



Sun Do News

Winter 2023

Volume 39, Issue 1

Dear Sundian,

A Moment of Silence
dedicated to my sister Sung Ja
Kim

The glow of the sunset waving
restfully,
The fallen leaves rolling playfully
on the ground,
Boasting of their abundant
colors.

A life of a person soaring high
With a bursting cry.
Grabbing the realm of life and
death together
With one Breath.
Life is the cradle of death.
Death is the blessing of life.

At the very moment,
The hospital room filled
With a silky wave of twilight.
How pure and innocent!
How peaceful!
Also
How majestic!

----Master Hyunmoon Kim

Reflections on Sun Do Winter Retreat in Barnet

By Martin Kemple

In early January of this year, I participated in the three-day Winter Retreat at the Center in Barnet. It was my first retreat in over 20 years, and it brought back many memories, and created several new ones.

Attendance was quite low; perhaps partly a result of lingering Covid jitters. Attending were just Master Kim and his wife Maria, plus Don Zickefoose and me. This provided lots of opportunity for quiet time on my own after practicing, walking along the many forested pathways at the Center, navigating the magnificent labyrinth every day, and traipsing through the woods down the sloping hill to Joe's Brook for cold winter dips. An ideal getaway from the work-a-day world of deadlines and timelines, screens, and memes.



The labyrinth

One night I slept outside up at the hermitage, which I had helped build some 25 years ago with Robert Houde, whose brother still hays the Retreat Center fields. Because the yurt-like lattice structure was in disrepair, I slept under the trees, where a light snowfall decorated my sleeping bag during the night. I thought of my first solo 7-day retreat there back in 1998, eating only a couple of apples and carrots every day, practicing each morning next to the woodstove inside the bubble-wrapped yurt. After the sleep-out and that flood of memories, the double practice and 100 bows that next morning were especially poignant!

During and after meals, Don and I had ample time to talk to Master Kim about Sun Do, his perspectives on the evolving role of the practice in the world, and his own life. It was most interesting and inspiring to hear his stories of challenging times throughout his life and with this practice!



The retreat center in winter

And, of course, there was the practice itself. On Saturday morning after our 100 bows, Master Kim kind of dressed me down about my breathing. Essentially he said that I was way too yang with it, trying too hard, pushing much harder than I should be, forcing things. It was a familiar lament. I remembered at my first ever Winter Retreat in Rhode Island or Connecticut in 1997, when I had made it all the way to yellow belt yet was still sweating profusely during postures, he checked my breathing that first early morning and said: "This is not just a physical practice. Better to lie down and just breathe." So I spent the rest of that first retreat, and several weeks after, I believe, lying on my back and simply breathing.



Master Kim made a similar suggestion to me at this recent retreat: "Beginner's postures are not just for beginners," he said to me, quietly but with great force. "They are the foundation for the whole practice." He added: "Better to practice more often and with less stress than to work so hard each time. Remember to make Sun Do your fourth meal every day."

So I've slowed everything down ever since, proceeding with a much lighter touch. Rotating the hips much more gently and slowly, rubbing my tancheon at the end of warm-ups ever so lightly as if to only suggest physical force but imply the deeper energy within the body. And being ever mindful of moving through each posture and warm-up/cool-down exercise as one continuous movement, as in a dance. I left the Retreat Center on Sunday with that familiar exhilarating feeling of having climbed a long, cold, dark mountain and reaching a high summit, loving the view and the crisp mountain air. Then bowing my head and continuing forward on my journey. Stirring from a deeper well.

