

Confetti: A Tribute to Pat Gorman

I met Patty in 1979, at the first European Summer Training in the Netherlands. Getting to know her better in later years, through the Legacy Holder meetings and in personal contacts. What follows is a confetti-like presentation of how I knew this exceptional, beautiful, creative, sympathetic, loyal, wise, witty and knowledgeable person. Full of qi, soft and strong, One with us. Enjoy! Els

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Patty* the poet

Embracing the Tao

Unravelled.

I have become unravelled.

I am no longer me.

These 'illnesses,' these 'events'
are truly not mine.

They belong to a person
who is no longer here.

And she no longer
belongs to them.



Patty's computer life

It took a while before Patty embraced the use of e-mail and Word. And did so well. In the beginning, Tina helped, and in 2006, Tina wrote: "Patty says please send her love to you all, and here is a poem she wrote about our new work."

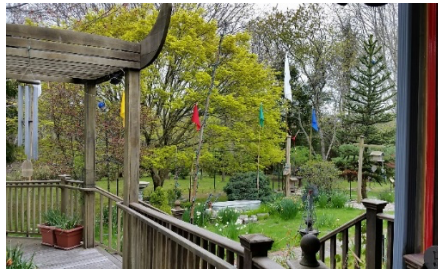
Patty the methodical

- We all know that it was Patty who, sitting down with Patrick, collected indications for most of the STCC Curriculum for students. Writing them down by hand in her clear handwriting, adding her illustrations. The indications themselves, but also the overall goals and steps for each course.
- We evaluated the Golden Orbit work in 2014 with carefully designed questionnaires, answered by 38 apprentices. For ourselves to know what the work does for us. Data and conclusions are still there. She also thought that getting grants would be helped by having data available. She expressed her appreciation for the methodical evaluations that Patrice and Patrick developed and put into practice for the many years since.

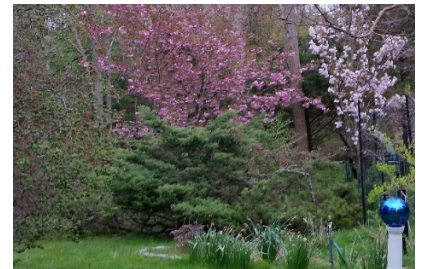
Patty the poet again

May 2016

There is always hope
when there is sweet
magenta & green
a fine bright mist
and new wet grass
underfoot



The light in the Darkness
Atmospheric
Soft night are always blurry!



Patty always positive and grateful

- Everybody working with Patty was the receiver of her gratitude, like:
'Thank you for all your excellent work/feedback'
'I like your ideas. Let's go with it, and Thank you'
'Wow Wow Wow! I love it! Thank you.'
'Thank you dear Els. Beautiful wave image, Pure Energy'
"Thanks. I do so appreciate your rigorous scholarship for our school. I never feel that you will be annoyed if I bring something up, which is such an excellent quality! (Also, in a second language, it's amazing.)"
- To Els & MO: "Really good, precise, and understandable! And yes, I love the bits in red, MO!"

- On LHs individual year reports 2016: Wow! It really seems like we've done a lot, and somehow it doesn't even seem like all of it is on the list. Each Legacy holder has done major things in the past year or so. Does everyone feel acknowledged properly? That goes for produced works as well as things in development. Using a great fill-out outline, thank you to the writers/producers of it - ❤️ pg
- On certain input of hers in a LH meeting: Thank you for thinking that it's appropriate. My opinions are often different than others but I guess each of us should express ourselves, that's what's valuable about group as whole.

Patty appreciating support

2015. Thank you for your support! For a long time I had to find the straight inside the crippledness, the Yang in the Yin. Now I have to find the strength within the straightness outside, the Yin in the Yang. Much love & thanks, your thoughts mean so much -

I am always touched by your words and thoughts. Hopefully future news will be good, and this will fade away like a bad dream. And in the meantime I do so appreciate the psychic support, waves of love etc.

Patty on TCF dues

Okay guys - here is my attempt an inspirational letter to prompt more dues-paying members. I have often found it effective to put this kind of letter in my voice, from my perspective. So I would like your feedback but I will do any editing myself, okay? Thanks.

Patty's thoughts on our tradition(s)

After in 2016 sending her one of her own three long letters called Perspectives 1, 2, and 3 (2010). She answers: Thank you for posting these. I am always amazed when I read my writing that I actually wrote it. It seems better than I could do, & I actually learn from it!

