



2006 Commencement Speeches

Graduation day — do you remember your own? Thoughts and feelings of joy, sadness, completion, old friends, new beginnings, possibilities! June 11, 2006 — graduation day for Tai Sophia Institute. Graduation was held once again at the Rouse Theatre in Wilde Lake, Columbia, Maryland. During the ceremony, Lily Mazzarella (HERB'03) and Tracy Soltesz (ACU'03) represented their respective classes in speeches made to the audience. People were so moved by what they said that we decided to share their talks in Reunion Point. We hope that you too will be inspired by these words.

Address by Lily Mazzarella

A little over three years ago, I was working in a restaurant and preparing to move to Maryland for the Herbal Medicine program at Tai Sophia. A regular customer with whom I was friendly remarked that I (quote) “sure knew how to pick them.” He was referring to my propensity for underpaid careers — first poetry, and now herbalism.

Indeed, I arrived at this program a poet. And they've got a lot in common, poetry and herbalism. But something in my acquaintance's observation needled me a bit — something I've not been able to put a finger on until just recently, when I came across a quote from one of my favorite artists, Louise Bourgeois. Bourgeois, who is in her nineties and still sculpting avant-garde work, has never tried to be anything but an artist. She said: “If you consider art a privilege instead of something that society will use, you have to save and suffer for your art, for what you love; you have to deny yourself in the cause of art.” Basically, she says, if you miss the fact that people actually require what it is that you provide, you are missing a tremendous opportunity, and a liberation that is not

solely financial. You see, it wasn't so much the problematic notion that my existence as an herbalist would be lean, it was the implicit suggestion that herbalism exists in a rarified world, somewhere on the fringes of society. Which points to a concept that's been tumbling roughly about my brain for the past few years, and as I finish this program, emerges neat: the utter necessity of herbalism. Of the many gifts I've received in the course of study, understanding Herbalism As Necessity stands out. We need it, perhaps more than we know.

Now, when I say “need” I am referring less to our current constructions of necessity (I have been known to “need” my cell phone and high-speed internet connection) than to the most basic of human affairs: food, relationships, medicine. How we care for ourselves when we are weak or vulnerable. I venture to say that we need herbalism because we are plant people — and plant people need plant medicine.

What do I mean by “plant people”? There is, of course, the everyday cooperative miracle of photosynthesis, in which plants' and humans' exhalations are supremely and mutually beneficial. Everything we eat is a plant (that includes chocolate!), or has been fed exclusively by plant life. We've grown up with plants: our livers, which have the thankless job of processing all substances we come in contact with, house an enzyme system which evolved to metabolize plant constituents foreign to our bodies. This same enzyme system renders us infinitely responsive to the chemical vicissitudes of the modern world: it enables us to survive daily assaults of pesticides, pollutants, and engineered “foods” and pharmaceuticals.

Plant people need plant medicine. It has been shown that we heal more efficiently amidst plants — just looking at a painting of greenery can shorten a hospital stay. We

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simply feel better around green. Our ancestors knew this: when they traveled, they brought their plants with them. Populations of a single plant can be found circumboreally, a distribution often affected by humans, who were unwilling or afraid to part with their medicine for even a season. My own grandmother brought *Puglia*, a variety of Pennyroyal, with her when she emigrated from Italy in 1920 — it is still used in family cooking today (and grandma's alive and well at 106!).

Three years ago, my classmates and I gathered at the precipice of this program, feeling rather in the dark and about to fall. We came from diverse backgrounds and some of us had no idea what we were doing in a degree program for herbalism. I believe we were called together as plant people, who somewhere along the line made a commitment to being herbalists. Our studies gave us unique insight into the complex bonds between human and plant life. In the murky waters of pharmacology class, we explored the structure of a molecule that interacts with the bitter taste receptor on the tongue; in a moment of very welcome clarity, we saw that when flipped, the same structure registers as profound sweetness. These two tastes represent some of the most powerful plant medicines we hold as herbalists. Not surprisingly, bitter and sweet are also how we humans have come to describe and understand life experience. I recall how when, as a class, we debarked a slippery elm tree that had been damaged by a county mower and was dying, we experienced what it might be like for a community harvesting its' years worth of a medicine: we got our hands dirty, we learned a new skill; our inherent integrity and usefulness, as well as the tree's, was palpable. In the course of our studies, we came to a deep knowing: what we have been trained to bring out into the world is of primary importance to our well-being.

