



**Tai Sophia
Institute**

the Report

Creating a World of Wellness

Winter/Spring 2007
Vol. 5 No. 1



Institute honored by Howard County Chamber of Commerce as Large Business of the Year



Featuring:

Gathering of scientists at Tai Sophia

Journey to Amazon rainforest





Barbara Ellrich is Tai Sophia Institute's Executive Vice President and Chief Operating Officer.

Welcome, Dear Reader,
to the 2007 Winter/Spring issue of the Tai Sophia Report.

As I write this introduction, we are beginning a new year — a perfect opportunity not only to reflect on and give thanks for gifts received in the personal domain, but also to give thanks for and acknowledge accomplishments, gifts, and blessings in the institutional domain, including the recognition by the Howard County Chamber of Commerce of Tai Sophia's extraordinary achievements.

Because you are Tai Sophia — there is no Tai Sophia Institute other than the individuals who make up this community — any institutional recognition is, in fact, a recognition of the contributions made by each of you, whether you are an esteemed alumna or alumnus, or a valued member of our community at large.

Tai Sophia is established as an exceptional graduate school, and you have made it so: What you contribute in service, financial gifts, loans, and student referrals, as well as the great, good work that each of you creates in the world, comes back around and honors all of us. Thank you.

I am blessed to be part of this extraordinary community.

In loving partnership,

Barbara Ellrich

For 30 years, 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 practice. 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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For information about Tai Sophia, including its master's degree programs and offerings for the general public, call or visit the Institute's website at www.tai.edu.

About the redesign:

As Tai Sophia Institute's presence and influence expands, we recognize that our communication materials must reflect the quality of our strategic direction and programs. Also, we fully intend to continue the tradition of developing content that recognizes and reaches all of our audiences. We welcome your feedback as we continue to transform the Report. Please address any comments or contributions to our editor, Mary Ellen Zorbaugh, at mzorbaugh@tai.edu.

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About the cover:

When the Chamber of Commerce presented to Tai Sophia the Large Business of the Year Award, it cited the Institute for its vision, innovation, and community-based wellness programs that serve as a model for the nation.

Photo by Bob Stockfield

Institute praised for its contributions to the community
**Chamber of Commerce honors
 Tai Sophia's achievements**

In October, the Howard County (Maryland) Chamber of Commerce honored Tai Sophia Institute with the 2006 Large Business of the Year Award. At an annual gala event celebrating extraordinary achievements within the community, the Chamber recognized the Institute for its innovative programs for businesses and the community, and for becoming a national leader in wellness education. The Chamber cited programs the Institute has created with institutions such as the University of Pennsylvania School of Medicine and the Kennedy Krieger Institute in Baltimore; and it praised the Institute for developing community-based wellness programs in Howard County that serve as a model for the nation.

Finalists for the Large Business Award (businesses with more than 25 employees) included MedStar Health, the Columbia Association, and Concentra Medical Centers, as well as Tai Sophia.

"This county is a very special community — it's wealthy monetarily, intellectually, and in opportunities. So a company that makes the top of any list in Howard County is truly extraordinary," says Rosa Scharf, senior vice president of Howard Bank and a Chamber board member. "But then everything about Tai Sophia is extraordinary: the vision that drives the institution, its innovation, its commitment to making a difference." Scharf notes that she and her colleagues appreciate the "long-time, consistent, and constant search for excellence that drives the leadership, staff, and (perhaps most importantly) the students of Tai Sophia. The resulting legacy of excellence is one of the Institute's distinguishing features," she says. "It is only fitting that the county's business community has recognized and honored that attribute."

Dennis Keilholtz, the Institute's vice president and treasurer, works closely with community businesses, particularly financial institutions, and has observed firsthand how people in these businesses feel nurtured and supported by the work of the Institute. He reports that following the award presentation when the lively gathering of more than 500 community leaders viewed a film about the Institute, the audience grew very still as the explanation of the Institute's name unfolded on the screen: "Tai Sophia represents the meeting point of healing traditions from the East and the West: the Chinese word *Tai* means 'great,' and the Greek word *Sophia* means 'wisdom!'"

**...everything
 about Tai Sophia is
 extraordinary: the
 vision that drives
 the institution,
 its innovation, its
 commitment to
 making a difference.**
 —Rosa Scharf



On behalf of the Institute, Tai Sophia leaders were on hand to receive the 2006 Large Business of the Year Award presented during a dinner at the Turf Valley Resort in Ellicott City, Maryland, on October 6. From left: Robert Duggan, president; Susan Duggan, faculty member; Barbara Ellrich, executive vice president and chief operating officer; and Dennis Keilholtz, vice president of business & finance and treasurer.



**"People, Plants and Healers" expedition
 Nine days in the rainforest
 called a life-changing experience**

"The 32 of us had a transforming adventure," says Tai Sophia's Chancellor Dianne Connelly about her nine-day journey to the Amazon, sponsored by Tai Sophia and led by Jim Duke of the Institute's herbal medicine program. Robyn Urbach, associate director of the program, agrees: "As we all gathered in a circle at the Iquitos airport to say goodbye to our fabulous guides, it was clear that many of us had a life-changing experience."

Jillian Borchard, a recent graduate of the herbal program, shares the following notes about the August 12-20, 2006 journey:

"Three rustic lodges were our home for much of the trip. In no time at all we were one family. Our proximity to nature and the relaxing ambiance of the lodges provided the setting for a wonderful adventure. We took field trips to villages to meet the local people and learn how they live today as well as in the past. We spent time with shamans in the ReNuPeru Ethnobotanical Garden, founded by Jim Duke in the 1990s. The shamans shared a wealth of information about the medicinal plants and demonstrated healing ceremonies.

"Our days were filled with sightings of incredible creatures, among them macaws of many colors, parrots and toucans, bright blue iridescent morpho butterflies, iguanas, river dolphins, and even a juvenile tapir named Nellie, a relative of both the horse and rhinoceros, who was fond of kissing people with her anteater-like snout. In the evenings our guides would transform into a delightful mariachi band and entertain us with dance music and traditional ballads.

