



The Well



井 (I Ching) drawing deep from within for sources of nourishment ☰☷

Winter, 2004

Greetings!

I hope this finds you enjoying the transition to winter and the coming holidays. This is my time to plan for a meditation retreat which will be in February this year. Details below.

The fall meditation one day retreat classes went very well and there are more scheduled for next year. Tao Yin has become a popular class and will be offered again in January. A special Fusion Reunion night will happen at the end of December.

The feature article describes how mediation and chi kung can be applied to the daily activities of our lives.

Cheers!

February Absence

I am currently making plans to attend a meditation retreat and will tentatively be gone from **February 5 to March 7**. Last year's experience was so rewarding that I want to follow up again this year. Since I will be gone for awhile, it would be best to stock up on any regular Chinese herbs that you may need during this time. If you have a regular constitutional formula, make sure you have enough to last through March 7. Also, be sure to have enough cold, flu, sinus, and cough formulas on hand, just in case.

Rick DeTroye, an acupuncturist and herbalist, will cover my herbal practice while I am away. If you have need of a Chinese herbal formula while I am gone, Rick will have access to your file and be able to help you until I return. He is located on NE 33 and his clinic number is **503-284-8867**. Rick is also available for acupuncture treatments.

Transform

Stress into Vitality

Sounds like magic, doesn't it? And yet that is one of the major features of the basic Taoist meditations. Take something that is negative and turn it into something positive. Take something that drains our energy and turn it into something that adds to our energy. It is much like garbage and compost. We can choose to throw away food wastes. Or, we can take advantage of a natural process to transform that garbage into compost. Which then can be applied to the garden to help produce more food.

The Taoist practices are very similar to this compost analogy. The basic techniques, like the six healing sounds and inner smile, are similar to the transforming process of a compost bin. For compost all that is needed is to spend a little time creating and maintaining a bin system : food waste to compost bin to garden.

For transforming stress into vitality all that is needed is understanding how stress accumulates in the body and practice some techniques to process it back into useful energy.

There is such an abundance of stress in modern life that it would be a shame to waste it all by denial, avoidance, or resistance when it can be converted to a positive use.

For me, the major point of learning these simple techniques is their practical application to daily life. The easiest way to utilize these skills is in the

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Inner Smile to all organs



- This symbol indicates when more information is available at www.healartspro.com/moreinfo.htm

regularly recurring instances where we feel stress accumulate:

- **waiting in endless lines (DMV, Post Office, grocery store, gas stations)**
- **driving**
- **airplanes/airports**
- **meetings**

The list goes on. Here are a few examples of how people have turned their daily experiences from negative to positive.

A friend is involved in the fast paced world of silicon valley computer design and production. As an entrepreneur he would have regular high level meetings with industry executives which were very stressful. After he learned the inner smile he began arriving a few minutes early for meetings to sit in the lobby and practice. He was amazed at how much calmer and more focused he was in these power meetings, especially compared to the other participants.

Many people have related how they use the lung healing sound at the beginning of a cold or cough. The key is to do a whole lot of lung sounds one after the other at the absolute first sign of symptoms. One friend has repeatedly stopped colds when they historically had become bronchitis.

A client related to me her experience of needing to have several regular MRI exams over the course of a year. Initially, she found them very difficult, being immobile in an enclosed space for a lengthy time. After a few exams she began practicing her breathing and inner smile and found it a much less stressful experience.

Another example is a runner who enjoys the trails in Forest Park. One day he found himself getting very fatigued a few miles from trail end. Intuitively he began moving energy through the Microcosmic Orbit (up the spine and down the front) and immediately felt a surge of energy pick him up and carry him through the last few miles.

My favorite experience about this process involves my yearly trips to Thailand. It takes 36 hours one way to get there. For four years I took the

same trip and each year the travel became increasingly more stressful. I tried changing airlines and schedules; reading epic novels; eye masks; and earplugs. Last year I decided to try another approach - making it an extended meditation session. Rather than scramble to the last minute getting packed, I got everything done early and had time to sit and meditate at home before leaving. At each airport (Portland, San Francisco, Taipei) I wandered until I found a suitable place to practice again. (In the Taipei airport there are 'prayer rooms' - Christian, Muslim, and Buddhist - which are ideal for a little Tao Yin - floor stretching exercises - followed by some six healing sounds.) On each plane I did not read or watch the movies instead alternating between meditating and drifting into sleep. The end result was so dramatically different than any of the previous trips. Even though it was great to be at Tao Garden for four weeks, I learned so much about the basics of transforming negative to positive from the actual travel process.

