



# The Well



(I Ching) drawing on deep sources of nourishment

## February Absence

I am currently making plans for my annual meditation retreat and will tentatively be gone Feb. 1– Mar. 1. 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 herb formulas 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 Sandy and 20<sup>th</sup> and his phone number is 503-484-3513. Rick is also available for acupuncture and Jin Shin Jytsu acupressure treatments.

Cheers!  
*Kyle Chino* 

## Radical Acceptance Book Discussion

Our first meeting happened Sun., Nov. 11. Six new 'friends of Tara' gathered to discuss, pause, and support each other while exploring this wonderful book. It was inspiring to hear each person's perspective and experiences.

Please join us for another lovely afternoon, radically accepting December weather and holidays:

**Sunday, Dec. 9, 2007 3-5pm**

Please call by Dec. 2 to RSVP. No \$. Bring ideas, questions, and discussion topics that most interest you!

I hope to do another gathering in January, time and date to be announced. Call for details!

*exploring a concept  
in Chinese medicine*

## The Kidneys & Winter

As winter draws near we are reminded of the regular cycle of the seasons. Temperatures cool, rains fall, sunlight diminishes. As much as we might like (and prefer) warm, dry and light, it is an important part of the continual renewal process of the seasons to have a phase of quiet, dark, stillness in order for the resurgence of spring and summer to follow.



In Chinese medicine winter is associated with the kidneys. Winter and the kidneys share similar qualities: quiet, still, inwardly drawn and focused as preparation for other activities.

Other traditional associations with the kidneys are

**partner organ: bladder**

**season: winter**

**element: water**

**positive emotions: gentleness and stillness**

**negative emotion: fear.**

With both winter and the kidneys we see/feel a return to the base, foundation level of things. Winter is a time for returning back to quietness and the source that allows growth in plants and animals to come forth. The kidneys have similar energetic functions in the body.

The kidneys are responsible for foundational aspects of our body/mind: growth and development; reproduction and sexuality; chi reservoir and storage (like a bank); genetic and hereditary characteristics; and longevity.

(Continued on page 2)

These qualities provide underlying support for primary aspects of our lives: maturation of body and mind, child-bearing, baseline support for the function of all other organs (including the brain). The kidneys function like a pilot light on a furnace. Without the consistent, regular presence and function of the pilot light, the entire structure and power of the furnace is not available. The kidneys work in much the same way for the body/mind.

### Foundation

As another analogy, kidney qualities are as fundamental to body/mind function as a foundation is to a house. An expensive, fancy, large house on a poor foundation won't last long. A simple house on a strong, solid foundation will last for generations. However, when we look at a house, we rarely even see its foundation. It takes looking under the obvious, going into the basement, crawling under the floor joists to just get to the foundation.

### Diving Deeply

This is also true for the kidneys. The kidneys reflect depth of chi in our lives. It takes some diving to contact, listen and feel kidney qualities. D. H. Lawrence wrote:

*"(we) are only free when (we) are doing what the deepest self likes. And there is getting down to the deepest self! It takes some diving."*

It takes some diving to contact, feel and listen to the kidneys. It is not difficult to do. Something as simple as the kidney healing sound (from the six healing sounds practice) assists us to dive deeply. Once there we can learn about this important foundational organ through experience.

### Pause

Let's pause for a moment to allow an opportunity to feel our kidneys. We may do this standing, sitting, or even laying down. Take a few moments to notice the experience of your body, just as it is, right now. As you feel your body, make note of any sensations or experiences, without judging them good or bad, also without trying to change them or fix them. As you notice the experience of this moment, check in with your breathing,

becoming aware of the cycle of inhale and exhale. Not trying to force or control the breath, just noticing the breath.

Now, place your hands close to the kidneys at the lower back, just over the lowest ribs. As you inhale, allow your breath to fill the kidney area, using your hands as a focal point. Allow your attention to follow the breath as it fills the kidney area.

Spend a few moments with this simple breathing process and notice any sensations or experiences that arise from the kidneys. We don't have to do anything

with or about sensations or experiences, just be present with what is there.

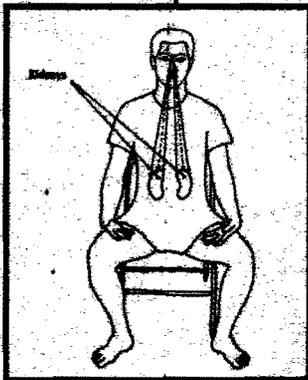
### Depth in Our Lives

When we talk about depth in our lives: needs, desires, emotions, problems, illness or ideas - the kidneys offer a useful beginning place to explore and gain insight. Our surroundings, our culture does not always support or encourage this process - diving. Our cultural base seems to be dominated by constant growth (especially economic growth), constant doing and constant busyness. Nature, plants, animals, oceans, the planet itself follow natural cycles of growth and expansion (spring and summer) followed by turning inward and stillness (fall and winter). The next cycle of growth is entirely dependent on a phase of quiet and stillness.

In our lives even "good" things like meditation, yoga, exercise, chi kung, tai chi - if pursued constantly, without the natural cycle of doing and relaxing, lose some of their "good" qualities.

