

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:

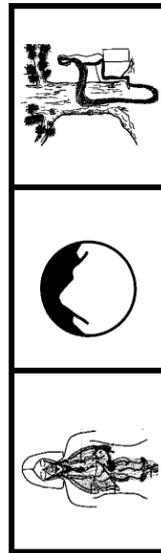
Chinese herbs may be used for a wide variety of conditions from the common cold to more chronic ailments such as headaches, PMS, and digestive difficulties. Consultation charge based on \$60/hr. plus cost of herbs.

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.

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

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 \$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

Spring-Summer, 2005



The Well



(I Ching) drawing on deep sources of nourishment

Volume 15, Issue 2

Greetings,

Spring seems to have come a bit early this year. As I write it is 65 degrees, sunny, and I've already watered the bamboo in containers twice in February! Seeds are sprouting and flowers are blooming many weeks early. The energy of spring is quite obvious all around us.

This is also the season related to the liver, when imbalances there can be tweaked by the rampant, boisterous, pushing nature of spring energy. Even though the calendar says winter, spring energy abounds and it is useful to care for our livers accordingly.

Sometimes liver imbalances can adversely affect the spleen function. The lead article in this issue describes the spleen-pancreas-earth qualities as they relate to nourishment.

The Universal Tao page has descriptions of upcoming chi kung and meditation classes from spring through summer. Please note there will be two one-day retreats this season: Chi Nei Tsang and Tai Chi. I've also included a brief report on my recent retreat.

THANK YOU!!!!

A special Thank You to Rick Detroye, L.Ac., for covering my herbal practice during February. I truly appreciate the support I receive from everyone which enables me to do these retreats each year.

Happy Spring!

Cheers!
Kyle Cline, LMT



exploring

Chinese Medicine

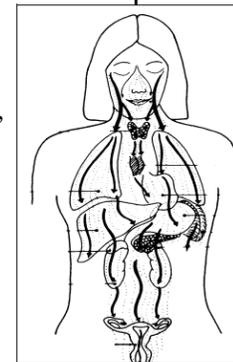
Many Westerners find the energetic concepts of Chinese medicine to be confusing, unfathomable, or even mystifying. This seems understandable given the differences between our two cultures. However, I believe it

doesn't have to be that way. I have spent most of my adult life traveling, exploring, studying and generally immersing myself in the large ocean of Chinese energetics. With these experience and my western cultural roots I hope I can sometimes act as translator, interpreter, or field guide. That is, I try to explain some foreign sounding ideas in ways that are easier for Westerners to understand. I think this is important on many levels – cross cultural understanding; decreasing us vs. them; etc. But, more to the point, we can learn and access useful information on maintaining health and limiting dis-ease. So, occasionally in these brief articles, I will present some of the Chinese energetic information that may be of benefit to you – as it has to me.

Organ Energy

In Chinese medicine the internal organs are the foundation of all energetic functions, as well as the physical functions as described by Western medicine. For example, the lungs physical function is to bring fresh oxygen into the body and release toxic waste products. Chinese medicine recognizes this, but also adds a broader, more general energetic function to the lungs: let things come, let things go. This is easy to understand with breathing as an example; let things come – inhale, let things go – exhale. There are also many other aspects of letting come/letting go in our lives: money, relationships, love, jobs, etc. When it comes to the *energy* of letting any or all of these actions happen, it falls in the domain of the lungs. Consequently, if we are struggling with some aspect of this energetic letting come/letting go, regardless of the details, focusing therapy, healing, herbs, etc. on the lungs may be helpful.

(Continued on page 2)



This broader action of organ energetic action may be the largest obstacle for Western minds approaching Chinese medicine. In this, and future articles, I hope to present energetic information on specific organs which will help clarify the sometimes confusing landscape and terminology of Chinese medicine. The focus of this article is the spleen.

There is nothing which heaven does not cover and nothing which earth does not sustain.

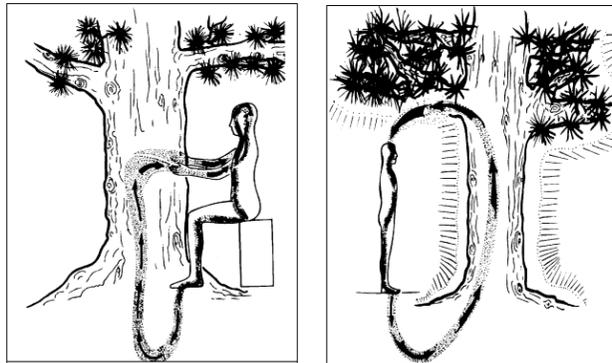
Chuan Tzu 369-286 B.C.

it. The quality of the soil determines the stability of a tree's roots. Energetically the body, mind, spirit balance is dependent on the quality of our spleen-earth function.

Just as there are many levels to nourish ourselves,

there are many ways to support the spleen-earth energy in the body. In my work I focus on nourishing spleen-earth energy through touch (bodywork), plants (Chinese herbs), and internal energy development (meditation). These are services I offer, but you aren't limited to these. Any activity that helps you connect with the earth and feel nourished is perfect spleen support. Sometimes it takes some experimenting to find what works, but the benefits are well worthwhile.

