

## 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: \$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 \$70/hr.

Kyle Cline, LMT – 1882  
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If you would like to be removed from this mailing list, please call or clip and return mailing label.

### 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%.

Spring/Summer, 2008



# The Well



(I Ching) drawing on deep sources of nourishment

Volume 18, Issue 2

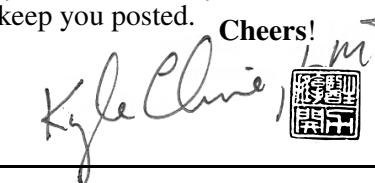
### Greetings ~

Ah... Springtime! I've just emerged from my retreat, feeling somewhat like a bear on first appearance from hibernation's den. Re-entering the world after retreat is always such an interesting process! This year I focused on a meditation-writing-tai chi-meditation-writing process. It's hard to know where one ends and the next begins. Great strides were made in the eventual appearance of *An American Yankee Lao Tzu's Court: exploring Taoist practices in a Western culture*. One more round of editing will produce a draft ready for other people's feedback. And the tai chi and sword form..ah!

I extend a huge **THANK YOU** to **Rick DeTroye**, L.Ac., and **Barbara Plichta**,LMT. It's easier to do retreat when my clients have such great care from these high quality practitioners. Thank you!

**New Neighbor!** I have a new neighbor, **Jeannie Greene Designs**, right behind my building at 2234 NW Thurman. She brings a sculptor's background to flower design. This is not a typical florist-this is art! Look for 1st Thurs. events or stop by Wed.-Sat. ([www.jenniegredenedesigns.com](http://www.jenniegredenedesigns.com))

**Upcoming Changes?** During February my building was sold. I've yet to hear from the new owner, but there may be some changes. I may need to raise my rates and/or look for a new location. I'll keep you posted. **Cheers!**

  
Kyle Cline LMT  


### Radical Acceptance Book Discussion

We've had three meetings so far and each has been a wonderful opportunity to explore this amazing book and process. It is inspiring to hear each person's perspective and experiences. Please join us for another lovely afternoon, radically accepting whatever arises:

**Sunday, Mar. 16, 2008 3-5pm**

Please call by Mar. 9 to RSVP. No \$. Bring ideas, questions, and discussion topics that most interest you! I hope to do a monthly gathering, continuing in April, May and June, dates to be announced. Call for details!

### Listening to the Common Cold

I think about the common cold a lot. A large part of my winter herbal practice revolves around cold symptoms, complications (sinus infections, coughs, bronchitis, pneumonia, fatigue), recovery and strengthening afterward. There is so much to learn from something referred to as 'common.' Now as we are, hopefully, moving out of another cold/flu season, it might be useful to explore the lessons of this year's experiences.



I feel like I have a front row seat to observe how we typically deal with colds. I most notice that we have a shared conditioned behavior that becomes an automatic reaction whenever cold symptoms arise. It seems that one part of this conditioning is determined by the parameters of Western medicine, which has been the dominant medical approach during our lifetimes.

It seems the general approach for the common cold is: wait until the symptoms are bad enough to accept the risks and side effects of medications, for example, antibiotics. A common cold must develop into a much worse case of bacterial infection (sinus, lungs) before using antibiotics. This is the first option on the medication menu.

Over our lifetime, and for generations, we've been conditioned to not pay attention to or do anything about mild symptoms. Within the parameters of antibiotic use this makes sense. However, this conditioned approach makes less sense, (and actually can impede the natural healing process) with the realization there are other ways to treat the common cold. (This is not just about Chinese herbs, but can be used with Western herbs (elderberry), tinctures, homeopathics (airborne), etc.)