Herbalism is a political and medical necessity: Jim Duke has been known to argue for an "herbal arm" to be included in drug trials, knowing full well the medical establishment overlooks powerful plant remedies which are not patentable and therefore not profitable. It is an ecological necessity — cultures that value plants as medicines often live in greater harmony with their surroundings, and hospitals are among our biggest polluters. I know it is a necessity because my clients who are on the pharmaceuticals they need to keep them *alive* are *still not well*.

Herbalism, as we have learned it, is a fulcrum in the reparation of phyto-amnesia, a rather recent and culturally-specific phenomenon in which we harbor the delusion that we can do just fine without plants. Luckily, this phyto-amnesia, or "plant-forgetting," is susceptible to healing by the very vitality it



Lily Mazzarella

would shut out. Any of us made happier, saner, and more whole by an herbal remedy knows this.

If I were to see my old restaurant buddy today, I'd bring him a salad. Then I would tell him that indeed, we herbalists must carve out our space in the world. We must show up as the best researchers, teachers, and practitioners possible. But a richness awaits us, for our communities are hardwired, ready and waiting for the plant medicine that we can offer them, because deep down we all have an inkling of what poet Dylan Thomas called the "green fuse" — the green fuse that drives the flower as well as our own beating hearts.

Address by Tracy Soltesz

The ancient Greek philosopher Heraclitus wrote: "Whosoever wishes to know about the world must learn about it in its particular details. Knowledge is not intelligence. In searching for the truth be ready for the unexpected. Change alone is unchanging. The same road goes both up and down. The beginning of a circle is also its end. Not I, but the world says it: All is one. And yet everything comes in seasons."

This quote reminds me so much of the time I spent at Tai Sophia; and so I kept it in mind over the last few weeks as I pondered the title of this segment, "Gifts Given and Gifts Received." Looking back over the three and a half years of this program, I am deeply aware of the tremendous transformation that has occurred in my life, the lives of my classmates, and the lives of my patients. What was the gift that has changed so many of us? Changed us so much that the selves we have become seem almost unrecognizable in relation to the people we were as we sat in the Opening Circle ceremony on that cold, snowy winter day? Perhaps, I thought, it was some bit of information we learned along the way.

I thought about the first two weeks of school, when we learned how to count to five. No problem, I thought ... I learned how to do *that* in kindergarten. But it wasn't so easy, as it turned out, because to count to five, you had to realize that one *is* five, and five is one. "They are all the same," Bob said. I was confused, "I'll never get it!" I declared. "Just let it wash over you," he said.

Maybe the gift was in the promise in being that we made with Dianne's help. "No problem," I thought. "I'll just right down a list of my strengths and positive qualities." "No," she said, "Your promise is not what you declare, but rather how the world shows up through you. It is not something you can argue with or write down yourself. It is only in asking others and hearing the world they know to be so in your presence that your promise is found." I was confused, "I'll never get it," I thought. "Just let it wash over you," she said.

Perhaps the gift was in the more physical knowledge we learned,

special events

something factual and concrete like point location, something I could definitely sink my teeth into. But then I recalled Haig's impossible words. "Just fall into the hole," he said, as if it were clear and easy as day. "What hole, Haig?" I asked, declaring that I would never get this. "Just let it wash over you," he said.

Day after day, year after year, I let go and went with the flow of this deep, unknown ocean. It seemed I was letting it all wash away ... not learning anything. But like the ocean washing over the jagged piece of glass, a piece of rough and unpolished possibilities is smoothed, slowly and unseen, into a shining gem of the sea. The gift, after all, is the transformation — the awareness that we are changing, that we are movement itself, that we are moving from the five to four, to three, to two, and back to the One.

It's now clear to me that this gift of transformation is one that is never given nor received in completeness, but rather it is an eternal process that continues on.