One aspect I truly appreciate about the Universal Tao techniques is the simplicity and how they can be applied to practical, everyday situations.

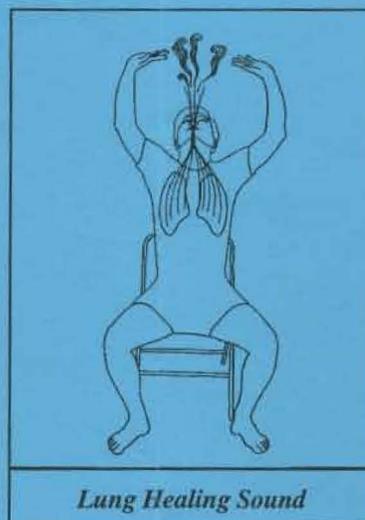
- **Stuck in a traffic jam? - perfect time to practice.**
- **Holiday season in the post office line? - try the inner smile instead of the outward scowl.**
- **On never-ending hold with telephone tech support? - do a few healing sounds.**

The possibilities are endless and are as varied as the details of each of our lives. Once you have experienced the sensation of cultivating positive energy in an historically negative situation, then it begins to feel like magic.

A beginning class in these simple techniques is scheduled for April/May. Anyone wishing to review can drop in to the weekly open meditation on Thursday evenings, or take the one day retreat in January. Schedule on next page.



Microcosmic Orbit circulation



Lung Healing Sound

Universal Tao

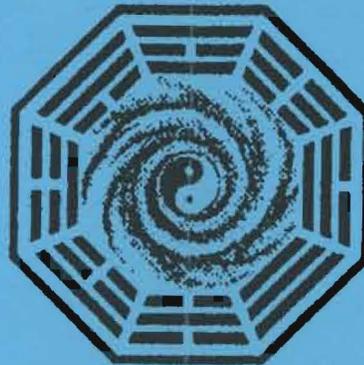
Upcoming One Day Retreats

Microcosmic Orbit; Fusion

Each season I plan to offer one or two one day retreats focused on Universal Tao practices. In January I will offer the basic practices of Microcosmic Orbit. In April I will offer Fusion. Each retreat will be from 9:30 a.m. to 5 p.m. with an hour lunch break. Please register at least one week prior to the retreat. Cost: \$60 (no review discount, but does include any other class that month!).

The basic techniques taught in the Microcosmic Orbit class form the foundation of all the other practices. Sometimes it is easy to overlook the simple practices while pursuing some of the advanced techniques. However, I have found, with over 20 years of experience, the simplest techniques continually grow and refine into deeper levels. During the Microcosmic Orbit one day retreat we will spend time reviewing and fine tuning warm-ups, Six Healing Sounds, Inner Smile, and the Orbit.

To attend you must have already taken the class. The purpose of these one day retreats is to go deeper into each practice and refine the skills in an extended class time. The value of these classes is not necessarily to learn something new, but to take what we already know to a deeper level. The feedback from previous one day retreats has been very positive.



Tao Yin Class

I will offer a Tao Yin class on Monday evenings in January. There is no pre-requisite. Class size is limited to 8 students; please register and send a deposit early. Cost: \$60

Tao Yin is a series of floor exercises, stretches, and movements - something like a cross between hatha yoga and tai chi. Lying and sitting postures make unique benefits possible.

Fusion Reunion

Dec. 29, 2003 7-9pm

This is a one evening meditation for anyone who has taken the basic class. Last year's impromptu reunion brought together a great group of people who have been practicing for years. The result was very powerful. Please call to let me know if you'll attend.

Winter Solstice Dec. 21

Spring Equinox Mar. 19

Mark the transitioning seasons through meditation. Basic guided meditation followed by tea: 7-9pm. (Optional quiet sitting 9-11pm.) Call to let me know you will attend.

