



Sun Do News

Summer 2021

Volume 37, Issue 3

Finding Balance

By Terri Beutel

I have been practicing SunDo for several years, and it has now become an integral part of my life. I have found that many stressors in my life are due to a lack of balance. I credit my SunDo practice in helping me make important and hard decisions regarding balance in my life. I feel that my breathing practice in white/yellow belt has helped me face my stressors and gain insight into those stressors. I am eager to further my SunDo practice, and it is now time for me to advance to yellow belt.

In 2019 I retired from my nursing career. I had been a nurse for 35 years. I have many fond memories of patients and co-workers; however, I was suffering from major burnout. Things were changing, and although for the most part I do welcome change, some of these changes, in my humble opinion, were not good for nurses. It was difficult for me to go to work. I remember crying in my car prior to starting my shifts. It was at this point that I knew I had to make a change. It was difficult to face the fact that the career that I had longed for and worked so hard for gave me such misery and grief. But sitting in my car crying prior to my shifts said a lot to me, and I had to face it. I had to find a way to bring myself back to balance, and I credit my SunDo practice for helping me make that change. The SunDo practice of breathing and meditation helped center me and gave me the confidence

Dear Sundian,

Jiri Mountain, a southern part of Korea,
Where Sundo Hermits have been residing for a hundred years,

This legend, it's very close to us now over time and space.

However, only someone who has a third eye would see them,

But not someone who has not.

----Master Hyunmoon Kim

and determination I needed in order to take control of my life.

I had worked on that specific unit for 30 years. When I decided to leave, many of my co-workers were shocked. Few thought that after that many years I would leave – after all, why would I leave after earning all the benefits of a senior nurse status? But leave I did! And I left in good standing. In my farewell letter I quoted William A. Ward, which went like this:

The pessimist complains about the wind,
The optimist expects it to change,
The realist adjusts the sails.

I let them know that it was time for me to adjust my sails. I have loved that quote ever since I read it. It speaks to me. It makes me feel empowered. This quote, along with my SunDo, were the driving forces in getting me to make those necessary changes. The quiet stillness of my practice was a much-needed relief from my anxiety and stress. I welcomed my “down time.” It gave me the ability to sit quietly and focus on my problem. Eventually I worked in a clinic for two years. It was a good change---and who says you can’t teach an old dog new tricks! Then in 2019 it was clear that all my hard work and savings paid off. My financial advisor informed me that now I was just working for vacation time. Really?! And so, I retired.

Retirement now brings new challenges. I found that I have to make an effort to keep engaged. I always envisioned my retirement as doing nothing but relaxing, drinking wine, and eating bon-bons; however, that couldn’t be further from the truth. In my working years I didn’t have to think about keeping busy. My job, along with raising a family, kept me busy and fulfilled enough. Now that I no longer have a job, and the child has been raised, I have to find new ways to keep motivated and busy. And some days are a challenge, but it is very important to keep busy in this chapter of life. Sitting around doing nothing will only put you in the grave faster. Multitudes of research have been done on healthy aging. In fact, if I had a patient that

was over 100 years old (and spry), I would ask them what they thought kept them in such fine shape. It was always being grateful/thankful and keeping active. Although this wasn’t a formal research study, their answers made an impact on me. Also, when my father died in 2010, I had two services for him: one in Arizona where he retired in 1986 and one in Nebraska where he was born and raised and was an Omaha police officer for 25 years. The age ranges for those who attended his funeral in both locations were between 65-85 years. However, I noticed a big difference in the activity and engagement level between the two areas. Those from Arizona seemed to me to be more socially engaged and appeared more active and healthier. Those from Nebraska didn’t move as well and either came alone or were brought by a family member. I assume a lot of this has to do with the differences in the weather. Those in Arizona are able to be more physically and socially active as they do not have to deal with snow, ice, and freezing temperatures. No doubt these are big deterrents to getting out and about. The point is not that living in seasonal climates is bad, but that keeping active positively impacts aging.



