



The Well



(I Ching) drawing on deep sources of nourishment

Volume 14, Issue 3

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: \$80.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$60
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: \$60

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle.

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: \$60

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: \$60

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: \$300.

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 \$60. 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 \$50 first visit, \$35 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 \$60/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: \$60/hr. \$120-240 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 \$60/hr.

Personal Chi Profile - looks at the energetics of your birth time for

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ADDRESS CORRECTION REQUESTED



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If you would like to be removed from this mailing list, please call or clip and return mailing label. Thanks!

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 \$25. Personal consultation based on \$60/hr.

Chinese Herbal Steeping Teas

I have developed several Chinese herbal teas that can be a substitute for other hot beverages. These are simpler and better tasting than medicinal formulas and are made by steeping. Teas may be chosen by organ, season, or symptom.

- Nourish Brain (kidneys/Winter)*
- Jade Screen (lungs/Fall)*
- Heart Opening (Summer)*
- Kidney Yin/Yang (Winter)*
- Strengthen Center (Spleen)*
- Free Flowing Liver (Spring)*
- Cold & Flu*
- Basic Cough*
- Head & Sinus Pain*

Greetings!

Winter is slowly fading as spring approaches, it's burst of new growth waiting patiently for just the right moment. I've returned from my personal retreat recharged and ready for the new season. My thanks and appreciation to Rick Detroye, L.Ac. for covering my herbal practice while I was gone.

Instead of a single featured article, this issue has several smaller bits of information, everything from herb safety to diet. I hope you find something useful here.

I am also including notice of some fee increases in my practice and herb products.

And, as usual, there are ongoing chi kung and meditation classes available.

I hope you enjoy the growth quality of spring!

Cheers!

Kyle Cline, LMT

Fees Increase April 1

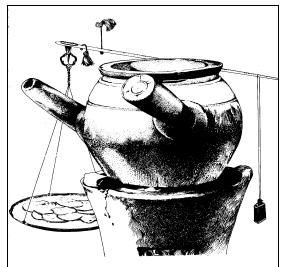


Starting 4/1/04 some of my clinic fees will be increasing:

- **Adult massage and consultations: \$60/hr.**
- **Pediatric massage: initial \$50; follow-up \$35**
- **Seven Forest Tablets: 100 tabs - \$13; 250 tabs - \$26**

Cost of granules and classes remain the same. A complete list of all of my services and fees are on the back page.

Pill Curing Update



There is news for all Pill Curing devotees. ITM is now producing a glazed tablet based on the original pill curing formula. I have found that 3 tabs are roughly equal to one vial of the original, eliminating excessive packaging and red food coloring. One small bottle of the ITM version contains the equivalent of 3 Pill Curing boxes at the same price.

Also, I will continue to stock the original Pill Curing for children who can't swallow tablets and adults who prefer the ease of dosage, especially when traveling.

Feng Shui Corner Two Short Items

First, there are so many books about feng shui it can be a challenge to select a good one. I am excited to announce a new title by one of my favorite authors: Eva Wong, A Master's Course in Feng Shui. This book is for anyone interested in more than a superficial treatment of this fascinating subject.

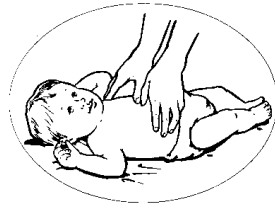
Don't let the 'Master's Course' scare you off. The book is well organized and divided into sections on practical applications of feng shui to residential and commercial sites. There are a few sections which are highly technical, but these can easily be skipped. Each chapter has many examples and there are practice samples with answers provided.

Second, I am changing how I charge for feng shui consultations to \$60/hr. with a one hour minimum. The total cost per site may be from \$60-\$240 as each site is unique and people want various suggestions from a consultation. Call for more information.



(Continued on page 2)

Chinese Pediatric Massage Books Translated



The publisher for the two books on Chinese Pediatric Massage informed me of their upcoming translation into Russian. This is in addition to previous translations into Indonesian, Czechoslovakian, and Portuguese (Brazil).

It is exciting and rewarding to see this valuable information made available to more parents around the world.

Website Discontinued

I have discontinued the www.healartspro.com website which had information on Chinese Pediatric massage books and videos as well as information on my practice and class schedule. If you or someone you know would like more information on any of these subjects please feel free to call.

Safety of Chinese Herbs & Drug Interactions



Subhuti Dharmananda, director of the Institute for Traditional Medicine and producer of Seven Forest tablets, has written extensively about Chinese herbs and their use in the U.S.

One article recently published sheds much light on the controversy surrounding safety issues with herbs and drug interactions. The article is too long to reproduce here, but can be accessed online at

itmonline.org/arts/herbdrug2.htm

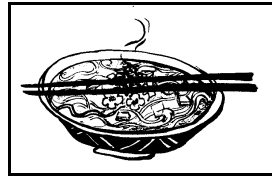
A complete index to online articles is at

itmonline.org/arts/startindex.htm.

