



**Tai Sophia
Institute**

The Report

Spring 2009
Vol. 7 No. 1



Ta
Signature program –
an experience that
changes lives
Also Featuring
Financial Report
Bringing a wellness conversation
to U.S. Senate hearing on healthcare



Welcome

Dear Friends of Tai Sophia,

Our nation is taking steps toward changes in healthcare that Tai Sophia has worked for and advocated for more than two decades—changes signaled by a series of hearings on Capitol Hill last February, convened by the Senate Committee on Health, Education, Labor, and Pensions. I was honored to be invited to testify; and I want to share with you—the many who have supported, funded, and helped shape this work—some of the thoughts I brought to the hearing.

My statement, titled “The American Wellness System, An Alternative Way of Thinking,” began with this quote from Albert Einstein:

The significant problems that we have cannot be solved at the same level of thinking we were at when we created them.

These are a few excerpts from the testimony:

The usual conversation about the American healthcare system revolves around what is called “the iron triangle of cost-quality-access.” In reality, a change in any one of these aspects will affect all the others. We suggest that the “iron triangle” presents a false dilemma, and that this level of thinking cannot solve the current crisis. We must incentivize 75 percent of people to move from the current sick-care system to a self-pay, community-focused wellness system.

The public is longing for empowerment to live well. This is evidenced by a vast movement, especially among the wealthy, for access to spas, wellness clinics, the use of complementary/alternative medicine, and the use of yoga.

We break the iron triangle with a focus on a wellness system, designed to move 75 percent of the public (a public that now repeatedly goes to disease experts) into learning wellness practices—how to breathe, how to sleep, how to exercise, and how to live well.

We can build a wellness system through these public policies:

- Create a White House Office charged with motivating the habits of wellness in every aspect of American life.
- Fund demonstration initiatives in local communities designed to reduce medical expenditures when healthy lifestyle habits are reinforced at a community level.
- Train all current healthcare providers to understand their own bodies, i.e., how to maintain their own wellness.
- Create national wellness educational programs that enable individuals and families to learn and be motivated to be their own primary care providers.
- Fund the development of a series of wellness universities, such as Tai Sophia, to train wellness educators for our schools and our communities.

A deep bow to the Tai Sophia community for your ongoing support and your commitment to this work. Together, we are creating a world of wellness in which our children and our children’s children will thrive, empowered to care for themselves and each other. —Robert M. Duggan



We must incentivize 75 percent of people to move from the current sick-care system to a self-pay, community-focused wellness system.

— BOB DUGGAN,
AT SENATE COMMITTEE
HEARING

For more than three decades, we have empowered individuals and communities to reconnect with nature and its role in healing, to recover the wisdom of our ancestors, to practice the arts of living and dying, and to care for and serve one another in the course of life’s journey. All of our educational programs and offerings have been designed to incorporate the timeless wisdom of nature and the ancient healing traditions, modern science, and transformative practices. With the integration of theory and embodied practice, our students and community members learn to cultivate a healing presence and create optimal healing environments in all areas of their lives. This core curriculum is the foundation of our premier graduate level programs in Acupuncture, Herbal Medicine, and Applied Healing Arts. The Institute’s unwavering commitment to assisting students and all we serve to “come to life more fully” has enabled Tai Sophia to become the anchoring academic institution for whole-person healing and the emerging wellness system.



**Tai Sophia
Institute**

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TAI SOPHIA INSTITUTE,

a private, nonprofit, 501(c)(3) tax-exempt organization, is the anchoring academic institution for the nation’s emerging wellness system. Founded in 1974, it was the first accredited acupuncture training program in the U.S. In 2002, Tai Sophia Institute moved to a 12-acre campus south of Columbia, Maryland, and expanded its programming to include master’s degrees in Herbal Medicine and Applied Healing Arts in addition to the Master’s of Acupuncture.

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In this issue:

	Page
In Redefining Health, transforming ways of living and viewing life Four participants in the Institute’s signature program tell their stories.	4
Senate committee calls on Tai Sophia Institute representatives testify at a Senate committee hearing focused on integrative medicine and healthcare reform.	10
Scientists present breakthrough research advancing healthcare At Tai Sophia’s annual symposium, researchers discuss their work and its revolutionary applications.	11
Making history, remembering history Tai Sophia students and board chairman invigorate and inform a national conference.	13
Financial Report Frank Vitale reflects on the challenges of the present economic times. Tim Ambrose, who recently joined the Institute as Vice President for Institutional Advancement, tells what drew him to Tai Sophia, discusses fundraising, and notes the “incredible change” generated by our alumni.	15
Acupuncture • Out of a horrific experience, Kyle Olinger mines riches he brings to his acupuncture patients and aikido students. • Graduates bring peace to war in programs that serve veterans and their caregivers.	19
Herbal Medicine Discover herbal treasures on a walk through the streets of Baltimore, guided by herbalist Rebecca Snow.	22
Applied Healing Arts Students in the AHA program uncover their “promise.” What is a “promise”? How do they find it? Program director Anne Baker tells us how; and faculty member Helen Mitchell shares how she brings her “promise” to work at Howard Community College.	24
In Brief • From the Smithsonian to Donna Karan’s Urban Zen Foundation, organizations around the country call on the Institute’s president and chancellor. • Students serve up plant extracts and fun at an herbal medicine show. • Tai Sophia “greens” its campus. • At Tai Sophia’s clinics, new services and new name—Natural Care Centers. • Remembering Marion Skelly, member of the first acupuncture class in England that birthed Tai Sophia. • New leadership role an excellent fit for ‘83 acupuncture graduate David Mercier. • Tai Sophia welcomes international herbalist Andrew Pengelly. • From Alaska, an inspiring teaching story.	26



About the cover:

Top: Redefining Health participant Elizabeth Kaufman speaks from the heart as she holds the Amish doll used as a “talking stick.” Photo by Brian Patrick Miller

Left: Alaine Duncan, acupuncture alumna, treats a combat veteran at Walter Reed Medical Center.

Right: Faculty member Rebecca Snow leads an urban herbal walk during the 2008 Bioneers Conference.



An experience that changes lives Participants share their stories . . .

In the last four years, approximately 1,145 people have attended Redefining Health. Although the computerized records don't go back to the early seventies when Redefining Health (RDH) was first offered in a different form, it's safe to say that over the last 35 years, thousands of people have experienced some form of Tai Sophia's signature workshop, delivered by co-founders Dianne Connelly and Bob Duggan.

Initially, Dianne and Bob welcomed an audience coming to learn about acupuncture and its needling process. The program evolved as participants sought to become the needles *themselves*, and as the School of Philosophy and Healing (SOPHIA) program developed in the late 1980s. In its formative stage, Redefining Health benefited significantly from the wisdom and teaching skills of not only Bob and Dianne, but also John Sullivan, Julia Measures, and Jack Daniel. Recognizing that RDH is at the philosophical roots of everything Tai Sophia offers, Dianne describes it as an "overture," explaining that "like any overture, it heralds different facets of a whole symphony and plays them out."

Bob points out that for each RDH session, "what goes on depends on who shows up," and Dianne suggests that it's "all about shining on each other." And that's what these pages are about: shining on a few of the many who have shown up for Redefining Health and who have redefined their lives in inspiring ways.

Of course an exploration of Redefining Health would be incomplete without shining a little on Dianne Connelly and Bob Duggan. Both delight in the balancing dance of teaching together, and recognize that they make sure different things happen in different ways. Although they may come with different approaches, both Dianne and Bob see the work as high-stakes and are committed to being fully present for it. Says Bob, "It's risky doing this work in front of large groups. People are dealing with pretty potent attachments, and we are asking them to let go." When asked if he likes being the voice of challenge, Bob offers an emphatic "No!" and laughs. Still, he pushes through, knowing that part of "being a healer is carving into a space that's uncomfortable for people."

Dianne identifies the challenge of remembering to teach RDH for the sake of the attendees, to let go of any insecurities, and to be in embodied practice herself. Dianne asks, "Do I forget sometimes? Yes. And I'm committed to not forgetting." She smiles and adds, "It's all about love, really."

Ultimately, Redefining Health was never a task designed for a select few. It remains the charge of two virtuoso teachers and all of us to use wisely the power we have within us: to redefine not just health, but everything.

Cecil found Redefining Health an important way for the family to get on the same page.... In one of the hardest parts of their lives, he said, they were able "to find and create joy in virtually everything we did."

Redefining

Everything

During each Redefining Health weekend, Bob Duggan and Dianne Connelly masterfully work with attendees to reframe issues or concerns in their lives. Above, Bob provides coaching to Andrew Reiner, a participant in February 2009.

Since the Redefining Health experience ... “we tend to look at all problems or crises as opportunities and possibilities.”

— CECIL ROSEN



Cecil & Karen Rosen used the Redefining Health experience to navigate Karen’s brain cancer journey “with joy, peace, and happiness.”



For the Rosen family (above) Redefining Health was ultimately a way to “bring a family closer.” Pictured (from the upper left) are Cecil Rosen and his sons Jeff and Mike. Christina, Jeff’s wife, holds their son Reece. Seated on the right is Jenny, Mike’s wife.

Redefining Family

For Cecil Rosen, one of the eye-openers in Redefining Health was that he is constantly in the process of writing his life stories and in charge of the way he writes them, one chapter at a time. Both Cecil and Karen, his wife of over 40 years, took this realization deeply to heart as they moved through Karen’s diagnosis of brain cancer and the treatment that followed. They found that in one of the hardest parts of their lives, they were able, as Cecil says, “to find and create joy in virtually everything we did.”

Karen was diagnosed in June of 2004 and was unable to continue in her role as professor of marriage and family therapy at Virginia Tech. At that time, Cecil quit his job as a business executive to become a full-time caregiver for Karen. Their son Jeff, an internet software developer who had been living in San Diego, moved back to Virginia in 2004 to support his parents along with his brother Mike, a realtor and real estate investor.

From that time until Karen’s death in April 2008, the Rosens shared a number of joyful celebrations and adventures, including Mike’s marriage to Jenny in April 2005. Also, in early 2005, Karen and Cecil began driving from their home in Virginia to Laurel for acupuncture treatments with Dianne Connelly.

Through Dianne, the Rosens learned of Redefining Health and came to the October weekend with Jeff and Mike. Cecil found it an important way for the family to get on the same page and to find “the positive aspects of the most dire situations.” As Cecil explains, Karen’s brain cancer, with the most aggressive form of tumor, left her with a prognosis of six to eight months to live. Instead, she survived almost four years, with Karen and her family managing to truly enjoy the time they had together — made possible, as Mike explains, by one of the gifts of RDH: “Just because it is raining outside doesn’t mean that it is bad weather. We have a choice to see the rain as good or bad.”

Cecil describes Karen as having a gift for interpersonal relationships, carrying herself with grace, and acting as a model for the rest of the family. Says Cecil, “RDH helped the rest of us by giving us the tools and context to grow in many of the ways that we saw and experienced in Karen.”