"As the trip progressed, our group experienced something marvelous and unanticipated: a deep closeness with *pacha mama*, Mother Earth. And that inspired a new theme for our journey: one medicine, one people, one world."



**...our group
 experienced
 something
 marvelous and
 unanticipated:
 a deep closeness
 with pacha
 mama, Mother
 Earth.**

—Jillian Borchard

Tai Sophia's next "People, Plants and Healers" adventure, this time in Costa Rica, is scheduled for August 11-19, 2007. Again, it will be led by Jim Duke, distinguished economic botanist who has journeyed the Latin American region over 50 times. The 2006 tour filled quickly with Institute students, faculty, graduates, clients and friends (including three generations of one family) — so sign up soon for the 2007 tour. Contact Robyn Urbach at 410-888-9048, ext. 6665, or check the Tai Sophia website, www.tai.edu, for an online brochure.



With Jim Duke, the tour group ascended the Canopy Walkway, a series of aerial pathways and platforms that gradually rise to a height of more than 10 stories over the Amazon rainforest. On their walk, the group viewed the plants and birds that live in this unique ecosystem, emerging at the top to witness the seemingly endless forest canopy.

Tai Sophia hosts fifth gathering of scientists Researchers examine roles of silver and water in healing

A report from Tai Sophia's president, Bob Duggan:

Eating silver seems strange to me, and yet it's a practice in ancient traditions where silver is used as an antibiotic. In fact, even today we're told that citizens of India collectively consume approximately 275,000 kg of silver each year. For centuries, individuals from many cultures have worn silver jewelry for healing purposes. Midwestern farmers stored milk in silver pails. Today, drugstores sell bandages threaded with silver, and similar bandages are used by troops in Iraq. Evidence says that silver-lined bandages reduce infection enormously. What sense can we make of such phenomena?

Last October, for the fifth year in a row, Tai Sophia gathered a number of the world's most extraordinary thinkers who looked at issues such as using silver to fight infection, the potential healing properties of water, and the healing resonance of various objects. All these scientists, researchers, inventors and investors are colleagues of Tai Sophia board member Rustum Roy, who is Evan Pugh Professor of the Solid State Emeritus and Professor of Geochemistry Emeritus at Pennsylvania State University, and Visiting Professor of Medicine at the University of Arizona. Over the past two decades he has come to know most of the national leaders in complementary medicine and has championed the scientific and social underpinnings of the field.

Professor Roy recently authored a scholarly paper on the structure of water with William Tiller, Professor Emeritus of Stanford University's Department of Materials Science.* Roy observes that the worlds of biology and healing generally do not recognize a fact commonly understood in materials science research: Water has memory and thus retains crystalline patterns, which can impact the life around it. This fact has enormous implications. For example, the scientists at the October meeting explored the question, "Could the combination of highly diluted silver and water imprinted with beautiful crystallized structures contain ways of dealing with malaria in Africa?" They foresee that the solution will help heal wounds and deal with infections on a day-to-day basis.

Research in such areas has developed in extraordinary ways since 2001 when we first invited the scientists to meet in the American City Building, Tai Sophia's original home. (You may be familiar with several of these scientists if you've seen the film, "What the Bleep Do We Know?") Although the scientists are linked to major institutions such as Penn State, the University of California at Irvine, and the University of Arizona, they do not have a scientific home for this vanguard work. Even so, based on their findings, they are developing useful services and patents. One of the participants has more than 100 registered patents related to these studies. Also present were researchers who developed Q-Link, a device developed to induce what we might term "resonant healing." (If you are a golfer, you may be familiar with Q-Link, which many players say improves the quality of their game.)

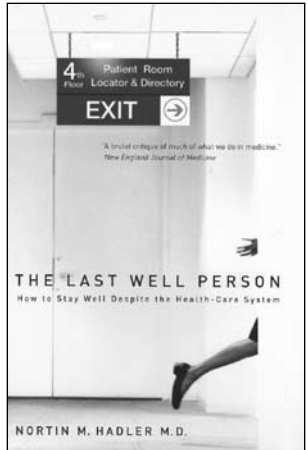
The researchers are working to take this technology far beyond the golf course: They reported recent studies indicating that the presence of Q-Links in the classroom can improve learning.

The scientists who gather at Tai Sophia have discovered that subtle energies implanted in water and various solids produce healing properties — confirmation of an ancient form of healing. And their work underscores the limitations of the biochemical paradigm. They concur that we must use new paradigms to develop devices that open new possibilities for healing and wellness. Rustum Roy, in his report on the October meeting, points to the future: "It is absolutely certain that silver and other metals will be the aspirin of the next century."

*Rustum Roy, William A. Tiller, Iris Bell, M. Richard Hoover. "The Structure of Liquid Water; Novel Insights from Materials Research; Potential Relevance to Homeopathy." *Materials Research Innovation*, Volume 9, Issue 4, 2005.

A must-read: *The Last Well Person*

In his critically acclaimed *The Last Well Person: How to Stay Well Despite the Health-Care System*, Nortin Hadler, M.D., addresses the tough questions about our healthcare, cutting through the medical white noise. Bob Duggan highly recommends this book in which Hadler argues that unfounded assertions and flagrant marketing have led to the medicalization of everyday life, and where he offers practical solutions on topics including aging, obesity, adult onset diabetes, and back problems. Hadler, who is professor of Medicine and Microbiology/Immunology, University of Carolina at Chapel Hill, and attending rheumatologist, University of North Carolina Hospitals, is also a frequent reviewer and editorial writer for *The New England Journal of Medicine*, *The Journal of the American Medical Association*, and numerous other publications.