Importance of Diet

Through Chinese medicine studies and working with clients I have come to a fuller appreciation of just how important our diet is to overall health and well being. A recent (humorous) experience brought this more clearly to my attention.

Most of you have seen my aquarium and three goldfish: Chi, Shen, & Jing. Last summer two of the original three died and I bought two replacements. Within a few days one of the new fish was aggressively chasing and biting the single original and larger fish. This continued to the point where I had to isolate the aggressive fish in another tank for several weeks.



I tried reintroducing this fish and the aggression resumed. Finally I had to isolate the attacked fish to recover from the wounds. I then returned the aggressive fish (remember these are GOLDFISH) to the store in exchange for another fish. With reintroduction of all three fish the newest fish also began attacking the original fish. When the original fish was removed, the newest one turned on the remaining fish.

This occurred over a two month period with much angst on my part. Here my peaceful little environment was reeling in aggression and violence. I seriously considered replacing all three fish or changing the aquarium to a reptile habitat.

At this point, strictly by chance, I ran out of the sinking pellet fish food I had been using for over a year. I began using a different type - floating flakes.

Within 36 hours all hostilities ceased. I am not kidding. And for five months now there hasn't been a single sign of the rampant aggression displayed before. The new fish have tripled in size. The attacked fish recovered and is thriving. I can't explain what the difference was between the two types of food, but you can bet I am still feeding with the floating flakes.

Humorous as this story is - it points to the sometimes delicate balance in our behaviors, especially in relationship to the other fish around us. It may be worth experimenting with the types of pellets and flakes in our diet to see which is more or less helpful in maintaining balance in our lives.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

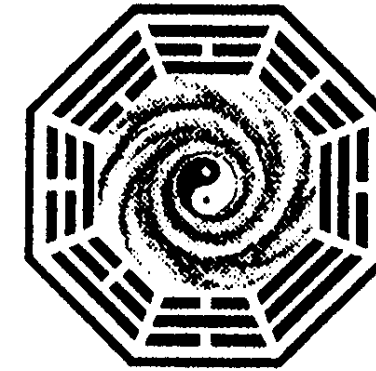
Personal Retreat Report

Taking four weeks to focus on my meditation practice has been quite an experience. It will take some time to process it all. One striking observation is how important it is to take time to let the yin aspects collect, coalesce, condense, mature. It is not something that can be rushed, pushed, or squeezed into a busy schedule. I hope to integrate bits of what I have learned in upcoming classes. See you then.

One Day Retreats Fusion; Microcosmic Orbit

Each season I plan to offer one or two one day retreats focused on Universal Tao practices. On April 17 I will offer Fusion; May 15 will be the Microcosmic Orbit. Each retreat will be from 9:30 a.m. to 5 p.m. with an hour lunch break. Please register at least one week prior to the retreat. Cost: \$60 (no review discount, but does include any other class that month!).

To attend you must have already taken the class. The purpose of these one day retreats is to go deeper into each practice and refine the skills in an extended class time. The value of these classes is not necessarily to learn something new, but to take what we already know to a deeper level. The feedback



from previous one day retreats has been very positive.

Congratulations to Kim Lew

Kim has returned from several weeks of winter retreat at Tao Garden in Chiang Mai, Thailand. Along with sunshine, blue skies, great food, and lots of work, she returned to Portland certified to teach Iron Shirt, Tai Chi, Tao Yin, and Healing Love. This is quite an accomplishment and I look forward to Kim's contributions in upcoming classes.

Weekly Meditation Group

This regular meditation time provides a chance for students to deepen their practice and integrate the wealth of material available through the Universal Tao. This is particularly for people who want to develop a sense of continuity in their daily practice. Class will meet on Thursday evenings from 7-9pm and costs \$40 per month or \$10 per evening. Call in advance.

Spring Equinox Mar. 20 Summer Solstice June 20

Mark the transitioning seasons through meditation. Basic guided meditation followed by tea: 7-9pm. (Optional quiet

UNIVERSAL TAO SPRING/SUMMER 2004 CLASS SCHEDULE

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

MARCH:

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

APRIL:

- 1 Weekly Meditation
(cont'd 8, 15, 22, 29)
- 5 **Introduction to Universal Tao**
- 5 **Microcosmic Orbit Evening Class**
(cont'd 12, 19, 26, May 3, 10, 17, 24)
- 17 **Fusion One Day Retreat**

MAY:

- 6 Weekly Meditation
(cont'd 13, 20, 27)
- 15 **Microcosmic Orbit One Day Retreat**

JUNE:

- 3 Weekly Meditation
(cont'd 10, 17, 24)
- 7 **Iron Shirt I Evening Class**
(cont'd 14, 21, 28)
- 20 **Summer Solstice Meditation**

JULY:

- 1 Weekly Meditation
(cont'd 8, 15, 22, 29)
- 5 **Healing Love Evening Class**
(cont'd 12, 19, 26)

AUGUST:

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