Numerous practices from RDH touched the Rosens, from living life in ways that honor the ancestors and serve future generations, to “keeping the lid on the rice pot moving,” to using words as treatments, to always drawing the circle big enough. And the Rosen family circle became a little bigger in 2006 with Jeff’s marriage to Cristina, and then again in 2007 with the birth of Jeff and Cristina’s son Reece. When Reece was born, Karen decided to give the gift of a photo album and memory book to her new grandson. After Karen’s death, Cecil finished the work Karen began and gave the album to Reece for his first birthday, with the intent to connect him to his ancestors.

Cecil explains that “both Redefining Health and our relationship with Dianne Connelly as a clinician played major roles in helping all of us find ways to navigate this brain cancer journey with joy, peace, and happiness.” And Dianne played an important part in the service celebrating Karen’s life.

This past fall, Mike and Jeff continued the family’s commitment to RDH and brought their wives Jenny and Cristina to the October 2008 weekend. For Cristina, the workshop offered a great way to experience connection, both with her husband and other loved ones, and ultimately a way to “bring a family

closer.” Since their RDH experiences, Cecil also notices that his family is more inclined to talk about how they feel, to listen to each other, and to appreciate shared moments. “We tend to look at all problems or crises as opportunities and possibilities. That practice has become so firmly engrained that we hardly notice as it happens.”

Says Cecil, “We had a great start with Karen as a friend, wife, and mother. The Redefining Health experience gave us additional practical and down-to-earth ways to enhance our experiences of each other and the world around us.”

Redefining Learning

Every day, 26-year-old Dawn Furfaro wears a red ribbon on her wrist. It often comes untied, which, she says, is good because the ribbon reminds her of whatever daily practice she’s chosen from her storehouse of Redefining Health experiences. Out of the last six RDH workshops offered at the Institute, Furfaro has attended five. In a culture where learning is often approached as a one-time deal, Furfaro goes against the grain in coming back. “Every time I take a different piece in a different way.”

For instance, at her second RDH, she watched someone “walk the circle.” This person was struggling to forgive, and pushing back in a conversation with Bob. Ultimately, this person decided to forgive for the sake of his daughter. Dawn says it was incredible to see that; and she could easily apply it to a similar situation for herself. After watching this person’s moment of forgiveness, she asked herself, “If this is possible, what am I doing holding these things?”

In her commitment to making the circle of learning as big as possible, she introduced her fiancé, Cole, to the program; and he’s attended almost as many times as Dawn. Beyond Cole, she’s brought seven others to RDH, sometimes offering it as a gift to friends and paying their way.

Originally, Dawn came to Maryland as a pre-med student. Stemming from 11 years of health problems and a “huge fight with pain,” Dawn wanted to be a doctor and to “actually spend time with people” in that role. Dawn was still in a great deal of pain when she started acupuncture treatment with Dianne Connelly, which led to attending Redefining Health for the first time in February 2007. Says Dawn, both Dianne and RDH gave her a new framework for living.

The program has a profound connection with Dawn’s experience of education; and she often uses what she’s learned in RDH in her studies, now as a Peace Studies major at Goucher College. Amidst her struggle with illness and pain, Dawn says she went from loving school to hating school. Through the RDH practices, she’s found a way to love school and learning once again. She was amazed that it was her choice to create upset and suffering; and for her, remembering that “upset is optional” calls to all the other RDH learnings and practices.

Recognizing that the messenger can have as powerful a role as the message, Dawn has been deeply touched by Bob and Dianne as teachers. She loves the way they teach together and that their teaching comes from lived experience. Says Furfaro, “They love us in their teaching. I know that when I’m there.”

And she’s not done with RDH yet. Says Furfaro, “I’ll keep coming as long as I can and it serves. It matters every time.”



Dawn Furfaro introduced her fiancé, Cole, to Redefining Health — a program so meaningful and useful to them that they’ve retaken it several times.

She was amazed that it was her choice to create upset and suffering...

Practices you can use

Before speaking or acting, ask yourself:
Does my speaking and/or action honor the ancestors and serve the children?

When you notice yourself in opposition:
Practice “both/and” statements rather than “either/or.”

Redefining Balance

For Tekla Ayers, director of Patterson Park Audubon Center in Baltimore, finding Tai Sophia was “random, but not really random at all.” Since moving to Baltimore two years ago, Tekla had been feeling off balance in many aspects of her life and had the major knots in her back to prove it. She had been living in Guatemala before she came to Baltimore. So the move brought lots of changes, along with an awareness that her support system — family in Arizona and close friends spread out far and wide — didn’t all come with her.

To seek balance and relief, Tekla exercised, got acupuncture treatment, and took a yoga class, where her instructor happened to be a Tai Sophia student who mentioned how cool her school was. So Tekla went to www.tai.edu, found Redefining Health, and instantly knew: “That’s what I need.”

Tekla liked how the program allowed her to step back and look at the relationships in her life — from being a step-mom to a wife to a director of other employees at a non-profit. At RDH, Tekla “got lots of tools” to deal with everything on her plate and also found things to celebrate in her own life, like her regular practice of acknowledgment with family and friends. For Tekla and others, RDH isn’t always just about discovering new ways of being; it can also be about reaffirming and remembering those ways that already serve.

Like attendee Dawn Furfaro (see “Redefining Learning”), Tekla has used wearing a bracelet to remind herself that upset is optional and to take a deep breath. She’s also written phrases from the RDH weekend on her keyboard at work and shared the weekend with friends through offering them different ways of approaching their own struggles. Tekla says she’s definitely bringing her husband to the next RDH; and her sister is planning her next visit around Redefining Health.

In another case of one thing leading to another, during Tekla’s RDH weekend, she attended a mini open house for Tai Sophia’s Master of Arts in Applied Healing Arts. She’d been seeking graduate programs in environmental science/policy, but none she’d looked at seemed quite right. And again, in a moment, Tekla knew that this program was for her. This January, Tekla started the program and took another step into balance.

Redefining Welcome

Mary Kay Kenney remembers exactly where she sat when she attended Redefining Health for the first time in 1994. She also remembers that the experience broke her perceptions wide open and heightened her awareness of how she maneuvered in the world. “It was a really different approach than what I was used to,” Mary Kay explains, describing the workshop as both freeing and provocative. “It challenged me. It gave me a different way of looking at my judgments and my actions.”

Mary Kay’s connection to Tai Sophia and community programs began when she attended a Michael Phillips workshop that brought together theater and ancient Chinese philosophy. She participated in yoga classes, attended SOPHIA (offered on weekends at that time), received acupuncture treatment, and brought her son, Bernie Huddleston, for acupuncture treatment as well. Like

many RDH attendees, Mary Kay found out about it in the treatment room, and was drawn to learning more about the poetry of acupuncture points and the philosophy and language her practitioner used. All of that led to big changes in her life, including a career shift: Mary Kay joined the staff at Tai Sophia and today is director of community programs.

After seven years of Redefining Health, offered three times a year, Mary Kay notices that each event is “as truly unique as every person in the room.” And as someone well acquainted with the five elements/seasons of traditional acupuncture, she also observes different energetic patterns in the attendees, depending on the time of year. For instance, the fall group tends to be smaller and quieter, the winter group alert and steady, and the summer group bubbling. Says Mary Kay, “You can hear them (the summer group) chirping!”

Regardless of the time of year, Mary Kay remains ever-grateful for the richness Dianne Connelly and Bob Duggan bring as presenters, noting how they anchor the weekend in both ancient wisdom traditions and current discourse and research. Says Mary Kay, Dianne and Bob are “masterful at guiding and making people comfortable.”

From the moment someone first calls about RDH to the moment that person checks in on Saturday morning, Mary Kay and Pamela Hartke, coordinator of community programs, put a great deal of time and effort into that interaction, preparing participants for the workshop and welcoming them once they arrive. On the opening morning of each Redefining Health, Mary Kay stands in front of the group and greets them. She finds it crucial to offer “the great welcome” to attendees, not just to Tai Sophia’s building, but also to all its many and varied offerings, and to the essence of who we are as an institute. “To me,” says Mary Kay, “Redefining Health has always been right at the center.”

Jen Violi, who prepared this report about Redefining Health, holds dual roles at Tai Sophia: press and marketing associate, and Applied Healing Arts faculty member.



Tai Sophia’s director of community programs, Mary Kay Kenney, in the 1990s attended Redefining Health for the first time, a session that instigated big changes in her life.

It was a really different approach than what I was used to ... It challenged me. It gave me a different way of looking at my judgments and my actions.

— MARY KAY KENNEY



With the ring of a Tibetan singing bowl, Dianne Connelly opens a session of Redefining Health, calling participants to deep listening and “presence.”

Practices you can use

When you find yourself upset, remember you have a choice:
Upset is optional.

When you find yourself in crisis, ask:
What is the opportunity?

Tekla Ayers, pictured with Steve, her husband, and son Andrew, says that in Redefining Health she “got lots of tools” to deal with everything on her plate, and recognized things to celebrate in her life.

Tekla went to www.tai.edu, found Redefining Health, and instantly knew: “That’s what I need.”

Healing the nation's healthcare system

Senate committee calls on Tai Sophia

On February 23, 2009, Tai Sophia Institute added clear and visionary voices to a hearing of the U.S. Senate Committee on Health, Education, Labor, and Pensions. The hearing's topic: "Principles of Integrative Health: A Path to Health Care Reform."

Among those invited to testify were Tai Sophia's president, Bob Duggan; Sister Charlotte Kerr, who has practiced acupuncture at the Institute since the 1970s and has served on its faculty; and Wayne Jonas, president of Samueli Institute and a member of Tai Sophia's board of overseers. Also participating in the hearing were Dow Chemical Company's global director of health services, Cathy Baase; director of the Center for Mind-Body Medicine, James S. Gordon; and director of the University of Minnesota Center for Spirituality & Healing, Mary Jo Kreitzer. In the last year, both Kreitzer and Gordon have lent their expertise to community programming events at Tai Sophia.

Although this hearing marks a new national focus on integrative health, the witnesses are seasoned contributors to such discussions. For example, Dr. Gordon served as the first chair of the National Institutes of Health Office of Alternative Medicine, Dr. Jonas as Director of the same office from 1995 to 1999, and Sr. Kerr as a member of the NIH Advisory Council for Alternative Medicine. All three also served on the White House Commission for Complementary and Alternative Medicine Policy.

In addition to these witnesses, several other individuals constituted a hearing resource group, including Simon Mills, founder and faculty member of Tai Sophia's Herbal Medicine program and a leader of integrative health and phytopherapy programs in the United Kingdom and the European Union.

Senator Barbara Mikulski presided over the hearing and thanked each participant for their significant contributions to wellness, emphasizing that "each one of us makes a difference; and when we work together, we can make a change." She explained that the hearing would examine the principles of integrative care and "how best to include those principles into the design of healthcare reform proposals. After all," she said, "health reform is not simply about expanding access to acute care. My goal is for health reform to focus on improving quality of care so that people are healthier, diseases are prevented, and chronic care conditions are appropriately managed. Integrative healthcare is a key component of improving health quality."

