

Universal Tao Class Descriptions

See Schedule for dates. Pre-registration is required 1 week prior to each class. Mon. and Thurs. eve. classes are 7-9pm.

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: \$120.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$80

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: \$80

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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: \$80

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: \$80

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.

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 has a particular focus or usage. Appointments are 75 mins. and cost \$80. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful for infants and children. (Pediatric appointments are \$60 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 are 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 \$80/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 \$80/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 \$30. Personal consultation based on \$80/hr.

Clinic Information:

Appointment Days: Tuesday, Wednesday, Friday, Saturday.

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

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

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Winter, 2010



The Well



(I Ching) drawing on deep sources of nourishment

Volume 20, Issue 1

Greetings ~

I hope this finds you warm and dry and enjoying the best of the winter season. Since the last issue I've gotten settled in to my new place and am enjoying the different qualities it offers compared to the Savier St. loft. It's amazing how the energy of space/place influences so many things. It's a great reminder of the insight about where we live and work provided by feng shui.

Thank you so much to everyone who stopped by for the Fall equinox-open house-housewarming- pot luck-meditation extravaganza. Having so many friends around made the whole moving process seem totally worthwhile. Not being much of a party-giver and entertainer, I was pleasantly surprised by how much fun it was, which I attribute to the wonderful energy of the attendees. Thank you! The house is suitably warmed.

February Retreat

February brings my yearly month long retreat. Rick DeTroye, who has covered my herbal practice during retreats for the last 10 years, is, wisely, taking time off during February as well. This year I've arranged with **Andrea Fisk**, L.Ac. to cover my practice. She is a great herbalist and acupuncturist with a special interest in pediatrics, like me. Her office is in Sellwood and she can be reached at 971-344-3393.

Be sure to stock up on any regular formulas before January 31. During February, Andrea will have your file and will be able to answer any questions or refill formulas.

Cheers!

Kyle Cline, LMT

Flu and Worry

It's been an interesting start to the cold and flu season. This year has the added feature of H1N1 contributing to the usual mix of assorted bugs and viruses. As of this writing (mid-Nov.) H1N1 looks like a wild card in the traditional poker hand of colds and flu's. It seems to more deeply affect a younger age range; it seems to transmit regardless of the season; and, at least now, it seems to be the only flu bug in the region.

Tracking people I know, colds and flu's started noticeably earlier and much stronger this year. Seeing numbers of people with deep lung symptoms in September is unusual. And, I also notice that as these more intense episodes are occurring earlier in the year, the recovery time seems a little shorter. Imagine if all this were happening in 20-30° January weather!

Put it all together with the many unknown factors surrounding H1N1, vaccines and the lack of reliable information, and we have a situation ripe for misunderstanding and lots of worry... worry... worry. There's not a lot we can do about reliable information. There is something we can do about excessive worry and these might be some of the most effective things we can do to relate to the current situation.

Wait a minute! Shouldn't we be worried? Look at the numbers, the transmission rate, hospitalizations and deaths. There's more than plenty to worry about, isn't there?

Yes, it's true there's plenty to be concerned about. And... I would suggest that excessive worry actually contributes to the intensity of the problems associated with the flu, instead of being useful.

In order to understand how too much worry negatively impacts health, it's helpful to take a look from a different perspective. I like to explore things from the energetic aspects illuminated by Chinese medicine. The Western medical approach doesn't have a lot to offer, as there is no way a to explore the impact of worry, an emotion, on immune system function (anti-bodies, T-cells, B-cells, etc.) That doesn't mean there isn't an impact; it only means that

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this particular medical model doesn't have a context or framework to explore the question.

The Chinese medical model can explore the effect of worry on the immune system because of the focus on energy—chi. Worry can be understood as a kind of energy, which if excessive, tends to spin continuously in an obsessive, fretful, repetitive circle like a dog chasing its tail. If too long-lasting the overall energetic effect can be a drain to vitality in a general way and also in some very specific ways. An energetic concept - the five phases (or elements)- can help explain some of these specifics.

Diagram 1 shows one general relationship between the five phases of energy as they relate to the organ systems. It is called the nourishing cycle, meaning the energy of one organ naturally flows to nourish another. We see that the fire of the heart nourishes the earth of the spleen, which then nourishes the metal of the lungs, etc. When the body is in balance, these nurturing relationships maintain good health and physiological functions. However, when there is a strong imbalance, such as excessive worry, these primary nourishing relationships are disrupted leading to less than optimal organ functioning.

The emotional energy of worry is associated with the spleen. In a continuous state of worry there are several noticeable repercussions. The intense nature of worry drains a lot of spleen chi, drawing much more from the heart and providing less to the lungs. Part of the nature of heart chi is to remain calm, centered and provide good decision-making. Part of the nature of lung chi is very similar to the Western immune system function. When a lot of this energy is consumed by the tail-chasing-dog nature of worry, these other important functions suffer.

It seems quite ironic that when overly worried about H1N1 we can actually be compromising the very internal physiological systems that are meant to protect us from flu viruses. And even if we don't get H1N1, the energy drain leaves us quite susceptible to many other situations: seasonal flu, common cold, sinus infections, headaches, ulcers, insomnia... the list is endless.

