

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

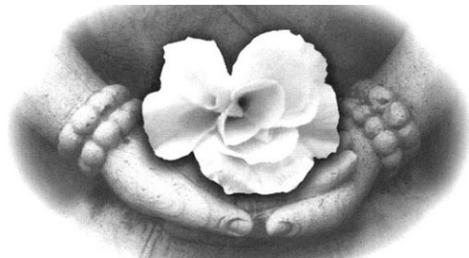
Tai Chi Chi Kung I includes a simple 13 step form based on the structural integrity learned in Iron Shirt I, applied to a moving form. Cost: \$80

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.

On Retreat



*Strike your own evening drum, morning bell,
then shut the door. Lamp burning low by a solitary pillow;
gray ashes where just now you stirred the stove to red.
Lie and listen to raindrops splattering the window.*

~ Su Tung-p'ò 1073

IN THIS ISSUE:

February: On Retreat.....1
Continuing Education1
Universal Tao Winter Classes.....3
Class & Service Descriptions4

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%.

**Kyle Cline, LMT – 1882
1825 SE 7th Ave
Portland, OR 97214
503-222-1416**

Winter, 2011



The Well



(I Ching) drawing on deep sources of nourishment

Volume 21, Issue 1

Greetings ~

Ahhh... winter arrives! Cold 20° and snow before Thanksgiving gets me in the winter mood. Where did I store that heavy coat? Put another blanket on the bed. Let's make hearty soups and stews. The season of deep stillness is upon us.

The feature article is a bit more personal than most, recounting the last few years of dying friends and lessons learned. This writing is a first attempt to feel the larger process involved.

There are upcoming holiday meditations and the regular winter class schedule. Mantak Chia will return to Portland for one week in May, dates on page 3.

If winter is starting, February can't be far behind, when I take my annual retreat. Details below.

My muse is asking for a piano. If you or someone you know has a small upright that needs a nice, caring home, please give me a call.



During this period of often-times too busy and overscheduled, the seasonal changes remind us to pause, sit still and enter the darkness and listen. I hear much appreciation and gratitude... to you and yours!



February - On Retreat

I'm currently making plans for my annual meditation retreat, February 1-28. In preparation, consider stocking up on any regular formulas that you may need during this month. If you take a constitutional formula, have enough to last through March 1. Also, be sure to have some 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 20th and his phone number is **503-484-3513**. Rick is also available for acupuncture treatments.

Cheers!

Kyle Cline, LMT

Continuing Education

As a Chinese medicine practitioner, opportunities to deepen my understanding of the healing arts appear in a number of formats. Seminars and workshops are valuable ways to connect with teachers and peers. New book titles often expand on previously learned material. Sometimes clients or students arrive with an unusual situation that stimulates a learning process. Whether about bodywork, herbs, meditation, chi kung, or tai chi, there is an abundance of potential openings for a curious mind

Then, there is continuing education provided by life itself, which naturally includes death. Of course, there are classes and books, DVDs and CDs on death and the dying process, but these are only *about* death. Deeper learning happens with direct experience, awareness and full presence with grief and the dying process. It's not the kind of thing that is easy to schedule or includes online registration or streaming video podcasts. It naturally occurs in life on a very regular basis: the seasons, plants in the garden, our family and friends.

The last few years feel like an intensive immersion in this living/dying continuing education program. It began with my father, **Jim**, and his gradual deterioration into a deep and complete dementia. In the last few months of his life, **Mary Jo** faced a rapid decline by an especially aggressive form of ALS. In the middle of this, **Melinda** discovered a brain tumor followed by four very invasive brain surgeries. And, to make this quite thorough, **Patricia** had a massive stroke followed by major brain surgery and four long weeks in hospice. It's been an interesting few years. It'll take many more years to process and integrate everything learned during this time.

And...I'm not complaining. This is somewhat surprising because there seems justifiable reason to complain, possibly loudly and bitterly, if not for myself, at least for the suffering of these people. Even while inundated by the overlapping timelines of these four people's living and dying, complaints barely surfaced. A decade or more ago, there would have been much righteous complaining. Hmm. Something has shifted.

(cont'd on next pg.)

I'm not sure I can pinpoint a specific time when this different approach occurred, somewhere between Jim's dementia and Mary Jo's memorial. I can recognize very clearly the rich and clear insights that occurred all along the way that easily shown a light more bright and compelling than anything a grumbling complaint could muster. **Acceptance.**



Jim's dying process was slow and drawn out, providing lots of time and space to feel every aspect. This is exactly the opposite experience of my mother's sudden death 40 years previously with absolutely no processing of anything. Carrying around the energetic weight of those unfelt experiences did not fully release, despite much 'work' on my part, until Jim's funeral. Three sons and three grandsons carried the very real weight of his casket while walking over our mother's and grandmother's grave. Full circle. Completion. Closure. These words, these concepts instantly became real.