This hearing kicked off a week of Washington, D.C., events featuring national experts in integrative healthcare. Later in the week, another HELP Committee hearing, "Integrative Care: A Pathway to a Healthier Nation," included Mehmet C. Oz, Mark Hyman, Dean Ornish, and Andrew Weil.

These hearings point to the new administration's openness to an exciting conversation about American health and wellness, and identify Tai Sophia Institute as a significant voice in the discussion.

If you missed either of the live presentations of the hearings, you can watch or read them online via www.tai.edu/NEMultiMedia.aspx or <http://help.senate.gov/Hearings.html>.

National leaders working to transform the healthcare system contributed to the Senate Committee hearing. Shown from the left: Bob Duggan, Ron Goetzel, Kathi Kemper, Wayne Jonas (at the rear), Cathy Baase (in front), Mary Jo Kreitzer, Brian Berman, and James Gordon. Not shown is Charlotte Kerr (pictured above) and Simon Mills, who could not attend but submitted a paper about integrative care in the UK and Europe. *Photo by Joanne Frederick.*

At Tai Sophia's annual symposium

Scientists present breakthrough research advancing healthcare

Tai Sophia is a gathering place for visionaries at the intersection of healing and science. Through the years, they have come together at the Institute's annual symposium, presenting their breakthrough work and exchanging ideas. When Tai Sophia board member Rustum Roy, an internationally-honored scientist, introduced Dr. Juliana Brooks at the Institute's 2002 symposium, he said, "Juliana's discoveries are very important; and you're one of the first groups in the world to hear this presentation. That's because you see and appreciate these possibilities . . ."

At the 2008 symposium, Juliana Brooks, M.D., returned with an update on her work in the new science of resonance. Her research on resonance and its transforming possibilities for healing have propelled her to a lead role in the development of technologies that apply her discoveries — breakthrough technologies enabling new approaches to fighting disease, growing food, reversing environmental damage, and identifying new sources of energy. At General Resonance, LLC, she is the architect of resonance-based solutions once deemed "impossible" by many in the scientific community. During the symposium, she reviewed how every object in nature has a resonant frequency — the natural frequency at which an object vibrates — and how these frequencies can be coordinated to achieve results unimagined even two decades ago.¹

Biologist Chris Uhl, Ph.D., chair of the graduate program in ecology at the University of Pennsylvania, is known for "teaching as if life matters" — the name of his session at the symposium, as well as one of his courses at UPenn and a soon-to-be-published book. He notes that his commitment to ecological healing "has also permeated his experiments and practices in the realm of teaching," and speaks of his "deep yearning to create learning environments that expand awareness and engender compassion." And that is what he did at the symposium: He told stories, read poetry, and led participants through rituals and exercises that connected them with each other and with the environment.

Uhl is no stranger to Tai Sophia; he attended the Institute's Redefining Health program in 2005 and says he is inspired by John Sullivan, whose passionate, insightful teaching and writing about the interconnection of all life is a cornerstone of Tai Sophia's Applied Healing Arts program. Uhl's work resonates with the values of the Institute, evident in the materials he has created for workshops and retreats, available online at www.chrisuhl.net.²

Joie Jones, Ph.D., physicist-radiologist professor at the University of California, Irvine, uses functional magnetic resonance imaging (fMRI) to evaluate traditional medical practices such as acupuncture and pranic healing. At the symposium, he gave an update on this research, which began with a study reported in 1998 showing that stimulation of an eye-related acupoint on the foot induced activity in the vision-related portion of the brain — a finding so "improbable" that scientific journals refused to publish the report until five Nobel Laureates spoke



Scientific visionary
Juliana Brooks, M.D.

Resonance-based technologies are enabling new approaches to fighting disease, growing food, reversing environmental damage, and identifying new sources of energy.



At the fall symposium, ecologist Chris Uhl, Ph.D., led participants through a series of exercises (shown here) designed to awaken them at a deep level to their connection with the earth and all beings. Uhl stands at the far right in the group photo, and is pictured above.



Sister Charlotte Kerr displays a "believe in miracles" pillow at the February 23rd U.S. Senate Committee hearing examining the future of healthcare. Sister Charlotte opened the hearing with her testimony. Senator Barbara Mikulski (on the right) presided over the proceedings.



This coming paradigm shift will change forever the way in which we heal one another..., opening infinite possibilities for those of us who dare to dream.

— JOIE JONES

up in support of the study. Dr. Jones closed his talk at the symposium with this observation:

“In our culture today, space travel is sometimes described as the final frontier. Let me suggest to you that the data presented here clearly shows that there is yet another frontier — a frontier beyond our common notions of space and time that involves the power of the mind to intervene in and to change the physical world.

“To approach this new frontier will require a new worldview and a new paradigm for science — perhaps even a formalism in which science and spirituality are finally united. This coming paradigm shift may be as important as those that occurred with Galileo or with Darwin. It will change forever the way in which we heal one another and the way in which we view ourselves in the universe, opening infinite possibilities for those of us who dare to dream.”

One of those who dare to dream, Tai Sophia president Bob Duggan, brought to the symposium his vision of replacing our disease-care system with a wellness system. Although he had presented this lecture “on the road” (and would present the ideas at the February 23 Senate hearing on integrative health), it was the first time he had given it at home.

Duggan began by reviewing how our nation got into its current sick-care mode, then pointed to numerous resources available to reshape the system, concluding with a list of public policies that will move us into a new era of healthcare. One of those policies resonated especially with students and healthcare professionals at the symposium:

“All current healthcare providers must be trained to maintain their own wellness, enabling each of them to become a *wellness coach*,” Duggan said. “As they learn to tend their own wellness, they will become a national army of wellness educators, able to guide those who come to them to maximize wellness and deal effectively with symptoms *before* their symptoms become pathologies.”³

Overheard in the lobby at the conclusion of the symposium, a student summed it up: “I feel like I’ve stood on a mountaintop and seen the future. Wow! We’ve got lots of great work to do.”

1. For more about the work of Juliana Brooks and General Resonance, LLC, visit www.generalresonance.com.
2. In addition to retreat and workshop materials, excerpts from Chris Uhl’s books are available at www.chrisuhl.net.
3. You can read (or hear/see) Bob Duggan’s presentation, “The American Wellness System, An Alternative Way of Thinking,” online at www.tai.edu/NEMultiMedia.aspx or <http://help.senate.gov/Hearings.html>.

Joie Jones discusses research he conducted using rigorous, mainstream scientific methods to evaluate subtle energy healing practices such as pranic healing and acupuncture. His studies underscore the effectiveness of these modalities — so much so that Professor Jones took up the practice of pranic healing and applies it in his own life. At the urging of individuals attending a previous symposium, he offered a pranic healing workshop following this year’s event at Tai Sophia.

History remembered, history in the making

Tai Sophia students & board chairman invigorate, inform a national conference

“Our students lit up the place . . . they brought a positive energy,” says Jeff Millison, director of Tai Sophia’s acupuncture program, reporting on the second conference of the newly-formed AAAOM (American Association for Acupuncture and Oriental Medicine) in Chicago last October. “And Sherman Cohn (chair of the Institute’s board of trustees) did a fabulous job in his presentation about the history of acupuncture in this country. I was moved by it.” Participants also were moved by Judy Worsley’s pre-conference presentation about the five-element tradition of acupuncture — one of the traditions underlying the Institute’s teachings. Worsley is the widow, student and colleague of the founder of the school in England where Tai Sophia’s founders began their studies. “Tai Sophia’s presence at the conference was extraordinary,” sums up Millison.

Below, we explore some of the ways the Institute contributed to the conference . . . but first, a quick look at the national professional scene:

Since the U.S. acupuncture and Oriental medicine profession initiated its first national organization — in 1981, the morning after Tai Sophia’s first conference at the Hyatt Regency in Baltimore — the profession has formed numerous other groups: a council of schools and colleges; federally-recognized organizations that accredit schools and certify acupuncturists; a research group; and membership organizations for practitioners, among others. In 2007, the sometimes-competitive practitioner membership groups agreed that they could do their best work as one unified organization, and came together as the American Association for Acupuncture and Oriental Medicine.

This year’s AAAOM conference not only brought together practitioners and students from across the country, it also provided an umbrella for meetings of national professional organizations such as the Council of Colleges of Acupuncture and Oriental Medicine (Tai Sophia executive vice president Barbara Ellrich is its treasurer) and the Federation of Acupuncture and Oriental Medicine Regulatory Agencies (Institute faculty member David Paton is FAOMRA’s president). “So people are having a lot of different experiences during the conference,” says Millison. “And the Saturday night banquet was an opportunity for all of us to come together.”

Sherman Cohn was the star of this year’s AAAOM banquet — the lawyer who guided the small Maryland acupuncture center that became Tai Sophia (as well as other complementary medicine groups) through perilous legal blockades, beginning in the 1970s. The AAAOM asked this important player in the history of U.S. acupuncture to talk about that history at its annual banquet. In preparation for his presentation, Sherman — always thorough and conscientious — interviewed as many key players as he could. For example, he talked with Ted Kaptchuk, now a professor focusing on integrative medicine at Harvard Medical School, who first learned about acupuncture and Oriental medicine in the 1960s when he took refuge in a Chinese safe house, a “Red House,” in California. Other national leaders, anti-war activists at UCLA during the turbulent sixties, told Sherman Cohn how they discovered Chinese

I think the kind of student attracted to Tai Sophia is also naturally attracted to the idea of making a difference on a big scale.... We want to change the world.

— NIAL SHEEHAN



Gathered in the photo are 26 of the approximately 50 Tai Sophia students attending the October 2008 acupuncture conference in Chicago — a record number. Joining them are Barbara Ellrich, Institute executive vice president and CEO of the graduate school (front, center), and David Paton, chair of the acupuncture program’s theory division (far left).



Sherman Cohn, chair of Tai Sophia's board of trustees and professor of law at Georgetown University, brought to his keynote presentation in Chicago almost four decades of experience with American acupuncture — as lawyer, policy advisor, patient, and more.

The younger practitioners of acupuncture should know — and never forget — that within the lifetime of some of us, acupuncturists went to jail so that today the practice of acupuncture is possible.

— SHERMAN COHN

medicine through their tai chi teacher, then went on to study acupuncture and establish several of the early acupuncture schools.

Sherman Cohn has agreed to continue his research and publish a history of acupuncture and Oriental medicine in the United States — and he tells us why he's willing to invest so much of his invaluable time in this project: "We are in the very interesting situation of having seen the acupuncture profession begin in the United States, with most of its pioneers still alive and available to explain not only what they did, but *why* they did it. This history should not be lost, as it soon will be," he says. "I believe that what we now do, where we now are, is due to those who came before us. They made it possible. The younger practitioners of acupuncture should know — and never forget — that within the lifetime of some of us, acupuncturists went to jail so that today the practice of acupuncture is possible."¹

Approximately 50 of those practitioners-to-be, students at Tai Sophia, did their predecessors proud at the 2008 conference. Jeff Millison reports: "Having just returned from the AAAOM conference in Chicago, I can testify to the amazing showing of our students at this national event. Numerous people approached me at the conference to comment on how impressed they were at their participation, both quantitative and qualitative. ... I believe that the significant increase in presence and participation of our students is of great benefit to the Institute's mission and to the acupuncture and Oriental medicine profession as a whole."

