

## 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: \$75

**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: \$75

**Tao Yin** is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$75

**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: \$75

**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: \$75

**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.

## Clinic Services

### Oriental Bodywork:

I practice several different styles, each of which has a particular focus or usage. Appointments are 75 mins. and cost \$75. 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.

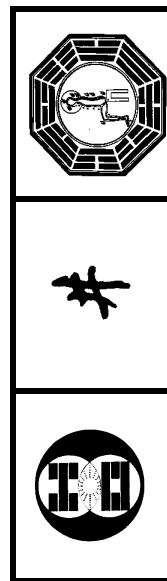
### Chinese Herbology:

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 \$75/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 \$75/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 \$30. Personal consultation based on \$75/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%.

Spring/Summer, 2009



# The Well



(I Ching) drawing on deep sources of nourishment

Volume 19, Issue 2

## Spring Greetings ~

Ah, yes... Spring does arrive. During the depth of winter, one begins to wonder... but then those strong green daffodil leaves appear and later start their early yellow blooms. Thank you daffodils! The theme of this issue is appreciation and gratitude.

Since the last newsletter things have been a little intense here on Savier Street. The feature article explores some of life's twists and turns. I'm also still actively looking for a place to buy or rent when my current lease expires in April. **Big thank-yous** to everyone who suggested a place and gave much-needed support and encouragement with the current market.

Another round of thank-yous to everyone who reviewed the rough draft of *An American Yankee in Lao Tzu's Court*: Prudence, Joan, Marilyn, Craig, Scott, Vasiliki, Laura, Marjorie, Debbie, Chi-Ann, Melinda, Kim and Gina. I'm currently in the process of integrating their much appreciated feedback through one more (possibly final) edit. Each re-write, this one makes six, gets closer. I've also been learning how to hand-bind books. I'm considering an initial limited author's hand-bound edition (hand bound by the author, that is). It's great fun, creative and you'll probably see a future article on *Bookbinding as Meditation*.

One more thank you to **Rick DeTroye**, licensed acupuncturist, for covering my practice during my retreat. I couldn't do this without him. I realize this is about the 10th year for these retreats - each one has been very different. The first five involved traveling to Tao Garden in Thailand. The last few, were more personal retreats in my own space. Some have been warm and sunny, some dark, some silent, some writing. This year's had some of all plus grieving and lots of time to sit, listen, find presence and heal.

A final thank you to everyone who supports and allows me this spacious time to do/be what is most needed. It all goes around.

Cheers!

Kyle Cline, LMT



## Keep Up the Good Work

My father and I were never very close.  
Or, if we were, I don't remember.

I would like to think sometime in those first few days, weeks, months or years, those times unsaved by memory's selective process, we were close. That he knew me as his son, and I my father. The memory is not there, hope is.

Between those hoped-for first years and now, there was not much, mainly me trying, desperately, to be seen, heard or understood - unfulfilled.

Now at 84, he inhabits a world of one and maybe not even that.

He doesn't recognize any of his sons or grandsons, doesn't remember his father or mother, doesn't remember details of his life.

During a week of daily visits he never knew who I was. He tolerated, barely, the stranger who sat with him.

At every meal he is confused, looking around the table to mimic how others use a spoon.

He is well cared for and safe.  
For this I am glad.

During daily visits we replayed the same conversation, the same four sentences.

*What's that?*

It's a bird.

*That's fast...*

It's a car.

Continued on next pg.

**I went to New York...**

Yes, during the war.

**That was fun...**

**What's that?**

It's a bird.

After a few days of this I settled into the routine.

And found myself.

And found my father.

I spent decades learning how to quiet my mind,

let go of thinking, just be present.

During this time my father gradually lost his mind.

Finally, we were able to meet on some common ground.

My father, with the mind of a two year old,

and I, quieting mine.

It's the closest I ever felt to my father,

or at least that I remember.

That visit was remarkable. I

felt elated,

not that he had lost his mind,

but that I had found my father.

On the last day preparing to leave,

I intuitively knew this was goodbye.

I might see his physical body again before he dies

but I knew he would never be present

any more than he was now.

Sadness and grief welled,

spilled over through these eyes that have rarely cried.

I held his hand, grieving the loss of his mind,

the future loss of his body.

Rejoicing that I had found my father.

He looked bewildered,

Why is this stranger crying?

I turned, three steps to the door

while opening it heard him say

**Keep up the good work.**

Words I waited a lifetime to hear.

My father, Jim Cline, died over Thanksgiving weekend. I wrote this poem four years ago after seeing him when he first moved into a nursing home. Over those four years he didn't have any medical problems other than the gradual deterioration of his mind from dementia. A friend commented, once the mind goes, the body gets very healthy. Curious.