Jim also brilliantly demonstrated how the physical body can function almost totally on automatic without any sense of spirit or mind as guidance. And, even in this seemingly bleak and unknowing state, on the way out the door, the last time I saw him alive, came a message that touched my heart and transformed a lifetime of other long-held, carried weights. From some deep who-knows-where place, these simple words: **Keep up the good work.** It's become a mantra you may have heard around my place. This is where it came from.

Mary Jo's dying was much faster and brutal. I've never personally seen how something like ALS can deconstruct/dissolve the nervous system, shutting off vital coordinating signals to every body function. I struggled greatly with this because a large part of our 20-year friendship was my role as healer/teacher. I could not prescribe herbs, massage, chi kung, tai chi, say or **do** anything about it. The only thing to 'do' was to **be**, as in be present, fully present for each and every moment. That provided the deepest healing. Mary Jo taught me this in such a fundamental and real way that everything about 'me' changed, especially who 'I' thought 'I' was. She was so full of grace throughout, showing in very real terms how the spirit shines even as the body physically unravels. Jim gradually lost his mind, yet his body was fine. Mary Jo quickly lost her body, but her mind was crystal clear. Curious.



Patricia's death was quite sudden, essentially in one moment, although the unconscious body held on for another month in hospice. In the year before her stroke, she offloaded a lifetime of wounds, hurts, held-grudges and self-

images as wrong, bad, a failure. I've never seen such a complete dismantling of the accumulated assumed qualities of self in such a short time. Part of this process included a barely believable series of events allowing her to escape a suffocating and detrimental welfare/disability/Social Security existence to buy a house in Central Oregon. It was her deepest dream. The stroke occurred while returning to Portland after the last house inspection and all financial papers were finalized and closed. Patricia demonstrated with great flair how it doesn't matter the deep wounds of a childhood, or a lifetime, of physical and emotional abuse, as courage and self acceptance can heal it all when the time is ripe.

Melinda is a Taoist-mystic kindred spirit. We share a deep curiosity and passion for exploring this natural way of being, learning about it and ourselves together. Her cancer and drastic brain surgeries became just another part of our exploration: in hospitals, ICUs, rehab and home. When she couldn't come to class, some chi kung friends met at her house to meditate each Thursday afternoon for almost a year. Her spirit continued to shine, teach and guide even as the tumor slowly began encroaching on vital brain functions. One of her deep messages was: don't be afraid. Don't be afraid of her tumor or any cancer; of a possible slow, lingering death or death itself. In fact, there is no need to bring fear to **any** experience as it only interferes with being fully present and aware of whatever is happening in the moment, that is, reality. Most of our fears are about the past or future, not what is right before us. Our litany of fears seem so insignificant compared to the spirit Melinda brought to each person, day and moment.



Each person in the Thursday meditation group went to help Melinda, support and bring her energy. Each of us remarked about receiving so much more than we gave. Not just from Melinda, but also from being fully involved, present and intimate with her dying process. There are times I greatly miss those weekly meditations at her house. But it doesn't take much to remember and reconnect with the spirit that Melinda maintained throughout a lingering ordeal. When listening, present, aware, I feel it in every moment, see it in every face.

These are such brief summaries of four people, their living and dying. Whole books could be written about each, along with the lessons and insights gained by being with them. It gives a whole new meaning to 'professional continuing education.' I'm a much better practitioner and person as a result.

I feel blessed by each and their families for allowing me these opportunities to learn and grow. I share these blessings with you.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

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 chi flow 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 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.

Discount Fees for Review Classes

When you review a Universal Tao Class with me the fee is reduced 50%. This reflects the importance

I place on reviewing previously taken classes. There is so much depth to each subject that I learn something no matter how many times I've taken a class. This might be a good way to deepen your own practice.



Save the Date

Time to plan ahead for Mantak Chia's next visit to Portland: May 18-22 **Chi Nei Tsang** and May 23-24 **Fusion**. His complete world tour schedule can be found at: www.universal-tao.com. The Portland organizer is Jon Weston, 503-794-2717.

Holiday Meditations

I can't think of a better way to spend the holidays than to get together for a nice meditation session:

Winter Solstice: Sun., 12/19, 7-9pm
Christmas Day: Sat., 12/25 >call for times
New Year's Day: Sat., 1/1

UNIVERSAL TAO WINTER 2011 CLASS SCHEDULE

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

DECEMBER:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 6 **Fusion I Class** (cont'd 13, 20, 27)
- 19 **Winter Solstice Meditation**
- 25 **Christmas Day Meditation**
- 27 Fusion Reunion

JANUARY

- 1 **New Year's Day Meditation**
- 3 **Tao Yin Evening Class** (cont'd 10, 17, 24, 31)
- 6 Weekly Meditation (cont'd 13, 20, 27)

FEBRUARY:

On Retreat - No Classes

MARCH:

- 3 Weekly Meditation (cont'd 10, 17, 24, 31)
- 7 **Tai Chi Chi Kung I** (cont'd 14, 21, 28)
- 20 **Spring Equinox Meditation**

APRIL:

- 4 **Microcosmic Orbit Evening Class** (cont'd Apr.11, 18, 25 May 2, 9, 16, 23)