For the students' perspective on the conference, the *Report* called on Niall Sheehan, president of the Tai Sophia chapter of the AAAOM Student Organization. Niall, with Jim Pastore and Lisa Akers, organized the Institute's student chapter in 2007. He says that the chapter's members meet and share information mostly online; however, they get together at winter and spring parties where, Niall says, "the students have a great time and do a little shoptalk."

Niall reports that at the Chicago meeting of the student organization, Tai Sophia supplied not only a near-majority of the participants, it also brought a spirit of fun and community. "We're the party school," he says with a twinkle, emphasizing the sense of collegiality and oneness that the Institute's students brought to what might have been divisive conversations about different approaches to acupuncture. And he emphasizes that our students bring to the national organization an enthusiasm for creating change that serves future generations. "I think the kind of student attracted to Tai Sophia is also naturally attracted to the idea of making a difference on a big scale," he says. "We want to change the world."

Niall notes that the AAAOM parent organization "has been made very aware that its student organization is the future of its membership. The people who are going to decide where the organization goes in the future are the ones who are stepping up as students," he says. "So the conversations that the students have now will echo through the profession for the coming decades."

The AAAOM's online newsletter, *Qi-Unity*, praises the student organization members, who represent the largest increase of members in the national organization, thanking them for their "passionate engagement in many activities and issues." And it sums up the 2008 conference this way: "The range of participating special guests, speakers, association representatives, practitioners, students and vendors speaks once again to the the high quality and diversity found in the AOM profession. What a group!"

1. When Sherman Cohn completes his research into the history of the U.S. acupuncture and Oriental medicine profession and makes it available, the *Report* will inform readers about how they can obtain a copy.

Financial Report

Navigating the Present Economic Times

A report from Frank Vitale, Tai Sophia's Executive Vice President and Chief Development and Operations Officer:

The current economic environment is creating challenges for us all — locally, nationally, and globally.

For Tai Sophia, addressing these challenges means being prudent in terms of managing our operating budget and, to the extent possible, being proactive in helping to advance healthcare reform as the new administration tackles ways to improve the wellbeing of all Americans and to get the cost of healthcare under better control. There's a bit of a dichotomy here: watch our spending yet invest in a healthier future. Successful organizations do this well when faced with an economic headwind.

The final audit for fiscal year 2008 was completed a few months ago. Overall, we fared pretty well, though we recorded a net deficit (loss) of \$121,000 due to a one-time, non-recurring expense of \$165,000 associated with a Fundraising Feasibility Study — a study commissioned by the Board to provide strategic input for future capacity-building efforts.

Enrollment in the Institute's graduate programs was up five percent for fiscal year 2008; and revenue from clinical services, community programs, herbal dispensary, and the Meeting Point Bookstore/Café increased over the prior year's income. Cash contributions, however, were significantly lower than we had planned; and as a private, nonprofit graduate school, we rely on donations to cover about 25 percent of our operating expenses. The national average for such higher education institutions ranges from 20 to 40 percent, so we've operated at the lower end of the scale.

As we view the road ahead, we fully expect that our operating needs will require more help from fundraising as we experience the pressure to keep down student tuition fees, clinical treatment fees, and other pricing. At the same time, we must pursue donations for new initiatives and for our substance abuse recovery program, Penn North, in Baltimore City.

We also must take advantage of the "window of opportunity" currently presented to us as a result of an entirely different way of looking at healthcare. This window of opportunity is outlined in *A Wellness Initiative for the Nation*, prepared by the Samueli Institute and spoken about by Bob Duggan at a U.S. Senate hearing on integrative healthcare chaired by Senator Barbara Mikulski in late February. (View the hearings online at www.tai.edu.)

To help Tai Sophia build a stronger financial foundation for the future, we hired Tim Ambrose as Vice President for Institutional Advancement to lead the effort and to build a professional fundraising department. You can read about Tim and our focus on fundraising in the accompanying article.

While the challenges Tai Sophia faces in these economic times are a bit daunting, we have a wonderful opportunity to seize the moment and be part of solving a significant national challenge — healthcare reform. We have the experience and the talent, yet are limited by our need for additional financial resources. Nevertheless, we will continue to educate our nation's future wellness practitioners — we now have more than 1200 graduates. And we will continue to provide wellness training and treatments to thousands of people — last year we delivered 35,500 clinical treatments, collaborated with many organizations, and provided adult education to over 2,500 individuals through our community outreach services. These activities are meaningful and ambitious, and worthy of our — and your — support.

— Frank Vitale



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— FRANK VITALE

What drew Tim Ambrose to his role at Tai Sophia Institute?

Opportunities to make a difference in the lives of others, to learn and to grow

Tim Ambrose, who recently joined Tai Sophia as its Vice President for Institutional Advancement, brings to his position over 26 years of professional fundraising and nonprofit management. During his professional career, he has been responsible for directing and leading staff, board members, and volunteers in securing over \$175 million in gifts and grants. These contributions supported such well-known institutions as Erickson Retirement Communities, Interlochen Center for the Arts, National Parks Conservation Association, two major symphonies, and the University of Maryland. Along with his diverse and extensive experience, Tim brings with him a refreshing perspective on advancement, fundraising, and how we can all work together to live well.



Report staff members recently spent time with Tim, getting to know him and learning about exciting emerging plans for Tai Sophia's growth. We're pleased to share with you the following excerpts from a rich conversation:

The Report: Tim, you've had a successful career with a variety of interesting nonprofit organizations. What brought you to Tai Sophia?

Tim Ambrose: Like many of our staff, faculty, and alumni, I was fortunate to be in a place and time that permitted me to be open to the opportunity that presented itself. Interestingly, there were many pointers and connectors from various parts of my life that kept directing me to the possibilities at Tai Sophia. When I participated in the Redefining Health weekend to explore more about the Institute and gain a larger perspective on the programs, I left on Sunday afternoon with a strong feeling of comfort that this was for me — a place where I could continue to learn and at the same time contribute my professional skills in the area of development.

You've been in the fundraising business for over 26 years — what keeps you in it, and how do you keep positive in the sometimes difficult task of asking for money?

Fundraising for me is not about asking folks for money. Rather, I see it as giving someone whom I believe has an interest and heartfelt desire to support philanthropy the opportunity to take action. I'll tell you a "teaching story" about fundraising: Tip O'Neill, the legendary speaker of the House from Massachusetts, served in the U.S. Congress from 1952 to 1987. What's not well known is that he lost his first campaign. As a senior at Boston College, he ran for the Cambridge City Council and was defeated by only 150 votes. Afterward, he asked a neighbor, "Did you vote for me?" "No," she responded. Incredulous, O'Neill asked, "Why not? How could you not support me?" "Because," she quietly stated, "you never asked." O'Neill didn't lose another election for 35 years — a powerful lesson for him and for all of us.

As a fundraiser, I enjoy being the conduit for others who want to make a difference in their lives or in the lives of others. And I take seriously the responsibilities of my role.

That's a wonderful philosophical attitude. But in reality, isn't it difficult to ask people to give money?

Not at all. This is really an honor and a privilege for me. Many contributors have told me they've experienced a great sense of joy and fulfillment in knowing that their financial support makes a difference in our world, today or in the future. An anonymous quote I've seen many times states it well: "Those who bring happiness to others cannot keep it from themselves." The word "philanthropy" comes from a Greek derivative meaning to share or give love to another human being. In the simplest of terms, when I ask someone to be philanthropic and to support a worthy cause or program, I'm giving them an opportunity to share something they have in abundance with another human being who is served by their gift. That's not hard to do at all.

Tim Ambrose, Vice President for Institutional Advancement, photographed near a wooded area on Tai Sophia's campus.

We've not done as good a job as we should in stating our case for needed financial support; in fact, many people don't even know that we are a nonprofit 501(c)(3). And we need to engage our donors and investors more fully in exploring the opportunities before us.

— TIM AMBROSE

How does this translate to fundraising at Tai Sophia?

As I said, people give because they believe they are doing something important. And in addition to being an incredible place of learning and healing, Tai Sophia is also an institution that encourages its students and faculty to explore wellness holistically, to better understand the cycle of life and death in the context of ancient wisdom and traditions, and to facilitate wellness through observation and reverence of nature. As a fundraiser, my responsibility is to permit those who have benefited from this wisdom and this work to make a difference through their financial support of Tai Sophia, and to experience joy and fulfillment in the knowledge that what they support betters our world and has helped prepare the next generation of healing arts practitioners.

So what is upcoming for this next generation of students?

To grow, we all need food, and as we mature, we need increased levels of nourishment. It's also true that if we stop the nourishment and stop growing, we die. Tai Sophia has grown from its infancy some 34 years ago as a school for acupuncture to a well-respected institute offering graduate degrees in acupuncture, herbal medicine, and applied healing arts. Over 1200 students have passed through our doors; in turn, they are sharing their healing knowledge across the nation and globe. From the streets of Baltimore to New York's Park Avenue, our alumni are effecting an incredible change. Our founders, Bob Duggan and Dianne Connelly, have capably and dynamically nurtured Tai Sophia in its growth and maturity. Through this leadership, along with an extraordinary faculty and staff, Tai Sophia has become the preeminent center for complementary medicine. And to truly fulfill its mission, Tai Sophia must continue to grow and expand.

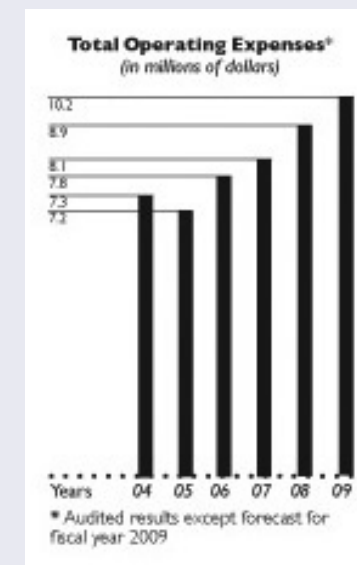
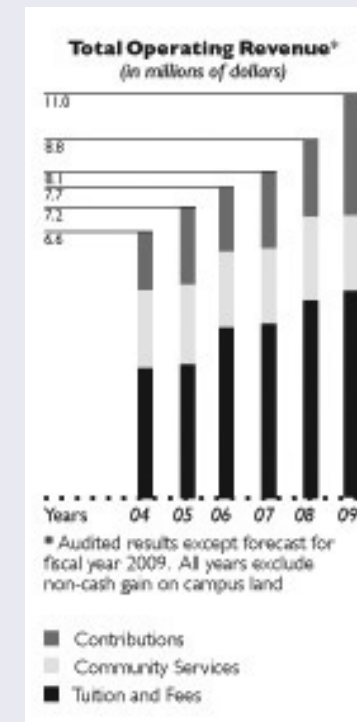
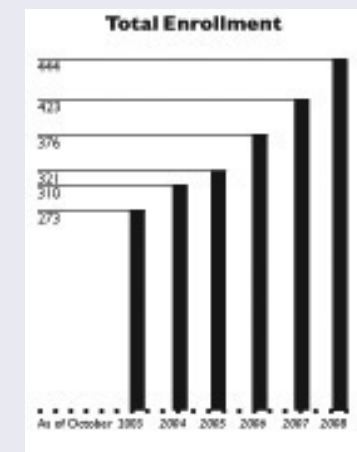
I believe that Tai Sophia is at the nexus of several converging pathways. Accessible, quality healthcare is one of the top four priorities of our nation's president and current administration. Also, the government endorses the concept of wellness and the benefits of cost reductions through a greater focus on prevention. At the same time, there's a growing understanding and appreciation in this country for wellness (rather than simply fixing symptoms), and for taking control of our personal health. Today, over 70 percent of people in the U.S. use some form of integrative medicine. Major hospitals and clinics are now marketing integrative medicine, recognizing its effectiveness as well as the public's interest in this approach to healthcare. This all points toward a growing demand for integrative medicine practitioners — wellness coaches, acupuncturists, herbalists, nutritionists, and leaders in health policies addressing the totality and future of healthcare in this country.