The most difficult thing I find in my herbal practice regarding the common cold is not deciding which herbs or formula to use. The most difficult aspect is getting people

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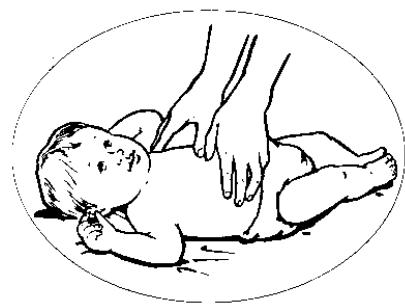
# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

to recognize a deeply conditioned behavior and try a different approach. Most of what I do is education or reminding. This becomes clearer when we recognize that there are many other approaches to choose from that involve awareness of symptoms at earlier times and less invasive early treatment with fewer side effects.

Clients new to the Chinese herbal approach to colds frequently call 6-7 days into a major cold or flu. By this time their symptoms already are very strong. Herbs are much more effective when they are taken earlier in the cold's development.

Stepping out of our conditioned behavior/approach toward ourselves when we have a cold requires patience. It also requires increasing our awareness of the cold process. In meditation circles this is frequently called mindfulness. We become more mindful of the subtleties of the cold process. We began to notice earlier symptoms - a scratchy throat, feeling rundown, sniffles. These signs, messages from our body asking for attention and care, were previously ignored or noted, but not attended to. Within the old conditioned pattern these signs weren't 'bad enough' to warrant Western medical intervention.



With a different approach, for example: using Chinese herbs, these earlier signs and symptoms are noted (mindfulness), listened to, attended to and cared for by starting herbs, resting, making sure we eat well and get enough sleep. I'm fond of calling this whole process an 'approach.' As in: What is my approach to this common cold? Or, How am I relating to this cold?

The old approach and conditioned behavior was heavily influenced by the available Western medical treatment. A different approach becomes possible when we recognize and learn about different ways to treat and care for a cold.

A variation on this theme is what I call 'substitution.' The strength of our conditioning becomes more apparent when we retain remnants of the old approach (wait until symptoms get bad enough) and just substitute herbs for antibiotics. Then, not surprisingly, the herbs 'are not effective.' This happens frequently. People use a different technique (treatment, therapy, ingredient) without changing the overall approach. Without being aware, we then conclude - the herbs didn't work. When in fact, it is the approach that didn't work.

Another level of our conditioning goes even deeper. Just the phrase 'care for the common cold' immediately conjures up a product: medication, injection, tea, and tablet. All are products; something we buy, take, ingest. If we were to explore the depth of this conditioning, we might find layers of always looking for a fix, solution or cure from something out of a bottle. Even if we substitute ingredients (herbs for pharmaceuticals) there is a

strong conditioning to take something, buy a product, consume.

What if, just for a moment, we entertain the notion that the 'cure' for the common cold wasn't a product or treatment, but an approach? What if we allowed an option of approaching common cold symptoms from a different perspective, a different angle? What would that look like? As I explore these questions, I come up with a whole list of useful things in combination with an herbal tablet, like...rest.

I believe one of the most natural responses to having a cold is to rest. But, the requests I get from most people, sometimes unspoken, is: Give me some herbs for a cold so I can keep on going, working, mothering, etc. When I suggest rest in addition to herbs, a frequent reply is: I don't have time for that! It's an interesting way to relate to our body and ourselves. I don't have time to rest.

When we take into account our schedule, work, family, finances, bills, mortgages - it seems like we can't make time to rest. But...try this approach. What would your response be to a young child with a cold who insisted on going to school, playing outside in the cold and wet and maintaining their usual hectic schedule of classes and activities?

Interestingly, we don't even have to think about it. The response is very clear: rest and stay inside, skip school. It's a very natural response. But, for some reason, what we easily and naturally apply to a child in the same situation, we have great difficulty justifying for ourselves.

This is a technique I've learned in caring for others and myself. It is pretty simple. If a young child came to me with this \_\_\_\_\_ (fill in the blank), how would I respond? And then I know how to proceed. This requires paying attention, awareness, mindfulness. Is there a natural way to move through the damp and cold Pacific Northwest winter and relate to colds in a balanced way?

