



The Well



(I Ching) drawing on deep sources of nourishment

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: \$100.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$70

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: \$70

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$70

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: \$70

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: \$70

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: \$350.

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 \$70. 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 \$55 first visit, \$40 for follow ups). Jin Shin Do Acupressure utilizes finger pressure instead of acupuncture needles on points all over the body.

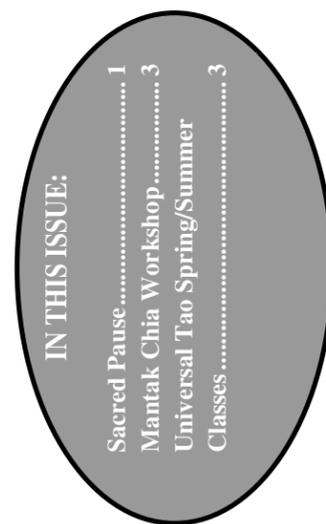
Chinese Herbology:

Chinese herbs 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 \$70/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: \$70/hr. \$140-280 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 \$70/hr.

Kyle Cline, LMT – 1882
2229 NW Savier #3
Portland, OR 97210
503-222-1416



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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 \$30. Personal consultation based on \$70/hr.

Clinic Information:

Appointment Days: Tuesday, Wednesday, Friday, Saturday.

Phone Calls: Easiest to reach me directly and most messages returned between 12:15 - 2pm.

Cancellation Policy: More than 24hrs. -no charge; less than 24 hrs.- 50%; no notification (no show) 100%.

Greetings,

I'm returning from my personal retreat, thankful for the opportunity to pause, reflect, and relax. The theme this year was meditate and then write about meditation, then meditate some more. Given space and time this developed into a very nice rhythm, difficult to distinguish where the meditation stopped and the writing began. It became writing from a meditative place, which is a little different than my college trained writing brain.

The subject is the process of doing Taoist meditation in a Western culture. Instead of techniques and theory, this is about the challenge of practicing a very Asian philosophy in a very western culture. The working title is 'An American Yankee in Lao Tzu's Court,' with due apologies to Mark Twain.

I extend a huge **THANK YOU** to **Rick DeTroye, L.Ac.**, for covering my herbal practice during this retreat. I truly appreciate his caring ways. This year I also referred many people for bodywork to **Barbara Plichta, Scott Johnson, and Daniel Espiritu**. I can relax more fully knowing clients have access to such great care from high quality practitioners. Thank you all.

Parking Update – The condo construction is complete and on street parking congestion seems to have eased. The off street parking at the vacant Aronson-Campbell building is now posted 'No Parking.'

Koi Adoption – Jing (the koi) is getting a little too big for the aquarium. He would dearly love a nice little pond where he can jump to his heart's content without smacking into a plastic cover. He's five years old, six inches long and very healthy (he meditates a lot!).

The feature article is on the Sacred Pause. Mantak Chia will be in Portland for Summer Solstice. There is a full meditation class schedule through summer.

Appreciation and Gratitude

Silent sitting

Bulbs bloom in their natural way.

Cheers!

Kyle Cline, LMT

Sacred Pause

Pauses are important. I just finished a four-week pause for personal retreat. Purposefully taking myself out of the constant stream of busyness has become a regular and welcome part of my yearly schedule. This pause gives me the opportunity to suspend activity, stop moving toward a goal. And then, something almost magical happens – presence in the moment, attentiveness, and stillness.

The fast pace of modern life isn't always conducive to the pause. Yet, that may be all the more reason to cultivate skillful pausing; to give an opportunity, a chance to breathe, and reconnect with the moment and ourselves.



From the dictionary: pause – to cease action temporarily; to dwell or linger, rest; a momentary cessation in music for the sake of meaning or expression.

I like the definition of a pause in music for the sake of meaning. Action, especially continuous action without a pause, does not give us a chance to feel, find, understand the meaning associated with the action. It is the pause, or the rest, the temporary stop, which helps illuminate the action both before and after. This is as true in our daily lives as it is in music.

The example of my personal retreat is a pause on a large, yearly scale. A pause can also be an instant, an hour, or a day. A pause may occur in the midst of a conversation or while writing an email. It may occur at work, at home, in nature or stuck in traffic. During a pause, we simply discontinue whatever we are doing and focus on being. You might try it now. Take a moment to stop reading, sit and do 'no thing.' Simply notice your current experience. I'll even leave a space here as encouragement.

A pause is limited, and then we return to doing. How we are as we return to doing may shift. Which leaves an

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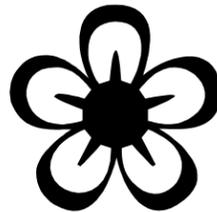
opening for how or what we 'do' next to also shift. Our approach may change from a limited time of 'not doing' – a pause.