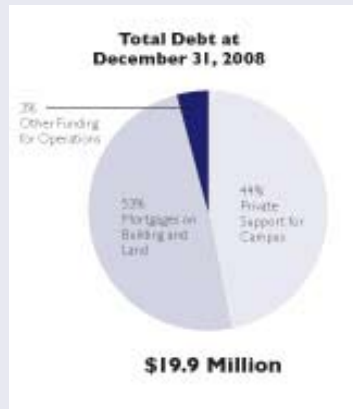
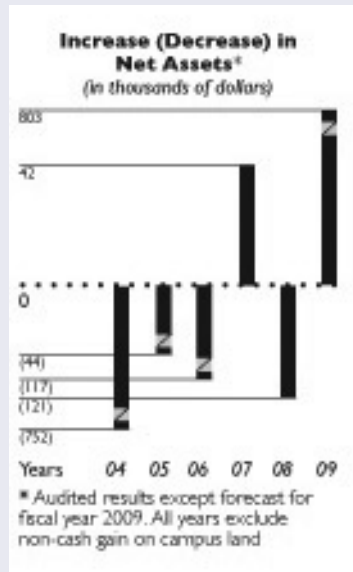
Tai Sophia stands at the center of these converging pathways and understands the tremendous potential of this crucial time in our history. We are positioning ourselves to serve as a national leader for integrative care in America's healthcare system. This is both an opportunity and a responsibility; and it requires an investment of time and financial resources if we are to realize our full potential, ultimately changing the face of medicine and the delivery of healthcare in America.

What, specifically, is envisioned for Tai Sophia?

Tai Sophia will create a university that moves the understanding and practice of wellness and healthcare (and research in these areas) to a higher level. The university also will be the incubator for new policies and procedures in healthcare that increase wellness and ultimately reduce the financial burden in the health system, thus opening it to those who are not currently served.

Over the next few years, Tai Sophia will be exploring ways to integrate wellness into the fabric of healthcare delivery for the uninsured, and promoting new policy options for improving wellness in urban, suburban, and rural communities. Several projects are already underway, including the Penn North project in Baltimore, Healthy Howard in Howard County, Maryland, and services in the Claudia Mayer Cancer Center at Howard County General Hospital. We will continue to strengthen our herbal medicine program, which will become the recognized leader of such programs in the U.S. We envision





On March 12, Tai Sophia acknowledged more than 35 long-time community members and lenders, some of them pictured here, at its first lender recognition reception. It was, in the words of Tim Ambrose, “a celebration and recognition of those who have invested in a shared dream, one that promises more than a simple return on investment.”

that all of our programs' senior faculty will be among the national leaders and policy experts who are returning the art of healing to patients and practitioners in all settings.

These are ambitious goals. What do we need to do now to insure that Tai Sophia's potential is realized?

From a fundraising perspective, we need to do several things:

- We need to better communicate to our constituents the case for support and the extraordinary job that is being accomplished with severely limited resources. We've not done as good a job as we should in stating our case for needed financial support; in fact, many people don't even know that we are a nonprofit 501(c)(3). And we need to engage our donors and investors more fully in exploring the opportunities before us.
- We need to strengthen and better fund the current operations of the Institute on an ongoing basis through increased charitable giving by our alumni, faculty, staff, friends, and grateful patients. Currently, our budget is in excess of \$11 million; and our fundraising support, benchmarked to other educational institutions of our size, should be in the area of 35 percent of our annual operating budget. We are operating at significantly less. This lack of investment on an annual basis causes us to operate at a less than optimum level: scholarship dollars are scarce; faculty enrichment limited; and the physical plant, while properly maintained, has little set aside for deferred maintenance and planned restoration. Equally important, our ability to take advantage of new opportunities is severely limited due to staffing.
- Our services to the community also are constrained. Currently we provide pro bono services to programs in Baltimore City and Howard County in excess of \$400,000 on an annual basis; and we are being asked to provide even more services because of our successful outcomes. Support for these programs could expand services even more and deepen our engagement with those who already participate in the programs.
- As we begin to fortify our current operational components and broaden our base, we must simultaneously seek out early donors/investors and other visionaries to help fund the needed tools, resources, and staff for us to prepare appropriately the curriculum and programmatic vision for our growth and expansion.

Thank you, Tim, for an engaging and enlightening conversation. One more question: How can we as faculty, staff, patients, and friends of Tai Sophia help the Institute accomplish the potential you see for us?

A very simple way is to help us tell “Our Story”: Share with others (your colleagues, friends, and family) the exciting opportunities that exist at Tai Sophia at this momentous time in our history. Be proud of the accomplishments and our successes. Share with others your story. Continue to deliver the best teaching and the highest quality of patient care. People notice quality and are always willing to invest in the best. And consider what financial investment/contribution is appropriate. We all bring with us different abilities and different levels of skills — and all of us have the capacity to bring something. This is a transformational time in Tai Sophia's maturity and growth. Extraordinary financial resources will be required, and I believe that through our gifts and our connections to others who share the passions we have, we will be successful. And we must remember Tip O'Neill's experience: We cannot take our neighbor for granted, and we must ask for those things that we genuinely care about.



In crisis, Kyle found opportunity

Out of a horrific experience, Kyle Olinger mines riches he brings to his acupuncture patients and aikido students.

In his wheelchair, paralyzed from the chest down, a bullet lodged in his spine, Kyle Olinger talks with the *Report's* editor in a classroom at Tai Sophia. In a few minutes he'll wheel himself to the student clinic where he treats patients under faculty supervision in the Institute's Master of Acupuncture program. He shares his story:

“I went from being in top physical form to completely helpless in the instant it took for the gunman to pull his trigger,” Kyle says. “I endured nine straight hours of surgery and then spent three months in a hospital learning to live as a paraplegic.” The shot that changed his life occurred in 2003 when Kyle, then a police officer in Montgomery County, Maryland, encountered a group of carjackers and robbers during a routine traffic stop — an incident he handled with such heroism and bravery that the Capital Area Chapter of the Theodore Roosevelt Association (TRA) honored him with the prestigious TRA Award.

“As part of my recovery, I was referred to an acupuncturist, Amy Lewis, a graduate of Tai Sophia who not only helped me grow strong again on a physical level, but helped me reconnect with my inner being and helped me discover my true calling as a healer,” says Kyle. “I asked Amy so many questions about my treatment that she brought me up to Tai Sophia for a ‘Bobservation’ class. I was hooked. I applied to the acupuncture program — and here I am, getting close to graduation. Amazing!”

When asked what he's learned at Tai Sophia that's been especially important to him, he says immediately and emphatically, “Possibilities! I know now that when one door closes, another opens. Use the opening wisely and well. Be patient.” Kyle, a long-time aikido instructor, gives an example: “After my injury, I'd continued to maintain an aikido dojo [a martial arts school in Mount Airy, Maryland] despite my inability to *physically* teach the art. After a couple of trimesters at Tai Sophia, I learned a whole new way to teach aikido. I saw a new possibility and knew I could once again be an effective teacher.

“I learned that speaking clearly could be just as effective as demonstrating a technique physically. I could speak of the use of Ki [Qi, Ch'i] and the importance of intention. I could speak of blending and oneness... In this way I bring to the students a different way of looking at the world and their own lives. Now I have a renewed inspiration and a new language for teaching the art of aikido.”

Kyle's supervisor in the student clinic, Lynn Schwartz, admires how he has mined gifts from the tragedy that paralyzed him. “He's used it to grow as a human being, to understand people at a deeper level and apply that understanding in the treatment room,” she says. “He brings to his practice a deep empathy and compassion.”

Kyle looks forward to opening an acupuncture practice alongside a school where he teaches aikido. “Now,” he says, “I know that I can help people from this wheelchair — as a teacher, as an acupuncturist, as a friend.”

For information about Kyle Olinger's practice of acupuncture and his aikido school in Mount Airy, Maryland, visit www.aikiwellness.com and www.aikido-mtairy.com.

Acupuncture section continues on the next page.

After a session in the student clinic at Tai Sophia, Kyle Olinger pauses for a photograph in the student lounge.



Through treatments that renew body-mind-spirit,
Graduates bring peace to war

Keeping with the theme that Tai Sophia attracts people who want to make a difference in the world (see pages 4-9), several of our alumni are involved in programs that make a big difference in the lives of American veterans and their families — people who know the trauma of war. Below, we report about two of their projects.

Alaine Duncan, a graduate of Tai Sophia's Master of Acupuncture program, begins our report with the story of her experience in a pilot program she conducted at Walter Reed Army Medical Center:



Above, as Alaine Duncan treats a combat veteran, the veteran spontaneously extends and opens her hands. "I asked her to bring her attention to her hands, to notice what was there," Alaine says. "And she responded, 'I feel the love of God streaming into me.'"

"Early every Wednesday morning I sat in gathered silence in the belly of Walter Reed. I sat with a group of acupuncturists and bodyworkers, meditating in preparation for our day of service. Our Restore & Renew Wellness Clinic would treat around 70 nurses and doctors, social workers and chaplains, administrators and orderlies, physical therapists and food service workers. We brought peace to the caregivers, who, like the combat veterans they served, suffered from trauma of war as they absorbed the veterans' traumatic stress in seen and unseen ways.

"And on every Thursday morning, I travel to the Veterans Administration Hospital — to their War-Related Illness and Injury Study Center — where I serve as an acupuncturist, using needles as an instrument of peace for veterans of war.

"It all began in the fall of 2004, when I 'happened' to hear Kevin and Joyce Lucey interviewed on the radio. Their son, Lance Corporal Jeffrey Lucey, had come home from Iraq in 2003. Unable to cope with what he had seen and what he had been asked to do, he committed suicide. His dad is a social worker, his mom a nurse. He couldn't have asked for more active, involved, or loving parents.