Many of Patty's writings, old and new filed in the unofficial "Legacy Holder Library Container," with topics of her like:

1. The history of Legacy Holder group;
2. Cultivating Ch'I: Article in the Tai Chi press Volume II, No IV, written with Edna Brand;
3. Role of an apprentice (not just) teaching;
4. Ph 4/app work/PH levels/Level 8, QiGong, spiral breathing;
5. The Levels: just dogma or not (with precise reference to accomplishments on each level of PH)
Changing the curriculum is a very daring thing to be doing, needing understanding how that changes the Path to Enlightenment that has been created. There must also be the courage of responsibility, to dare to go forward and develop what's needed, and trust the Barakath to keep us on target.
6. Hawaiian work:
Lomi and Cleansing (Mihiki, cleansing*) both align and heal, freeing our body's structure and energy, as well as our Mind and Spirit, by relying on the same principles as Tai Chi. Both Lomi and Hula have Warrior applications. In knowing how to align the body and joints, these can also be temporarily misaligned, to capture and disable an aggressor. The lower part of the body rotates rapidly around the tantien, while the upper part is left free to work with the elements, such as fire."
7. Doing the Form backwards (no), QiGong backwards & in both directions (possibilities and exceptions)
8. The core of our work is always twofold, yin and yang:

1. To decrease and get out of the way of force and negativity,
2. Promoting healing and a positive outlook on all levels, even for our attackers whoever they might be.

Patty the open-minded

- “Yes please send it right away! ([Bob Smith, A master passes, 1979](#)). Patrick and Tam seemed to think his information was too heavily colored by the hard arts and not always in sync with what Professor really meant. There's no reason why I shouldn't make up my own mind! I finally got a chance to digest this slowly, and it is a lovely Piece. Bob was always a wonderful storyteller – things come alive. I also enjoy That he analyzes the 9 levels H/E/H through Push Hands, which was always his passionate interest. Thanks so much! Xxxpg

- Steve Shulman and Patty talking about a book (which one?) on teaching taichi, Steve saying: I remember Patrick saying we should see what is in 'the outside world' and bring it back so we could look at it and use the parts that work for us. Patty answering: I like what you said Patrick said! Agreed 👍 ❤️

Patty the designer

The [MTV Moonman](#) was designed in 1983 by Pat Gorman while she was working at the now shuttered [Manhattan Design](#)

The MTV Moonman statuette is silver-cast, featuring an astronaut in a detailed space suit, balancing on one leg.



Patty the voice

Remember her voice? Clearly speaking, at times slowly, slightly high in tone? At meetings presenting her thoughts and questions, not pounding on you, but mixing what she said with a curious, open expression. On and off with a recognition that she might not be completely right in what she said. Laughter never being far away. However open, soft and calm she presented herself, she spoke with such presence and authority that people hardly ever tried to interrupt her. No matter if the topic was not exactly the one on the list. Her most outspoken opinions came to us more in what she wrote than in what she said.

Patty always positive

Thank you, your judgement calls on my work are very important to me and give me the courage to present it. Thank you! 💜 🙏

Patty on Patrick the fashion model

- Els - I love it!!! What a handsome guy he was, and what a ham! Do you know that term? An American idiom that means exaggerating in the spotlight. But when his face is relaxed he looks so classical! Like a Shakespearean character. I remember he showed me this brochure and I've always wished I had a copy. I'll send this to the Legacy holders and Peggy. I never saw the full length image when he was very young. Seeing these really stirs up my positive memories of being with him and working with him. Thank you so much. And maybe if you bring it with you in October we can copy it at the copy shop from the original. Love patty 💜

- This also reminds me that I used Patrick as a model for a well-known Japanese designer Who absolutely Loved him! He posed with winter clothing I remember, and in addition to paying him they gave him some very expensive jackets and coats. I'm not sure he ever wore them! I also used him in magazine shoots. I probably have these somewhere but it would be massive to undergo a search. They may turn up however as I empty out my studio of old artwork. I would love to share them if I find them! Thanks again. 💜

Patty as Patrick's companion

Patty: I do not remember the trespasso picture in that early Arica brochure but I would love to see it! Although he and I spent 7 - 8 years together as a couple followed by about 10 - 12 years apart we were always together in terms of the development of the Tai Chi School and the levels and programs. I still feel such a close connection to him and he is the only person who has passed on that I feel this with. I feel like I can actually get some direction when needed from him. Curious. Is he still hanging around trying to make sure the school goes in the right direction?? Maybe. But when I need to feel that warmth and surety it is right there. And I'm not even sure I believe in anything after death!! But there it is. Thanks for all this. 💜



