

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 \$60. 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 \$50 first visit, \$35 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

Chinese Herbology:

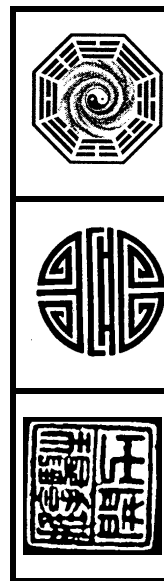
Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$60/hr. plus cost of herbs.

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: \$60/hr. \$120-240 depending on site.

Chinese Dietary Therapy - utilizes food to help achieve an energetic balance in the body. A consultation will provide individual information on how you may use food more positively for your health. Consultation charge based on \$60/hr.

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If you would like to be removed from this mailing list, please call or clip and return mailing label.

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 \$60/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.

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

Winter, 2006



The Well



(I Ching) drawing on deep sources of nourishment

Volume 16, Issue 1

Greetings!

I hope this finds you enjoying the transition to winter season energetics: quiet, still, and deep.

I'm making plans for my annual February personal retreat, details below. The lead article is about the current hot topic of flu and the interplay of worry into the health equation.

Parking Strategy

The combination of the rainy season and construction at NW 24th have made parking along Savier a little tight. If you find the street full, the building on the SW corner of NW 22nd & Savier is currently vacant. Entering from 22nd there are parking spots next to the building, currently called 'Aronson - Campbell Supply.' Until it is leased or is posted no parking, I consider it fair game!

Cheers!

Kyle Cline, LMT



February Absence

I am currently making plans for my annual meditation retreat and will tentatively be gone February 1-28. This is my seventh year to make this personal journey. I have found it to be immensely rewarding for both personal and professional reasons.

Since I will be gone for awhile, it would be wise to stock up on any regular herbal formula that you may need during this month. If you take a constitutional formula, make sure to have enough to last through March 1. Also, be sure to have enough cold, cough, flu, sinus, 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 formula or refill while I am gone, Rick will have access to your file and be able to help. He is located at NE Broadway and 21st and his phone number is **503-331-1553 ext. 7**. Rick is also available for acupuncture treatments.

Flu, Birds & Worry

The beginning of this year's cold and flu season has been accompanied by much publicized concern about a possible pandemic stemming from avian or 'bird' flu virus. While there is rampant speculation about vaccines and the few medications available to treat a possible outbreak, there are several common sense approaches that we can immediately implement in our daily lives. Chinese herbal formulas offer several options for prevention and minimizing flu symptoms. The Chinese energetic approach to emotions, such as worry, can also provide insight on how to maintain our health and be less susceptible to the impact of 'bird' or any other type of flu.

Chinese Herbal Strategies

In last winter's issue of the **Well**, I wrote an article about Chinese herbal strategies for cold & flu. I will summarize that information here and will also make reprints of the full article available.



Formulas - There are many Chinese herbal formulas available. Each are focused on a particular stage of the cold process: prevention, initial symptoms, secondary development, and deeper lung involvement.

Timing - The most effective use of herbs is to take them as an ongoing constitutional strengthening, preventatively, when first exposed, or as soon as possible after first symptoms.

Dosage - The herb dosage must match the severity of the symptoms. Some people have the right formula and begin quickly, but do not take a high enough dose.

Other Formulas - If the initial stage formula is not effective, it is important to change to another formula to follow the cold's progression. Preventive and constitu-

(Continued on page 2)

tional formulas are important ways to strengthen ourselves and so be less likely to contract a cold.

Chinese herbs are not a substitute for potential 'bird flu' vaccines or treatment; however, they can be a useful complementary approach.

Worry

The publicity of the possible flu effects has sometimes bordered on the sensational. Even with good intention often the speculation of what *might* occur leads some people through an escalating process from concern to worry, anxiety and panic. The Chinese energetic model is a useful way to understand how extreme emotions such as these can have a negative impact on our health, leaving us **more** susceptible to the very health issue that triggers the emotion. By exploring the energetic dynamics we can learn how degree of emotional balance can impact our well-being.

The Chinese energetic model attributes a range of emotions to each organ system. Associated emotions with each organ are said to have a similar quality as the organ energy. Each emotion can influence, either in a positive or negative way, the organ and all of the functions related to that organ.

In a balanced or 'normal' state, emotions arise, flow and transform. It is normal to respond to life with emotion, even strong emotion in proportion to the situation. Balance is moving in and out of emotional states according to

the situation. Imbalance occurs when emotional energy becomes stuck in one area, either being over or under expressed. Generally this leads to escalating degrees of that emotional energy, such as concern growing into worry, anxiety, or panic.

The base emotions for the spleen are harmony and balance. Under a stressful situation, concern may arise and when expressed, explored, acted upon or somehow processed, the concern can revert back to harmony and balance. However, if concern is not attended to properly, it may become over expressed as worry and anxiety or under expressed as indifference and alienation.

When spleen emotions get stuck or escalate into stronger levels without reverting back to balance, the en-

ergy of the spleen suffers. The constant emotional drain consumes spleen energy that would normally be used to nourish body, mind, and spirit.

An analogy is water in a garden. Balanced watering allows plants to flourish. Too little water and plants wither. Too much water and plants rot.

