

## 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.



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## 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, 2013



# The Well



gratitude

Volume 23, Issue 1

## Greetings

Much appreciation and gratitude all around as we follow the flow from fall to winter. Water Dragon Year chi continues into February when yearly energy shifts to a **Water Snake**. This continues transformational change, but possibly with a little less rapidity and unpredictability... maybe.

An upcoming change for me in the next six months is looking for a new place to live/work. Enclosed with this newsletter is a profile of when, where and what that might look like. If you see something that looks like... hmmm... Kyle could live there, please let me know. My sense is something will arise from word-of-mouth, friend-of-a-friend, rather than on the commercial market.

**Retreat Plans.** With the uncertain looking/moving timeline, I am currently planning to take my typical annual February personal retreat. The details of this could change as that time approaches. As usual, **Rick Detroye, L. Ac.**, will be covering my herbal practice. I will let you know more details as the timeline evolves. You may also check in at...

## SimplyTao.com

There are new updates to the website including: current newsletter and classes, Tao poetry, quotes, art and food. There is also a 30 minute video: **Introduction to Chinese Pediatric Massage**. Thank you for mentioning this website to people who might be interested in my services.

Cheers!

Kyle Cline, LMT

## the dark side of Preventive Medicine

A few decades ago, preventive medicine was embraced by a small minority on the fringes of the general healthcare environment, where the focus was primarily on good nutrition, natural herbal support and exercise. Now, the phrase "preventive medicine" has become a trendy healthcare marketing approach that is used by everyone from corporate HMO's to the neighborhood acupuncturist. It's interesting to watch as a simple, natural concept suddenly becomes popularized and morphs into a much more complex creature. Part of this seems to be the buzz of the latest health fad, which includes the un-

spoken assumption that preventive medicine is good. Who would argue with that? Hmmm... I wonder. Listening, internally and to others, it seems clear there is a dark side to preventive medicine.

By "dark side" I mean the unseen, unexplored, unconscious aspect of anything. It does not inherently mean bad, negative or wrong, only unknown. One of Carl Jung's great contributions to our emotional understanding focused on the shadow side of our lives, selves and personality as a way toward wholeness. Without exploring the unseen aspects, we can't have a realistic picture.

This can be challenging as there are numerous obstacles and much resistance to exploring the dark side of anything. The unknown may feel inherently scary: the deepest forest, unknown ocean depths, the far side of the moon. Yet, although challenging, exploring the dark side can be very useful toward insight and understanding about balance and harmony in our bodies, daily lives and world. A Taoist might explore this by asking: What is the natural way of preventive medicine?

Sitting with this reveals many qualities like: self care, nourishment and healing. These can include paying attention to subtle signs and symptoms before they progress into major disease. For example, awareness of the initial stages of a cold (scratchy throat, runny nose, achy joints) can prompt responses like more rest, no dairy and an herbal cold remedy. These actions attend to the cold in early stages, rather than ignoring it and then needing antibiotics for a sinus infection, bronchitis or pneumonia.

(cont'd on next pg.)

This preventive medicine approach supports the natural capacity of the body to deal with colds at simple, initial stages before they progress to more serious symptoms and impact. Sometimes, though, a curious twist can occur when the mind, brain or thinking jumps in with:

*Well, even better to prevent the cold from happening entirely.*

Something about the shift in approach, while still within the idea of prevention, includes implications that may be quite detrimental to better health. Why?

Preventing colds from happening ignores the natural functions of the body. The immune system operates by exposure to foreign (outside the body) cells, identifying, marking and destroying them and keeping a profile for future reference. Without the ongoing challenges of simple colds, the immune system does not engage, learn and grow with ongoing and constant changes in the natural environment. If this continues over time, the body's ability to respond weakens and becomes very susceptible to simple exposures that may produce serious or even deadly results.

Even though the rational brain knows this to be true, there still remains a desire, urge, craving to prevent the common cold. Why?

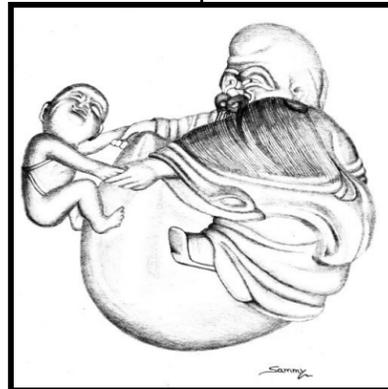
Sitting with this phenomenon over three decades of personal and professional practice leads me to explore the dark, unseen side of this preventive approach. Initially, many story details arise.

*I can't afford to be sick. I don't have time. I have to be at work or lose my job. My kids need me to... I don't have health insurance. Being sick proves I don't know how to take care of myself.* The list is long.

The details are many and vary with each person. A common quality is *fear*. Whether or not we are aware of the fear an almost immediate response is to attempt to control things. Most of these fears have many roots and tendrils that connect with a lifetime of colds, illness and weakness - all experiences we typically try to avoid, and ultimately control. Control jumps in as a survival mechanism. If I can control this and this and this, then *that* won't happen. Or, *this* will happen. And so, the preventive medicine approach. Prevent a cold from happening and all of the unexplored fears won't have to be experienced.