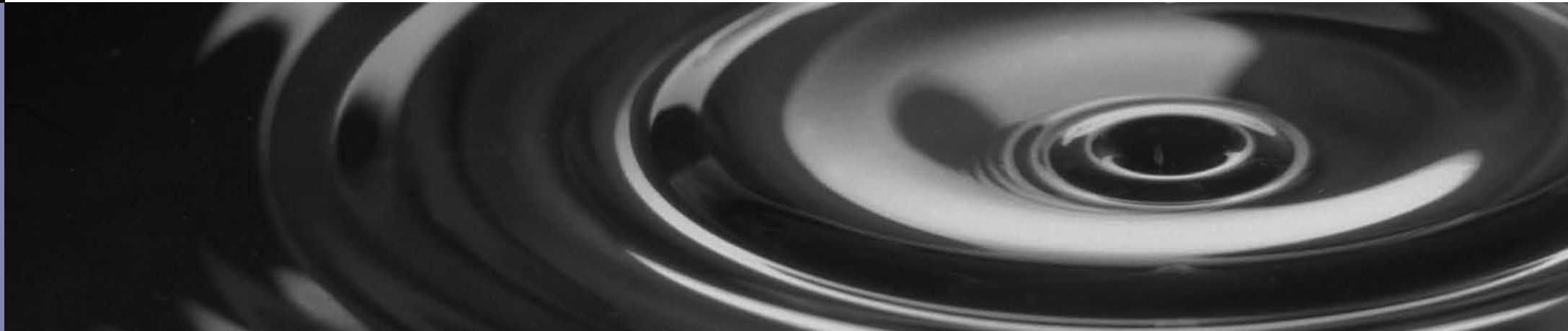


Much of what modern medicine advocates bears scrutiny, and Nortin Hadler examines it critically and marshals facts to support his views. *The Last Well Person*, written for the patient, or the person who thinks of becoming one, is must reading for the public and for physicians.

—George E. Ehrlich, M.D.

From a review in *The Journal of the American Medical Association*, December 2004

The work of scientists who gather at Tai Sophia underscores the limitations of the biochemical paradigm. They concur that we must use new paradigms to develop devices that open new possibilities for healing and wellness.



Symposium stirs crucial conversation
What is the future of healthcare and its practitioners?

What will healthcare look like in the coming decades? How will graduates of Tai Sophia show up in that changing landscape?

At the Institute's fall symposium, two consultants in the healthcare industry sparked a timely conversation about healthcare's future among the 200 students and graduates who attended the annual event. They examined the forces shaping healthcare in the twenty-first century, options for the future, and the history of the healthcare industry from the baths of ancient Greece to contemporary "magic bullet" mechanistic medicine.

"I'm going to irritate your thinking," warned David Matteson, a business leader who for 25 years has dedicated his career to advancing healing strategies in many complementary healthcare companies and educational institutions. Janice Gronvold, founder of Spectrec, a business development service for the spa, medical, and health resort industries, likewise challenged participants with her description of what is just around the corner: a nation of consumers focused on wellness and drawn to environments that offer some kind of transformational experience, including medical spas and medical tourism, healthy lifestyle communities, and alliances of hospitals, hotels, and spas.

Members of the audience responded with deeply felt questions about providing healthcare for those who cannot afford services offered by a burgeoning spa and health-resort industry, and about this industry's ecological drain on the world's resources. Both Gronvold and Matteson share those concerns and have worked with issues of sustainability and access to healthcare. They urged Tai Sophia graduates and students, whom they see as important players in healthcare's future, to step up and work with such issues, shape the vision and make it happen.

Matteson shared with the group the affirmation he repeats every day and that reverberated throughout the two-day symposium: "I have a commitment to loving action that builds a healthy world."

Kevin Spelman and Michael Baime, M.D., also contributed to what participants termed "one of our best-yet symposiums." Spelman, of Tai Sophia's Herbal Medicine faculty, reviewed research indicating that complex medicinal plants not only have significant therapeutic value in appropriate contexts, but may, at times, be superior to pharmaceuticals, which concentrate on isolated components. Baime, who is director of programs for stress management at the University of Pennsylvania, delighted participants with his humor and inspired them with his presentation about the history and extraordinary flexibility of meditation.



At the annual symposium, Michael Baime, M.D., (above) examined how meditation is used to enhance quality of life and performance, to treat physical illness, and to reduce psychological distress.



Healthcare industry consultants join Tai Sophia's president Bob Duggan in a panel discussion at the Institute's annual symposium. Students and graduates contributed comments and questions about the future of healthcare and their personal future as healthcare providers. Pictured from the left: Bob Duggan, Janice Gronvold, and David Matteson.

Friends of Tai Sophia celebrate a major milestone

On September 28, approximately 250 faculty, students, staff, patients, governmental and community leaders gathered at the Institute for a celebration of Tai Sophia's accreditation by the Middle States Commission on Higher Education.

The Institute started on this path in 2001 when Middle States determined that Tai Sophia had the potential for accreditation; the process intensified in December 2003 when the Commission invited the Institute to prepare a formal self-study; and after the site-visit team determined in April 2006 that Tai Sophia "met the standards," the Commission formally accredited the Institute at its July meeting. (See full account in the *Report*, Summer/Fall 2006.)

"Since Tai Sophia Institute's first students arrived in 1981, we have engaged in continual self-study and renewal — an essential part of our institutional process of 'coming to life more fully,' " says Mary Ellen Petrisko, the Institute's vice president for academic affairs, who guided the accreditation process. "Now we continue our ongoing renewal and learning at a higher level, as an institution accredited by the Middle States Commission on Higher Education."



At top: Joining in the celebration of Tai Sophia's accreditation are Institute board member Adele Wilzack; financial consultant Dennis Grabow; and Blaize Connelly-Duggan, vice president for strategic planning & resources.

Above: Mary Ellen Petrisko, vice president for academic affairs (at right), chats with herbal medicine faculty members Claudia Joy Wingo and Jerry Cott during the reception.



Above left: Marc Micozzi, director of the Informatics Institute for Complementary and Integrative Medicine; consultant David Matteson of Early-Edge Direction; and Debbie Daniels of Life Action Coaching.

At left: Tai Sophia alumni Sharon Hipkins, Deb Early, and Mary Brandenburg.

Dear Wise Social Investor,

Congratulations! Over the past 30 years, you and so many others — as donors, students, faculty, board members and lenders — have invested in creating an extraordinary institution, which, at the present moment, is serving over 375 full-time students and tending thousands of patients in Silver Spring, Laurel, Baltimore, and many other communities. More than one thousand alumni bring this work to communities across the USA and to other parts of the globe.