New floor in kitchen/dining building at the retreat center—photo by Dennis Downing

Erik Erikson, a German-American psychologist, identified eight stages of psychological

development throughout the life span. Like SunDo, successful completion of each stage helps a person develop a stronger sense of self and an ability to positively function in their environment. According to Erikson, I would be in the Generativity vs. Stagnation stage. In successfully mastering this stage a person desires to give back to society and to nurture things that will outlast them. They want to make their mark by contributing to the next generation and they have a sense of a bigger picture. This passing of the torch can also be seen in Chung San's (Bekyung) "The Song of Praising Nature." In the last stanza he talks about sharing the benefits of SunDo with others. This clearly demonstrates generativity. Failing to master the Generativity vs. Stagnation stage, a person becomes self-centered and uninvolved in the world. Applying this life stage to SunDo, I find that as I practice finding balance, I am less stressed, have a more positive involvement in my world, and can develop more positive relationships. The breath work continues to help me maintain a sense of center and balance. I am less consumed with myself and the need to survive. I have more of myself to give to others. The postures, along with the warm-up and cool-down exercises, help me with flexibility and tone. The challenges of some of the postures have taught me to use my breath to center, and this has become very useful to me in stressful situations. Even the act of putting on the uniform helps me transition to a different state of mind. All of these activities help strengthen my balance and make for a much happier, healthier, and productive life. And who doesn't want that?

In summary, SunDo has been a very important and positive effect in my life. Mentally, it keeps me balanced and has helped me with difficult decisions. Physically, it helps me with tone and flexibility. All of this combined, I believe, helps me age in a constructive and beneficial way. And I am eager to continue to learn and advance my practice.

Terri Beutel practices in Nebraska.

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Hyun Hee Kim

Christine Ucich

Roy Bushman

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Ginger Hobbs

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Stephen Holmes

Kim Hedegaard

Instructors

Diane Matta

Jerry Geier

Kwong Lip Pang

Don Zickefoose

Lucy Young

Teresa Lenzen

Barbara McCandless

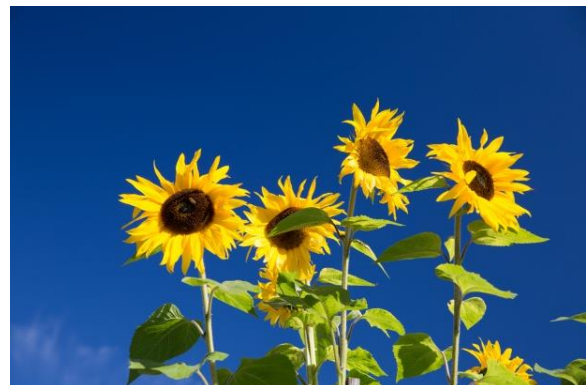
Joel Dunning

Heidemarie Holmes

Teresa Dunning

Stanley Szczabrowsk

Florin Serbanescu



Happy Summer!

Sun Do Europe

The 13th European Sundo Retreat was held in Romania from May 27 to May 30, 2021. The Sundo coordinator in Romania, Florin, runs a 15-room hotel, and the conference room for this hotel will be the 2nd Sundo Retreat Center. We hung the Sundo Retreat Center sign during the retreat.



Group photo from Romania retreat



Florin and Andreea with Master Kim next to the Sundo Retreat Center sign



Youngest Romania Sundo member: Korodi-Popa Filip, who is 7 years old



Dedication ceremony for retreat center in Romania

Generosity

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

Help us do more in the coming year with finishing touches to the kitchen and dining hall and cabins for sleeping.

You can donate through a PayPal Giving Fund [here](#). (Control/click). There is no processing fee so your entire donation goes directly to development of the retreat center.

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

Gray Tears

By Roberta Franzl

I was so saddened by the passing of Pauline White (October 19th) and then Ron Catabia this past December. I believe the first time this occurred (within the Sun Do circle) was the passing of Ronnie M. Wielhouwer.