But, what about cancer? Shouldn't we try to prevent cancer from occurring? Well, yes... and no. The immune system responds to abnormal cell growth like it does to cold viruses. A healthy and vibrant immune system is targeting and getting rid of abnormal cells as you read this article. Our big fear of cancer is the malignant tumor diagnosis and all its implications. Before that stage, the natural function of the body deals with it at simpler levels, *without us even knowing it occurs*.

Preventing cancer is a huge priority these days. However, if fear and control are the underlying energies, they significantly reduce the body's natural ability to deal with abnormal cells before they manifest tumors.



This is where the dark side of preventive medicine can be detrimental. Whether it is medications, vaccines, supplements, herbs, diet or exercise, if these are driven by underlying fear and control, the desire for better health is sabotaged.

Operating from fear constricts our natural ability to live life fully. Fear stimulates the sympathetic nervous system response of fight or flight. It can be very useful as a short term response to a life-threatening situation: a tiger chasing you in the jungle. As an ongoing response to colds, cancer or life it is a constant drain on all systems that subverts the body's natural abilities to respond to anything that arises. Left unchecked, the constant intensity of life lived by the sympathetic nervous response will actually create disease.

The deeper roots of fear and control are not limited to colds and cancer. They extend to many aspects of our lives, limiting our natural, full vibrancy. My kayak adventures make this clear on every journey. It is very obvious trying to control the boat, the water, the weather. Ha ha Ha! The time and energy spent in fear are useless and even detrimental to being able to respond to what arises when needed: to capsizing or strong winds, the eagle soaring or a beautiful sunrise over the water.



Awareness of fear, with a little grounding and processing, can easily transform into respect. We can learn respect for the process of the common cold and also respect for the body's natural way to respond. Respect for cancer, too. And respect for the river, jobs, relationships, etc.

Awareness of control, with a little grounding and processing, can easily transform into influence. Control may become a gateway to learn how we can influence the natural healing process with the common cold, cancer, the river, jobs, relationships or anything else in our lives.

Respect and influence seem to have much less charge, much less effort, stress and striving compared to fear and control. That subtle difference may feel like *ease*, which is the counterpart to dis-ease. Cultivating ease by noticing the impact of fear and control may be a very useful way to approach preventive medicine.

Preventive medicine is not bad. Exploring the dark side allows us to find a natural balance in our approach and what we do to support good health. It may be that the details don't change much; nutrition, supplements, exercise, yet relaxing the underlying fear, control or whatever can allow these approaches to be more effective. Balance. Harmony. These allow our bodies to function in their natural capacity to deal with things as they arise, whether colds or abnormal cells.

Transformation of fear into respect, control into influence can ripple throughout our bodies and daily lives. And then, seemingly spontaneously, life begins feeling fuller, more free, vibrant. Less dis-ease. More... laughter.

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Winter Pause

The seasons cycle through different energy phases. There is the explosive growth of spring, the exuberant fullness of summer and the turning inward of fall. What of winter? Ah, yes... the pause of winter.

Winter is a time of deep energetic stillness and quiet. Often we think of winter as intense weather storms, but these are rare, short and serve to bring us inside, quietly reading next to family, friends, or a warm fire. The dark, quiet and stillness of winter can serve as a guide to our meditations, too.

This is a wonderful time to slow down, shifting from the frantic speed of getting things done. It's a natural opportunity to do... nothing, which is a very advanced form of meditation.

Whatever our meditation system or practice, the winter season can be very conducive to cultivating the yin stage. Doing a technique or practice (like the six healing sounds) can be the active/yang stage. Sitting quietly afterwards is the yin, receptive/being stage.

Less likely to happen in summer (unless it is *very* hot), winter is a perfect context to explore the yin stage.

Upcoming classes with this focus include Fusion in December (Microcosmic Orbit pre-requisite) and Tao Yin in January (no pre-requisite). Fusion is a deeper internal sitting practice. Tao Yin involves slow moving yoga-like floor postures.

There are also meditations on the Winter Solstice, Christmas and New Year's Day. Call or look online at [SimplyTao.com](http://SimplyTao.com) for more information.



*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'o* (1073 c.e.)  
translated by Burton Watson

### UNIVERSAL TAO WINTER 2013 CLASS SCHEDULE

See class descriptions on back page or visit [SimplyTao.com](http://SimplyTao.com)  
(schedule subject to change. Call 503-222-1416 to verify and register)

#### DECEMBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 3 **Fusion I Class** (cont'd 10, 17, 24)
- 23 Winter Solstice Meditation
- 25 **Christmas Day Meditation**

#### JANUARY

- 1 **New Year's Day Meditation**
- 7 **Tao Yin Evening Class** (cont'd 14, 21, 28)
- 3 Weekly Meditation (cont'd 10, 17, 24,31)

#### FEBRUARY:

**On Retreat - No Classes**

#### MARCH:

- 4 **Tai Chi Chi Kung I** (cont'd 11, 18, 25)
- 7 Weekly Meditation (cont'd 14, 21, 28)
- 17 **Spring Equinox Meditation**

#### APRIL:

- 1 **Microcosmic Orbit Evening Class** (cont'd Apr.8, 15, 22, 29; May 6, 13, 20)