

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.

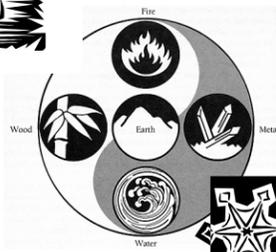
Clinic Information:

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, 2012



The Well



Keep up the good work

Volume 22, Issue 1

Greetings ~

Welcome. *Welcome* to a new issue, a new season, a new year. Welcome, all hail, receive, embrace and engage with kindly pleasure. Winter brings us many gifts. May it be truly full and inspiring for you this season.

I've been inspired recently by kayaking on the Willamette river, thanks to Portland artist-kayaker extraordinaire, Scott Johnson. I'm gaining a much deeper appreciation of the energy and power of nature right out our back door. The feature article in this issue reflects some of this in exploring the cycle of seasons, winter and her cohorts, and the energetic transitions they undergo. Seasonal transitions may be great teachers, if we are listening.

Winter also is time for my *annual personal retreat*, details below. This is my opportunity for the aforementioned deep listening, to the seasons and anything else that arises. **Thank you!** for the opportunity to do this each year.

Much appreciation and gratitude, to you and yours this winter season. You are *welcome*. Cheers!

Kyle Cline, LMT



February - On Retreat

I'm currently making plans for my annual meditation retreat, **January 30 - March 4**. 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 4. Also, be sure to have some cold, cough, flu, and/or sinus formulas on hand, just in case.

Rick Detroye L.Ac., 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.

Listening to the Seasons

Winter approaches, like it does quite regularly around this time each year. The differences in temperature, rain, light, activity all become more noticeable. For some of us this can be a challenging time. There are many aspects to this transition. How we relate to, avoid, embrace, deny, engage or resist the seasonal changes greatly influences energy levels, moods, health and general well-being. Developing awareness of the energetic qualities of seasonal changes may also be quite useful when applied to other transitional phases of our lives.



The shifting patterns and energy of our climate and weather are continual reminders of the natural process of change. These reminders surround us, they are our environment, the context within which we live. Compared to earlier times, modern living conditions have created some separation from these natural elements. We are insulated from extremes of cold, heat, dry, damp and wind in wonderful ways that provide comfort and support good health. However, these positive aspects may also be used to separate or create a barrier to our natural surroundings. Having adequate/appropriate protection from environmental extremes is important. Too much protection runs a risk of becoming isolated, cut off from a very valuable process of adaptation, flexibility, changing in harmony with the natural world we live in. Finding a balance of comfort within our seasonal climate and yet still be aware of its natural rhythms could be called listening to the seasons.



There are several Chinese energetic concepts that explore these cyclical changes and transformations. In the simplest form, yin and yang describe the positive and negative: light and dark, warm and cold. They are

(cont'd on next pg.)

complementary pairs. In the seasons, yang is the height of summer and yin is the depth of winter. The base of yin and yang may be expanded to another concept: the five elements or phases: earth, metal, water, wood, fire.

Applied to the seasons, yin and yang expand to include the changes from winter to summer: summer-fire, fall-metal, winter-water, spring-wood. In this concept the earth element is the transition phase between each of the seasons. For example, between summer and fall there are usually a few weeks where it fluctuates between the two seasons.

Another energetic concept, the eight principles, adds more detail beyond the five elements: earth, sky, fire, water, wind, thunder, lake, mountain.

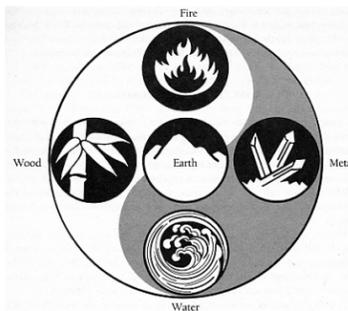
If you are really interested in exploring these concepts, the eight principles form the base of the 64 hexagrams in the Chinese classic, *I Ching*. It is a very elegant, detailed and sophisticated explanation of how energy transforms. It is also not very easy for a Western educated mind to follow.

These concepts are used as guides in Chinese medicine to follow a natural way of balancing the different energetic qualities in the organs and meridians. The concepts may be challenging to understand, yet listening to the seasons provides a very practical way to experience and feel what they describe. Following seasonal transitions influences the flow and balance of their associated energies in the body, mind and spirit.

Exploring seasonal transitions brought my awareness to a subtle sense of always being behind the curve. It felt like it took until the end of winter to find the rhythm of heating the house, layering the right kind of clothes and cooking warmer and more substantial foods. Then, it was spring. It felt the same for each seasonal change. As soon as I got acclimated to the summer heat rhythm, it was already cooling into fall.

One way I approach this is focusing on each equinox and solstice as a reminder, a marker of the transitional phases. During meditation, tai chi, walking, biking, yard work - just the daily activities of life - I note the 10 days before and after each solstice and equinox as the transitional earth phase.

In this process, other ways naturally appear. During personal retreat last winter, I noticed a recurring message: sleep outside this summer. At first this seemed to be about being outside on very hot nights. Yet, when I began in June, it quickly became every night and continues through to this writing in late November.