Because of the continual erosion of his quality of life, a few years ago I began to wish, pray and meditate for his relief from suffering by dying. It seemed the kindest option. Last fall, several infections looked like possible pathways to this release, but a hospital's cure at any cost approach and three rounds of antibiotics delayed the inevitable. By the time he died under the gentle care of hospice, he could not form or understand words, swallow, get out of bed or respond to anyone or anything in any obvious way.

As it became clear his time was near, I felt a growing sense of relief, mainly for him. And then, when my

brother called to say he had peacefully quit breathing - a large internal tidal wave surfaced: oh, no - don't go. Curious.

At the graveside, three sons and three grandsons carried his casket to a large hole in the ground, next to my mother's grave, who

died almost exactly 40 years previously. A Marine Corps color guard honored my father's service to our country, in 20° weather and a 30 mph north wind. Snow flurries whirled. It was very powerful in many ways and I cried a lot. As one of the Marines said afterward, we wouldn't be here today if not for what he did many years ago. So true - on many levels. My brothers and I are now the eldest generation. **Very curious.**

After the funeral I asked my brother and his wife if they had heard my father use the phrase 'Keep up the good work,' as some automatic, routine, well-worn and habitual response to people. They hadn't heard him say it once. Somehow, from the deep haze and confusion of dementia, for a brief moment my father showed up to give a gift I didn't know was needed. You'll be hearing this phrase from me often.

A longtime friend and tai chi partner, Mary Jo Luce, died a few weeks ago from ALS. A newer meditation and writing ally, Melinda Glenn, is **very** slowly recovering from four brain surgeries in December.

Keep up the good work.

*I do not know if any of us can really "handle" sudden or lingering death, or if we need to be able to do so. Death has its own unfathomable wake. We know nothing about it.*

— Toni Packer, *The Light of Discovery*, p.35.

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Mantak Chia Workshops May 22-26, 2009

We are fortunate to have another opportunity to meditate with Mantak Chia in Portland. There will be two workshops: Basic Practices, and Healing Love. Like last year, this is Memorial Day weekend. If you don't have travel plans, this would be a great way to spend the holiday weekend! **Pre-registration deadline is April 1.**

**Friday Lecture** (Introduction to the Tao & Cosmic Inner Smile) from 6:30pm to 9:30pm May 22 for \$35.00. Pre-Registration or \$50.00 at the door.

**Sat./Sun. Workshop** (Six Healing Sounds, Microcosmic Orbit & Iron Shirt Chi Kung I) from 9:30am to 5:30pm May 23 & 24 for \$295.00 Pre-Registration Cost (Includes Fri.Night) or \$350.00 at the Door Sat. morning.

**Mon./Tues. Workshop** (Healing Love) from 9:30am to 5:30pm May 25 & 26, for \$295.00 Pre-Registration Cost or \$350.00 at the Door Mon. morning.

**All 5 days for \$495.00 Pre-Registration** or

\$595.00 at the Door Fri. evening.

Jon Weston will again be organizing these workshops. He can be reached at 503-794-2717.



## Microcosmic Orbit

Another introductory chi kung/meditation class will start **Monday, March 30** and continue for eight weeks into May. What I've experienced in the last few months makes me **very** appreciative of the skills I've learned through these basic practices: Six Healing Sounds, Inner Smile, and Microcosmic Orbit. Without these steady and reliable friends, I'm confident I would be struggling much, much more.

Given the intensity of the times - politics, economics, living and dying - I know of no better support than to find some form of self-care and healing practice for ourselves. It doesn't much matter the details of **what** it is, just that we show up and do it/be it regularly. If you're interested in a Taoist approach, this class is a good introduction. If you've taken it before and want to review and find somewhere to strengthen your practice, this is a good place. If you know someone who is interested, feel free to have them call me.

## UNIVERSAL TAO SPRING/SUMMER 2009 CLASS SCHEDULE

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

### MARCH:

- 2 **Tai Chi Chi Kung I** (cont'd 9, 16, 23)
- 5 Weekly Meditation (cont'd 12, 19, 26)
- 19 Spring Equinox Meditation
- 30 **Microcosmic Orbit** Evening Class (cont'd Apr.6, 13, 20, 27 May 4, 11, 18)

### APRIL:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)

### MAY:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 22-24 **Mantak Chia Basics Workshop**
- 25-26 **Mantak Chia Healing Love Workshop**

### JUNE:

- 1 **Iron Shirt I Evening Class** (cont'd 8, 15, 22)
- 4 Weekly Meditation (cont'd 11, 18, 25)
- 21 Summer Solstice Meditation

### JULY:

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

### AUGUST:

- 3 **Tai Chi I Evening Class** (cont'd 10, 17, 24)
- 6 Weekly Meditation