



**Tai Sophia
Institute**

The Report

Winter/Spring 2008
Vol. 6 No. 1



*Creative Learning
Environment*
Tai Sophia students share their experience

Also Featuring
Reports on Science Symposium
American Herbalist Guild and
Bioneers Conferences



Welcome

Dear Friends of Tai Sophia,

As we move from winter into the spring of 2008 — as we celebrate a new year, a new beginning, new light — I am particularly aware of the transition occurring within Tai Sophia Institute as well as the increasing response to Tai Sophia's programs and services in the larger community. People are yearning to be whole, to be connected, to create peace within humanity and with the planet. The Institute, they are discovering, is a resource like no other in the work of healing ourselves and our world.

This past year the community has responded as never before. Enrollment in Tai Sophia's master's programs reached a new high, as did participation in community programs and queries about other programs offered by the Institute. We are valued, no longer vying for a place, but being asked to take a place in national and regional activities such as policy conversations, grants, and conferences.

Within the Institute we have given special attention to clarifying roles and launching new initiatives focused on building our fundraising capacity, enhancing our human resources department, and exploring new opportunities for research and program development. All of these initiatives build on the foundation we have established and position us for the future.

In 2007 we were blessed to finally purchase our 32,5000-square-foot building and to restructure our debt. These moves, which greatly strengthen our financial position, were made possible by the confidence placed in the Institute by the Howard County government (which authorized a bond issue for the purchase) and the Institute's new banking partners, the United Bank and Howard Bank. In late spring you will receive financial details and an update on the Institute's fundraising initiatives.

Last year our faculty members led seminars and gave keynote talks around the nation and across the ocean, including a five-day seminar for healthcare professionals at Schumacher College in England, Complementary and Alternative Medicine Exposition in New York City, American Herbalist Guild symposium in Columbia, Maryland, Baltimore Bioneers Conference, and the 25th anniversary celebration of the founding of national acupuncture organizations in Portland, Oregon, where I was honored to give a keynote speech.

We are blessed with a remarkable faculty and amazing students. You will meet several of them in this issue of the *Report* and learn how they are serving and helping to create the future of healthcare.

So here's to an even more successful 2008. I wish you a year of peace, prosperity, and much joy.

Robert M. Duggan, President

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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PROCEED by Design, Inc.

Chicago, IL

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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We welcome your feedback on the *Report*. Please address any comments or contributions to our editor, Mary Ellen Zorbaugh, at mzorbaugh@tai.edu.

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Printed on recycled paper, supporting Tai Sophia Institute's commitment to bring about a healing relationship among people, the earth, and all life.

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About the cover:

Top: Herbal Medicine students enjoy a lecture in a cave "classroom" during a field trip to a United Plant Saver site in Ohio. Photo by Bevin Clare

Left: Spouses Jody and Randy Old attend graduate school together, preparing for a retirement career through which they can make a difference.

Right: John G. Sullivan gives a keynote address at the Baltimore Bioneers conference. Photo by Doug Retzler

At the Institute's first international conference and subsequent seminal meetings, movers and shakers planted and nurtured the national organizations.

At a 25th anniversary celebration

National organizations point to Tai Sophia's role in their founding, honor the Institute's Bob Duggan

For months, the staff of the National Certification Commission for Acupuncture and Oriental Medicine gathered photos and facts about the history of the national professional acupuncture organizations. Last summer they assembled this information in a handsome, silver-toned commemorative booklet distributed at the October 2007 conference in Portland, Oregon, where the national organizations celebrated their silver anniversary.*

The booklet's chronicle begins in 1981 with the birth of the national organizations at Tai Sophia's first international conference; it features photographs from that seminal gathering and subsequent Institute-sponsored conferences — meetings where movers and shakers planted and nurtured the national organizations. Here is an excerpt from the booklet's opening pages:

Drawing Together — The Beginning

In the 1980s when most Americans could not have defined what acupuncture was, the National Commission for the Certification of Acupuncturists (NCCA) was created along with three other national organizations....

A catalyst for the founding of these national organizations was the first national conference of the Traditional Acupuncture Foundation [now Tai Sophia] held in November of 1981 at the Hyatt Regency Hotel at Baltimore's Inner Harbor. It was at this conference, explains Bob Duggan, President of the Tai Sophia Institute, that "future leaders of American acupuncture — active, long-sighted people — were brought together to discuss and plan for the future of the acupuncture profession in the United States...."

During the 2007 Portland conference, which the American Association of Acupuncture and Oriental Medicine called a "Wow!" on its website, the national organizations honored the Institute's Bob Duggan for his rich, crucial, and ongoing contributions to the development of the profession.