Another way of being in touch with the seasons comes from not having a car for a few years and brings me to more bicycling and walking. I've also been outside more while learning to kayak on the Willamette river. These activities involve being in nature, connecting with the cycles and rhythms of earth and sky, water and trees, clouds and rain. Making contact with the natural energies of our environment, helps maintain a harmonious rhythm with seasonal cycles.

Those are some ways I've found useful, though they might not resonate with everyone. Yet, if we are curious, make it a priority, pause to listen, usually opportunities will naturally arise that fit each person. It might be yard work or vegetable gardening. It could be art: painting, drawing, sculpting what we experience in the season. Or, having a meal outside, a picnic in any season. Just add more layers in cooler weather. And, it doesn't have to be outdoors. Shifting the foods, spices and methods of cooking based on seasons brings us the same connection. Singing, dancing, meditations, celebrations, poetry, potlucks with friends, music and road trips with kids. Any of these and more can be useful gateways to harmony with seasonal cycles.

This morning, heading for the river, the wind says otherwise. 25 mph gusts and dark, laden clouds suggest another path unfolding to the day - writing this article. Pausing, I notice a break between the morning fall rain showers and take the opening to rake a few leaves amid light sprinkles and tend to the fall/winter transition of pond plants and compost.

A brief, very brief, sun-break and the rake rests against the bay laurel trees. I do some cat stretches, soaking in thin November sun.

As dense rain showers return, I return, inside, to finish this writing, a fall ritual - sending a newsletter to friends. Ahhh... *there* is that rhythm, replacing what before felt like being behind the curve of seasonal transitions.

Winter happens. At this time of year as light decreases, daily temperatures drop, and rain increases it is easy to turn away from it all. Find a comfortable distraction. We have that option, yet in taking it we might be gaining short-term comfort and losing touch with valuable support, learning, guidance on how to negotiate transitions - changes - in all aspects of our lives. Listening to the seasons may help us through parenting toddlers or caring for aging parents. Midlife transitions, menopause. Career changes. Economic and political upturns and downturns. Family, relationships. Change is ever present and ongoing. There is a Taoist saying: The only thing that doesn't change is change itself. Adapting and learning to flow with changes leads to qualities like balance, harmony, equilibrium. All things worth taking a few moments to pause and listen to the seasons.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Winter/Yin Classes

Winter brings several opportunities to more deeply develop our yin practices in harmony with the stillness of the season.

Sitting Stillness: Fusion is for those who have experience with the Microcosmic Orbit. It is a process of gathering chi from the organs, and elsewhere, then condensing it into a higher quantity and denser quality. Class will meet on Monday evenings in Dec. If you can't make all of the classes, consider attending the last class, Dec. 28, for a **Fusion Reunion**. This class is available to anyone who has previously taken Fusion.

Moving Stillness: Tao Yin is a series of floor exercises, stretches, and movement, like a blend of hatha yoga and tai chi. These exercises are on the floor rather than standing, a very yin approach of movement. Tao Yin will be taught on Mon. evenings in January. There is no pre-requisite.

Chi Nei Tsang Class

Chi Nei Tsang (CNT) combines hands on techniques with basic chi kung practices to create a dynamic Oriental bodywork system. The emphasis is on working directly on the organs using both physical and energetic techniques learned from Universal Tao classes. The Mi-

crocosmic Orbit class is a prerequisite. Class will be three hours, once a week for 10 weeks. The day and time will be determined according to participant's schedules. Class fee: \$400; ½ price to review. LMT's can receive 30 CEU hours (plus 16 hours for the Microcosmic Orbit). This class happens whenever enough people express interest, usually every 2-3 years. Please call if you are interested.

Save the Dates

Plan ahead for Mantak Chia's next visit to Portland: May 18-20, 2012 **Basic Practices: Microcosmic Orbit**. and May 21-22 **Stem Cell Chi Kung**. His complete world tour schedule can be found at: www.universal-tao.com. The Portland organizer is Jon Weston, 503-794-2717.

Master Chia continues to produce several new books each year. More information is available at the publishers website: www.innertraditions.com.

Holiday Meditations

I can't think of a better way to spend the holidays than to get together for a nice meditation session. Plus, there is a lovely potluck afterwards on Solstice.

Winter Solstice: Sun., 12/18, 4:30 - 7pm

Christmas Day: Sun., 12/25 (call)

New Year's Day: Sun., 1/1 (call)



UNIVERSAL TAO WINTER 2012 CLASS SCHEDULE

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

MARCH:

- 8 Weekly Meditation (cont'd 15, 22, 29)
- 5 **Tai Chi Chi Kung I** (cont'd 12, 19, 26)
- 18 **Spring Equinox Meditation/Potluck**

APRIL:

- 2 **Microcosmic Orbit** Evening Class (cont'd Apr.9, 16, 23, 30; May 7, 14, 21)
- 5 Weekly Meditation (cont'd 12, 19, 26)

MAY:

- 3 Weekly Meditation (cont'd 10, 17, 24, 31)

JUNE:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 4 **Iron Shirt I Evening Class** (cont'd 11, 18, 25)
- 17 **Summer Solstice Meditation**

JULY:

- 5 Weekly Meditation (cont'd 12, 19, 26)
- 2 **Healing Love Evening Class** (cont'd 9, 16, 23, 30)

AUGUST:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 6 **Tai Chi I Evening Class** (cont'd 13, 20, 27)