The moment of a pause gives us an opportunity to experience what is going on underneath the story or our current doing. I may be driving a carload of children to soccer practice, but there might be another experience underneath that story. Without time to pause, following the daily habits of our life, we begin to identify our self as our doing. 'I am a parent/driver/chauffer of future soccer stars.' However, almost inevitably, there come moments in our lives when defining our self as our 'doing' is unsatisfying. It may be subtle, a little tickle or itch, hardly identifiable.. Or it may come crashing down on us like a truckload of bricks. These are times when a judicious pause gives us the opportunity to feel more of our self beyond the current 'doing' story.

Pausing takes practice, again and again. It is a skill like any other. The more we practice in many different situations, the better skill and benefits are available. Sometimes we pause spontaneously – walking, showering, driving, in the moments before sleep. We may also purposefully pause – after a phone conversation, reading a letter, when the garden weeding is done (finally!). I believe pauses are essential for body, mind, spirit, balance and health. Without conscious pausing, our body or mind, or spirit may demand a pause. This might occur as lying sick in bed with a cold; an injury that forces us to stop; or an emotional episode that eclipses everything else in our lives. If approached with attention and compassion, these pauses can point us toward a healthier life in better balance. Unfortunately, all too often, we can also ignore the body's request for a pause, or approach it as an irritating inconvenience to be fixed so we may return to our 'doing.'

When does a pause become sacred?

When it illuminates our experience, bringing meaning, clarity and freshness. The stillness of a pause, like the stillness of a pool of water, can reflect the genuine, whole, true nature of our selves and our lives.



During a pause we are paying attention and making room for the experiences of life, constantly flowing through and habitually overlooked through 'doing.' Reconnecting with just this moment, gives us a chance to let go of the doing and feel fully the being of human being.

Pause Awareness

We can bring more awareness to the pauses in our lives in many ways.

First, without changing anything, try noticing when you naturally pause during your daily activities. Notice the timing, length, and context of these natural pauses. What encourages or discourages these natural moments?

Second, try to create a conscious pause. Find a time during a goal-oriented activity – reading, computer work, cleaning, eating – and explore pausing for a moment or two.

You may begin by discontinuing the activity and be motionless – sitting or standing. Allow your eyes to relax and close. Take a few deep breaths and with each exhale let go of any perceived tension in body or mind. Especially let go of thoughts about what you are going to do next.

- **As the internal environment quiets and clears, what do you notice?**
- **What sensations arise from your body or mind?**
- **What do you feel, hear, and see as you pause?**
- **In just this moment, what is your experience?**

You may weave a pause into your life in whatever way appeals to you. Make it fit your schedule and interest. Experiment by choosing different times and activities. Each time, just notice the experience and also any changes as you return to activity.



Inspiration from *Radical Acceptance* by Tara Brach

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Mantak Chia Portland Workshop June 22-24, 2007

Spend Summer Solstice weekend meditating with a Taoist master. As a part of his North American tour, Mantak Chia will be in Portland offering the foundation practices of the Universal Tao. Whether as a first experience or a review, here is a great opportunity to meet and meditate with him without having to travel far, like Thailand. Chia is a dedicated teacher of the Taoist path of chi kung and meditation and an inspiration for our own practice.

Friday evening 6:30-10pm: Introductory Lecture; Saturday and Sunday 9:30am-5:30pm : Inner Smile, Healing Sounds, Microcosmic Orbit, Iron Shirt, and Healing Love. Fri. \$50 (\$35 prepaid); Sat./Sun. \$295 (250 prepaid). Location: Ambridge Event Center: 300 NE Multnomah. Contact Jon Weston 503-794-2717 for details and registration.



One-Day Retreats Chi Nei Tsang: April 7 Fusion May 19

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, 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: \$70.

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.

UNIVERSAL TAO SPRING/SUMMER 2007 CLASS SCHEDULE

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

MARCH:

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

APRIL:

- 2 **Introduction to Universal Tao Microcosmic Orbit** Evening Class (cont'd 9, 16, 23, 30 May 7, 14, 21)
- 5 Weekly Meditation (cont'd 12, 19, 26)
- 7 **Chi Nei Tsang** One-Day Retreat

MAY:

- 3 Weekly Meditation (cont'd 10, 17, 24, 31)
- 19 **Fusion** One-Day Retreat

JUNE:

- 4 **Iron Shirt I** Evening Class (cont'd 11, 18, 25)
- 7 Weekly Meditation (cont'd 14, 21, 28)
- 21 Summer Solstice Meditation
- 22-24 **Mantak Chia Weekend Workshop**

JULY:

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

AUGUST:

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