* National professional organizations include the Accreditation Commission for Acupuncture and Oriental Medicine, National Certification Commission for Acupuncture and Oriental Medicine, Council of Colleges of Acupuncture and Oriental Medicine, and the American Association of Acupuncture and Oriental Medicine (umbrella organization representing the acupuncture profession in the United States).



"Where it all began": Tai Sophia's 1981 conference brought together acupuncturists and thinkers from around the country who would create national organizations and lead the development of the profession. Conferees, many of them pictured here, included patients, physicians and nurses as well as acupuncturists. Photo by Giovanni Pescetto

Leading scientists, out on the edge

Looking at the future and making science practical — now

Scientists who are pushing the edge, shaping new paradigms and practical applications of those paradigms, gathered at Tai Sophia last fall for the third symposium co-sponsored by the Institute and the Science Advisory Committee of Friends of Health.

Physicist Hans-Peter Dürr opened the symposium with observations about 21st century science and its implications for 21st century healing. Dürr, one of the world's leading quantum theoreticians, Director Emeritus of the Max-Planck Institute in Munich, pointed to fascinating developments in science that are pushing us out of a "cognitive prison" and opening us to a future where we recognize the primacy of connectedness and relationship in all spheres, including scientific research and medicines.

Dürr's comments set the context for a weekend of convention-shattering conversation, summarized in the following comments excerpted from a report by health journalist and Huffington blogger Alison Rose Levy:

New Scientific Context for Healing Conference: Overview for Healthcare Professionals

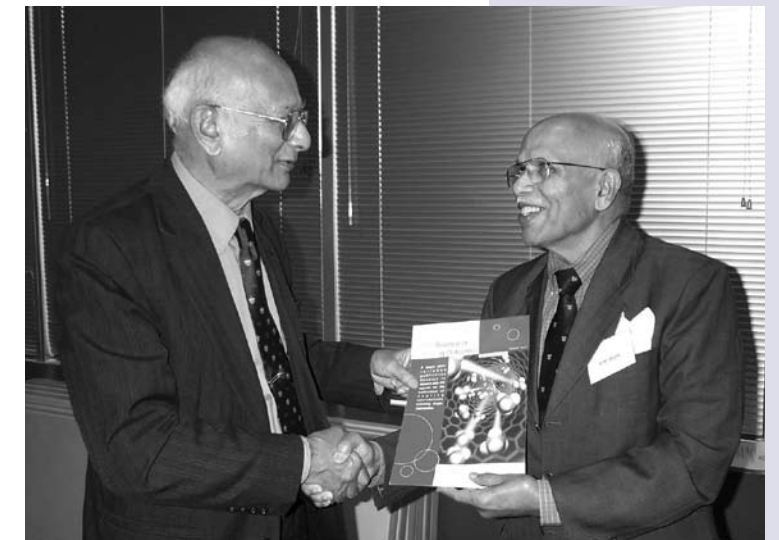
Both integrative healthcare providers and the wide population of Americans (as many as 50 percent or more according to some studies) attribute positive health outcomes to a wide range of ancient (and new) treatments using body, mind, and spirit routes. These practices include acupuncture, ayurveda, qi gong, reiki, homeopathy, therapeutic touch, positive intention, prayer, energy psychology, and varied forms of "energy medicine." Yet despite decades, even centuries of successful use, the mechanisms for their efficacy have never been clearly identified using western scientific explanations.

Now that is about to change — big time.

Neither the press nor the healthcare community yet realizes the profound implications of recent findings for healthcare, themes explored by world experts at the conference held September 27-29, 2007. The conference was convened by Rustum Roy, Chairman, Friends of Health [and a distinguished Penn State University materials scientist and researcher], and Robert Duggan, President, Tai Sophia Institute.

The Science of Healing with Water

Most of conventional medicine focuses on intervening within human bodies using a narrow range of biochemical reactions. Now a consortium of international scientists



At the fall science symposium, professors Rustum Roy (left) and B. M. Hegde officially launched the *Journal of the Science of Healing Outcomes*, described as "the first journal devoted to healing outcomes, whether caused by body, mind, or spirit vector." Hegde and Roy, the journal's co-editors, stated that while holding to the highest standards and using a "super-peer" review process, they aim for an audience duplicating *National Geographic's* reach — 350 million people. With the *National Geographic* as their model, they seek to draw readers with "highest quality presentations, attractive not only to practitioners and professionals, but also the enormous range of well-read citizens worldwide, eager to know what has really worked to heal body-mind-spirit of a human via the body, mind, or spirit." The journal will be published in Mangalore, India, Dr. Hegde's home base.

...recent findings create a new context for studying a wide range of phenomena formerly considered beyond the pale of modern science.



At the science symposium, Hans-Peter Dürr used his "chaos pendulum" to illustrate the chaos and unpredictability that are a part of our world. He emphasized cooperation as a primary solution to world problems.