Recognizing the detrimental impact of excessive worry in energetic terms can lead us to try some different approaches to the current flu situation. For example, we might notice some resistance to not

worrying because the only other option seems to be denial: ignore the H1N1 situation. This is one type of thinking - dualistic, black and white - that many of us have learned and operate from quite unconsciously. This generates a teeter-totter approach (Diagram 2) of bouncing between only two options. It seems quite reasonable to be worried if the only other option is denial. This is a very effective reinforcement of the whole pattern: "I'm dealing with this by worrying about it. I'm doing something!" In print it doesn't read very rationally, but it is not rational... it's an emotion. And it can be quite self-perpetuating until we consider the possibility that there are other options between the two extremes of denial and worry. This entails a shift in dualistic thinking to consider other options.

The spectrum of denial/worry may have a middle ground that could be described as **concern** (Diagram 3). Now there are more choices to consider, to evaluate if any may be more effective or appropriate. A concern approach can allow us to stay informed about H1N1, but not become obsessive about information, drama and hype. Concern can help prioritize the obvious hygiene aspects (washing our hands is still one of the most highly effective techniques!). Concern allows us to pay an appropriate amount of attention and energy to the situation without falling into the very draining energetic aspects of excessive worry.

Understanding the dynamic of worry and finding a balanced approach to H1N1 is a hot topic. What is learned from how we relate to this immediate drama can be applied to other parts of our lives that may have a tendency to produce excessive worry: economy, jobs, retirement, health care, parenting, aging parents, aging selves, relationships, war, politics... did I miss anything? H1N1 is just one current example, intense to be sure, of an always ongoing drama that we can relate to with excessive worry and reap all the predictable consequences. H1N1 can also be a way to help us notice our conditioned responses and experiment with different approaches.

Regardless of how H1N1 and this cold and flu season proceed, we can learn to cultivate a stronger sense of balance and harmony whenever an intense situation arises that seems ripe for lots of worry. And in some paradoxical way, there can be appreciation and gratitude for H1N1, for helping us along on our journey.

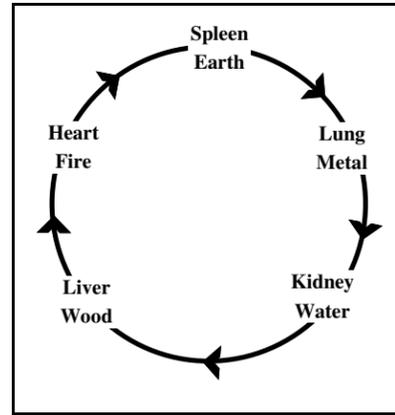


Diagram 1

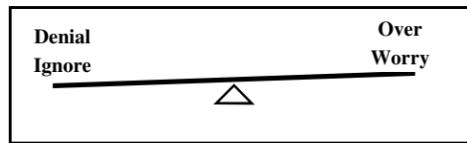


Diagram 2

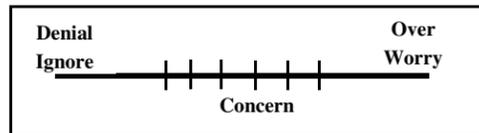


Diagram 3

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Cosmic Healing Kan & Li

Mantak Chia has scheduled two new classes in Portland for Memorial Day weekend, May 21-25. Cosmic healing will be taught over the weekend and is open to anyone, although the basic Microcosmic Orbit class would be helpful. Lesser Kan & Li will be taught Mon. and Tues. This is a more advanced class, cultivating spiritual chi. I would highly recommend having a strong regular meditation/chi kung practice, including Fusion as a prerequisite. See the upcoming Fusion class information. Contact Jon Weston, 794-2717, for more information on Chia's visit.

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 from the organs (and elsewhere) and condensing that chi into a higher quantity and denser quality. Class will meet on Monday evenings in December. Please call to register. Cost: \$80. **Fusion Reunion** If you can't make all of the Monday evening classes in December, please consider attending the last class, Monday, Dec. 28, for a

Fusion Reunion. This class is available to anyone who has previously taken a Fusion class.

Holiday Meditations

For the weeks of Christmas and New Year's day the weekly Thursday evening meditation will shift to Friday.

Take a break from the holiday bustle and hustle to meditate as a part of your celebration. Call to verify time.

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.

These exercises focus attention on structural alignment, breathing and chi flow. This strengthens movements and postures in standing, moving and sitting positions. The principles of Tao Yin are essentially the same as Iron Shirt and Tai Chi. This allows the three forms of exercise 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.



UNIVERSAL TAO WINTER 2010 CLASS SCHEDULE

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

DECEMBER:

- 3 Weekly Meditation (cont'd 10, 17, 25)
- 7 **Fusion I Class** (cont'd 14, 21, 28)
- 20 Winter Solstice Meditation
- 25 **Christmas Day Meditation** (call for time)
- 28 Fusion Reunion

JANUARY

- 1 **New Year Meditation** (call for time)
- 4 **Tao Yin Evening Class** (cont'd 11, 18, 25)
- 7 Weekly Meditation (cont'd 14, 21, 28)

FEBRUARY:

On Retreat - No Classes

MARCH:

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

APRIL:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 5 **Microcosmic Orbit Evening Class** (cont'd Apr.12, 19, 26 May 3, 10, 17, 24)