

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: \$80

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: \$80

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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: \$80

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: \$80

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.



Goldfish Jing on his first winter retreat outdoors

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Clinic Services

Oriental Bodywork:

I practice several different styles; each has a particular focus or usage. Appointments are 75 mins. and cost \$80. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful for infants and children. (Pediatric appointments are \$60 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 are 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 \$80/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 \$80/hr.

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 \$80/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%.

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Spring/Summer, 2010



The Well



(I Ching) drawing on deep sources of nourishment

Volume 20, Issue 2

Greetings ~

Spring is upon us. A full week of February sunshine and the plants and trees are taking full advantage to bloom somewhat early. They remind us of the powerful transformation that occurs this time of year as we transition from the quiet stillness of winter to the sprouting, bursting-forth of spring. Internally, this spring energy is similar to the function of the liver and the same powerful transformation process influences body, mind and spirit. It's a good time to listen and attend to our liver chi.

A Big Thank You...

to Andrea Fisk for covering my herbal practice, allowing me the time and space to focus solely on retreat. It's so much easier knowing my clients are well cared for by such a kind and caring practitioner like her. Andrea is available for acupuncture treatments and her office is on SE McGloughlin south of Powell.

Sometimes people inquire about this personal retreat stuff. What do I do? What is it about? The feature article tries to start the conversation.

Mantak Chia will be visiting Portland again in May for two workshops. I'm offering a Fusion review session in April for preparation. Details on page 3.

*Again, the season of Spring has come
and a spring-source rises under everything
a moon sliding from the shadows.*

- Rumi

Cheers!

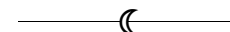
Kyle Cline, LMT

musings on **Retreat**

There is a natural way of retreat. Similar to, but not quite vacation, sabbatical or time off. When allowed there appears a rhythm, subtle - easily missed in a busy or over-scheduled life. Rhythm... ebb and flow.

The dedicated time and space of retreat allows an opportunity to see, feel, and listen to this subtle rhythm, as it may appear in 10,000 ways.

Over the last two decades I've explored many forms of retreat. Traveling far - Thailand, New York, California - and also staying right at home. Sometimes retreats are deep in the forest, hills, mountains; other times they are in the center of a big city. I've been in retreats with several hundred people, 50, 20, 10 and just me. Some have been in silence; some in darkness. Retreats can come in many flavors, styles and sizes.



Planning

A few months ago I found myself beginning to plan this year's retreat. It felt very familiar and just in the noticing of the planning it seemed completely unnecessary. In previous years there has been much planning and scheduling. What would it be like without the planning? Curiosity rises.

Without planning, in daily practice, a general theme appears: Sleep, Eat, Meditate. These are my priorities - in that order - then repeat. Hearing this, several people wondered if they could join participate, too. The S.E.M.®™© retreat program. It might be quite popular.

Planning and scheduling - these are thinking about retreat. They may be necessary, in some small manner, but they are not the essence of retreat. No matter how much the thinking mind generates ideas,

(cont'd on next pg.)

suggestions, options, expectations, excitement, assumptions, these are not retreat. In fact, they can cover over, shadow or obstruct the very point of engaging in a retreat.

☾

Doing

Once the time for retreat arrives another layer becomes more clear. Doing retreat is also not its essence. Doing of the plan, schedule, ideas, etc. is just walking through, acting out the story generated by thinking about retreat. This meditation time; that chi kung routine. Tai chi here, sitting there. Doing may feel good, it may seem better than our regular daily routines and schedule. And, this even may be quite useful and relaxing. However, the acting out of the thinking and planning is not the full essence of retreat.

So, if thinking, planning, scheduling and doing retreat are not its essence, what is? Being retreat.

This highlights the distinction between doing and being. Being retreat drops several levels below the storylines of thinking, planning, scheduling or even doing the activities (or non-activities) of retreat. Being fully present, in a moment-to-moment basis, allows spaciousness and a natural way of retreat spontaneously arises.

It may look like the plan or doing (or not doing) and yet it has a remarkably different energy, rhythm, resonance. This natural spaciousness of being retreat allows whatever is to be, in this moment... and then this moment... and then this moment... and then....

To borrow, with permission, from our friend Rumi:

This being on retreat is like a guesthouse every moment a new arrival. Sometimes there appears a depression, sadness, grief other times a joy, harmony, illumination.

Welcome and attend to them all with a smile for they are each a valuable guide to that natural way of all things.