This photograph of Dr. Dürr appears on the website of the Right Livelihood Foundation, which in 1987 awarded him what is known as the "Alternative Nobel Prize." The award "honours and supports those offering practical and exemplary answers to the most urgent challenges facing us today."

assembled at this conference affirm that the untapped resource for healing within the human organism is the nearly 75 percent of our body that is water, and that water can be affected by electric and magnetic fields and waves, and even more subtle vectors.

Without any traceable alteration in the chemical content of water, frequencies of even the very low level of energy intensity are now being shown to radically change the structure and organization of water molecules.... If water can carry such an "information" imprint, then it theoretically can also convey that information to human organisms, which may respond to the information in water, not only via the body's known biochemical processes, but also by "resonance," a new area for scientific exploration that reveals interconnection between physics, materials science, and human healing. [For example, scientists at the symposium pointed to the apparent health benefits of metallic silver imprinted in water or water-based products; early studies indicate that the combination may have eliminated malaria symptoms in patients in Africa, and shown positive effects on staph infections and recovery from anesthesia.]

According to Professor Roy, recent findings create a new context for studying a wide range of phenomena formerly considered beyond the pale of modern science. By laying the groundwork for a new resonance-based theory of physico-chemical changes, Roy and his colleagues have also opened a pathway for considering healing touch, intention, prayer, etc., to take their place in 21st century healing of the whole person, body, mind and spirit.*

Reflecting on the 2007 science symposium, Tai Sophia's Bob Duggan says, "In the 34 years since we started the Institute, the scientific world has come a long way in understanding the healing power of the spirit, the mind, and the body itself. Tai Sophia is committed to being the major academic center for this exploration of human physiology in the broadest sense of that word. We are grateful to Professor Roy and his esteemed colleagues for bringing such an extraordinary conversation to Tai Sophia each year."

*You can join *New York Times* best-selling health writer Alison Rose Levy in a dialogue about health and healing at her website: Alison@Health-Journalist.com.



Tai Sophia welcomed more than a dozen scientists and leaders in the health industry to the Whole Person Healing Symposium co-sponsored by the Institute and Friends of Health. Pictured with Tai Sophia President Bob Duggan (left) are B.M. Hegde, Dean and Vice-Chancellor Emeritus, University of Mangalore, India; Hans-Peter Dürr, Director Emeritus, Max-Planck Institute, Munich, Germany; Joie Jones, Professor of Radiology, University of California, Irvine; Rustum Roy, Chairman of Friends of Health, and Evan Pugh Professor of the Solid State Emeritus, Pennsylvania State University; and William Moeller, President, American Biotech Labs.

Tai Sophia joins with Bioneers Cultivating change, inspiring solutions

What are Bioneers? If you attended the first annual Baltimore Bioneers conference last fall, you'll resonate with this explanation from the national Bioneers website: "Bioneers are an inspiring collection of problem solvers...committed to preserving and supporting the future of life on Earth... Together, they offer a dynamic vision for restoring the Earth, combining ecological approaches with social, spiritual and political strategies."

Given that explanation, you understand why Tai Sophia is a founding sponsor of the Baltimore Bioneers, and why Institute faculty, students and graduates were deeply involved in the October 19-21 conference based at the Maryland Institute College of Art.

Herbal medicine student Holli Richey took on the job of Tai Sophia liaison for the conference. "I'd discovered Bioneers while going through some material Jim Duke had given to the library," she says. "I looked into it and was inspired, even put a poster from the 2004 national conference on my kitchen table. Then it happened: Bob Duggan asked me, 'Have you heard of Bioneers? Tai Sophia is getting involved, and we need someone to be a liaison.' I volunteered and helped organize the conference."

Baltimore was one of 18 "Beaming Bioneers" conference sites around the country that received broadcasts of plenary sessions beamed live from the national conference in San Rafael. On a big screen in the MICA auditorium, Baltimore Bioneers watched speakers such as inventor and entrepreneur Jay Harman discussing "Designing the Next Golden Age: A Progress Report," and human rights advocate Van Jones addressing "Toward A Green Growth Alliance: Birthing a New Politics."

In other sessions, the satellite conferences stimulated and enhanced their local networking with locally-based presenters. In Baltimore, Tai Sophia president Bob Duggan opened the proceedings, which included the Institute's John Sullivan and Dianne Connelly as keynote speakers. Holli Richey and Institute alumnae Jennifer Downs, Wendy Childs and Melora Scanlon led break-out sessions. They were among approximately 100 presenters from the mid-Atlantic area, ranging from astrophysicist Amario Livio and Mark Steiner, WYPR founder and talk-show host, to Sandy Wiggins, chair of the U.S. Green Building Council, and Cherokee storyteller Joseph Stands With Many.