Leafy world
More yellow than red
Sky zone blue and thick
Like a bucket of paint
Welcome home from
across the ocean



Patty on old times

1st European Summer Training 1979 in Beekbergen, Netherlands

- Yes I remember now! Is this where everyone had bad dreams at the beginning of from the AA groups before us? I remember that Patrick introduced the first of the Hawaiian work - the mehiki, to cleanse negativity. I think it was after that that he realized the work would do so well with our Tai Chi.
- I love love love the pictures - thank you so much! I always thought that I was so ugly and fat. Amazing how we are brainwashed by our culture! Now I see I was fine then and only became fat and ugly now!!! 💜 💜 💜
- On a picture of Nancy and me in 1979: Gorgeous! It's amazing but you still look the same!! Vamperic genes? Whatever it is, bottle it and make a fortune! 💜
- Patrick with Els' parents in Amsterdam 1984. Patty: He could be wonderfully cross-cultural, couldn't he? These are so sweet!



Patty spiritual

I am trying to find a place in myself of true "no contradiction." That we are, in fact, One. "Put up or shut up" = do I really believe this? (a common expression over here!) It is difficult sometimes to find honest balance.

Patty on Spiral image

What nice pics! I bought this spiral For Tuna a year and a half ago for his birthday. I was just beginning to think about the breathing around that time. We never hung it up until just before this year's LH meeting. I wanted to see how the wind would twirl it, if there would be clockwise and counterclockwise and when. It kind of made me crazy, because there are several spirals! They sometimes get twisted in each other. You caught them at a good moment! 💜



Patty (over)working for LH meetings

Is it time to switch to Holiday mode? Or work straight through!?!
Have We Become Legacy Holderaholics?

Patty on 8th level as the top of the arch

The 8th level is the Capstone of the School, the one at the top of the arch- that creates the strength to bear any weight or pressure. To eliminate this Stone creates a School based on the old traditions where only one or two rise to the top, rather than an entire group of people.

Patty and Native Americans

2017 On the podcast of her social justice interview with a producer @Hofstra University, "a very conscious and political place."

<http://www.herstorywriters.org/single-post/2017/01/08/Illness-as-Metaphor-Native-American-Identity-and-the-Hidden-Self>

<https://www.herstorywriters.org/single-post/2017/03/16/podcast-highlight-native-american-identity-y-salud-mental>

This presents my Native American point of view and a little bit from the book I'm finishing, 'Red Medicine,' about my illness, working with the Shaman in Mexico, and reclaiming my father's Lakota teachings from growing up on the Rosebud res, South Dakota. It's about 20 minutes or so. The flip side of my life from tai chi. Would love to know what you think of it!



Although it's not Tai Chi, the Native American perspective of the Lakota tribe is so like the Taoist perspective! A very yin spirit work. And a woman started their healing and shamanistic work, including the pipe the sweat lodge, the Sundance and many other ceremonies that put us into real reality, being both animal and spirit children of this planet. I learned the saying "humanity is one spirit" from my father when I was a child. I was amazed to find it in Arica! It is a part of the Lakota perspective - the word Lakota means "the people" - all people. One people, one spirit. Another phrase is "if you kill someone you kill yourself". We need everything we can come up with to change the perspective of the t-45* supporters. Tai chi is one thing, & communicating w/o negativity is another.

Love ❤️ 🇺🇸 (* T is the 45th president = Trump.)

knowledge about this illness, she is preparing to leave for the high desert of Mexico, where she will be treated by a traditional shaman.

Patty the art lover

• And yes I got the **Haiku book!** I absolutely adore it! The most wonderful thing is not just the Simplicity of the writing but the Simplicity of thought. The specialness of everydayness in his writing makes me aware of the Miracles around us everywhere. Tuna and I try to go to the sunset by the ocean or Bay every night when the weather is clear. It is a marker in the day. Often not very spectacular. The sky maybe just perfectly empty or fantastically colored. It makes me think of those haiku. Were you on Shelter Island when we did the Poetry Workshop? While it is not an area of mastery for any of us, I was amazed at the results! We had a poetry slam on one of the nights later on, where people got up and spontaneously recited. Unbelievably good! And sometimes very funny. When poetry is good it is so simple - it pierces through everything. So thank you thank you thank you!!! You have added a real gem to my life, and at the moment I am carrying this book around with me everywhere!(thank heavens it's small!) Love ❤️ Patty.