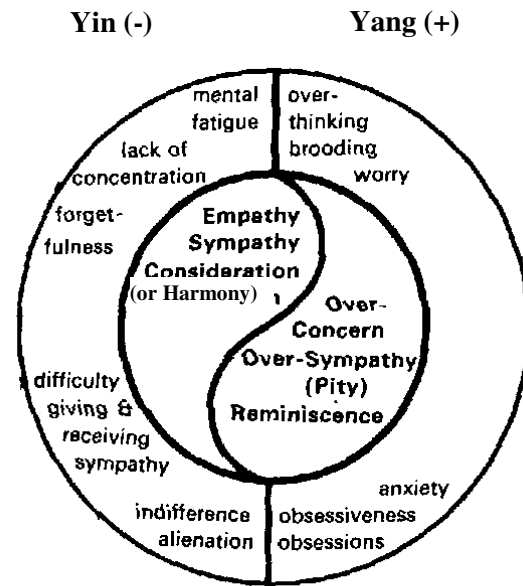
It is similar with emotions and our organs. In the example of the spleen, staying stuck in a worry state can eventually weaken our energetic and physical condition,

leaving us more susceptible to flu or any other health issue that may arise. Each organ also has relationships with other organs, such as the spleen nourishes the lungs. If excess worry drains spleen energy, the lungs will eventually be under nourished, allowing a simple cold to become a much deeper and more serious lung condition, such as bronchitis or pneumonia.

Once we realize the extent that excessive worry or any other imbalanced emotion has on our body and mind, it becomes easier to take steps to restore balance. While it is usually difficult to just tell ourselves to stop worrying, we can cultivate the partner emotion, in this case harmony. This is a way of increasing the positive emotion so the negative emotion (worry) is not so strong. If worry starts to increase, anything that increases our natural sense of harmony and balance can help. I enjoy activities such as tai chi and meditation to cultivate harmony, but whatever works naturally for each person is ultimately effective.

This article has focused on worry and the spleen as an example. All of the organs have their own emotional spectrum of balanced and imbalanced emotions.

Regardless whether the "bird" virus generates a pandemic, there are many current events which may trigger strong emotional responses. It may be helpful to know how to take some common sense actions in our daily lives. Chinese herbs and learning how to lessen the impact of excessive worrying are two examples of positive approaches to maintaining a healthier body and mind.



Range of spleen emotions within two concentric yin yang circles; yin on the left, yang on the right. The core circle shows base partners; the outer circle shows increased distressed partners. I consider the core yin emotions as harmony. From Teeguarden, The Joy of Feeling.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Kan & Li Retreat

Kan and Li is an advanced spiritual practice in the Universal Tao chi kung system. It is a continuation of the energetic development started with the Microcosmic Orbit and Fusion techniques. This is a wonderful next step for students who have been practicing for several years.

Typically, Master Chia only teaches Kan & Li in Thailand. Several N. American students are in the process of organizing a class to be taught by Chia in the Bay Area (Santa Cruz?) during his Spring '06 N. American tour.

The details won't be finalized until there are 30-40 registered students. If you want more information, or to register, contact Julie Odell, 503-293-5120.

A number of people from Portland are already planning to attend. If there is interest, I may offer a Fusion review and/or Kan & Li introduction class in the spring as preparation for this unique opportunity.

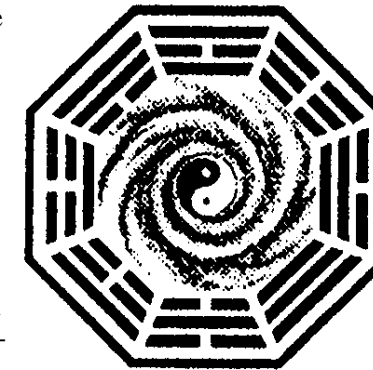
Tao Yin Class

Tao Yin is a series of floor exercises, stretches, and movement – something like a cross between hatha yoga and tai chi. These exercises are performed on the floor

rather than standing. Lying and sitting positions make unique benefits possible.

Conditioning can be achieved that improves health and structural alignment. This strengthens movements and postures in standing and sitting positions. The principles of Tao Yin are essentially the same as in Iron Shirt and Tai Chi. This allows the three forms of exercises to mutually support each other.

Tao Yin will be taught on Monday evenings in January. Class size is limited, please register in advance. There is no pre-requisite for this class.



One-Day Retreats Chi Nei Tsang: Jan. 21

The purpose of this class is to review previously learned techniques and refine skills in a full day format. Unlike many other subjects taught in schools, meditation and chi kung skills require taking basic information to deeper levels. I am continually amazed at how this natural process evolves and guides me to 'new' areas of my mind, body, and spirit. The one-day retreat provides a supportive context to do this deeper exploration.

Please register at least 1 week in advance. Cost: \$60.

UNIVERSAL TAO WINTER 2006 CLASS SCHEDULE

See class descriptions on back page
(schedule subject to change. Call 503-222-1416 to verify and register)

DECEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 5 **Fusion I Class** (cont'd 12, 19, 26)
- 22 Winter Solstice Meditation

JANUARY:

- 5 Weekly Meditation (cont'd 12, 19, 26)
- 9 **Tao Yin Evening Class** (cont'd 16, 23, 30)
- 21 **Chi Nei Tsang One Day Retreat**

FEBRUARY:

On Retreat - No Classes

MARCH:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 6 **Tai Chi Chi Kung I** (cont'd 13, 20, 27)
- 19 Spring Equinox Meditation

APRIL:

- 3 **Microcosmic Orbit Evening Class** (cont'd 10, 17, 24, May 1, 8 15, 22)
- 6 Weekly Meditation (cont'd 13, 20, 27)