



Sun Do News

Spring 2021

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Greetings from the Embodied Recovery Center

By Greg Vorst

In early February 2021, Embodied Recovery was blessed with a second opportunity to host Master Kim for a weekend workshop at our center. Having overcome a year of uncommon challenge, we were all, staff and clients, eagerly awaiting the promise of his coming. His teachings and presence inspired healing and growth in our community and renewed our sense of optimism to face the challenges ahead.

On the evening of his arrival our team enjoyed a beautiful welcoming dinner with Master Kim, full of delicious food, laughs, connection, and stories. Later that evening I stood tearful and reflecting in awe as I watched our team quietly preparing for the morning workshop ahead. Though we were now safe and prospering again, it was not too long ago that Michael, who is my business partner, and I were without a solution, with our backs against the wall, and seeing the likely closure of our center. We, like many other businesses, were hit very hard by the pandemic, and there were many days and months when, besides our faith, we had nothing tangible to go on as to how we could survive. What I will now share with you

Dear Sundian,

In 2001, my friend Joan shared her two dreams about me.

The first one:

A big coiled snake sat in the center of an octagonal screen house.

A hundred thousand insects were making crazy noises, striving to penetrate the screen.

But the snake kept quiet and was soon lifted to the sky.

The second one:

A cave located on a high cliff, but there is no road to it.

There are three teachers who wear blue robes, holding a scroll of secret teaching.

When I heard the above two dreams,

I immediately knew what these stories were meant to be.

The first one fed the second dream,

which has begun to manifest after 20 years of incubation.

----Master Hyunmoon Kim

Is about our journey over this past year, how we ultimately managed to survive and eventually even thrive through this pandemic.

In the early months of Covid in 2020 we were scrambling to make sense of the changes set upon us. Should we continue providing services; will we be compensated for work; what of the health of our employees, clients, ourselves, and our families? We were beset by so many new and daunting questions in what was really our first year of business and Michael's and my first ever business venture. While many centers closed their doors and moved to online formats, we felt very strongly that for our addiction work to be meaningful and effective, it would need to be held in person. We also felt that clients who in normal times struggle greatly with the challenges of life would likely be in even greater need during these troubled times. Cautiously, and with a clear commitment to be of service to those suffering and in need, we set about to take appropriate health precautions in order to continue our programming at the center.

While this was received with great appreciation from clients looking for connection and community, it did not mean that we were going to survive financially. For reasons that are still not clear to us, though we provided services to several clients in the winter and spring of 2020, the payments we received from insurance were uniformly uncharacteristically low, often very delayed, and in some cases, we received no payment at all. Michael and I had never really contemplated what it would be like to work, pay staff and the bills, but not ourselves. It was a very confusing situation to say the least and one that was not sustainable. Each day we could see the value of the community to staff and clients, we could see the healing and growth, yet financial returns were not forthcoming. Perhaps the insurance companies were bracing for tough times with the advent of Covid, or perhaps we got a bunch of bad policies all at once. We really did not know. What ensued from this hardship was a marvelous opportunity

International Sun Do Association

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Hyunmoon Kim

Masters

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Teachers

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Virginia Platt

Betsy Forrest

Hyun Hee Kim

Christine Ucich

Roy Bushman

Senior Instructors

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Florin Serbanescu

to cultivate faith in the unseen, something I will speak more to later.

In addition to the financial uncertainty there was the mental and emotional strain all of us were facing with Covid itself. While it was perhaps a time when treatment was most needed, it also seemed the most unlikely time to succeed. For Michael and me, our team, and our clients, the density of the experience of the pandemic was a such a potent and debilitating

force. Fear found its way into each of our lives, gnawing away at our wellbeing, leading us to question things that were once commonplace and to doubt so many things we once held as true. What could be trusted in this and where could we find refuge? How could we lead our clients with confidence? While we were feeling a lot of different things, if I were to try in one word to sum up what we were most feeling, it was “contraction,” a kind of inner seizing up, a shutting down of the vital life forces that fuel and make meaningful our lives. There is a powerful expression that goes “Fear eats the soul,” and for many of us the truth could be felt in our day-to-day living and our engagement at the center. Clients might just return to a life of drinking and using. After all, what hope was there in life? For the team too it would have been easy to give up. We were very much in need of something that would ground us, give us confidence and a way to face our challenges with dignity.