Please take a deep breath and allow yourself to recognize that your contributions, of whatever size, are making a remarkable difference in the world every day. We have come a long way since the doors of what would become Tai Sophia opened on May 1, 1975. At that point, we had no thought that this creation would survive into the twenty-first century, becoming a gift to the mainstream of American wellness and healthcare, and be an instrument for changing the way America thinks about how to live well.

You deserve a deep bow of gratitude. You are making possible this new world of wellness.

On behalf of the entire Tai Sophia community, thank you for your extraordinary generosity.



Robert M. Duggan
President
Tai Sophia Institute

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Listed below are those individuals who contributed, or made a specific promise of support, or fulfilled a promise, between August 1, 2005, and July 31, 2006. If your name has been omitted, misspelled, or, in any other way, listed incorrectly, please forgive and let us know.

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 Melynda Klausner
 Tracy Klink
 Clemency Knox
 Richard Koerber
 Josephine Kohn
 Char Koller
 Frances Korbly-Canter
 Tricia Kramer
 Mary Kraus
 Joseph Kruse, Jr.
 Carolyn Kuebler
 Linelle La Bonte
 Nancy Lake
 Rosalie Lambeth
 James and Lorraine
 Lancaster
 Thomas Lane
 Diane Lauer
 Marsha Lehman and
 Thomas Knapp
 Carolyn Leveque
 Louise Lindberg
 Douglas Lindner
 Diana Linnekin
 Nancy Lipman
 Helen Lowe Metzman
 Myra Lowenthal
 Tracey Mahon
 Alexander Maines
 Nicole Marks
 Amy Marshall

Maryland Massey
 Lilianna Mazzarella
 Carol and John McBeth
 Susan McCauley
 Joan McCaw
 Traci McLeroy
 Harriet McMahan
 Virginia McNicholas
 Scribner Messenger
 Sandra Mican
 Jeannie Miller
 Don Mills
 Margaret Mohler-Strahan
 Diolinda Molina
 Marie Moore
 Lillian Morgan
 Anne Murphy
 Penny Murray-Watkins
 Admir and Amela
 Muslimovic
 Marilyn Newhouse
 Aja Ngo
 Sussy and Fernando Noriega
 Carol O'Connor
 Karen Ohlrich
 Barbara and Ken O'Leary
 Harold and Jo Donna
 O'Leary
 Eric Olson and
 Sarah Treado
 Clare Openshaw
 Quida Owens
 Janet Padgett
 Janean Panek
 Anne Marie Parsons
 Patricia Patula
 Lauren Paul
 David Pelgrim
 Joanne Piersall
 Rebecca Pille
 Joseph and Marcia Pines
 Amira Pinsker
 Judith Pittman
 Debra Popiel
 Roberta Pracher Bregstone
 Sarah Prammawat
 Ryan and Katie Preston
 Colleen Prorok
 Judith Rivkin
 Virginia Rodes
 Carmel Roques
 Erica Ross-Krieger
 Gayle Roth
 Cecilia Rothschild
 Daniel Sachs
 Laura Santi
 Frank and Christina Sarlo
 Elizabeth Savage
 William Scott

Ronald and Kay Seipel
 Eric Shantz
 Bernardine and James Shaw
 Raymond Sheets, Jr.
 Wendy Shurford
 Mary Heather Sine and
 John Looome
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 Ursula Smith
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 Charlotte Stoughton
 Ming Su
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 Kathleen Sumner
 Kevin Swanson
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 Rose Truby-Scharff
 Suzanne Umidi
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 Barbara Walker
 Heather Wandell
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 Catherine Warfield
 Jane Weaver
 Jean Weinstein
 William Wessel
 Diana Lynn Wheeler
 Karen Williams
 Richard and Wendy Wilmer
 Meg Winfield
 Joanne Wojtusiak
 Kimberly Wright
 Trudi-Ann Wynne
 Betsy Yeomans
 John Yep
 Michael Ynn and Wei Jing
 Lynnette Yount
 Vickie and Denis Zegar
 Heather Zoller-Gritz

Thank You

A professor finds his way

From asthma to acupuncture and Tai Sophia

Warren Morganstein could have retired surrounded by award certificates, honored for his service as a dental school professor and administrator, a consultant to the World Health Organization and the U.S. Public Health Service, president of the American Dental Association, and so much more. Yet he chose to integrate his vast experience and enrich his ongoing contributions to his patients and the community through study at Tai Sophia. Here he tells the story of his journey:

“One day during an acupuncture treatment, lying on the table with needles in, in one millisecond I thought, ‘Wow! I want to do this in retirement. Wow! I want to do this now.’” That was a breakthrough moment for Dr. Warren Morganstein, dentist and former associate dean of the University of Maryland Dental School.

“Originally I didn’t believe in acupuncture — how were acupuncturists trained, anyhow? But when my asthma got so bad and my meds weren’t working, someone finally recommended an acupuncturist who was also a doctor and neurologist and who satisfied the ‘Western scientist’ in me, and I decided to give it a try!”

Wondering what he could do with acupuncture as a dentist, Warren asked his acupuncturist, “Do you treat anyone with temporo-mandibular disorders? How much success do you have?” “Not good,” his practitioner replied, “about 70 to 75 percent.” “That’s not good?” thought Warren. “It’s great!”

Then came his next question: “I want to start practicing acupuncture as soon as I can — where can I be trained?” The first answer was to go to Beijing; but with a family here, Warren decided against training in China. His acupuncturist suggested another option: the Medical Acupuncture for Physicians program at UCLA Medical School. “I’d also heard about Tai Sophia from many people — that it was a great school — and it was close to where I lived,” Warren says. “So nine years ago, when I was looking into acupuncture, I went to an Open House at the Institute. I met Bob Duggan and talked to him about practicing acupuncture and getting the training I needed. When I asked if I could do Tai Sophia’s program by coming in one day a week, he explained that it wouldn’t work with the structure of the program. Then he said, ‘Go do the UCLA program. You’ll be here when the time is right and you’re ready.’” Warren immediately applied to UCLA, the first step in a journey that now includes Tai Sophia — a journey greatly enriching both his professional and personal life. With a chuckle he reports, “My wife, a psychotherapist, said she was glad I was getting in touch with my ‘yinner’ self.”