Thank you elf (that's what my phone wrote for your name). Have you seen **Johanna's book of Bear and Owl?** If you don't have one, I'd like to send you one. Let me know. ❤️ 🧝

- **Ginsberg video:** <http://slantedflying.com/a-poem-by-allen-ginsberg-about-tai-chi/>

The sequence is as distracted as his mind. Given the level of art these guys produced I think that's deliberate! 😊💜 thank you Els! Amazing synchronicity with Ginsberg & us! Like Kerouac he made the ordinary extraordinary. I think they both left some of their qi - & telepathy- in their words! The editing of the form is somewhat hilarious. I can't tell if Alan is confused or the videographer is confused or the editor. Or no one is confused and they wanted the imagery to be as distracted as the text. Always thought this was a perfect rendition of what goes on in our heads while doing the form! Thank you thank you for this. I love it! I never saw the film just knew the poem. I think I have to send this around to the Legacy holders... it's just too good!

💜 patty

Patty on foxes

Me: Yesterday Dick and I took a late afternoon walk in the dunes. Only a few meters away from us we met a friend (a fox) , staying with us for over 5 minutes.

Patty: Extraordinary! From a Native American point of view if you were alone this might be considered a spirit animal who is come to you to bring you strength. This is sometimes called a power animal. It is especially so when a wild animal behaves like a friend, when normally they would never come near you. Now - what is curious is: can appear to two people at once and be a spirit guide for both? What a wonderful experience! Had time to look at this and it's wonderful! It totally supports what we have said. That the foxes' sense of direction is one of their strong attributes, embodied in the posture.

<http://www.dailymail.co.uk/sciencetech/article-1346285/Mr-Fox-fantastic-sense-direction-uses-magnetic-field-hunt.html>

Patty the humorous

PS - I have begun partnering with the pantry moths for the push of no push. Challenging but actually doable! If they land on me it's fair game.

And colorful

Missed your b-day! Hope it was Fab and have a wonderful new year on the planet! 🌍🌻🍰🍦🎈🎂🐟🎁💜

Patty season greetings

SUNG INTO HAPPY HOLIDAYS Y'ALL

🐧🐧🎈🎈❄️❄️🎁🎁🎄🎄👶👶💜

LOVE YOU GUYS! 💜 patty

Indeed it will be snowing in Sag Harbor if not tonight then very soon! Tuna and I are going across the street in an hour to the Unitarian Meeting House where we'll be part of the Christmas Pageant! What a treat! Have a wonderful cozy few days

A belated happy New Year,
Here is a shot from Montauk Long Island at the farthest Eastern point at the lighthouse. The Korean custom is to go and see first sunrise over the ocean on New Year's at the most eastern point.

This year Tuna and I did it too!

😊 Happy New Year!

👉 Live long and prosper!



Patty and Arica

This (message of the Arica Board in 2017) is such a nice acknowledgement! Perhaps as Legacy holders we should send a response. Maybe put it on our next meeting agenda?

“The Board would like to acknowledge the long and close relationship with the School of T'ai Chi Chuan (STCC). Professor Cheng Man-Ch'ing and Oscar Ichazo were introduced to one another in 1973 and enjoyed a warm relationship of respect and accomplishment. The relationship between STCC and the Arica School has remained vital and unchanged for nearly fifty years as STCC continues to present the Arica Work in its trainings around the world. Many Aricans continue to practice the Professor's T'ai Chi short form as a part of their own Daily Routine.”

Just as an aside - I was a little sad that they didn't mention Patrick as he put Oscar and Professor together, worked extensively on Tai Chi with Oscar, and founded our School. I often get the feeling that people are forgetting Patrick. So I would like us to start mentioning him as often as possible!

At any rate this was a very nice acknowledgement and offered in a beautiful spirit.



Patty on radio

Hi everybody. Tonight in a couple of hours they will stream a half hour radio show interview by Rhea Goodman with me on her show "living juicy". Mostly about Qigong and Tai Chi and a little about Chinese medicine.

“Rhea Goodman: In 1975, Patrick Watson, a Senior Student of Professor Cheng Man-Ching, opened the School of Tai Chi Chuan in New York City. My guest tonite, Patty Gorman, was an integral part of founding that school of tai chi in New York, was a partner of Patrick Watson, and a frequent visitor to Cheng Man Ching's dojo in NYC's Chinatown. As a senior teacher and Legacy Holder with the School of Tai Chi Chuan for over 40 years and a 5-element acupuncturist for 30 years, she developed the Qigong practice called "Roots & Branches" with Gerrie Sporken, another Worseley acupuncturist and Tai Chi Legacy Holder from Holland. You won't want to miss this interview.”