"My first thought: Acupuncture could have made a difference for this young man, and for his family — what a shame the Veterans Administration wasn't set up to offer it to him. I was filled with a feeling, a knowing, that it didn't have to be this way for Jeff or for his family.

"I woke up," Alaine says. "I said to myself, 'I'm in a position to bring together a group of healers who can make a difference for soldiers, their families, and their caregivers.'" And she did. Alaine founded the nonprofit Crossings HealingWorks as an affiliate of Crossings: A Center for the Healing Traditions, the complementary healing center in Silver Spring, Maryland, which she established with another Tai Sophia alumna, Jane Grissmer, and where she has practiced since 1993.

Crossings HealingWorks, supported by donations and foundation grants, has provided thousands of individuals relief from the impact of acute or chronic traumatic stress through a variety of programs at Walter Reed Army Medical Center, the DC Veterans Affairs Medical Center, and in its own offices.

HealingWorks' pilot program at Walter Reed is an example: "Their Restore & Renew Wellness Clinic included ear acupuncture, mini-acupressure, and Zero Balancing sessions, all offered in a group setting, with the intention of creating order in the autonomic nervous system after trauma," Alaine explains. Several Tai Sophia graduates joined Alaine in offering these services: Stephanie Mwangaza Brown, Gillian Powers, and Andres Vergara.

In that one-year pilot program, HealingWorks treated over 1,300 members of the hospital's staff — over 20 percent of its 5,000 members. Eighty-three percent indicated they had more compassion with their patients as a result of the care they received. "Each participant went back to work with a more peaceful heart, a quieter mind, a more coherent energy system," says Alaine. "Each one went back to work carrying vibrations of compassion, empathy, creativity, and serenity to their patients and their patients' moms, dads, lovers, and children."

At a VFW Post, veterans "come to life more fully" with acupuncture

About 45 miles up the road from Walter Reed, at VFW Post 521 in Owings Mills, Maryland, the VFW Free Acupuncture Clinic celebrated its one-year anniversary on Veterans Day, November 11, 2008. Tai Sophia alumna Carolyn Nelka helped establish the clinic in memory of her husband, a Vietnam veteran who died in 1979 from injuries he sustained in the war.

"Most of the people who come for treatment are Vietnam vets, and many continue to need help with posttraumatic stress," Carolyn says. "Acupuncture treatments help our vets de-stress and lead healthier and happier lives." The acupuncturists at the clinic — eight Institute graduates, including Carolyn Nelka — gave approximately 300 treatments free-of-charge in the clinic's first year!

During the weekly treatments (the clinic is open every Monday evening), veterans and active-duty military personnel and their family members sit comfortably in a circle while acupuncturists place five tiny needles on each ear. These ear points are helpful in providing relaxation and relief from stress. The participants are invited to close their eyes and rest quietly for 45 minutes as the acupuncture does its work.

A 72-year-old retired army veteran, Oliver Jackson, tells about his experience in the clinic: "I had two combat tours in Vietnam. I've been coming to the clinic since it opened, and I don't get as angry as I used to from posttraumatic stress. I am calmer, sleep better — especially the night I go. They [the acupuncturists] are really nice, wonderful people."

Graduates of Tai Sophia aim to assist those they serve "to come to life more fully." For Carolyn Nelka, serving these soldiers and their families depleted by war is her way of acknowledging what they have been through, "a way of giving back to those who've lost so much in a war — a war that's left them isolated and having to defend themselves at home upon their return," she says. "I believe the insertion of the needle is an opportunity to change the cycle of pain into a cycle of healing."²

1. The acupuncturists providing auricular treatments at the VFW Post donate their time. They include, in addition to Carolyn Nelka, Janice Campbell, Alison Hartman, Randi Sobel, Stacey Hachenberg, Jennifer Downs, Karen Greenstein, and Audrey Rice. Lisa Farley, who began her acupuncture studies at Tai Sophia in January, volunteers as a receptionist.

2. This report includes material adapted from the article "Courageously Faithful — Bringing Peace to War" by Alaine Duncan, published in *Friends Journal*, November 2008. You can read her in-depth account of how she applies the mind-body-spirit perspective and practices of traditional acupuncture in the veterans' community at www.friendsjournal.org. ©2008 Friends Publishing Corporation. Reprinted by permission.



Eighty-three percent indicated they had more compassion with their patients as result of the care they received.

— ALAINE DUNCAN

I believe the insertion of the needle is an opportunity to change the cycle of pain into a cycle of healing.

— CAROLYN NELKA

Carolyn Nelka treats veteran James Griffin in the VFW Free Acupuncture Clinic in Owings Mills, MD.

Finding Herbs on the beaten path:

Rebecca Snow leads city dwellers through the herbal wisdom on their own streets.

As part of the Baltimore Bioneers 2008 conference, Rebecca Snow, herbalist and nutritionist at Tai Sophia's Natural Care Center in Laurel, MD, led an Urban Herbal Walk on Friday, November 7. Rebecca guided participants on a tour through the neighborhood adjacent to the Maryland Institute College of Art, pointing out both the complex benefits and the simple uses of herbs they found on the way. Here in the *Report*, we decided to take you on your own "walk," sharing some herbal tips and tidbits from four of Rebecca's herb stops that day.



Rebecca Snow, leading the Urban Herbal Walk in Baltimore City.

STOP 1

Chickweed, *Stellaria media*

Caryophyllaceae family

- Aerial parts are used as food and medicine.
- A gentle anti-inflammatory, emollient and vulnerary, a very safe herb.
- Best eaten fresh in salads or cooked like spinach, in quiches and casseroles.
- Can be juiced like wheatgrass and used as a topical application in eczema or other inflammatory skin conditions.
- Keep the juice longer than a day by freezing or adding 20% grain alcohol.



STOP 2

Burdock, *Arctium lappa*

Asteraceae family

- Root used as food and medicine; root and seeds also used traditionally in Europe and Asia to promote digestion and urination, and as a blood purifier for chronic skin and muscular skeletal disorders.
- Available at Asian grocery stores as "gobo."
- Fresh, mildly bitter, and mineral-rich root can be cooked into soups, stews, and stir-fry.
- One of the richest sources of inulin, a soluble fiber that improves the health and quantity of gut bacteria, through which the root improves systemic immune function and food tolerance, enhances absorption of minerals, and reduces unhealthy bacteria in the gut.



STOP 3

Mullein, *Verbascum thapsus*

Scrophulaceae family

- All parts of plant used, mostly the leaf in Western herbal medicine.
- Best prepared as a tea; steep one tablespoon of dried bulk herb in hot water in a tea ball or muslin bag for 20 minutes.
- Leaf tea lubricates mucus membranes, easing constipation as well as dry, hacking cough.
- Good tonic for chronic respiratory conditions, and very safe.



STOP 4

Dandelion, *Taraxacum officinale*

Asteraceae family

- Most common weed of our generation — literally everywhere!
- Leaf, flower, and roots all used as food and medicine.
- Flowers can be eaten in salads or thrown into corn muffin batter before baking.
- Rich in lecithin, which can improve fat digestion.
- Best to pull the yellow ray flowers away from the base of the flower head before eating.
- Bitter leaves high in potassium and acting as a nontoxic diuretic.
- Bitter taste helps promote digestive enzymes so your body is ready for food.
- Can be a tasty addition to recipes. See below for my favorite recipe that incorporates dandelion leaves, the "Crustless Greens Pie."
- Root, also rich in inulin, has many properties similar to burdock root; dandelion root also supports healthy liver function and detoxification. To prepare, wash fresh root and chop; roast in 400° oven for 20 minutes; store in glass jar; grind and brew like coffee, or boil one teaspoon per cup of water to make a decoction.



In addition to Rebecca Snow's Urban Herbal Walk, Tai Sophia made several other offerings to the event, including:

- "Becoming a Powerful Healing Presence," a 2-½ hour experiential workshop led by long-time Tai Sophia faculty member Tom Balles.
- "Redefining Health," a condensed version of Tai Sophia's signature program, facilitated by Tai Sophia's cofounders Dianne Connelly and Bob Duggan. (Read more about Redefining Health in this issue of the *Report*.)
- "Recovery Programs Panel," a discussion with the staff and clients of Institute-sponsored programs in Baltimore, including the Penn North Neighborhood Center, Dee's Place, and Recovery in Community.

About Bioneers

Founded in 1990, Bioneers is a nonprofit organization holding an annual conference in 17 cities around the country and offering numerous other programs and services, including video broadcasts of the conference, a radio series, an e-newsletter, and a youth initiative. According to their mission statement, "Bioneers promotes practical environmental solutions and innovative social strategies for restoring Earth's imperiled ecosystems and healing our human communities." (See www.bioneers.org)

Baltimore's third annual Bioneers conference, "Cultivating Change. Inspiring Solutions," was held at the Maryland Institute College of Art, November 7-9, 2008. Tai Sophia continued its support of the Baltimore event as both a sponsor and participant.

A delicious way to use your dandelion (and other) greens:

Crustless Greens Pie

Based on a recipe from *Greene on Greens* by Bert Greene, modified by Rebecca Snow

Greens – wash, dry, and chop roughly:

- 1 bunch collards
- 1 large bunch swish chard, any kind
- 1 bunch dandelion greens (can substitute spinach or other mild greens)
- 1 bunch basil
- 1 bunch Italian parsley

- 1 onion chopped
- 6 garlic cloves minced
- small bell pepper (any color) chopped finely
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp pepper, fresh ground
- 1/4 tsp cayenne
- 4 eggs beaten lightly
- 1/3 cup grated cheese (I like Swiss, Gruyere or Parrano.)
- 1/2 cup bread crumbs

In a very large pot, sauté onion in olive oil for 5 minutes. Add garlic and hot pepper flakes; cook for 2 minutes. Add greens, bell pepper, salt and pepper; cook covered over medium heat for 15 minutes. Uncover, stirring frequently another 20-25 minutes, until most of the liquid is absorbed. Transfer to a food processor.

Blend greens with eggs and cheese. Pour into a 9-inch buttered pie pan. Sprinkle with bread crumbs. Bake at 375° for 25 minutes.

In Applied Healing Arts, Students uncover their “promise,” discover their calling

You may know someone you can count on for a warm welcome and a sympathetic ear, and perhaps someone else who’s consistently thoughtful and looks at what’s happening in a big-picture context — that’s “who they are” — and they may not even be aware of it. If they were students in the Applied Healing Arts program, classmates would help them discover those distinct characteristics in the process of identifying their “promise.”

What is a “promise”? We called on the director of Tai Sophia’s master’s program in Applied Healing Arts, Anne Baker, for an explanation, and asked Helen Mitchell, who teaches in this program, to tell us about her own promise. First, we hear from Anne Baker:

Finding our promise

“For the sake of all beings, I, ___(add your name), promise that wherever I am, no matter what, in my presence life will show as...”

So begins the articulation of “promise” in the Applied Healing Arts (AHA) program. What do we mean by “promise”? How is it realized? How is our promise the underpinning of all that we are? These questions are at the core of the work we do around promise in AHA, work intended to ground the student in his/her unique calling in life, and frame the work they will do in the world.

