their Tai Kwan Do demonstration



Murray and Patrick sand the dining table bench



Joel and Don with Master Kim



Grace, artist and dancer from Korea, shows Murray his spirit drawing



Joel buys one of Jerry's sculptures



Lucie's bamboo scroll

Some retreat participants pooled their resources to buy the scroll for the retreat center, proceeds then donated by Lucie



Lucie



Group celebration of the Vermont Arts Festival



Inside the meditation hall

Retreat Schedule

All retreats led by Master Kim

Fall Retreat (5 days)

Oct. 10 (Thurs)-Oct 15 (Tue)
2-day Mountain Retreat and 3-day Regular
Retreat
Sun Do Retreat Center, Barnet, VT

European Retreat

November 14-17, 2024
Sundo Retreat Center at the Cold Mountain
Pensium
Bron, Romania
More info: www.sundo.ro

Winter Retreat

Jan. 14 (Tue)-19 (Sun)
5-day or 3-day Retreat
5-day Retreat includes:
Experience the Spirit of the Navajo, staying one
night in the Monument Valley
at Goulding Lodge & visit a sacred cave found
by Master Kim
3-day Regular Retreat at Moenkopi Inn & Suites
Conference Center, Tuba City, AZ
More info & registration:
www.sundo.org/retreats

Mid-West Retreat

January 30 (Thurs)-February 2 (Sun), 2025
Omaha, Nebraska
More info & registration:
www.sundo.org/retreats



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.

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