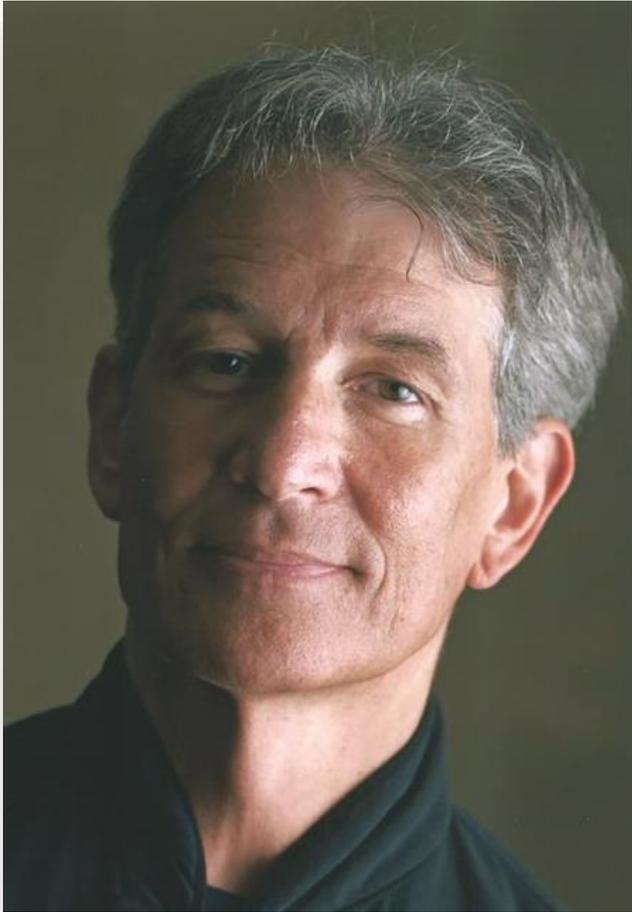


Teja Bell

Class of 1968 Inducted 2019



Teja Bell graduated in 1968. After graduation he attended Central College for one semester. He then attended the University of Texas Medical Branch in Galveston, Texas for a 9-month program in Pulmonary medicine and Pulmonary therapy. Following this, Teja went to the Non-denominational non-sectarian Pauline monastery for two years studying Theology, Theosophy, science and physics, then spent one year in Chicago and one year in Richmond Virginia. While in Virginia, he simultaneously continued education and practice in Pulmonary Therapy.

In 1971, Teja began his lifetime study of Aikido, and presently teaches internationally as a recognized master at 6th degree black belt. He is also a black belt in Tae Kwon Do (studied with In Mok Kim at Kim's academy in Des Moines). He also has attained multiple advanced level training and certificates in

Chinese Internal martial arts and sword with many teachers with studies in Taiji chuan, Xing Yi Chuan, Baguazhang, Liu He Ba Fa and related energy studies called Qigong also related Chinese medicine studies related to these arts. Presently a teacher of qigong internationally and over the past 40 years. (listing on www.QigongDharma.com)

Teja than returned to Des Moines and continued classes at Des Moines Community College. He took Master classes in Classical guitar with Oscar Gilia, Peter Segal and Christopher Parkening and many other teachers in guitar and Jazz, including Paul Wilson and Don Archer in Des Moines.. He has performed nationally/internationally with many distinguished artists, such as Suzanne Ciani, Ahmad Jamal, Dartanyan Brown, Steven Kindler and many others.

He has produced, arranged, engineered and performed on over 100 musical recordings and musical projects since the late 60's. (listing on www.TejaBell.com).

His lifetime practice and study of Zen Buddhism in the Rinzai Zen lineage, has been recognized and he was awarded the highest honor of Zen Master and priest: 85th Zen Ancestor in the Rinzai ZEN lineage. He has 30 years of teaching in Buddhist and Taoist (dharma) meditation retreats, and 40 years of teaching and study in martial art retreats.

Teja has also taken advanced graduate studies in psychology at the Landmark Foundation in San Francisco, and has integrated neuroscience and brain science into and through contemplative practices, study and teaching.

While all the above highlight certain lifetime moments, however, the real education has been the contiguous study of three domains:

- **Somatic** – these include martial arts, energy arts (qigong and yoga) and healing arts.
- **Musical** – these include performance and practice that is ungradable or quantifiable over a lifetime. (and, listing some accomplishments: www.TejaBell.com)
- **Spiritual/Academic/Scientific** – learning can be linear in the areas of academic and scientific learning, but practices of meditation and contemplation are also non-linear and again, difficult to quantify. Often the results are only known subjectively and in quality of interpersonal and transpersonal relationships.