Colds happen. Any approach that has as a goal 'never getting a cold' is flawed from the outset. Common colds are how our immune systems strengthen and adapt. Without the regular challenges of cold viruses, we could easily die from the simplest viral exposure.

Given that colds happen, is there a way to support the body and immune system without being in bed for a week or two or three and another month to recover?

Learning how to recognize our conditioned behavior and resulting approach to the common cold can be applied elsewhere in our lives. Using the skill of mindfulness and exploring our approach may lead us to relate to our body, mind and spirit in more supportive and natural ways. Even with the common cold.

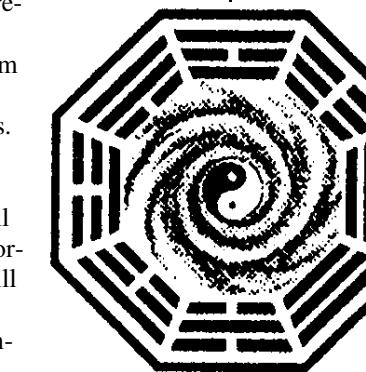
## Please Note:

The first evening class for the Microcosmic Orbit is on Monday, March 31. This allows us eight Monday evenings before the Memorial Day Holiday.

## Mantak Chia Portland Workshops 5/23-27

Master Chia has finalized his teaching schedule, which will include two workshops in Portland:

- **Intro. Lecture:** Fri., 6:30-9:30pm \$50 (pre-reg.: \$35)
- **Basic Practices:** Sat./Sun. 9:30am-5:30pm \$350 (pre-reg.: \$295) Includes Fri. eve.
- **Fusion of the Five Elements:** Mon./Tues. 9:30am-5:30pm \$295 (pre-reg.: \$250)
- All five days: \$595 (pre-reg.: \$495)
- **Pre-registration** required by 5/1/08. Call Jon Weston (503) 794-2717 for more information and to register. All workshops will be held at the Ambridge Event Center, MLK and Multnomah, next to the convention center.



The basic practices workshop includes: Six Healing Sounds, Microcosmic Orbit, Iron Shirt Chi Kung I & Healing Love. Fusion is for anyone who takes the basics workshop or has taken it from me or any other instructor.

These workshops are a wonderful opportunity to learn and review these important foundation practices with Master Chia. I have attended and taught these classes many times and learn something useful each time. Also, keep in mind people who might be interested in attending. Word-of-mouth is the best form of advertising for these events.

**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.

## Spring Equinox Meditation Mar. 20, 7-9 pm Summer Solstice Meditation June 19, 7-9 pm

The equinox and solstice gives us an opportunity to stay connected with the energetic cyclical changes of the seasons. This is a wonderful time to get together as a group, meditate and feel the energetic shifts that happen with the seasonal changes. It is a simple way to align our body, mind and spirit with the transformational changes occurring in nature.

## UNIVERSAL TAO SPRING/SUMMER 2008 CLASS SCHEDULE

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

### MARCH:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 3 **Tai Chi Chi Kung I** (cont'd 10, 17, 24)
- 20 Spring Equinox Meditation
- 31 **Microcosmic Orbit Evening Class** (cont'd Apr. 7, 14, 21, 28 May 5, 12, 19)

### APRIL:

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

### MAY:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 23-25 **Mantak Chia Basics Workshop**
- 26-27 **Mantak Chia Fusion Workshop**

### JUNE:

- 2 Iron Shirt I Evening Class (cont'd 9, 16, 23)
- 5 Weekly Meditation (cont'd 12, 19, 26)
- 14 **One Day Retreat: Tai Chi Chi Kung**
- 19 Summer Solstice Meditation

### JULY:

- 3 Weekly Meditation (cont'd 10, 17, 24)
- 7 **Healing Love Evening Class** (cont'd 14, 21, 28)

### AUGUST:

- 4 **Tai Chi I Evening Class** (cont'd 11, 18, 25)
- 7 Weekly Meditation (cont'd 14, 21, 28)