Every presenter embodied the Bioneers spirit and spoke to an aspect of its goals, described this way on its website: "Bioneers seeks to unite nature, culture and spirit in an Earth-honoring vision, and create economic models founded in social justice."

"It's easy for people to get involved," says Holli Richey. "Just go to www.bioneers.org or send an email to volunteer@cultivatingchange.org."

Herbal medicine student Holli Richey (left) leads an urban herbal walk during a breakout session at the Baltimore Bioneers conference. Richey also served on the conference organizing committee and emphasizes that committee members wanted their actions to match the Bioneers mission in all ways. Because that mission includes respecting and restoring earth's ecosystem, they aimed for a zero-waste conference; even knives and forks were compostable, made from sugarcane and other biodegradable sources.



At the Baltimore Bioneers conference, John Sullivan explores the shift to a trans-modern, ecological paradigm and its implications for social justice.



Dianne Connelly examines how wise healers can release their creativity to serve their friends and community.



Meet our Students . . .

In the Herbal Medicine program, a husband and wife learn and grow, begin a new career

Randy and Jody Old had celebrated their 40th wedding anniversary by the time they entered Tai Sophia's herbal medicine program in September 2005. Randy had just left his role as the Institute's treasurer. With a background in finance, he had worked in Chase Bank and other financial institutions. Jody had been a full-time mom and later worked in schools as a teacher and development officer.

"Because I was Tai Sophia's treasurer, I was involved in the earliest stages of the herbal medicine program," Randy says. "I got to sit in while James Snow, Simon Mills and Kevin Spelman formulated ideas and talked about how they would set it up. I was enthralled with what was happening, and I kept talking to Jody about it."

"Then," says Jody, "Randy took me to an open house where Dianne Connelly captured my attention and the faculty explained the program. I fell for it! We were both in our sixties, and we wanted to do something new and hadn't known what it was. Here was something we could do together and could use to help people. We applied the next day."

"I think there's never been a day at school that we've not gone home with some incredible new learning, something enlightening," Jody says. "It's changed the way we lead our lives — what we eat, how we exercise, the types of medicine we take, our outlook on life. And because we're in the same program, we can support each other. It's been fabulous."

"The teachers in this program are amazing," says Randy. "Not only are they excellent lecturers who know their subjects very well and are very experienced in herbal medicine, they're also wonderful human beings who are very easy to talk to. They're very understanding as we go through the bumps and grinds that normally hit a student. Also, the students are remarkable. We're all very close, which is something that Jody and I hadn't necessarily expected since we're quite a bit older than others in the class."

"An exceptional part of the program is the piece where we get concepts and skills for building relationships with clients — and with everyone else," Randy continues. "A lot of schools push hard to educate about plants and the body; that's important, and, of course, it happens here. However, this program really emphasizes the person. We have a year of working with clients under supervision in the student clinic. It would be very hard for us to start a practice without this clinical experience."

"The combination of academics and healing philosophy in this program is unique," Jody says. "What happens is hard to put into words. But really, we don't need to put it into words — we just need to practice it so it makes a difference for people."

After graduation, Jody and Randy plan to move to Florida where together they will practice what they've learned at Tai Sophia.

When Randy and Jody Old looked at retirement, they chose to go back to school together, earn master's degrees at Tai Sophia, and then partner in their practice of herbal medicine.



This program was something we could do together and could use to help people.

— JOSEPHINE OLD

The teachers are amazing... excellent lecturers, very experienced in herbal medicine, wonderful human beings who are very easy to talk to.

— RANDY OLD

A doctor finds her calling in the Acupuncture program

Yan Jiang grew up in Shanghai, China, where she earned her medical degree and practiced as a radiation oncologist for several years. She visited the United States when her husband started a cooperative research project here, and she stayed on to complete a PhD program in pharmacology at the University of Florida. Yan did her postdoctoral research in the area of gene therapy. "Still, I hadn't found what I really wanted to do," she says. "Acupuncture was the next thing I looked into."

Meanwhile, Yan moved to Baltimore and heard about Tai Sophia from several friends. "I'd looked at the admissions requirements online and wondered if they would be doable for me," she says. "The admissions office was so helpful. They looked at my credentials and made it very clear what more was needed and how to do it, and I applied. When my daughter entered first grade, I entered Tai Sophia. To study here was one of my best and most important decisions. It's been life-changing."

"What I love so much about this place is that we learn to embody the theories. In classes that focus on healing philosophies, for every theory that we learn, we also learn practices that help us live the theories every day. These practices help me tremendously in my relationships, such as with my family members and my clients. As a Buddhist, I'd struggled to live the Buddhist teaching of 'no attachment.' How do you balance not being attached or judgmental, while also recognizing that there are right or wrong choices to make? Now, the practice of being non-oppositional gives me ease to make good choices without the conversation of 'right and wrong.'"