Master Kim started a New Jersey practice, and Ronnie saw the flyer posted at a health food store. She became a steady member and attained the 9th level of red belt. In those early days, the location of the practice moved many times: first in an Englewood Cliff bank building, then a Fort Lee dance studio, later to a business suite in Closter, and finally to the Palisadium Spa in Palisades Park. The group was enhanced by several instructors: John Nichi, Byung Min Kim, and Chang Yeol Kim. In between instructors (1992), Ronnie held classes in her living room apartment and collected monthly dues for an upcoming center.

In January 2000, she was anticipating her move to Florida to be closer to her mother. All those plans were forever changed with her passing at age 63.

My significant other (Paul) passed away in February of 2020, and I fully returned to the Sun Do practice. Finding the need set a stage for a better daily practice, I dipped down to first-level white belt for the duration of one year. Coming back was like slipping into old shoes, but walking a different step.

During some of my home practices, grief was so intense it would well up into uncontrollable wailing. It was at the Sundo Leonia, NJ, Center (conducted by Michael J. Lee, and formed by another Sun Do Master) where a short talk was presented after a practice. The main focus was to keep the thoughts of the mind like water flowing downstream. The concentration of breathing could be considered a large solid boulder in the stream. This portrayed a picture of allowing thoughts to pass like water moving

downstream and a steady rock boulder anchoring the mind to the breath.

These many years later, I have come to appreciate the Sun Do practice as a way of living through life. Sun Do can provide a way of accepting what happens in life and for finding potential avenues for dealing with aspects of daily living. It doesn't stop destiny from happening. Think of destiny as a spiritual pocket that holds many life changes, as well as a death notice. And when the notice is extracted, it's time to leave the world. For the deceased, their earthly jobs and internal business have been fulfilled. Anyone affected by their death is now given an opportunity: to accept, learn, move on, change, and grow.

It seems the passing of people is a wake-up call to the living. Our earth time is really limited, and the suggestion is to become more mindful of decisions and actions. For some, it means finding new meaning to our lives and following a new pathway. For those not sure about a direction, "to be happy" is a purpose quote from the Dalai Lama. Then perhaps some of the gray tears will turn into rays of joy and life-long feelings of fulfillment.

Roberta L. Franzl practices in New Jersey.



Spring Retreat 2021
Photos by Christine Ucich



Andrew Tanner, Carol Gail, DJ Horn, and Christie Kendall display their certificates for training with our new video program and attending a three-day retreat.



Practicing the inner organ exercises



Workshop on the five elements and Sundo qi exercises



Group photo

Memorial Ceremony for Ron Catabia, Pauline White, and Marc Tomiso

A memorial ceremony for three Sundo members will be held at the summer retreat on Saturday, August 7, at 11:00. After lunch from 1:30 to 3:30 there will be an opportunity to share stories about these Sundo members and friends.



Ron and Tora at the Tennessee retreat in 2019—
photo by Roy Bushman

Retreat Schedule

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 Has Been Rescheduled

Begins April 28, 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 the promotion ceremony in Seoul and practice classes at SunDo Centers in various Korean cities.

4/28/22-5/10/22: 12 days in Korea (\$1500.00 + international airfare includes domestic round trip airfare to Chejoo Island, ground transportation, lodging, and all meals)
Departing 4/27/22 from both Europe and North America

4/28/22-5/15/22: 17 days in Korea (\$2000.00 + international airfare)

Promotions

Keon Kon Don Boup (Yellow belt)

Veronika Urbankova (CZ)

Won Ki Don Boup I (red)

Jaroslav Vyhnlik (CZ)

DJ Horn (West Hartford)

Instructor Trainee

Korodi-Popa Ferenc (RO)

Korodi-Popa Filip (RO)

Florina Homocea (RO)



Summer of 2017



Remember when we celebrated the retreat center's 20th anniversary in 2017?

This summer will be our 25th anniversary!

Happy Silver Anniversary, Sundo Retreat Center!

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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Betsy Forrest