After completing the UCLA Medical Acupuncture program, Warren began teaching in that program and practicing acupuncture. He also continued his work at the University of Maryland Dental School. Several years later, in July 2005, when he retired from his 34 years as the school’s associate dean, Warren determined it was finally the right time for study at Tai Sophia. He now spends Wednesday and Thursday in classes at the Institute; Monday and Tuesday in his new role at the University of Maryland Dental School as director of the dean’s faculty program to bring in volunteer faculty members; and Friday mornings in Towson, Maryland, in his private acupuncture practice (mainly for oral and craniofacial pain and disorders). He also serves as a clinical faculty preceptor in the UCLA Medical Acupuncture for Physicians program. To top it off, he is a proud husband, father, and new grandpa.

Continued

“Already, Tai Sophia is helping with my teaching at UCLA and my practice,” Warren says. “I look more at health, more on what’s working right than on what’s wrong — and I project that to my students, fellow faculty, and patients. Also, I’m imparting to them the importance of being a teacher with one’s patients, to helping patients become better observers of their own life.”

Warren says that even though he knew where the acupuncture points were when he entered Tai Sophia, “I’ve learned an incredible amount in point location classes.” Then he points to his most challenging learning at the Institute: “It’s how and where I embody my responses to both phenomena and stories. I’m a beginner at using my senses. My body has been asleep for 60 years, and now I’m beginning to nudge it awake.

“After graduation, I hope to be able to maintain a relationship with Tai Sophia,” Warren says, “perhaps through teaching or in some other capacity.”

Students bring their beloved teacher back to the classroom

A plaque honoring Haig Ignatius hangs in the classroom where he taught point location to Tai Sophia’s acupuncture students. It features a photo of Haig in a bright red shirt and Snoopy tie, outfitted for his lecture about points on the “Fire” meridians — points associated with the qualities of summer: humor and warmth, joy, empathy, lovingkindness — qualities that defined Haig. His students (who include current teachers of point location) wanted to keep Haig’s inspiring presence in the classroom; so they designed the plaque and hung it in room 5 during a ceremony in September. Displayed on the plaque, in addition to the photo, is a brief biography and a quote from Haig:

“The better they do at point location,
The more they honor me.
That doesn’t mean they can’t make mistakes —
Mistakes are how you learn.”

Haig moved to Maryland in 1975 to help open the Centre for Traditional Acupuncture, the forerunner of Tai Sophia Institute. He took on the role of supervising physician for this new endeavor in the days when Maryland law required that an M.D. be present for an acupuncturist to practice. He served on the Institute’s faculty and board from its opening until two weeks before his passing.

A Western-trained otolaryngologist, Haig embraced Chinese medicine after he discovered acupuncture’s amazing healing power. For 23 years he was the Institute’s point location master. Just as outstanding as Haig’s teaching and practice was his wondrous, bright spirit. He said, “I never use an acupuncture point that doesn’t bring me joy.”

Haig, we miss you!

HAIG IGNATIUS

Beloved teacher, practitioner, and friend

Pioneer acupuncturist-physician

1927-2004

*I never use an
acupuncture
point that
doesn’t bring
me joy.*

—Haig Ignatius, M.D.



Five times each year, when Haig Ignatius introduced his students to acupuncture points associated with one of the five phases of the creative cycle, he dressed in the spirit of that phase. In the photograph above, taken shortly before his passing in 2004, Haig is costumed for his lecture on the summer phase.

**I look more at
health, more on
what’s working
right than on
what’s wrong...**

—Warren Morganstein,
DDS, MPH



Warren Morganstein,
Acupuncture student

**Pioneer students reflect on their experience
Applied Healing Arts program shifts lives**

“When I joined the program, I was searching for what I wanted to do with my life — and I wanted to do anything besides continuing to practice law,” says attorney Belinda Reed. She and two other graduates of the Applied Healing Arts (AHA) program are discussing how that program has affected their lives; all of them were members of AHA’s first class in 2002.

“As I went through the program I began to realize that being a lawyer is my greatest gift. I discovered that I can be an effective litigator and also be in partnership with everyone in the courtroom,” Reed reports. “That’s a big discovery. There doesn’t have to be animosity. There can be respect for what each of us is there to do — the judge, the defense attorney, the defendant, the jury. We’re all working together in this process.”

Reed says that when she realized she could continue her law career and feel deep satisfaction in her work, she was drawn to the concept of restorative justice, a relatively new movement in the United States. “I used the independent studies required in the AHA program to gain skills in restorative dialogue and mediation practices,” she says. “And currently I’m pursuing ways to bring this healing approach into Maryland courtrooms.” Reed is now co-chair of the Restorative Justice section of the Maryland Chapter of the Association for Conflict Resolution, and in that role developed the first restorative justice conference in Maryland. (See the article about Reed and the conference, reprinted in this issue from Baltimore’s *Daily Record*.)

Two other members of AHA’s pioneer class pause when asked for examples of how the program continues to touch their lives — it’s hard to choose from all the riches. Ann Carico decides to focus on “practices.” She explains that during the program students identify practices that will help bring about the change they want for themselves and the world. “That idea has been especially important for me,” says Carico, a nurse who works with mostly elderly clients

in their homes and in assisted and independent living facilities. “One of my practices is to ask before I go into each client’s room, ‘How can I ease suffering for this particular client?’ And I always ask myself in the morning, ‘Will there be less suffering at the end of the day because of what I did?’ As a result, I’m more present with my clients, whether I’m just listening or helping them with something physical.” Now that she is bringing a “healing presence” to her clients, she says, “I’m learning so much from them, and I enjoy what I do.” As well, Carico is bringing her new approach to the nursing assistants she teaches in classes at various independent/assisted living facilities in the Baltimore-Washington area.