"When I graduate, I will have my own practice. I want to serve people using the best of what I've learned in my study of Chinese medicine and Western medicine. And I have a vision for the future — I think it would be wonderful to bring back to China the deep conversation about the art of healing that we share here at Tai Sophia."

In the Applied Healing Arts program, an M.D. shifts how she relates to patients and her family

Anna Kelly, M.D., a board certified anesthesiologist, says: "I'd chosen medicine as a career because I wanted to be in partnership with people, and it wasn't happening." Looking for new ways to connect with her patients, Anna completed a 300-hour medical acupuncture program through the UCLA School of Medicine. It was a good move; her new skills gave her new and satisfying ways to work with patients. Then, through a friend studying at Tai Sophia, Anna discovered the Applied Healing Arts program. "It's totally changed my life," she says.

"My fiancé (partner in my practice and now my husband) and I came up from Atlanta to visit Tai Sophia, even though it seemed unlikely we'd choose to take a program so far from home. Very quickly I knew I wanted to be around this place and its energy. I signed up without really knowing all the details. I just felt it would be helpful."

Through her experience in the AHA program, Anna says she's become truly present in the treatment room and relates to her patients in a different way. "Instead of being 'Dr. Fix-it,' now I'm in partnership with my patients. I learn as much from them as they get from me. It's a wonderful interchange."

"In my personal life, my learning shows up in day-to-day relationships with my children, my husband, and all my family. If I'd not done this program, for example, I think I'd still be needing therapy to deal with issues around my father, who is schizophrenic. I've shifted how I view his situation, and that shift makes all the difference. I've let go of the pain and worry I'd carried for so long. Just as he is, I love and appreciate my daddy."

"AHA has helped me observe the assumptions I make and the stories I create, to see circumstances more clearly, to bow to what is, and to choose actions that serve the greater good. Looking back, I think that taking this program was something God intended me to do."



I think it would be wonderful to bring back to China the deep conversation about the art of healing that we share here at Tai Sophia.

— YAN JIANG



Instead of being "Dr. Fix-it," now I'm in partnership with my patients.

— ANNA KELLY

I felt I was being invited to a new way of being.... I saw great possibilities for organizations such as Sisters of Mercy.

— SR. AINE O'CONNOR

Who comes to Applied Healing Arts? Why?

People exploring the Applied Healing Arts program often ask about its students: What do they do? Where do they come from? Age range?... For answers, the *Report* called on the program's coordinator, Erin Nelson.

"The age range is 26 to 80! How fabulous is that!" Erin said. "I'd venture that the average age is in the thirties and forties. Students come to the program from across the U.S. and as far away as Canada and China. Their educational fields and career backgrounds include business, healthcare, social work, law, medicine, education, art, government/military and engineering, with jobs such as nurse, teacher, social worker, minister, environmental engineer, attorney, ob/gyn physician, yoga instructor, research director, grants administrator, physical therapist, chief of corporate policy, gang outreach coordinator, Sister of Mercy..."

Sister Aine O'Connor, who entered the Applied Healing Arts program in January 2006, shared with the *Report* why she chose the program and what it's meant in her professional and personal life. Below are just a few excerpts from that interview, which began with a question about her background and her role within the Sisters of Mercy:

"I was born and raised in Ireland, and most of my family still lives there. I've had a long-time connection with healthcare. In 1993 I came to the United States to pursue research as a postgraduate student in swallowing disorders at St. Joseph's Hospital in Atlanta. While there, I joined the Sisters of Mercy. Now I'm at Mercy Medical Center in Baltimore, assistant to the president in the area of mission and values. I work with our employees and physicians as we put our values into action.

"I was coming to Tai Sophia for treatment with Charlotte [Charlotte Kerr, also a Sister of Mercy], and began to have a new understanding of healing and a sense of how Eastern philosophy could deepen that understanding. I felt I was being invited to a new way of being. When I read *Meridians* [a Tai Sophia publication], I saw great possibilities for organizations such as the Sisters of Mercy. So those were the things that brought me to the program — a personal experience as well as seeing possibilities of using the principles of Applied Healing Arts (AHA) with organizations and in our community.

"At Mercy, we've been very fortunate to be able to take AHA principles and use them to help our employees fulfill and sustain our mission, which has many dimensions, including providing excellent and compassionate care. We have a great mission,

Sister Aine O'Connor, a student in Tai Sophia's AHA master's program who helps implement a hospital's mission and values, also helps direct traffic. Here she stands by the eight-foot cutout poster of herself that steers traffic around a new facility under construction at Mercy Medical Center. She is one of seven Sisters of Mercy whose cutouts are lending a helping hand to drivers in downtown Baltimore.



and people have always connected with it. Yet those doing this work often get burned out. Since we've introduced our program, people are saying, 'I can actually *choose* how I want to be at work today.' They're choosing to 'design their mood' and work as a team. They use words like 'large mind' and 'small mind,' and focus on what it means to be a healing presence. And people tell me that they're going home and applying it at the dinner table.