As the French author Anais Nin wrote: "We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations."

As each of us continues to receive and practice our newfound gift of transformation, we also begin the process of returning this gift to the world through those we have committed to serve. I watch, in amazement and awe, the phenomenal transformation of my patient Diana. I make the same easy yet impossible requests of her that were made of me during this program. I tell her to eat lunch — that it's only a few moments to spare during the day, that it's so easy yet so difficult for all of us to fit it in amongst the 10,000 things each of us has on our daily to-do list.

Yet again and again, Diana rises to the occasion; she accomplishes the impossible — not for me nor because I request it of her, but because through nourishing herself and giving the gift of transformation to herself, she thus introduces that gift to every new baby Buddha waking up today, learning to count from 10,000 to five, to four, to three, to two, to one.

An anonymous quote reminds us, "We think of ourselves as humans searching for a spiritual awakening, when in fact we are spiritual beings attempting to cope with a human awakening. Seeing ourselves from the perspective of the spirit within will help us to remember why we came here and what we came here to do."

Congratulations graduates, you are each well on your path of why you came here and what you came here to do. Keep giving, keep receiving, keep transforming, and keep letting it wash over you.

Aho, Mitakyue Oaysin.



In loving memory of **HAIG IGNATIUS**, Tai Sophia's point location faculty held a ceremony of remembrance on Tuesday, September 20, 2006. During the ceremony **Kevin Sterling** (ACU '00) and **Tatyana Maltseva** (ACU '95) unveiled and placed a plaque honoring Haig in classroom 5. Photo by Dennis Gilbert.



Alumns **Sharon Hipkins** (ACU '99), **Deb Early** (ACU '01), and **Mary Brandenburg** (ACU '83) converse during the Middle States Accreditation Celebration on September 28, 2006.

alumni news

passages

Congratulations to **LAURA MANNIS** (ACU '01) and her husband David Belden, whose wedding ceremony was held on September 9, 2006, in Jackson Hole, WY. Laura practices acupuncture at the Center for Mind-Body Therapies in Frederick, MD.

HOLLY JONES (ACU '00B) and John Arbuckle married September 17, 2005, at Echo Hill Outdoor School, the place where they met and where Holly worked and lived during her time as a student at Tai Sophia.

Please join the community in honoring the life of Shirley Helen Lindner, mother of **DOUGLAS LINDNER** (AHA'02). Shirley passed on May 16, 2006. Memorials can be given to Cedar Valley Hospice or Tai Sophia Institute.

The Institute also honors the memory of **KATIE GOLDBERG'S** (ACU '86) mom, who passed away peacefully in her sleep early in July 2006.

WAYNE SOUZA (ACU '78) passed at his home in Sebastopol, CA, in June 2006. It is with great honor that we acknowledge his contribution to the development of acupuncture in this country.

Fall is a time of letting go of the old and making room for the new. With that in mind, Nancy (Thompson) has taken on new name, **HUNTER THOMPSON** (ACU 97).

SUZANNE UMIDI (ACU '87) has made a decision to close her acupuncture practice and begin another phase in her life. As miracles happen, while Suzanne was thinking about the next step in her life, **SUSAN FREUNDEL** (ACU'98) called to introduce herself. It was an immediate match. We wish both Suzanne and Susan much happiness in their new endeavors, and give a deep bow of thanks to Suzanne for all that she has given to her patients over the years.

births

Congratulations to **AMY KIM** (ACU '01) on the birth of her daughter Ella on June 6, 2006. Ella weighed 7lbs. 12oz.

CHAR FANDEY (ACU '00) and her husband Dan Fandey welcomed their daughter Emma into the world on August 8, 2006, at 8:04 a.m. Emma weighed 8 lbs. 10 oz. and was 20 inches long.



Emma Fandey

workshops by alums

"A Day of Presence" with **BARBARA ABRAMS** (ACU '93) is being offered on November 11, 2006, 9:30 a.m. – 5:30 p.m., in Clarksville, MD. For more information, you may go to Registration@SpaciousHealth.com.