☾

Decompression

There is a transition from regular, daily life to retreat. It is rarely recognizable beforehand, or even while it is happening. Over time it begins to feel like decompression from the internal and external

pressures of this life with all its aspects.

I've noticed a very regular pattern of this decompression taking 2 weeks of a month-long retreat. Knowing it beforehand doesn't speed anything up. Even during the process it's not quite noticeable. Yet, somehow, at just the natural time, I wake up one morning and everything has changed. It feels like dropping down several levels instantly. Light illumines in a subtly different way.

At the moment of this shift, there can be rising frustration, seemingly wasting half of a precious retreat time this way. Sitting with the frustration, welcoming it to the guesthouse, reveals another layer. Hmm...it only took 2 weeks.

☾

Benefits

Retreat offers the same benefits of being in harmony with the natural way of things. Retreat allows space to observe, experience and feel this natural way in whatever context it arises. It might be out in the forest, on the coast, in the desert or mountains. It can easily occur in our own living space, bringing the energy of retreat to our home.

Being on retreat naturally has more quiet. Engaging less with the external noises of the world and our lives can illuminate the multitude of internal noises. Without some silence this is difficult to recognize or understand the impact such external and internal noise has on body, mind and spirit.

The slower pace of retreat provides for moments of stillness. Physical stillness, like silence, illuminates how much unconscious frantic external and internal movements constantly operates, especially in the mind. Touching stillness can be a deep letting go, if only for a moment or two, of a lifetime of constant activity.

☾

Appreciation and Gratitude

Silence. Stillness. Awareness. Spaciousness to experience the natural way of just this moment to spontaneously appear and then... disappear. Curiosity. What supports this process? What gets in the way?

I am full of gratitude for everyone who supports me in many ways so that I can follow this curiosity during retreat, deepening our understanding of the natural way as it appears in our daily lives. Thank you!

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Mantak Chia Classes

We are fortunate to have another opportunity to meditate with Mantak Chia in Portland, May 21-25th. Pre-registration deadline is April 1. The events will be held at HealthQuest at 39th & SE Hawthorne

Cosmic Healing utilizes the natural chi all around us in healing work with ourselves and others. No pre-requisites. **Kan & Li** cultivates spiritual chi. Pre-requisites: Microcosmic orbit (Fusion highly recommended).

Friday Lecture (Cosmic Healing Intro.)
6:30pm to 9:30pm May 21 for \$35.00.
Pre-Regis. or \$50.00 at the door.

Sat./Sun. Workshop (Cosmic Healing)
9:30am to 5:30pm May 23 & 24 for \$295.00 Pre-Regis.(Includes Fri. Night) or \$350.00 at the door.

Mon./Tues. Workshop (Kan & Li) 9:30am to 5:30pm
May 25 & 26, for \$295.00 Pre-Regis. or \$350.00 at the door Mon. morning.

All 5 days for \$495.00 Pre-Regis. or \$595.00 at the door Fri. evening.

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

Fusion Review

In preparation for the upcoming Kan & Li class with Master Chia, I will offer a Fusion review session on Sunday, April 25 from 2-5pm. We will review and practice Fusion I,II,II as these provide an important foundation for the Kan & Li practices.

This review is available to anyone who has previously taken any Fusion class. Please call to register. Fee: Donation.



Summer Morning Chi Kung?

With increasing daylight and warmer weather, I'm looking forward to returning to the back courtyard for morning practice. I'm considering holding a regular, once per week session, much like Thursday evening class. The day and time are to be determined by those interested, maybe 8-9 a.m., starting sometime in June? Maybe some warm-ups, tai chi, iron shirt? Participants should have already taken the basic microcosmic orbit class. Call if you are interested.

UNIVERSAL TAO SPRING/SUMMER 2010 CLASS SCHEDULE

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

MARCH:

1 **Tai Chi Chi Kung I**
(cont'd 8, 15, 22, 29)

4 Weekly Meditation
(cont'd 11, 18, 25)

20 **Spring Equinox Meditation**

APRIL:

1 Weekly Meditation
(cont'd 8, 15, 22, 29)

5 **Microcosmic Orbit** Evening Class
(cont'd Apr.12, 19, 26 May 3, 10, 17, 24)

MAY:

6 Weekly Meditation
(cont'd 13, 20, 27)

21-23 **Mantak Chia: Cosmic Healing**

24-25 **Mantak Chia: Kan & Li**

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:

2 **Tai Chi I Evening Class**
(cont'd 9, 16, 23, 30)

5 Weekly Meditation