"This whole way of thinking and being in the world is very closely aligned with my sense of calling as a Sister of Mercy. I've gained practices through which I can choose how I will be every day, in every life situation. It's awakened me."

In the Creative Leadership Program

Established and developing leaders gain skills to create constructive change

Bryan Reeves, research director of Teslar Technology, wanted to enhance his ability to create constructive change. When he heard about Tai Sophia's Creative Leadership Program, which is the first six months of the master's program in Applied Healing Arts (AHA), he signed on and got far more than he had anticipated. Below, Bryan shares with readers several learnings that are changing the way he relates to every aspect of his life:

"**Tai Sophia is a magical place.** The AHA program is teaching me how not to be in opposition to anything, to *what is*. I've learned that what causes me suffering (and often crystallizes into dis-ease) are my thoughts about things, people, events, circumstances — the stories I tell about them — and not the actual thing, person, event, or circumstance. I am learning that the worst thing that can happen is only a thought, and that it can be the best thing, too. I am learning to function every day without opposition at work, with family, even with myself. I am learning to connect with the real truth of this moment, to *what is*, and reframe the stories I tell about this moment.

"Tai Sophia is opening me to the awareness that in every interaction, whether with others or simply with myself, I can function in harmony with what is present around me, calmly staying out of opposition to anything that arises. This gives me the delightful insight to simply make decisions and be at peace with what is in this moment and the next.

"I am freed from the stressful (and futile) mind-set of wishing the world were different than it is. Now, no matter what is happening around me, if I'm going to tell stories about it (and I am!), Tai Sophia is teaching me how to think up *big enough* stories within which both I and the whole community have room enough to be at peace and prosper."

Students who complete the six-month Creative Leadership Program earn a certificate of completion and can choose to continue in the AHA master's program. For further information, visit Tai Sophia's website, www.tai.edu.

Bryan Reeves, shown below speaking at a work-related event, says he is using what he has learned in the Creative Leadership Program to change the way he relates to every aspect of his life.



Tai Sophia is opening me to the awareness that in every interaction, whether with others or simply with myself, I can function in harmony with what is present around me

— BRYAN REEVES

Our point location sessions are challenging, illuminating, confounding, and always awe-inspiring.

— BELLA FOOKSMAN

In classes full of fun and creativity

Together, students and teachers explore, learn, grow

"I started innovating in my point location classes several years ago, using ways of teaching and learning that include art, music, games..." says faculty member Tatyana Maltseva. Innovation ripples throughout Tai Sophia, and, as illustrated in the photograph of student Bella Fooksman, shows up spectacularly in point location classes.

In these pages, Bella reflects on her experience in point location and on her journey at Tai Sophia, as does her teacher, Tatyana, who came to the Institute as a student in 1995.

Report from a student...

In January 2007, Bella Fooksman began her studies in Tai Sophia's Master of Acupuncture program. She shares her story:

I've just stepped out of my point location class and into the main corridor at Tai Sophia. I'm a funny sight: Up the right side of my body meanders a long, white, painted trail, tracking the Large Intestine meridian and its points from my index finger to my head — a meridian manifested through the artistic efforts of my classmates. Barbara Ellrich, Institute executive vice president, walks toward me with a visitor. I wave my hand and smile; the smile is warmly returned. She turns to her guest and says, "This is one of our acupuncture students." The gentleman looks more closely at the blazing white trail that marks me, and a question furrows his brow. I pass by gingerly and say, "Just another creative day in point location."

I glance at myself in the mirror, see the white trail running up my body, and I laugh. Our point location sessions are challenging, illuminating, confounding, and always awe-inspiring. We explore the human body, where hundreds of points on its terrain make the energy of the internal world accessible to the practitioner. What a coup to be able to discover all this in a classroom where (as in the photo) I may be painted as a living canvas, or play "Point Location Jeopardy," or sing songs of the Splendid Stomach!

I am deeply grateful for Tai Sophia, this place that has become my other home, where students and teachers share their experience and together explore, learn, and grow, a place that has opened me to new possibilities, new visions, new worlds — and it's fun!



During a point location session, students tracked the Large Intestine meridian (in white), and the Triple Energizer and Small Intestine meridians on their classmate Bella Fooksman.

Report from a teacher...