LYNN GARDNER (AHA'02) is offering a "Radical Sabbatical" to Peru, June 15 – 24, 2007. The trip will include the Inti Raymu winter solstice ceremony on Machu Picchu! Please explore the possibilities at www.radicalsabbatical.net.

LONNY S. JARRETT (ACU'84) is offering a "Clinical Integration Class" in Stockbridge, MA, over twelve weekends in the fall of 2007. The course is approved for CEUs by Massachusetts, Nevada, California, and NCCAOM. Please direct inquiries to Acutkd@aol.com.

JACK M. DANIEL (ACU '72) held an "Advanced Needle Technique and Point Location" course on October 29, 2006. Please contact Jack at Jack@thewholecircle.com, or call 410-764-3988 for future offerings.

BRENDA BODNER (AHA '02) and **ANNE BAKER** (AHA '02) probe the power of the mind in a "Circles Within Circles" workshop that explores psychokinesis (PK) at Wilson College in Chambersburg, PA.

LONNY JARRETT (ACU '84) and **THEA ELIJA** (ACU '93) offered separate workshops at the Building Bridges of Integration for Traditional Chinese Medicine conference, October 5-8, 2006, in East Rutherford, NJ. Lonny offered "TCM Diagnosis & Treatment-Comparative Case Studies" and "Advanced Diagnosis: An Integrated Perspective on the Intake," while Thea offered Part I and II of "Spirit of the Herbs: A Five-Element Perspective on Herbal Studies."

BOB SHAPERO (ACU '81) presented his "Herb Seminar for Acupuncturists" in Columbia, MD. The workshop is designed to help acupuncturists who are not trained in Chinese Herbs. Please contact Bob concerning future workshops. His phone number is available on Tai Sophia's website.

For Parents

Janice Campbell (ACU '02) is offering an invitation to alumni to become part of a Yahoo support group for practitioners with small children (four months or older) as well as anyone who treats children in their practice. Go to "Yahoo! Groups," then "Nourish_The_Child," and request membership. Identify yourself with full name, program, and year of graduation. Herbalists also are welcome to join the group.

alumni news

seen & heard

ROSE MULLEN EHRINGER

(ACU'97) is calling attention to a bill in the State of New Jersey. The New Jersey Association of Acupuncture and Oriental Medicine is concerned about a bill introduced by chiropractors to include abbreviated training in acupuncture for their profession. The concern is that the passing of this bill would threaten the credibility of licensed acupuncturists. Thank you, Rose, for your efforts on behalf of all acupuncturists.

LYNN MALONEY (ACU'97) has been elected president of the Acupuncture Association of Missouri for 2006-2007.

MARY CHANEY (ACU'87) and **NANCY ANN MILLER** (ACU'01) currently are serving on the board of Acupuncturists Without Borders (AWB), a group of acupuncturists who offer their services to victims during time of disasters. Several of our graduates have volunteered through this organization to bring comfort to people living in New Orleans during the devastation caused by hurricane Katrina; they include **MARY CHANEY, KARLA BRANDT** (ACU '98), **PENNY WARRENTODD** (ACU '98), **REGINA WALSH** (ACU'92), and **SANDY RIVER** (ACU '95). If any alumni have been left off of the list, we apologize. Please contact Pamela Hartke at phartke@tai.edu so that we can acknowledge you in future issues.

MIMI (MICHELLE)

MIDDLETON (HRB '02) has written an article featured in *New Life Journal* entitled "Granny Healers of Latin America." She presented the information featured in the article at the 2006 Annual Southeast Women's Herbal Conference, September 22-24, 2006, in Hendersonville, NC. Mimi currently is director of the Mountain Spirit School of Herbalism. She also serves as the secretary of the North Carolina American Herbalist Guild and vice president of the North Carolina Herb Association.

JANET ALTHEN

(ACU '98) was featured in Howard Community College's thirty-fifth commencement program as a Distinguished Alumni of Columbia, Maryland, for the year 2006. These are "...graduates who have gone on to assume leadership roles or achieve professional excellence in areas such as business, community service, education, law, medicine, or public service."



Janet Althen

MOLLY CARR

(HRB '03) presented "Herbal Medicines for the Whole Family" on Sunday, June 18, at the annual 2006 Pennsylvania Lavender Festival in Fairfield, PA.