Doug Lindner, who teaches electrical engineering at Virginia Tech, says the program has touched his life in two major ways: “One is my relationship with my parents — my understanding of my place among the ancestors. My mother died of cancer in May, and what I’ve learned in AHA really changed my relationship with her in the last two years.

“The other place that the program has had a big impact is in my classroom,” Lindner says. “For example, I help students understand how they can do their homework more effectively by approaching it in terms of the seasonal energies — by using the creative cycle. And I bring them the idea of connection: As they begin to understand their connection to the world, it helps them understand

Continued

why they’re in the classroom and what they’re doing. It gives them a bigger picture and motivates them to take on the challenges of learning what is very challenging material.”

These three alumni of the first AHA class talked with the *Report’s* editor during a gathering of graduates last November. Lindner convenes a meeting three times each year where, he says, AHA graduates support each other, continue their learning, and “generally just have a good time.” Alumni say they are grateful for this community of friends and ongoing learners, and feel privileged that they can pass on to their families and the wider world what they’ve gained in the Applied Healing Arts master’s program: a bigger picture and new possibilities; self-discovery; and practical skills for becoming a change agent and (in the words of Mahatma Gandhi) becoming the change they wish to see in the world.

Baltimore paper features project of Applied Healing Arts alumna

The following excerpts from an article in Baltimore’s Daily Record, November 14, 2006, by Cynthia Di Pasquale, Daily Record legal affairs writer, report plans for the conference inspired by attorney Belinda Reed and her studies at Tai Sophia:

Columbia Conference to focus on restorative justice

Belinda Reed was burned out. Work as a Prince George’s County prosecutor for 10 years was becoming progressively less satisfying for her, as defendants were acquitted or she prosecuted repeat offenders. She didn’t dislike her job, Reed said; but by 2002 she was “looking for something more.”

Unexpectedly, she found that “something more” within herself and still within the law at the Tai Sophia Institute, a center for alternative healing and health care education in Laurel. Through part-time work to complete a master’s degree in applied healing arts, she discovered a therapeutic approach to the legal system in restorative justice. Reed takes restorative justice to the masses this week, with a conference Thursday and Friday at Howard Community College in Columbia.

Healing the harm

Restorative justice is a type of alternative dispute resolution directed at healing the harm caused by a crime. It brings together the victim, the offender and sometimes other interested parties, for a discussion of the circumstances surrounding a crime and its consequences. “One of the hugest benefits is that it focuses on accountability and reparations of harm,” Reed explained. “Also, it gives an opportunity for the offender to understand how he affected another person.” The approach is growing in Maryland but is still only applied in a handful of jurisdictions...

Full circle

For Reed, the conference coincides with a planned move back to the Prince George’s County state’s attorney’s office after a year and a half with the attorney general’s criminal investigations division. The return brings her full circle to a place and a career she once had expected to leave forever. She will be deputy chief of the district court division and also establish a restorative justice partnership. “Being a lawyer is my greatest gift, and I can use my legal training in restorative circles,” Reed has found. “They complement each other, actually.”

Belinda Reed reports that more than 200 persons participated in the November 16-17 conference, which included 20 workshops and a plenary session featuring Gordon Bazemore, a leader of the restorative justice movement in the United States.



I used the independent studies required in the AHA program to gain skills in restorative dialogue and mediation practices. And I’m pursuing ways to bring this healing approach into Maryland courtrooms.

—Belinda Reed



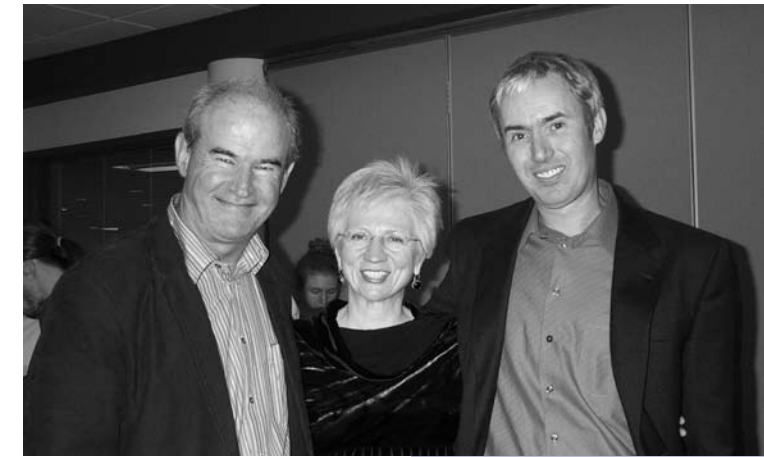
During their discussion about the significance of the Applied Healing Arts program in their lives, members of AHA’s first class pause to look at a photo of their class, taken when they convened in January 2002. Pictured from the left: Belinda Reed, Ann Carico, Doug Lindner.





Nowhere else in the world could I imagine such a facility for generating teachers of healthcare.

—Simon Mills



James Snow builds on the solid foundation laid by Simon Mills. At a November gathering the Tai Sophia community honored Simon Mills, the founding director of the Institute's Herbal Medicine master's program, and James Snow, who recently assumed the director's role. Mary Ellen Petrisko, vice president for academic affairs, was the first in a series of speakers who praised and thanked them for their dedication and contributions to the program. Although Mills has stepped down as director, he continues his teaching at Tai Sophia. Pictured above at the celebration are Simon Mills (left), Mary Ellen Petrisko, and James Snow.

**Nation celebrates herbs and herbalism at the U.S. Botanic Garden
Tai Sophia faculty and students play key roles
in first national HerbDay**

"HerbDay was a wild success!" reports Herbal Medicine faculty member Bevin Clare about the first national celebration of the role of herbs in healthcare and everyday life. "We had almost 5000 attendees over the two days at the National Mall, and it was a ton of fun." Both Clare and Tai Sophia's James Duke were featured presenters during the October 13-14 event at the U.S. Botanic Garden Conservatory on the National Mall in Washington, D.C., one of many events celebrating HerbDay held nationwide in public parks, retail stores, schools, and botanical farms and gardens.