Tatyana Maltseva, who earned her M.D. in neurology at the Kiev Medical Institute in Ukraine and her Master of Acupuncture degree at Tai Sophia, has been a teacher in the Institute's acupuncture program since 1998 and now chairs its "Touching Energy and Structure" division. She has practiced acupuncture for over 15 years, including several years in Ukraine, where, as a physician specializing in neurology, she incorporated acupuncture into her work. In addition to teaching, she holds a private practice of acupuncture in Owings Mills, Maryland.

When I ended up in Baltimore twelve years ago as an immigrant, I knew nothing about Tai Sophia. I did know that if I wanted to practice acupuncture professionally in the United States, I would need more education and formal training. My daughter's friend, who knew of my interest in acupuncture, brought me a copy of the Institute's catalog. Eight months later I became a full-time student.

The acupuncture program offered me many exciting challenges. For me, the most important discovery at the Institute wasn't Chinese philosophy with its marvelous applications, but the Tai Sophia community — a large family where "each one teaches one," and where kindness, responsibility, and partnership live together. At Tai Sophia I discovered an educational institute where learning is more important than grades, where personal growth is emphasized as much as mastering skills, where teaching is a process of learning. Because I did not want to lose this community after graduation, I became part of its unique point location teaching team, which helped me grow as a teacher. I immensely enjoy being with students as they go through their learning process.

Twenty years ago my teacher, colleague and friend, chief of the neurological department of the hospital where we worked together, Dr. Yefirn Krison, gave a simple answer to the question, "What is happiness?" He said, "It is when you go to work with joy, and in the evening you feel joy that you are coming back home."

Here in America, people often tell me, "You look happy." My answer always is, "I am happy!" I am incredibly lucky that two outstanding teachers and masters in this field, Niki Bilton and Jeffry Yuen, became my mentors and friends. They helped me realize that the most important thing is to find peace within myself and share it with others. Every morning I wake up with joy in my heart in anticipation of the magic that will happen in the treatment room and the classroom. I cannot wait to see my students and my patients, and support them in their learning and healing by offering them the great wisdom and experience of Chinese medicine. I may have difficult days and challenges, and I am still happy.



Every morning I wake up with joy in my heart in anticipation of the magic that will happen in the treatment room and the classroom.

— TATYANA MALTSEVA

Creative acupuncture students sculpted a "meridian man" near Tai Sophia's entrance when a heavy snowfall cancelled their classes. After marking meridian man's Kidney meridian with brambleberry tea and crowning him with pinecones, the artists paused for a photograph. Pictured from the left: David Choi, Tammy Nelson, Theresa Spradlin, and Sarah Petty, all members of the September '06 acupuncture class. Their classmate (and fellow artist) Jim Pastore took the photo on his cell phone.



...this area is becoming a center for herbalists on the East Coast.

— JAMES SNOW

American Herbalist Guild comes to Maryland

Conferees appreciate contributions of Tai Sophia faculty, graduates, students

"Why did the American Herbalist Guild — the only U.S. professional organization for Western herbal practitioners of all traditions — choose Columbia, Maryland, for its national conference?" The *Report* asked that question of James Snow, director of Tai Sophia's herbal medicine program. His answer: "Tai Sophia and Jim Duke. Because of our students and graduates, this area is becoming a center for herbalists on the East Coast. And it was also an opportunity for herbalists to come and see Jim Duke and his garden and to honor him."

Preceding the conference, Duke and Simon Mills, both of them Tai Sophia faculty members known to conferees as major world authorities on herbal medicine, led a tour of Duke's Green Farmacy Garden in Fulton, Maryland. Transportation was provided for the 10-mile trip to the garden from the conference site, the Columbia Sheraton Hotel, as well as to a pre-conference workshop at Tai Sophia.

Twenty-eight conferees traveled to the Institute's Laurel campus for a four-hour session called "Working Model of an Herbal Clinic at Tai Sophia."

They joined herbal medicine students in their weekly clinical case-study review, and then, with a student, followed a client through the interview process and even into the herb room where staff herbalist Amy Brush formulated recommendations made for the client. "It wasn't a mock client," says Snow. "This was a real clinical situation. Everyone I talked to, many of them experienced clinicians, were very impressed with our students. We got a great response.

"And when Bob Duggan stepped in at the last minute and made the keynote address when the scheduled speaker had to cancel, he got a standing ovation," Snow says. "He spoke from the heart about what it means to be someone working in the field of wellness, about 'what business are we in?' What he said really resonated for people at the conference who are in the middle of that conversation.

"Another highlight was hearing one of our graduates and our faculty members who made presentations and led workshops. They were great, very well received. And I was very impressed with how our students and graduates participated in discussions. I expect to see more and more of our graduates getting involved and making contributions at this national level," says Snow. "They did us proud."