ELIZABETH A. HARTY (ACU '88) exhibited her Collagraph prints at the Huntington Community Center in Bowie, MD during September 2006.

FRANCES GANDER (ACU '91) spoke to fourth-year medical students at the Ohio University College of Osteopathic Medicine in Athens, OH, on the topics of acupuncture and Chinese herbal medicines.

DIANNE CONNELLY (ACU '72), gave a keynote presentation at the 2006 True North Conference in Falmouth, ME. The theme of the October conference was "Relationship: A Powerful Catalyst for Change."

SUE GURLAND (ACU '93) was quoted in an article found on MSN's health and fitness page (<http://health.msn.com/dietfitness/articlepage>) on the benefits she has reaped from her 30 years of practicing tai chi.

NANCY POST (ACU '82) is busy running an executive development program that started in October 2006 and runs through June 2007. "Bring Your Body to Work" provides lessons in balancing attendees' professional, personal, and spiritual lives. As a consultant, Nancy has advised such companies as General Motors, BellSouth Wireless, and Kaiser Permanente.

JILL ELLEN SMITH's

(ACU '00) article, "Acupuncture...It Doesn't Really Hurt," was featured in the June/July 2006 edition of Howard County Women's Journal — Health and Wellness. Jill currently has offices in Catonsville and Towson.

Congratulations to **DENEB FALABELLA** (ACU '96) whose job title at Tai Sophia has shifted from M.Ac. Assistant Director to M.Ac. Associate Director. This change recognizes Deneb for responsibilities she has been tending for some time.

practice news

MARDI CAMPBELL (ACU '97) has opened a new office, Acupuncture Associates of Catonsville, 405 Frederick Road, Suite 261, Catonsville, MD.

ELIZABETH L. FELLOWS (ACU '03) has opened a new practice, Center Point Healing, at University Town Center in Hyattsville, MD.

JENNY JOSEPHIAN (ACU '85) held an open house to celebrate her 25 years of acupuncture practice at her office in Walnut Square, Berkeley, CA, on Sunday, October 22.

Submissions

Please remember to submit any information about yourself, your practice and other interesting news by January 12, 2007 for the next issue of Reunion Point. All of the above information was included because someone told us. Your colleagues are interested in what you are doing, so please help us keep them informed.

institute news

New links on NCCAOM website

The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) has a new web page that lists the Commission's services by category and has links to staff members who can provide information about those services. NCCAOM hopes that this listing will provide its members with more and easier ways to contact the NCCAOM staff. You can check out the links at <http://www.nccaom.org/contact.htm>.

Business of the Year Award

Tai Sophia was one of three businesses in Howard County to be nominated by the Howard County Chamber of Commerce for the "Business of the Year" award. At a dinner held on Friday, October 6, 2006, it was announced that Tai Sophia Institute was the recipient of the "Howard County Chamber of Commerce Large Business of the Year Award." Bob Duggan, Tai Sophia's president and co-founder, and Dianne Connelly, chancellor and co-founder, accepted the award, which is currently on display in the Institute's lobby.

Annual Alumni Survey

Coming soon! It has been some time since the last alumni survey. Please know that the Alumni Council currently is working on a total renovation of the survey. Your participation in the survey allows us to better reflect your business needs as well as your interests. The only statistics we can report are those we receive — the reason we are aiming to make the survey more concise and easier to answer. An online version is in the works as well. The goal is that you will be able to log on, and in 5-10 minutes complete and send the survey. Have no fear — a hard-copy version will also be available. In whatever way you choose to answer the survey, know that your answers help determine the goals of the Council so that we can better serve you, our alumni.

Web reminder

Office space for rent? Practice for sale? Check out the Tai Sophia website: at the top, go to "alumni," then scroll down and click on "marketplace." The listings are posted for one month on the marketplace page. The date at the beginning of each listing indicates the date it was posted. Tai Sophia Institute does not endorse any of the advertisements posted on the website. If you have information you would like to have posted, please contact Hunter Thompson at hthompson@tai.edu.