Duke opened the Botanic Garden celebration with a discussion of foods and medicines derived from Amazon rainforest plants, then led a 1½ hour herb walk at lunchtime. In the afternoon, Clare spoke about the role of medicinal plants through the ages. In addition to lectures and workshops, the program included children's activities, tastings, and demonstrations about how to cook with herbs, make medicines, brew teas, and much more. "Tai Sophia students and graduates played a major role in the events of the day," says Clare. "They offered information on herbal medicine, led herb walks, and gave many talks and lectures."

A feature article about HerbDay in the October 10 *Washington Times* highlighted the role of Tai Sophia in the world of herbal medicine, and included photographs of the Institute's herb room and its manager, Amy Bush, and of Bevin Clare inspecting plants on the Institute's campus. Quoting Clare, the *Times* article pointed to Tai Sophia's wellness approach to health and healing: "We help people find their own well-being. We are not 'healers'; people heal themselves. . . . [In counseling clients] we want to know about both diet and lifestyle, because if you do things that are bad for your body and then take an herbal medicine to feel better, that is only a Band-Aid."

Five organizations, working together as the HerbDay Coalition, launched this national celebration of herbs: United Plant Savers, American Herbalists Guild, American Herbal Pharmacopoeia, American Herbal Products Association, and American Botanical Council (ABC). "This day is about celebrating the value of herbs today and honoring their use in healing in many cultures," said ABC's chief administrative officer, Wayne Silverman. "...we are confident that HerbDay will continue long into the future."

...we want to know about both diet and lifestyle, because if you do things that are bad for your body and then take an herbal medicine to feel better, that is only a Band-Aid.

—Bevin Clare, quoted in the *Washington Times*



Tai Sophia herbal medicine students hosted the medicine-making table during the national HerbDay celebration in the U.S. Botanic Garden on the National Mall. The students, including Anya Syrkin (left) and Dart Clancy, gave talks and demonstrations to enthusiastic groups that gathered at the table.



**Thoughts from the Herbal Medicine program's first director
Simon Says...**

If you know Simon Mills, you're aware of the grace and excellence he brings to his work, whatever he may be doing: he's secretary of the European Scientific Cooperative on Phytotherapy (ESCOP); just completed a term as president of the British Herbal Medicine Association; is a member of the Herbal Medicines Advisory Committee that counsels the UK government; teaches at the Peninsula Medical School at Exeter, England; authors numerous articles and books (most recently, the award-winning Essential Guide to Herbal Safety, with Kerry Bone); lectures around the world — and much more. And amid all this, he has led the development of the first master of science degree program in herbal medicine in the United States.

When Mills determined it was time to pass on to James Snow his role as director of Tai Sophia's Master of Science in Herbal Medicine program, he sent a message to the Institute community about his decision. Simon gave us permission to share the following excerpts with readers of the Report:

Dear All,

Our herbal medicine program has reached a new stage in its growth. It really is a world wonder! It has been my profound privilege to be asked to come from England to bring a vision to reality, to see unfold the first truly clinical herbal program at the master's level in the world, to draw some of the best teachers in this field to our campus, and to witness three of the most competent and confident graduating classes in my long experience.

It is now time for the direction of the program to be based at the campus rather than over the ocean. As I have announced to the herbal medicine students, faculty, and staff, I am standing down as director. . . .

Please note that although my role will be changing, I am not going away! I intend to maintain the same teaching role that I have held for the last four years and to contribute actively to faculty decisions on the program. I plan to continue to bring to our classes my passion for applying plants as a robust support for personal healthcare, as well as an international experience of the plant world. I also want to lead our herbal agenda into new territories. For 16 years I have been building, with others, a major information and educational resource for healthcare professionals and the public. The EXTRACT database and Plant Medicine website (www.phytotherapy.info) will at long last make an appearance in the next few months; and we hope that it will draw a new world of folk around North America who may be interested in doing some herbal study at a distance or through partnership programs. I would like to take that new story forward at Tai Sophia.

At this crossroads, I particularly want to mark the extraordinary learning community that Tai Sophia students, staff, and faculty have created. The web of energies has manifested something unparalleled: nowhere else in the world could I imagine such a facility for generating teachers of healthcare. Certainly there is no herbal program like ours, so well grounded in the fundamentals of using nature's remedies to support personal and social health and wellness. I look forward to many years of sharing in this work at Tai Sophia.

More good news about accreditation

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), at its August 2006 meeting, granted reaccreditation for five years (the maximum time period) to Tai Sophia's Master of Acupuncture degree program. ACAOM is the national accrediting agency recognized by the U.S. Department of Education to accredit master's-level programs in the acupuncture and Oriental Medicine profession. In 1985, the Institute's acupuncture program was the first in the nation to receive accreditation from the National Accreditation Commission for Schools and Colleges of Acupuncture and Oriental Medicine, now known as ACAOM.

In events around the nation, Tai Sophia shares its healing perspective

In 2006, at more than 70 events from coast to coast, hundreds of individuals learned about Tai Sophia's healing perspective. A few examples illustrate the breadth of the Institute's outreach:

- In Scarborough, Maine, Chancellor Dianne Connelly keynotes a four-day conference at True North, a healthcare practice and research organization.
- At a symposium in Philadelphia, sponsored by the University of Pennsylvania's School of Medicine, School of Nursing, and The Morris Arboretum, Simon Mills of Tai Sophia's faculty leads a seminar titled "Herbal Medicine: Perception, Practice, and Rational Use."
- Lisa and Blaize Connelly-Duggan represent the Institute at one of the nation's major complementary and natural healthcare conferences and expositions, Cam Expo East in New York City.
- In the Baltimore/Washington, D.C., area, Institute representatives play leading roles at the first-ever national HerbDay, participate in the Green Festival and in events at Kennedy Krieger Institute, the U. S. Senate, Johns Hopkins University and Johns Hopkins Applied Physics Laboratory, American Visionary Art Museum, colleges and high schools, hospitals and medical centers, retirement communities and nursing homes.