Herbal medicine students discuss active clinical case files in weekly sessions led by Claudia Wingo (left), chair of the program's clinical division. Herbalists attending the AHG national conference sat in on a review session as well as a student interview with a client. "They were very impressed," says James Snow, director of Tai Sophia's herbal medicine program.

Save the date — Saturday, May 17, 2008

"Planting the Future" Conference at Tai Sophia



Learn about at-risk medicinal plants and what you can do to make a difference; enjoy herb walks and hear leading herbalists from around the nation, including Deb Soule and Mary Bove. For information about the Planting the Future Conference go to www.tai.edu and click on "News and Events," or to www.unitedplantsavers.org and click on "UpS Events."

In the hills and hollers of Ohio

Students visit the source of their medicines

Herbal medicine students and faculty look forward to their field trips. Below, faculty member Bevin Clare files a report about their annual trip to one of the nation's largest plant sanctuaries dedicated to preserving indigenous medicinal plants:

Each year in May, the Herbal Medicine program travels to Ohio to experience the beauty of herbal medicines in their own environment. Leaving behind the books, research papers and exams, students and teachers delve deep into the green world, learning as humans do best: with open eyes, ears, noses, taste buds and hearts, exposed fully to the world surrounding us.

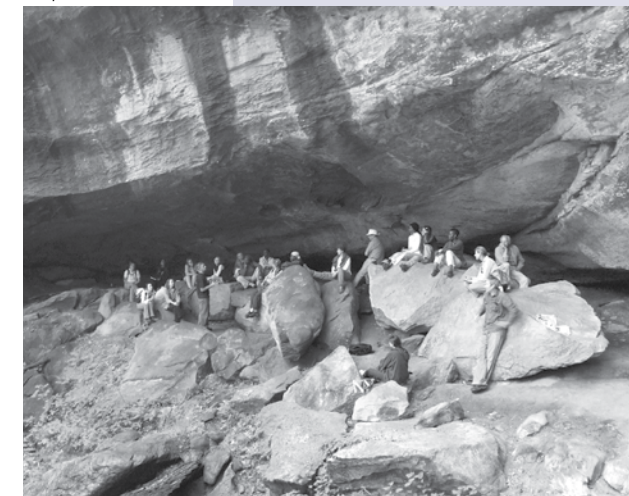
For many, this is the first time they have abandoned themselves to nature, sleeping and eating under the stars, spending the days under a leafy canopy amongst the plants they will soon adopt as medicines when they enter the clinic. Our friend and guide, Paul Strauss, has lived on this land for all of his adult life, and knows its hills and hollers like he knows his own hands. He brings us to places of great medicine: hills covered in goldenseal and ginseng and black cohosh, hollers so deep and moist and mossy the sky seems impossibly far away, and the Cave of the Fallen Cow, where the world stands still and all you know is that something magical is happening as you stand there within the earth.

The act of being a clinical herbalist is multifaceted, coming as much from the heart as the brain, drawing on our ability to understand the new while holding the old close and dear. Our journey to Ohio offers students and faculty an opportunity to honor the roots of our chosen career, and to make the connection between the clinical setting and the world that is the source of our medicines. When you sit with a client and recommend black cohosh, for a moment you are standing on the forest floor; green all around you; and standing beside you is this medicine, as alive as you are, tall and majestic. This is the medicine we use, and the learning that our trips to Ohio offer us.

Bevin Clare, chair of the Herbal Medicine program's herbal division, also serves on the faculty of the Massachusetts College of Pharmacy, and is on the board of directors of United Plant Savers and the governing council of the American Herbalists Guild. She recently completed her Master of Science in Infectious Disease degree at the University of London.

Students and faculty shine at HerbDay

At the U.S. Botanic Garden next to the capitol building in Washington, D.C., thousands of children and adults learned about herbals in more than 40 lectures and a variety of fun activities during HerbDay 2007. Tai Sophia was a key partner in this two-day October event. Institute faculty and students offered demonstrations, gave talks, and led tours in tandem with organizations such as the United Plant Savers, the Medicinal Plant Working Group, the International Herbal Association, and the Herb Society of America. "The event was successful in bringing together people to acknowledge the role that herbs play in our lives," says Tai Sophia's Bevin Clare, who led a question and answer session about the role of an herbalist in healthcare. "And the gardens were the ultimate setting to witness the power and beauty of plants in our lives."



At the Cave of the Fallen Cow, herbal medicine students and faculty listen to their guide, Paul Strauss, the steward of the United Plant Savers Botanical Sanctuary in Rutland, Ohio.

Children attending HerbDay could pot their own herbal plant, make an herbal collage, and get their faces painted. In the photo, a young visitor displays the herbal collage she made with Tai Sophia herbal medicine student Candice Terrell.



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.



**Tai Sophia
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