When I began the Applied Healing Arts program in January 2002, I’d never given any thought to the notion of promise — to what it meant to embody characteristics and reflect them to the world. This concept didn’t become real to me until others reflected back to me how life showed up for them in my presence. It was only then that I fully realized I had a promise! This promise isn’t a pledge; it is not a short-term commitment; it’s not something that I can make happen. It is the lifeblood of my existence, a declaration of my essence, the core of my being — no matter what!

In the second course of the Applied Healing Arts program, “Revisioning a Sense of Calling and Commitment,” one of the objectives is for students to formulate, embody, and practice a “unique personal promise for self, community, and the world.” In the class, the student sits silently in a small circle of peers, and listens attentively as fellow students state what they know about life in the presence of the student who is formulating the promise. This experience — hearing fellow learners reflect what they observe in themselves as a result of another’s presence (especially when they have known each other for only a few weeks) — is a powerful realization and reminder that how life shows up in our presence is unique and it matters. From this initial experience, learners spend time formulating the words that will capture what they discern to be their unique promise to life. They then gather back in their teaching group to share and further hone what they declare as their promise.

In some ways, students start the process not knowing much about their promise at the cognitive level. As they hear the reflections of the group, they come to know more through deep listening, observing, gathering, suspending inner dialogue, reframing, and discovering how they embody their promise. As students articulate and own their promise, a shift in purpose emerges — they often uncover what their life is about at a deep level. As Frederick Buechner says, “To find our calling is to find the intersection of our deep passion and the world’s deep hunger.” When our promise is fully present, our deep passion can’t help but shine!

Our unique promise to life is a mirror of how our life shows up. And when we go off course, when we have a “squawk” in life, it’s a reminder that we have strayed from our promise. It’s a call back to our authentic self and to our peace within.

Here is the promise that’s emerged for me through the process described above: *For the sake of all beings, I, Anne Huyler Baker, promise that wherever I am,*

no matter what, in my presence, life will show as the joyous, grounded nurturing of infinite possibilities. And so it is.

Here are a few other examples of promise discovered by students in AHA:

“In my presence, life will show as heart-led adventure.”
“...as a magnificent dance of deep interconnection.”
“...as a radiant, loving embrace.” “...as a gentle bow.”
— Anne Baker

Bringing my promise to work

Helen Mitchell, PhD, professor of philosophy at Howard Community College in Columbia, Maryland, also teaches in Tai Sophia’s Applied Healing Arts program. Below, she tells us how she brings her promise and her experience in AHA to her work at the college where she has multiple roles, including teaching a popular course on world religions and directing the women’s program. Here is her promise, in her own words:

“I promise that, wherever I am, no matter what, life will show up as a wisdom conversation, with a world full of voices.”

One “delivery” on my promise is *Roots of Wisdom*, an introductory text in world philosophy, about to emerge in a sixth edition. There, the wisdom traditions are in conversation with one another, bringing new light to all (I say). The Western philosophical worldview engages in “conversation” with Buddhist, Taoist, Traditional African, and Indigenous American worldviews. And, the voices of women blend with those of men.

As a philosophy professor at Howard Community College, my promise shows in every class I teach. In the process of creating a new degree/transfer pattern in Philosophy and Religious Studies in 2007, I also crafted a new course, “Introduction to Religious Studies,” which I taught for the first time in spring 2007. Its focus is on myth, ritual, and practice, and it allows me to bring some of the SOPHIA teachings into my classroom at HCC.

Students do both reflective and more formal writing, based on visits to houses of worship/spirituality/meditation (as respectful observers), and on secularized practices. The aim is for students to experience from the inside what life is like for a follower of a specific tradition. Cultivating the observer is essential to these assignments, especially for students with a strong personal commitment to a specific religious tradition.

The practice of mindful living, common to many religious traditions, powerfully evokes the “spirit” of the Applied Healing Arts program. Each week, we follow a secular version of a practice central to one of the religious traditions we are studying. They include: experiencing our own personal sacred times and places; greeting each person with a silent Namaste (the wholeness in me greets the wholeness in you); practicing the Jaina virtue of ahimsa or non-injury; experiencing the Shinto purification ritual of misogi when we shower; finding Taoist lessons in nature; adhering to the virtues of the Confucian noble-minded person; eating a food symbolic of freedom, as Jews do during Passover; finding and practicing a rebirth ritual to share in the Christian promise of resurrection; and, pausing five times a day as Muslims do, to connect with what we say are our core values.

Students keep the equivalent of a “practice log” (familiar to students in the Applied Healing Arts program) to document their actions and responses. The daily call of these practices, say the wisdom traditions, transforms us. In class, we talk about our challenges and celebrate our small steps forward. I offer a deep bow to my busy, often stressed students for the amazing effort they put forth in this aspect of the course.

Twenty-five students are enrolled this semester. We sit in a very large circle. Each Monday and Wednesday afternoon, my students help me live my promise.
— Helen Mitchell



Helen Mitchell (on the right) talks with a student at Howard Community College during her course “Introduction to Religious Studies.”

The practice of mindful living, common to many religious traditions, evokes the “spirit” of the AHA program.

— HELEN MITCHELL

To find our calling is to find the intersection of our deep passion and the world’s deep hunger.

— FREDERICK BUECHNER



Anne Huyler Baker, Director, Applied Healing Arts program

Institute's president & chancellor bring a healing presence to many events

From the Smithsonian to Donna Karan's Urban Zen Foundation, organizations around the nation call on Tai Sophia President Bob Duggan and Chancellor Dianne Connelly to lead workshops and give talks. Among their recent presentations:

- **At the Smithsonian's Resident Associate Program** in Washington, D.C., approximately 65 persons attended "Awakening Your Senses," an all-day seminar led by Connelly and Duggan last October. Participants learned constructive new ways to interact with others and to care for themselves, including how to awaken their senses to create a feeling of well-being.
- **Dianne Connelly gave the commencement address** at the New England School of Acupuncture in Watertown, Massachusetts, in August 2008. Later that month, she made a keynote presentation at the 23rd convention of the American Association of Naturopathic Physicians in Phoenix, Arizona, speaking to conferees about the power of words and their healing role in all our interactions. The talk's title: "Medicine Words: Language of Love for the Treatment Room of Life."
- **Bob Duggan offered a special presentation** of Tai Sophia's signature workshop, Redefining Health, through the Urban Zen Foundation in New York City, March 2009. Last August, he delivered the commencement address at the Won Institute of Graduate Studies in Glenside, Pennsylvania — an event of special significance because the graduates included the first persons to be awarded acupuncture degrees in the Commonwealth of Pennsylvania. Last October, in Chantilly, Virginia, Duggan keynoted the conference of the Traditional Chinese Medicine World Foundation. His topic: "Healing Presence: The Essence of Therapeutic Relationships."

At herbal medicine show, students serve up plant extracts and fun

A delighted crowd buzzed around tables at the herbal medicine show, nibbling and sipping wonderful herbal concoctions — all of it created and served up by students in the 2007 class of the herbal medicine program. The show was the culmination of their training in herbal preparation, where they learned to convert plant materials into effective oral and topical extracts.

At over a dozen themed tables, students displayed their herbal wares and offered samples, including a wide array of cordials, elixirs, tinctures, salves, and herbal foods. Table themes ranged from "Calming Herbs for Nighttime" to "Arabian Nights Herbs and Foods" to "Home-brewed Beer and Other Herbal Beverages."

The 16 creative student herbalists who participated in the show are now entering the clinical portion of their training and ready to welcome new clients to the faculty supervised student clinic.

For information about the herbal medicine student clinic, phone 410-888-9048, ext 6667. A student will return your call.

At the March 13th herbal medicine show, Galina Kalyuzhny shares herbal teas made of flowers and leaves, as well as traditional Russian herbal delicacies.



Helping to heal our environment, Tai Sophia is "greening" its campus

Healing and caring for our natural world is integral to the philosophy and work of Tai Sophia. Beginning in the early 1990s, the Institute's *Meridians* magazine included a regular column called "Mission Earth." A footnote to each column described that mission: "This material was prepared to support the work of the many Tai Sophia students and graduates who draw on insights of classical Chinese philosophy to bring about a healing relationship among people, the earth, and all life."

Now, the Institute is applying that philosophy to bricks and mortar — literally. Tai Sophia is "greening" its building. Two leaders of the undertaking — Harry Schwarz, the Institute's associate vice president for advancement, and Louise Gussin, director of business services — give an update on the greening project:

Tai Sophia has joined the U.S. Green Building Council (USGBC) in pursuit of the goal of retrofitting our building to be as environmentally friendly as possible. USGBC is a nonprofit organization with the mission "to transform the way buildings and communities are designed, built, and operated, enabling an environmentally and socially responsible, healthy, and prosperous environment that improves the quality of life." Membership in the Council is a first step toward achieving LEED certification for our building. LEED stands for Leadership in Energy and Environmental Design, and was created by the Green Building Council to set nationally-accepted benchmarks for the design, construction, and operation of green buildings, and to recognize attainment of those standards. Tai Sophia recently hired Synthesis, Inc., a local consulting firm that's been a great supporter of the Institute, to advise us on what it will take to achieve LEED certification.

We have engaged our janitorial and lighting supplies vendors in our efforts to "go green." The vendor of janitorial supplies has introduced us to green products for cleaning and handwashing as well as a variety of paper products. Our lighting vendor offers us a wide array of environmentally-friendly lighting supplies. Soon we hope to achieve near 100 percent usage of green products in both of these areas.

While our nation has become increasingly sensitive to the environment, Tai Sophia has long been ecologically conscious. Starting from a worldview that embraces the cycles of nature, the Institute has an active recycling program; and it considers the environmental impact when making most of its purchasing decisions. The Institute is also a cosponsor and energetic participant in the Baltimore Bioneers' annual conference. (see p. 22)

LEED certification is a significant undertaking, requiring substantial costs to retrofit our building. And it is clearly the next step in assuring that the Institute operates in an environmentally sensitive manner — an important step in fulfilling our Mission Earth.



**Mission Earth:
... to bring
about a healing
relationship
among people,
the earth, and
all life.**

1. Learn about the work of the U.S. Green Building Council at www.usgbc.org, where you can plug into multiple resources for green building, education, and renewable energy projects.

"It's easy being Green!" say Tai Sophia's facilities coordinator, Juan Robles, and Louise Gussin, director of business services, as they look through a supply of green products in an Institute storage closet.

These changes reflect an institutional commitment to shaping the future of healthcare, and to seeking how best to serve the clients who come to the Natural Care Centers every day.

At Tai Sophia's clinics, New services and new name — Natural Care Centers

In a continued effort to respond to the growing need for high-quality wellness services, Tai Sophia Institute's Clinical Services Center expanded its services in December 2008 and announced a new name for its clinics. The three main clinics, at the Tai Sophia campus in Laurel, Maryland, and in Silver Spring and Baltimore, are now known as Natural Care Centers.