"In these events we're sharing important information about wellness and the art of healing," says Lisa Connelly-Duggan, who directs Tai Sophia's outreach program. "Many people, including health professionals, want to know more. They follow up with inquiries about treatment, come to community classes, and enroll in our master's degree programs. It's one of the ways we fulfill our vision of enabling all of us to practice the arts of living and dying."



When national agency needs images of authentic complementary and alternative care, NCCAM calls on Tai Sophia

"It's slim pickings when it comes to photographs that truly represent what we're researching," says Jennifer Tisch of the National Center for Complementary and Alternative Medicine (NCCAM), the federal government's lead agency for scientific research on complementary therapies. "Pictures of people in spas with towels wrapped around their heads don't illustrate the kind of research we do at NCCAM. So we when we decided to build our own photo warehouse, we called on this very excellent institution, Tai Sophia, a place where we knew we could get the photos we needed. It's been a wonderful partnership. We're happy to be here."

With Tisch and photographer Bob Stockfield of the National Institutes of Health, Tai Sophia's John Wilson coordinated the three days of photo shoots, which focused on acupuncture, herbal medicine, Chinese herbs, reiki, yoga, tai chi, and therapeutic massage.

"This project serves the public," says Tisch. "The high-resolution photos will be housed in our database (we'll download them this spring), and will be free to anyone who wants to use them for educational purposes, including the media, researchers, scientists and others who need authentic images for publications or presentations. And they're also for people who are curious about these therapies. Many Tai Sophia images already are being used in NCCAM fact sheets and on the website. You can view some of them in the website's Understanding CAM section at <http://nccam.nih.gov/health>."



In three days of photo shoots at Tai Sophia, the National Center for Complementary and Alternative Medicine (NCCAM) obtained approximately three thousand images for its new photo warehouse, which serves the wider public as well as the National Institutes of Health. In one of the images, shown above, herb room manager Amy Brush prepares a formula.



At left, Jennifer Tisch of NCCAM's office of communications, and John Wilson, Tai Sophia's director of publications, pause in the Institute's herb room during a photo shoot.

The committee and council are committed to integrating the values, mission, and vision of the Institute into all our practices and internal processes.

—Jill Weinknecht

Institutional values

Alive and embodied at the Institute

On the wall near the entrance to Tai Sophia's clinic hangs a statement of institutional values, signed by more than 70 members of the Institute's faculty and staff. Among the signers are the volunteers who spent almost a year revisiting and refining the original statement of values. The volunteer committee examined how the statement reflected the current Tai Sophia community, and identified ways to ensure that the institutional values are alive and embodied in the day-to-day work of each community member.

Following a series of meetings, the committee presented a new draft of values to faculty and staff, asked for their edits, and then sent the final statement of 17 institutional values to Tai Sophia's Board of Trustees, which approved the revision in 2006.

The work of the committee continues: in cooperation with the newly-formed volunteer human relations council, it will focus on embodying these values throughout Tai Sophia. "The committee and council are committed to integrating the values, mission, and vision of the Institute into all our practices and internal processes," says Jill Weinknecht, chair of the institutional values committee. "And it's happening already. Increasingly, the values are enlivened as more and more people engage in the process."

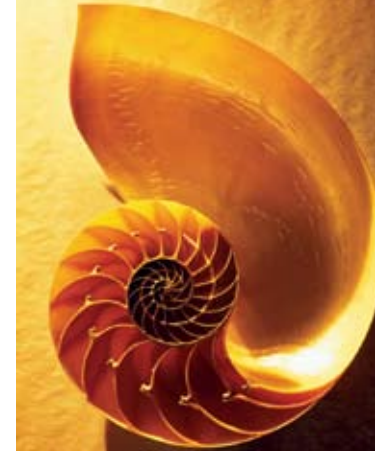
The roots of the institutional values statement go back to the 2000 faculty handbook, in which the then dean of faculty, Tom Balles, inserted a statement that drew on the ancient wisdom underlying the Institute's work. In 2002, as the Institute welcomed two new programs in applied healing arts and herbal medicine, Jeff Millson led the Master of Acupuncture Coordinating Committee in drafting a statement using language relevant to the new programs; this draft became the first statement of institutional values formally adopted by Tai Sophia.



Institutional Values

We, the members of Tai Sophia Community — faculty, staff, administration, and students:

- Operate from an acknowledgment and declaration of Oneness.
- Use nature and the rhythms of the earth as a guide in teaching our students and one another.
- Foster and teach the deep sensory skills that allow us to observe ourselves and others.
- Recognize that healing occurs in relationship and is more than the implementation of a treatment technique.
- Continue our learning in the presence of one another, acting not as truth-tellers but as guides for mutual self-discovery.
- Honor the individual gifts of each member of our community and hold one another in the highest possible regard.
- Honor the diversity of all healing and philosophical traditions, and build upon the common foundation that joins them at the deepest level.
- Cultivate the next generation of teachers and leaders within the community to serve the mission and ongoing life of the institution.
- Make all judgments and decisions in the context and light of the seven (past three, future three, and present) generations.
- Ground all of our actions in honesty and integrity.
- Cultivate the ability to observe ourselves and our intentions to enable us to take responsibility for our learning, actions, and well-being.
- Be coachable: able to give, receive, and effectively respond to feedback.
- Take the time to listen deeply to one another — making sure we hear one another and are being heard.
- Consciously and courageously use our words, presence, and touch as instruments of healing — with deep respect, thoughtfulness, and compassion.
- Hold healing in partnership with illness and death. Embrace all aspects of life as part of healing and health.
- Acknowledge and engage in self-reflection and transformative practice as keys to healing and healing presence.
- Recognize that there is no Tai Sophia independent of the individuals who make up the Institute.



During a presentation to faculty about Tai Sophia's institutional values, faculty members Claudia Joy Wingo (left) and Belinda Reed sign the poster listing these values.





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/café, library, clinic, meditation and herb gardens. We welcome and encourage you to explore the abundant opportunities for growth and renewal.



**Tai Sophia
Institute**

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