Deadline for February 2007 Reunion Point

Please submit via email all articles or information of interest no later than January 12, 2007! My email address is phartke@tai.edu.

Library Hours

A reminder to alumni who would like to access the Tai Sophia Library during the Fall Trimester, September 5 through December 15, 2006, the core hours are:

Mondays and Wednesdays: 11:00 a.m. – 5:00 p.m.

Tuesdays and Thursdays: 11:00 a.m. – 8:00 p.m.

(closing at 5:00 p.m., October 24 and 26, Reading Week)

Fridays: 11:00 a.m. – 7:00 p.m.

(closing at 5:00 p.m., October 27)

Special Saturday Hours: 10:00 a.m. – 2:30 p.m., on three Saturdays:

October 14, 2006

November 11, 2006

December 2, 2006

Please browse our collection on line at www.tai.edu. Click on "Resources," then "Library," then "Catalog."

If you are planning to make a special trip to the campus to use the library, please call ahead to confirm the hours for that day: 410-888-9048, ext. 6644.

We look forward to seeing you and to hearing from you!

Herbal Resources in the Library

One of the library's newest books of herbal relevance is called *Working Cures: Healing, Health, and Power on Southern Slave Plantations* (2002) by Sharla M. Fett. This thoroughly researched work describes how African Americans developed a concept of healing that drew on a variety of sources. *Working Cures* gives insight into what was considered medicine by the slaves, which besides root-doctoring, also included spiritual conjuring. *Working Cures* is an excellent source for the history of healing in the antebellum South.

The history of the United States' botanico-medical movements is a highly political and colorful one. The library has a collection of contemporary books capturing the history of the Thomsonian, Physiomedicalist, and Eclectic practitioners. A few titles on this topic are from John S. Haller, Jr., and Vox Populi. Another book, also of the nineteenth-century healthcare reform and the botanical medical movement, is *Herbal Diplomats* (2004) by Martha M. Libster, which is a fascinating account of the herbal knowledge and diplomacy of the women nurses of the period. A primary source, and library treasure, is

graduate education

Samuel Thomson's *Guide to Health* (1835), a quaint little leather-bound book the size of one's palm. Thomson gives his opinion of the poisoning medical practices of his contemporaries and offers his own herbal therapeutics as an alternative to the physician's medicine.

The library has two very user-friendly herbal books for women and children, both by Anne McIntyre. *The Complete Woman's Herbal: A Manual of Healing Herbs and Nutrition for Personal Well-being and Family Care* (1994) offers practical herbal suggestions for every stage of a woman's life including pregnancy and lactation. It also includes chapters on first aid and skin care. Anne McIntyre's newer book, *Herbal Treatment of Children: Western and Ayurvedic Perspectives* (2005), gives monographs on Western and Ayurvedic herbs and includes the energetics, constituents, indications, uses, dosage, and references. Chapters on children's health, divided by organic systems, give traditional Western and Ayurvedic suggestions for many preventative topics such as a diet that enhances immunity, and herbal protocol for illnesses such as fevers, indigestion, attention deficit disorder, and eczema. Parents would find this a necessary resource.

If one is interested in wildcrafting her own plant medicines, or simply is interested in traditional folk uses of herbs from the Southern Appalachians, a newly published book, *Medicinal Plants of the Southern Appalachians* (2006), by Georgia herbalist Patricia Kyritsi Howell, offers easy-to-use guidelines of how to ethically harvest and prepare 45 native plant medicines of the southern region, including plants found in Maryland. Howell lays out in a clear format each plant by the following: its botanical name and related species, its botanical description, the habitat, key actions, part used, traditional uses, current uses, harvesting advice, preparations, and dosages. Also included in the book is a harvest calendar and a therapeutic index.

—Holli Richey (HERB '05)

Redefining Health

Saturday and Sunday, February 3 – 4, 2007

9:00a.m. – 5:00p.m. (Saturday) 9:30a.m. – 4:30p.m. (Sunday)

Fee: \$150 CEUs: 12 Nursing Contact Hours: 15

As we move through the winter months please keep in mind the "Redefining Health" workshop - A weekend for spirit, mind, and body RECOMMENDED FOR EVERYONE.