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UNIVERSAL TAO WINTER 2004 CLASS SCHEDULE

see class descriptions on back page

(Schedule subject to change. Call 503-222-1416 to verify and register)

DECEMBER:

- 1 Fusion I Evening Class
(cont'd 8, 15, 22, 29)
- 4 Weekly Meditation
(cont'd 11, 18)
- 21 Winter Solstice Meditation
- 29 Fusion Reunion

JANUARY:

- 5 Tao Yin Evening Class
(cont'd 12, 19, 26)
- 8 Weekly Meditation
(cont'd 15, 22, 29)

FEBRUARY:

On Retreat - No Classes

MARCH:

- 8 Tai Chi Chi Kung I
(cont'd 15, 22, 29)
- 11 Weekly Meditation
(cont'd 18, 25)
- 19 Spring Equinox Meditation

APRIL:

- 1 Weekly Meditation
(cont'd 8, 15, 22, 29)
- 5 Microcosmic Orbit Evening Class
(cont'd 12, 19, 26, May 3, 10, 17, 24)
- 10 Fusion One Day Retreat

Universal Tao Class Descriptions

See Schedule for dates. Pre-registration is required 1 week prior to each class.

Introduction to the Universal Tao. A Free presentation about the Taoist Chi Kung/Meditation practices. Overview of practices and demonstration.

Microcosmic Orbit includes: Inner Smile, 6 Healing Sounds, Chi Self Massage and Microcosmic Orbit. These are the foundation level practices which are prerequisites for the other Universal Tao classes. Focus: sitting meditations; awaken to true self. Cost: \$80.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$60

Healing Love includes the Taoist practices related to transforming sexual energy into creative energy which can then be applied to other areas of our lives. Cost: \$60

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle.

Tai Chi Chi Kung I includes a simple 13 step form based on the structural integrity learned in Iron Shirt I, applied to a moving form. Cost: \$60

Fusion of the Five Elements I is an advanced form of the Microcosmic Orbit. Focus is on transforming chi to a higher quality and circulating it through the body. Cost: \$60

Chi Nei Tsang I includes using our hands and meditations to facilitate healing in ourselves and others by direct application to the abdomen, including the major organs and body systems. 10 week class. Cost: \$300.

Weekly Group Meditation - is open to anyone who has taken a basic Microcosmic Orbit class from any Universal Tao instructor. Format of the class will evolve over time and input from those attending. The intention is to provide a place for people to practice together and integrate the various Universal Tao practices. Thursday evenings, 7-9pm. Call to let me know you will attend. Cost: \$40 per month/ \$10 per evening.

Clinic Services

Oriental Bodywork:

I practice several different styles, each of which has a particular focus or usage. Appointments are 75 mins. and cost \$50. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful of infants and children. (Pediatric appointments are \$40 first visit, \$25 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

Chinese Herbology:

Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$50/hr. plus cost of herbs.

Consultations:

Feng Shui - is about the energy of place; particularly homes and businesses. A consultation provides an energetic chart to assist with design and room usage. Cost: \$50/hr. \$100-200 depending on site,

Chinese Dietary Therapy - utilizes food to help achieve an energetic balance in the body. A consultation will provide individual

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information on how you may use food more positively for your health. Consultation charge based on \$50/hr.

Personal Chi Profile - looks at the energetics of your birth time for general health and personality patterns. May also be used to compare with the energetics of specific years, months, or days. Eight page printed report is \$25. Personal consultation based on \$50/hr.

Chinese Herbal Steeping Teas

I have developed several Chinese herbal teas that can be a substitute for other hot beverages. These are simpler and better tasting than medicinal formulas and are made by steeping. Teas may be chosen by organ, season, or symptom.

- Jade Screen (lungs/Fall)
- Kidney Yin/Yang (Winter)
- Free Flowing Liver (Spring)
- Basic Cough
- Nourish Brain (kidneys/Winter)
- Heart Opening (Summer)
- Strengthen Center (Spleen)
- Cold & Flu
- Head & Sinus Pain