While there were many factors that contributed to our survival as a center, it is certainly not an overstatement to say that our practice of Sundo was principal among them. Thankfully, our program, which had been devised well before the pandemic, requires each client and team member to practice Sundo daily at the center. Little did we know at the time of making this commitment how needed it would be in the troubled days ahead. Sundo ultimately proved to be a kind of spiritual immunization that protected and carried our community through the trials of the pandemic. The daily practice and post-practice teatime proved to be a refuge and sanctuary, a chance to receive the connection and nourishment we were each craving. Moreover, through our consistent practice we began to anchor ourselves in a lived experience that felt good, safe, and trustworthy. Through Sundo we also continued to experience increasing health and wellbeing despite the shifting landscape of health information. By carefully attuning to our inner experience and cultivating practice, we found ourselves as a community digesting the

challenges we faced and growing in our centeredness and resilience.



Sunset at the retreat center—photo by Betsy Forrest

For those among our community who consciously embraced this time as their time to grow, many achieved staggering results and transformed their lives in powerful ways. Clients found freedom from addiction and codependency, learned to forgive, overcame crippling anxiety and depression, found empowerment in their voices, experienced healing individually and within their families, and grew socially and professionally after years of isolation and powerlessness. Our team also experienced profound changes. We have grown brighter, smoothed out many of our rough edges, and found greater strength and capacity in our service to others and in our own lives as well. Our center itself actually managed not only to survive but also to grow and expand during this crisis. Embodied Recovery opened another track that assists clients with mental health challenges. Perhaps the most impressive growth though is the feeling of healing and safety in our center, which we believe is generated in large part through the shared experience of our practicing Sundo together. Gratefully, I can also share that during this entire journey, not one team member or client contracted Covid.

While there were countless decisions and sacrifices that we made to keep the center open, it is significant to point out that we absolutely would not have survived financially

had we not opened and created the mental health track. It was ultimately this program that saved our center and kept our doors open. Had we succumbed to the forces of contraction and fear, we would no longer exist. Our very life as a center was dependent upon staying open, growing, trusting life, and expanding. There were many days when Michael and I would smile at one another and say in confidence that although we could not see how we would or could possibly survive, we could feel that we somehow would. That faith was born of our practice and our shared commitment to being a place of service during this crisis, no matter what challenge we faced. We believed somehow that the healing that was taking place would be supported, and we felt this truth in our own bodies. We hope you find our journey a source of inspiration and comfort in the many trials you may face. We at Embodied Recovery are very grateful to Master Kim, the greater SunDo community, our team, and our clients, all of whom have contributed to our survival and success during this year of trial and transformation.

Greg Vorst is a SunDo coordinator at the Embodied Recovery Center (www.embodiedrecoverycenters.com), Los Gatos, CA.

The Dining Hall Is Almost Completed!

But there are still some finishing touches ahead.



Photos by Master Kim

Support SunDo's mission of spreading brightness for a healthier happier society.

Please donate to our CURRENT 2021 fundraising goal of \$32,000.

For over 22 years, the SunDo Retreat Center has been a place that revitalizes and heals the spirit. Help us do more in the coming year with finishing touches to the kitchen and dining hall and cabins for sleeping. With our smaller fundraisers plus larger matching donations, we believe this is possible!

We are happy to report that we have collected \$9962 in donations since January 1, 2021.

You can donate through a PayPal Giving Fund [here](#). (Control/click)

As a 501(c)(3) educational non-profit, SunDo International no longer incurs any processing fees on donations. So, every last cent of your gift goes directly to development of the Retreat Center to create a place for SunDo healing and education.

Checks payable to SunDo may be sent to: *SunDo C/O Treasurer Roy Bushman, 5059 Grandview Place, Cincinnati, Ohio 45212.*



CORNUCOPIA

I am pledging to give \$5000 for the completion of the new building, to be matched by two other persons or a group of persons. A first person has already responded positively to half the match of my donation. Who else will match it? My realization in living my life as a practitioner of Sundo over the past 34 years is how this practice has led me to become more generous, inspired by nature. I invite everyone to be generous in supporting financially the completion of the new building, so well designed by John Mallery and so well built with the expertise of Ron Walesch.