The decision to make this change emerged from a desire to better describe Tai Sophia's current offerings as well as its plans for future expansion. The new name also points to Tai Sophia's vision, rooted in nature and timeless wisdom. This name change and other innovations reflect an institutional commitment to shaping the future of healthcare, and to seeking how best to serve the clients who come to the Natural Care Centers every day.

All of the acupuncture and herbal services Tai Sophia has offered are still intact, as is the dedication of practitioners and staff to the relationship-centered care the community has come to know and trust.

New option for acupuncture treatment

The Institute's Natural Care Center is now offering a new, easily affordable format for acupuncture treatments known as community acupuncture. In this approach, treatments are provided in group settings, administered in a quiet room with comfortable reclining chairs. The initial examination is conducted in private. Since treatments are provided in groups, the costs of treatment are lowered significantly. The fee for the initial visit is \$60, and the subsequent treatments are \$30. This format gives individuals an affordable access to the high-quality care provided by the Center's practitioners. In adding this new service, Tai Sophia honors its commitment to its local community and takes another step in bringing wellness to the wider world.

New free consultations

For individuals who would like to learn more about how they may be helped by acupuncture, herbal medicine, or nutritional counseling, the Natural Care Center now offers free consultations.

New nutritional services

In another expansion of offerings, Tai Sophia is pleased to integrate new nutritional services. While many of the Institute's acupuncture and herbal practitioners incorporate nutrition into the work they do with clients, Tai Sophia's nutritionists focus primarily on diet, food selection, and eating habits as tools to enhance the health of the individual.

In addition to regular consultations, Tai Sophia's nutritionists offer one-on-one grocery store tours and cooking classes, designed to provide practical support for clients. Below, they summarize their approach to their work with clients and to healthy eating:



Herbalist and nutritionist Bevin Clare (left) coaches Marlene Trossman about good food choices during a one-on-one grocery store tour (a service now available in Tai Sophia's Natural Care Center). Bevin explains the nutritional benefits and uses of the flavorful herb, fennel, at Roots Market in Clarksville, Maryland.

Philosophy of our nutritionists

At Tai Sophia, we believe that each individual is unique as are the foods that best serve one's health and vitality. As we work with our clients, we apply these universal principles of healthy nutrition:

- Good nutrition is more than the nutrients we consume; it encompasses our relationship to our food, our bodies and the planet.
- A combined knowledge of current scientific literature and traditional models of eating provides a balanced and flexible attitude toward healthy eating.
- Mindfulness helps guide good nutrition and healthy food choices.
- Unprocessed, whole foods are considered to be the most beneficial nourishment for the body.
- A diet rich in plant foods is fundamental to disease prevention.
- Body weight is best managed using a multidisciplinary approach, including support for body, mind, and spirit.

For more information about the new services or to make an appointment, call Tai Sophia's Natural Care Center in Laurel, Maryland, 410-888-9048 ext. 6614, or toll free 800-735-2968.

Remembering Marion

The internet was abuzz with stories and expressions of appreciation after the passing of Marion Skelly, a pioneer acupuncturist and early faculty member at Tai Sophia. Graduates from around the country who had been her students shared memories in their emails.

This excerpt from a posting by Clayton Spivey summarizes Marion's career and contributions to the acupuncture profession:

You may have heard by now that our esteemed colleague and elder, Marion Skelly, passed away last weekend [on January 17, at a medical center near her home in Nutley, New Jersey]... A registered nurse, she was among the original American contingent to study with J. R. Worsley in England, along with Dianne, Bob, Jack, Julia, Haig, Fritz, and Jim McCormick.¹ After her years at the Institute, her practice landed in New York City, where she was instrumental in legalizing acupuncture in that state. She was a valuable asset to the teaching faculty [she taught at the Institute until 1996] ... and she was national diva of Clean Needle Technique. She will be sorely missed... Think of Marion when you are with your patients this week. She will be looking over your shoulder to see that you are doing it properly.

This poetic posting from Margaret Beatty portrays the Marion whom students and colleagues knew and loved:

dear marion,
i give thanks for:
the amazing sparkle in your eyes
your fabulous laugh and mighty smile
your steadfast dedication to this profession and your role as a pioneer
your compassion, warmth, integrity and high standards for yourself
and for others
the powerful way you touched so many lives
may you make an easy transition supported by the love and gratitude
that surround you
i imagine you and haig in acu-heaven having a grand old time!

Marion Skelly's friends and colleagues gathered in a celebration of her life at Tai Sophia on March 25, 2009.

1. Marion Skelly was a student in the first "American class" studying traditional acupuncture with J. R. Worsley in England. Her classmates included future Tai Sophia faculty members Dianne Connelly, Bob Duggan, Jack Daniel, Haig Ignatius, Fritz Smith, and Jim McCormick from the U. S., as well as Julia Measures, who (as Julia says) is "a Brit."



... big-hearted woman ... teaching me to be brave, no matter what ... the whole world lived in your arms.

— DIANNE CONNELLY

New leadership role an excellent fit for '83 graduate

Aware of the need for strong leadership through changes and expansion, Tai Sophia has created a new role — Associate Vice President for Wellness Resources; and on March 2, 2009, it welcomed David Mercier as he took on that title and its responsibilities. In addition to supervising the Institute's Natural Care Centers (formerly Clinical Services Centers), he will oversee Community Programs.

Mercier has more than two decades of connection to Tai Sophia. In 1981, he began the Institute's master of acupuncture program, and has been in clinical practice since graduating. In 2000, he founded the Center for Integrative Medicine, Shore Health System, University of Maryland Medical System in Easton, Maryland. Until his move to Tai Sophia, he directed this center, which has consistently earned one of the nation's highest scores in customer satisfaction as measured by the Press Ganey national hospital ranking survey.

In addition to his acupuncture practice, Mercier has a solid history of private and corporate entrepreneurial business development, including marketing, process improvement, and development of organizational culture. His core interests include the spiritual dimensions of organization development and the role of business as an agent for social transformation. And his training reflects and supports those concerns: He earned a bachelor's in psychology from James Madison University; a master's in positive organization development from Case Western Reserve School of Management; a master's in acupuncture from Tai Sophia; and, earlier in his life, studied as a Buddhist monk at Kanduboda Vipassana Monastery in Sri Lanka.

Says Frank Vitale, the Institute's Executive Vice President and Chief Development and Operations Officer, "We are extremely pleased to bring David back to Tai Sophia in this new leadership role, where he assists us in further building our clinical services and community outreach programs."

The Institute welcomes international herbalist Andrew Pengelly

Talented herbalist and educator Andrew Pengelly comes to Tai Sophia's herbal medicine program by way of Australia, bringing a rich mix of academic training and hands-on experience: He has completed requirements for his Ph.D. at the University of Newcastle and soon will be designated officially as "Dr. Pengelly." Author of the standard herbal reference text, *The Constituents of Medicinal Plants*, he writes prolifically for herbal publications. He lectures internationally, including professional tours sponsored by universities and herbal organizations in the U.S. and Australia; has spent many years as an herbal practitioner, grower, manufacturer, researcher, retailer, and educator; owned and operated a health food store for five years; and for eight years, ran a successful multidisciplinary wellness center. In addition to teaching, Andrew will serve as director of Tai Sophia's herbal dispensary with a particular emphasis on overseeing quality control.

David Mercier brings his experience in business, acupuncture, and a Buddhist monastery to his new role at Tai Sophia.

Andrew Pengelly applies his wide and deep "plant wisdom" at Tai Sophia in the roles of faculty member and director of the herbal dispensary..



From an Alaska acupuncturist (and musician), An inspiring teaching story

Tai Sophia alumni connect and share their stories online in a Yahoo chat room. Inspired by a posting from Kevin Meddleton, alumni urged the Report to share his story with our wider audience. Kevin and his wife, Samantha (Sam) Berg, practice acupuncture in Palmer, Alaska. Here is Kevin's story:

Two make a deal, and many heal . . .

A patient of ours had been making amazing changes over the course of several months: she had dropped every harmful habit short of smoking, which she had been doing for 35 years.

I realized that she was making more courageous changes in her life than I was. So in a moment of spontaneity, I made deal: I challenged her to quit the cigarettes, and in exchange I'd play a full set of music in a local venue — something that was equally imposing for me. I immediately felt cold sweat, hair standing on end, and my stomach turning nearly inside out. And at the same time, I experienced the thrill of total commitment.

She agreed on the spot — and she successfully quit smoking. On my end, it took a lot of music lessons and voice coaching to become performance-ready. This past Friday night was the night I fulfilled my end of the deal. Sam joined me with background vocals on stage; and we played to a packed house. It was really cool!

To attend the performance, everyone had to make a commitment. The cost of admission: Drop a bad habit or start a good one. Guests received a ticket with a space where they declared a substantial change in their life and assigned someone to hold them accountable.

We had patients bringing their spouses and kids. There were local politicians, business owners, community leaders, and lots of folks we've never met. I can't express how amazing the event was. We couldn't have played to a more supportive and enthusiastic audience. The room was buzzing; it was overwhelmingly filled with contagious loving care and joyfulness. People announced excitedly what changes they would make. I've never experienced such a level of communion.

From a larger perspective, I can see how relatively little is needed to generate a massive result. All told, we sacrificed some sleep, some time, and experienced some psychological discomfort.

It's amazing to me that with a single choice we can lift so many lives in profound ways — that we can make a big difference simply by being willing to get in the driver's seat with a pure motive, and (as Lonny Jarrett says) "willfully create a more wholesome future." Now, we're looking ahead toward what's next with a new sense of empowerment, excitement and possibility!

For more about Kevin Meddleton and Samantha Berg and their practice at Alaska Center for Acupuncture, visit www.alaskaacupuncture.com.

I, Tai Sophia graduate Lonny Jarrett is author of *Nourishing Destiny: The Inner Tradition of Chinese Medicine*, and *The Clinical Practice of Chinese Medicine*. Kevin Meddleton says, "Thank you to Lonny for the inspiration. There is no way this would have happened without him and those contributing on his NourishingDestiny.com online community of practitioners." Books by Lonny Jarrett are available through the Meeting Point Bookstore at Tai Sophia Institute, 800-735-2968, or online at www.tai.edu.

It's amazing to me that with a single choice we can lift so many lives in profound ways . . .

— KEVIN MEDDLETON



Samantha Berg and Kevin Meddleton perform at the local venue in Palmer, Alaska, where they played to a full crowd at their "Drop a Bad Habit or Start a Good One" event last August.



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Tai Sophia Institute represents the meeting point of the ancient healing traditions from the East and West; the Chinese word Tai means “great” and the Greek word Sophia means “wisdom.”

Together, the two words “great wisdom” serve as the foundation for our academic programs, clinical services, and community wellness offerings.

The premier academic institution for the nation’s emerging wellness system, Tai Sophia Institute offers graduate degree programs in Acupuncture, Herbal Medicine, and the Applied Healing Arts.

Our 12-acre campus houses a bookstore, library, clinic, meditation and herb gardens. We welcome and encourage you to explore the abundant opportunities for growth and renewal.