I find that physical contact with earth, soil, and rocks to be very helpful. I enjoy gardening mostly for the chance to dig in the dirt. Even in my very urban-industrial neighborhood, I 'play in the dirt' in deck containers and in the few square feet of ground outside my building.



Trees are a wonderful way to connect with deeper sources of earth energy. Sitting or standing next to a large tree with deep roots can be a simple way to access the grounded, earth quality. Simply use your breath to follow the tree roots and create a circular flow of energy between earth, tree, and yourself.

Spleen energy is about nourishment. And there is more to nourishment than food. Understanding some of the Chinese energetic concept of spleen and earth may provide us with ways to more thoroughly nourish body, mind, and spirit.

Spleen & Nourishment

Whenever the term 'spleen' is used in Chinese medicine it also inherently includes the pancreas. While structurally they are separate organs, they are right next to each other. The early Chinese did little dissection and considered their functions combined.

The key energetic function associated with the spleen is nourishment. The most obvious aspect of nourishment is through food. The spleen is energetically responsible for the entire process of transforming food into usable nutrients and energy to support the entire body, mind, and spirit. The stomach, large and small intestines each play a role in this nourishment process as well. However, their function, while important, is focused on *transporting* or moving food through the body. The spleen is responsible for *transforming*, overseeing, coordinating, and supplying the energy for the entire digestive and eliminative process.

Consequently, any issues relating to digestion, assimilation, absorption, nutrition, elimination may be addressed by focus on spleen energy.

Food is not the only way we nourish ourselves. There are many aspects of our lives which provide nourishment as important as food: relationships, nature, love, family, work, play, music, gardening, art, earth. All of these and more are important nurturing aspects; however, each aspect may not be equally nourishing to every person. Gardening may be one person's passion while for another it is mere drudgery. The same way we each need to find our own optimal diet – the right combination of foods, which physically nourish us – we also need to find those other aspects of our lives which nourish us body, mind, and spirit.

The spleen is associated with earth within the five element theory. Earth is the soil that feeds us. It is the literal ground, which provides a sense of time and space.



Earth provides stability from which we can move, grow, live. Earth cradles and nurtures the life that depends on

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Personal Retreat Report

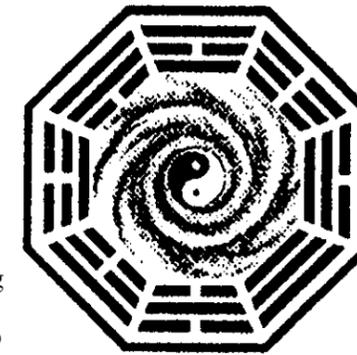
I feel very fortunate to be able to take time for a one-month meditation retreat. I truly appreciate this opportunity and am grateful for all the people who support me as I follow this meditation path. As I slowly shift from that 'retreat inner space' back to 'the world,' I'd like to share some of my insights.

One aspect that seems critical in the deeper meditation process is the ability and willingness to slow down. The speed of the current world mode is so fast it precludes awareness of the subtleties of the inner world. Once I feel myself beginning to slow down, my ability to stay present and focus awareness expands. If I were to describe the essence of my retreat experience, it would be these two aspects: slow down, stay present and aware. Frequently we seem to make this process too complicated.

One aspect I noticed was how my internal work this year is a very obvious continuation of last year's retreat. I'm realizing more clearly how this is a continuous, though not necessarily linear, process. A very big lesson this year is learning and re-learning that my plans, schedules, etc. are not necessarily the final word. What I had been planning before the retreat is not how it happened.

Once I let go of how I *thought* it *should* be, I could flow more easily with how it was. This is a good experience in the essence of following a Taoist path.

Through class, treatment, and herbs I hope to encourage and support anyone interested in exploring this meditation path themselves.



One-Day Retreats Chi Nei Tsang: April 30 Fusion: May 21

The purpose of these classes is to review previously learned techniques and refine skills in a full day format. Unlike many

other subjects taught in schools, the meditation and chi kung skills require taking basic information to deeper levels. I am continually amazed at how this natural process evolves and guides me to 'new' areas of my mind, body, and spirit. The one-day retreat provides a supportive context to do this deeper exploration.

Please register at least one week in advance. Cost: \$60.

UNIVERSAL TAO SPRING-SUMMER 2005 CLASS SCHEDULE

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

MARCH:

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

APRIL:

- 4 Introduction to Universal Tao
- 4 Microcosmic Orbit Evening Class
(cont'd 11, 18, 25, May 2, 9, 16, 23)
- 7 Weekly Meditation
(cont'd 14, 21, 28)
- 30 Chi Nei Tsang One-Day Retreat

MAY:

- 5 Weekly Meditation
(cont'd 12, 19, 26)
- 21 Fusion One-Day Retreat

JUNE:

- 2 Weekly Meditation
(cont'd 9, 16, 23, 30)
- 6 Iron Shirt I Evening Class
(cont'd 13, 20, 27)
- 21 Summer Solstice Meditation

JULY:

- 7 Weekly Meditation
(cont'd 14, 21, 28)
- 11 Healing Love Evening Class
(cont'd 18, 25, Aug. 1)

AUGUST:

- 4 Weekly Meditation
(cont'd 11, 18, 25)
- 8 Tai Chi I Evening Class
(cont'd 15, 22, 29)