Martin Kemple practices in Montpelier

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Tora Strawderman
Philippe Lewkowicz
Wendy Larman (honorary)

Associate Masters

Hyunhee Kim
Kim Hedegaard
Betsy Forrest
Betsy Barstow
Brian Quirk
Roy Bushman
Virginia Platt
Rich Kramer
Christine Ucich
Jerry Geier
Hank Babcock
Lucie Lambert

Teachers

| | |
|----------------|-------------------|
| Stan Baker | Diane Matta |
| Kwong Lip Pang | Don Zickefoose |
| Joel Dunning | Teresa Lenzen |
| Nicolas Tacchi | Florin Serbanescu |
| Greg Vorst | |

Senior Instructors

| | |
|----------------|------------------|
| David Delbrook | Al Passacantando |
| Ginger Hobbs | Stephen Holmes |

Instructors

| | |
|----------------|--------------------|
| Teresa Dunning | Barbara McCandless |
| Lucy Young | Heidemarie Holmes |

Southwest Sun Do Retreat: A Cultural Exchange among Korean, Sundian, and Native Americans

A Poem of Thoughts on the Tuba City Sun Do Retreat

By Myungju Sunim

A full moon rising, at 5,000 feet
Sacred desert, Arizona winter, her desert's sun
bright here.
Rainbow of strangers meet to breathe together
At the Moenkopi Lodge, intersection of
Highways 260 and 160.
So eerily quiet at night, you can feel the coyotes
watching.
Guests of the Navajo, the Hopi, the land and
her stories.
Early morning practice giving way to a long
sunset drive out from Antelope Canyon
Etched into memory now, these scenes of our
strange, beautiful life.
While humanity hurls itself, seeming
catastrophe-bound
Its reminders even here can't hide away.
Masks, fear, instant food: an entire people
languishing in greed's wake.
My pale-skinned ancestors escaped famine, war,
grief.
His brown-skinned ancestors never left, but
suffer, too.



Cultural exchange with a Navajo Medicine Man

Our Taoist ancestors stayed above it all, found
Original home, Tao, with belly under hand.
His invitation to Medicine Man Eric: "Let's teach
your people the Way of Breath!"
Master Kim must feel deeply the sorrow of Eric's
people.
Eric and his Father, an elder Medicine Man,
pray:
"May all of you good people, your family, your
friends,
Find yourself safe as you travel back home."
New Birth, New Marriage, horizons for this pop-
up community
Seeking in vain a good meal, amidst blue corn's
birthplace.
Making do, making friends, bonding in hallways.
This strange and silly bunch of us, walking
around the hotel
Like hungry ghosts coming back to life, seeking
reprieve.
A few days either end, from the hustle of this
life
Master Kim must not have had any idea
What he'd find when he came here, decades
ago
While Americans may not understand subtlety,
Taoist mind,
At least we will have exhausted the path of
accumulation
And perhaps then recognize that we can't
expand, inhaling forever
Exhale, yielding, is inhale's refuge, home.

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Cultural exchange with a Sedona meditation group

Thoughts on the Arizona retreat:

"Oh wow, there is a lot I can say about the retreat. I
feel rejuvenated in mind, body, and soul through
practice and meditation. It was a spiritual healing
experience. I felt a connection with the Korean
culture and Navajo culture."

*-Eric Deschine, Traditional Counselor, Medicine man
(Arizona)*



Master Kim meditates in Sedona field

"The Arizona retreat was one of the best
retreats I've been to, 2nd only to one in Glen
Ivy, California, where we had access to hot
springs. We had a little more than a dozen
practitioners. We were treated to a Navajo
Indian Blessing ceremony by three generations
of Navajo Medicine Men. This was very special
since their rituals and blessings are reserved for
Navajo people only. We toured canyons and ate
Navajo food locally. The only complaint I heard
from people was that they wish the retreat was
longer. Great energy!"

-Don Zickefoose (Ohio)

"The Sun Do practice every morning helped my
body feel more stable and relaxed. It also
calmed my mind and helped me focus more.
Spiritually I felt more grounded, too, being
connected to the land and connecting my
breath to the postures with where we were.
The continuity of doing the practice during the
retreat made me realize how important it is for
me to keep a regular practice outside of the
retreat."

-Aaron Bushman (Colorado)

"This retreat was special because it brought together so many different communities and connected our varied life experiences through the universal experience of the breath. Being surrounded by the presence of Sun Do practitioners, Korean and Navajo spiritual healers, and everyone in between combined with the energy of the sacred land was an experience I will never forget. I am grateful for this opportunity Master Kim brought into my life."