Instructors: Dianne M. Connelly and Bob Duggan

Living, Learning & Healing With the Five Phases

Saturday, December 2, 9:00 a.m. – 5:00 p.m.

Sunday, December 3, 9:30 a.m. – 4:30 p.m.

Fee: \$195.00 CEUs: 12

Join British Shiatsu practitioner Alistair Hake as he leads this experiential workshop that explores the interplay of two different systems of healing: Movement Shiatsu and Alexander Lowen's Psychological Character Structure. Both systems look at freeing patterns of restricted and blocked movements and behaviors, thus enabling us to embody our full natural potential.

Movement Shiatsu outlines six stages of development through which an infant progresses. These stages are linked directly to the five elements.°Each element has a number of reflexes and impulses that carry the child forward developmentally; over time these impulses can become blocked and/or distorted, resulting in patterns of restricted movement and behavior.

Lowen's Character Structure model outlines six stages in which essential developmental tasks must be achieved as an infant grows into childhood.°During these phases, as the infant child grows and responds to the environment in which it finds itself, he/she adopts and learns behavioral patterns. Over time, these behavioral patterns become fixed structures that begin to define one's way of seeing the world, and thus can limit significantly one's range of expression.

This workshop begins each day with a series of warm-up exercises to enliven our energy system; then we progress into experiential work through which we explore how the Wood and Earth elements live within each of us. After the practical and experiential sessions, there will be a feedback session in which we share our discoveries and experiences and learn as a collective unit.

NCCAOM Review Class

Fridays, December 1 – February 9: 3:00p.m. – 5:30p.m.

Fee: \$250 / Study guide is purchased in class for \$45

CEUs: 27.5

This course offers you one of the most comprehensive ways to prepare for the national exam. Sessions include what to study, how to study, how to pace yourself, and how to prioritize. This structured study experience is timed to give you 11 weeks of class, followed by two weeks to integrate the material before the national exam.

**To register for Graduate Education offerings,
please call 410-888-9048, ext.6611**

a deep bow

Referrals Given by Alums

At this rich time of harvest season, we at Tai Sophia Institute offer our deeply felt thanks to our alumni who continually refer students to the Office of Graduate Admissions. It is the deep seed of commitment of our alumni that allows Tai Sophia to continue its work in the world. If your name has been omitted from the following list, please contact the Alumni Relations Office at 410-888-9048 ext.6618.

Of the 53 students (Acupuncture and Applied Healing Arts) who began their studies in January '06, 18 of them were referred by the following alumni.

- Lauren Albert (ACU'02)
- Monika Armbruster (ACU'95)
- Daisy Barquist (ACU'96)
- Sue Berman (ACU'97)
- Lindsay Buchanan (ACU'02)
- Celia Calon (ACU'88)
- Alaine Duncan (ACU'88)
- Jan Edwards (ACU'96)
- Kelly Hora (ACU'02)

- Charlotte Kerr (ACU'77)
- Amy Lewis (ACU'02)
- Leif Lidin-Lamon (ACU'01)
- Tatyana Maltseva (ACU'95)
- Peter Marinakis (ACU'83)
- Ryan Nitz (ACU'03)
- Lydia Wainwright (ACU'00)
- Lana Warren (AHA'02)
- Vanina Wolf (ACU'00)

Of the 31 students (Acupuncture and Herbal Medicine) enrolled in the September '06 class, 14 of them were referred by the following alumni:

- Barbara Abrams (ACU'93)
- Gail Bozzella (ACU'97)
- Margie Brosi (ACU'02)
- Deb Early (ACU'01)
- Alexandra Knox (ACU'96)
- Clemency Knox (ACU'92)

- Elizabeth Kramer (ACU'91)
- Leif Lidin-Lamon (ACU'01)
- Blaize (Jackie) Malone (ACU'80)
- Carolyn Pion (ACU'94)
- John Preston (ACU'86)
- Marla Rosenthal Peoples (ACU'03)
- Margo Schneider (ACU'02)
- Alice Weidner (ACU'01)
- Vanina Wolf (ACU'00)

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