Patty the connector

Jeanie, you're going to Amsterdam with Andrew in late summer, correct? And Els, I think you will be back by then, correct? So what I am trying to do is set up a connection so that you guys might meet and have a fun meal together, or you might tell them your favorite places to visit or eat Els, or meet on the park bench and have a cup of coffee! So both of your email addresses are on this email or I can supply them separately. Els, would you be up for a little interaction with some extraordinary visiting folks? - and Jeanie would you be up for a little input from my dear friend on the wonderful city of Amsterdam? If so please connect with each other. My only regret is that I can't be there to introduce you and have fun there with both of you! 💜💜💜 .



Patty and nature-climate

On our wedding day we planted a tree - a Meta Sequoia, thought to be extinct until someone brought one back from Tibet a number of years ago. So your image is especially appropriate! Thank you dear Els 💜 Patty & Tuna



Has spring arrived where you are? We have not the slightest sign so far, neither in the country or the city where it usually shows up earlier. Where is it?? Attached is a photo of yesterday morning. By the end of the day all 6-inches had melted into giant puddles of water, but hey what's going on?!

Patty and tai chi in the world

- Hey guys, out here, on World Tai Chi day we usually gather outdoors with any & all other tai chi teachers and practitioners at a big Park and do tai chi for an hour or so on world Tai Chi Day. I love celebrating it this way, meeting other styles and becoming friendly. You might find out if there is something already happening in your area & join in, or gather some students and do an hour of Tai Chi outdoors at a park where you'll be seen.

This is how Patrick attracted students in San Francisco when we were there. He and I just went to the park and did Tai Chi. Later, we would end our classes with rounds, and people would watch and then we'd talk w/ them about what Tai Chi is. We may have forgotten how putting on a spontaneous, good show, and then casually talking about Tai Chi can be so enjoyable!

World Tai Chi Day is a great time to do this!

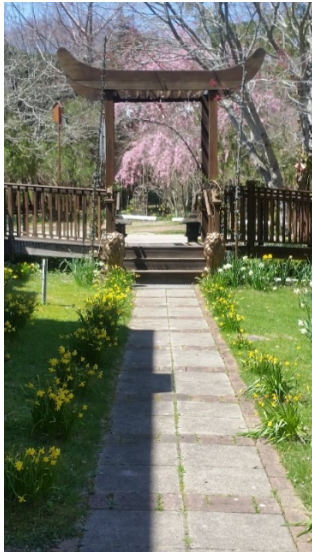


- At another moment: This photo is from a friend traveling in Italy and what she encountered this morning! It's all over the world just like Patrick envisioned... we don't own every push pin but tai chi nonetheless has spread...



Patty the poet

September 2018, about a ring I left at the Sag Harbor house:



Circle
 Cycle
 Never ending
 Sign of completion
 Collector of memories
 Holder of promises

And you, holder of the Ring
 Your heart ceases as it
 It slides off into the
 NeverEnding tumbling of the world

This ring comes back to you with great
 luck and Fortune
 Wear it well and value it
 As we have the worst cleaner in the
 world.



Patty hosting Sag Harbor Legacy Holder meetings

For the last time in October 2018:



Patty sharing her decline

November 2018

- High Elves. Writing you from the hospital, many. But dire diagnosis and predictions. Trying to keep my spirits up but I must also prepare for the end, just in case.
- Hi guys. Currently hospitalized, not doing so well. Heart, leg, many other problems. Will get back to you when I feel better. Please pass this along to the board and or whoever else you think might need to know. Thanks and love Patti 💜

Patty gone

5am on 29 November 2018 Patty passed away I wrote:

Dear, dear Patty,

For a last time, this lifetime, I want to thank you for all you have been and done for The School and in that sense for Humanity. Your work has been enormous, beautiful, deep, true to the Tao and tremendously inspiring.

Not only have you given to us all you got from working with Patrick and from your own insights and embodiments, but you did that with your characteristic beautiful non-judgmental friendliness, humor and open-mindedness. I carry a clear image of how you listen and gracefully share your thankfulness for what we say, your curious questions or carefully phrased comments.

Your lighthearted centeredness made it so easy to be open and honest with you. What a blessing to have been part of that! I cherish the times we spent together, at trainings, on our computers and at your house. You are on your way to Infinity now. Knowing how you have lived on this earth, I can only imagine a transition full of heavenly Light and Peace.

How much will I miss you Patty my friend!
But my gratefulness to you is bigger than that.

As I said when I left your place a few weeks ago: Till next time!

Els ❤️❤️❤️❤️❤️❤️❤️❤️