Nature, in the form of the cyclic seasonal changes, gives us direct, consistent and immediate examples of how this process works. Our body/mind gives us a physical place, the kidneys, to focus our attention and learn. All it takes is listening, learning to pause, slow down and cultivate a sense of stillness in our lives - to dive deeply and learn.

Over time, we can begin to look forward to the stillness of winter and appreciate the dark, quiet deep qualities it provides. The kidneys can be a guide.



## Chi Kung Presentation at Veteran's Hospital

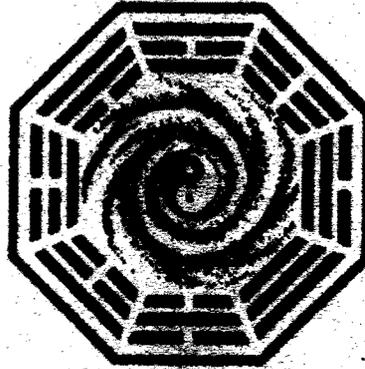
On Thursday, 11/1/07, I had the privilege to present a two hour introduction to chi kung and the six healing sounds at the Vancouver campus of the VA hospital. Twenty staff members participated and seemed very receptive and open to exploring ways of taking better care of themselves and also their patients. A second introduction will be held Thursday, 12/6/07, 2:30-4:30 at the Portland VA campus.

Many thanks to Laura Maymi, Diane Miller, Rose Christopherson, Kim Lew and Prudence Marshall for arranging these events and assisting during the presentations.

It is amazing to see how simple, natural meditation techniques are being welcomed by more people, healthcare practitioners and institutions. I feel humbled and honored to be able to share these practices.

*Question:* How many Taoists does it take to follow a map and directions?

*Answer:* Apparently, more than five.



## Mantak Chia Returns to Portland

Master Chia's workshop last June was very successful prompting him to schedule a longer visit here next summer. He is planning to teach several classes here May 23-28, 2008. ( Memorial Day weekend.)

The introductory workshop will be Friday evening through Sunday, like it was last year. Chia will offer two additional classes, (Mon/Tues and Wed /Thurs) The subjects for these two-day classes are not finalized, but are usually fusion, cosmic healing or healing love

Anyone who missed last year's workshop will have a chance to attend this year. It is also very helpful to review this introduction as deeper aspects surface over time. Also, keep in mind people who might be interested in attending. Word-of-mouth is the best form of

advertising for these events. More details for these classes will be in the next *Well*, approximately March 1, 2008.

### Fusion I Class

Fusion is a class for those who have spent some time practicing the Microcosmic Orbit and want to take that practice deeper. Fusion is a process of gathering chi and condensing that chi into a higher quantity and denser quality. Class will meet on Monday evenings in December. Please call to register.

## UNIVERSAL TAO WINTER 2008 CLASS SCHEDULE

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

### DECEMBER:

- 3 Fusion I Class  
(cont'd 10, 17, ?TBA)
- 6 Weekly Meditation  
(cont'd 13, 20, 27)
- 9 Radical Acceptance Discussion Group
- 20 Winter Solstice Meditation

### JANUARY

- 3 Weekly Meditation  
(cont'd 10, 17, 24, 31)
- 7 Tao Yin Evening Class  
(cont'd 14, 21, 28)
- TBA Radical Acceptance Discussion Group
- 19 Tai Chi Chi Kung One Day Retreat

### FEBRUARY:

On Retreat - No Classes

### MARCH:

- 3 Tai Chi Chi Kung I  
(cont'd 10, 17, 24)
- 6 Weekly Meditation  
(cont'd 13, 20, 27)
- 20 Spring Equinox Meditation

### APRIL:

- \*Mar. 31 Microcosmic Orbit Evening Class  
(cont'd Apr. 7, 14, 21, 29 May 5, 12, 19)
- 3 Weekly Meditation  
(cont'd 10, 17, 24)

## 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: \$100.

**Iron Shirt I** includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$70

**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: \$70

**Tao Yin** is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$70

**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: \$70

**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: \$70

**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: \$350.

**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 \$70. 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 \$55 first visit, \$40 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

### Chinese Herbology:

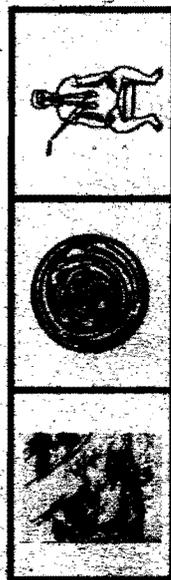
Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$70/hr. plus cost of herbs.

### 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: \$100/hr. \$100-300 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 \$70/hr.

Kyle Cline, LMT - 1882  
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**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 \$30. Personal consultation based on \$70/hr.

### Clinic Information:

**Appointment Days:** Tuesday, Wednesday, Friday, Saturday.

**Phone Calls:** Easiest to reach me directly and most messages returned between 12:15 - 2pm.

**Cancellation Policy:** More than 24hrs. -no charge; less than 24 hrs.- 50%; no notification (no show) 100%.