-Kali Higgins, Integrative Wellness Practitioner (Minnesota)

"Having Eric, and his father, both medicine men, explaining their traditions and healing ceremonies, and offering us a lengthy prayer for our safety in travels, was very moving. We learned that their breathing cadence for many of the songs in their prayer ceremonies aren't that much different than in Sun Do. The songs can have an 8-count rhythm instead of the 4-count.

Yujeung Seo was wonderful. She would dance based on the vibration of the geography of the land. It was great to go to scenic Antelope Canyon, within the Navaho nation, to see her perform there.

Ms. Seo's artwork was on display during the retreat. When you turned out the light in the room, some of the galaxy artwork had glow-in-the-dark features, which is not what I was expecting."

-David Giese (Minnesota)



Seo, Yujeong's galaxy dance

"One highlight was the silence that pervaded the experience. The area was very peaceful because it was so remote. I have always valued quiet, and when I am in a very quiet area, my mind seems to be able to rest and expand more easily. So this characteristic along with the usual outstanding features of Sun Do retreats made for a very rewarding experience. The especially cool guest presenters added an almost magical and very inspirational component."

-Kim Hedegaard (Minnesota)



Meditating by the Colorado River

"When you do Sun Do, you feel that your cells come to life. After experiencing that, I drew a picture, and it was clearly different from before.

A number of changes were expressed into the picture that was drawn.

I now feel more stable, both physically and mentally. By continuing to work hard, leading not only myself but also others, it is my hope that we will all live a healthy life."

-Seo, Yujeung, Artist and Dancer (South Korea)

Recently as I was practicing Sun Do and its Tanjeon breathing, at first it was awkward.

But as I kept concentrating, heat began to move through my whole body. I had a feeling of being delivered (released?), and then my body and mind were at ease. It seems very precious to focus on oneself in the midst of our complicated and busy lives as modern people. I believe that by continuing to do Sun Do, one's body will develop its own ability for immunity. I think it will help me with chronic disease and rheumatism.

-Park, Miran, Yujeong's manager (Japan - originally from South Korea).

"I met my son Aaron and Don Zickefoose in Las Vegas Wednesday, February 1. We enjoyed dinner together and the sights of Las Vegas. Thursday morning we woke up to travel to the Grand Canyon. It was more beautiful than I could absorb. Definitely need to spend a week there in the future. Thursday night it was great meeting old friends from Sun Do. My son got up with me for an early Friday, Saturday, and Sunday morning double practice. Really feeling energized after the third on and proud that my son threw himself into it wholeheartedly. I know he made a lot of new friends. Even though he's 35 and all grown up, it's still great to reconnect with him. Seeing and hearing the medicine man, and the dancer/artist, was a once in a lifetime experience, and I hope we do it again next year."

Roy Bushman (Cincinnati)



Arizona retreat group



Meditation hall at Arizona retreat

**Happy Anniversary
to Tora and David
They're celebrating
their 50th this month!**

Retreat Schedule

**Sun Do Meditation Center
Barnet, VT**

Spring Retreat

Memorial Day Weekend
Friday 5/26-Monday 5/29

Summer Retreat

9 Days: 7/29-8/6
5 Days: 8/1-8/6
3 Days: 8/3-8-6

Fall Retreat

Friday 10/6-Monday 10/9

16th European Sundo Retreat

Czech Republic
March 30 ~April 2, 2023
www.sundo5.cz

Korea Trip 2023

**Pilgrimage to Sun Do's Lineage
Tuesday May 9 - Sunday May 21, 2023**

*Come to South Korea and discover how
ancient Sun Do Masters lived and practiced
in the mountains!*

Follow the footprints of three Sun Do hermits:
Moo Woon (No Clouds), Chung Woon (Clear Clouds),
and Chung San (Blue Mountain) in the mountains
of Korea with your guide, Master Kim.

Find more information [here](#).

A \$100 non-refundable deposit must be received no
later than April 5.



Korean Mountains

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Vice director: Michael Nolan

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See you at a future retreat!



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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<https://www.facebook.com/Sundo.Healing/>

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