Sundo promotes a way for people to take care of themselves with the help of a community. Retreats in Lillooet and in Vermont have been very important to me to receive the teachings, first hand, from Master Kim and from the late Ron Catabia. At retreats, we feel the group energy, and we have a chance to bond with like-minded persons, gathering in one place, coming from around the world to practice Sundo.

Lucie Lambert
Vancouver, March 30, 2021

A Message from the Czech Republic

Dear Master Kim,

The last time I wrote to you was about my dantien breathing and what is happening, and while I was writing I started to have doubts about it. Just the next day I went to practice, sat on the mat, and as I was sitting and breathing, I struggled for the absolute calm and peace until everything became quiet. I gave myself to Sundo, lost all the imaginings of my mind, and started to practice. During the meditation there came a change; there was no fire sphere at all, only calm emptiness and calmness. Actually, I don't have the words for all that happened; it was like when water is very calm and strong at the same time; it was like when you really want something and you don't care about it at the same time.

Since then I struggle and not struggle at the same time. I just keep practicing more, and actually I know things, I understand, I let things become. If I let things become, Sundo is the teacher. Sundo lives inside of us because of moving, form, posture, and we are knowing ourselves. With knowing of ourselves we are knowing our surroundings. Sundo is teaching us to know perfectly our body; then we know what to eat, drink, or whether to do this or that. Everything I read and dreamt became truth. I am not sure how to describe it, perhaps only this way. On the retreat you told us about the communications among the trees; for me it was only information, and I also had some doubts about it, but now after one year of practicing I know that it's true. I can touch those conversations, vibrations; I talk to the trees. It is not the end --it is a beginning, I am more and more interested in trees, and I read books about forest, trees, and nature. It makes me a better man.

With more intensive practicing I more and more admire the people who have reached something, for example, you, Master Kim. I

admire people who do something a long time and touch the mastery. I know it's worth the hard work and endurance. The reward is when I get to the calmness behind mind, where everything and nothing exists at the same time. Then a man suddenly knows. He is becoming calm and starts to face new challenges; he sees and perceives the things and actions that he couldn't see and perceive before, and when he does, they hurt him, and he must look for the next level of kindness, love, and humility, for maintaining a quiet and detached view. All this helps me go on the way to truth.

This year is for me the most beautiful ever and the most complicated and hardest at the same time. With regular practicing of Sundo I've started to have a relationship with Sundo, a partnership. I have great respect for Sundo, but I am also making a special relationship with Sundo; I am Sundo and Sundo is me. Sundo gave life to me and I am giving life to Sundo by practicing. Sundo is so beautiful and settled deep in my mind. Sundo teaches me to know myself; it's a secure guide through silence. Because of this and because of other things, I can say I am glad. Master Kim, I thank God to have gotten lost to your retreat. Thank You for your grace and inspiration. You are the motivation for me, and hopefully I will be the inspiration and motivation for somebody else on the way to knowing him- or herself. Hopefully I will comprehend and understand the essence of being, and hopefully I will find the truth.

With Love,
Your loving follower,
Jaroslav

Jaroslav has been practicing Sundo in the Czech Republic for two years.



Congratulations to Lucie and Zoltan Szigethy, who are engaged to be married.

Announcement!

Tora Strawderman will be assuming Ron Catabia's former role as Distance Member Coordinator. Please send promotion requests and essays to Tora. She is also available to answer questions about the Sun Do practice.

Retreat Schedule

Memorial Day Retreat 2021

May 28-31
Barnet, VT

Summer Retreat 2021

9-day: July 29-August 8
5-day: August 3-8
3-day: 5-8
Barnet, VT

Fall Retreat

October 8-11

Korea Trip 2022

Begins April 7, 2022

Come to South Korea and you'll discover why SunDo members consider this trip one of their most fascinating experiences. Travel with Master Kim to see historical attractions such as Gyeongbok Palace and the National Museum of Korea. If you're more of a nature lover, there are plenty of beautiful parks and forest therapy sites to visit. And art lovers may enjoy both the ancient and modern art of Korean culture.

Tour also includes promotion ceremony in Seoul and practice classes at SunDo Centers in various Korean cities.

Promotions

Won Ki Don Boup I (red)

Kristie Horn, Nebraska



Happy Spring, everyone!



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/>

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