

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

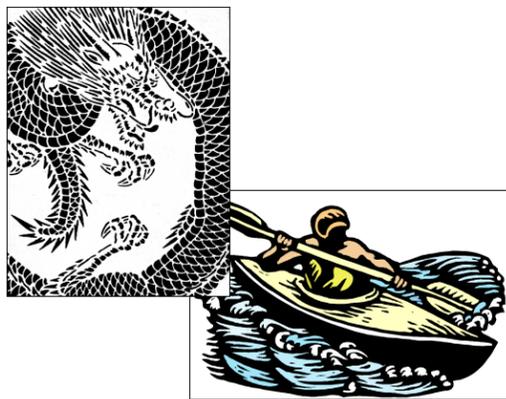
Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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.



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, 2012



The Well



I'm glad you're alive

Volume 22, Issue 2

Greetings

Welcome to the *Year of the Water Dragon*. The Chinese animal signs are symbolic of energetic qualities and their cycles. This year the yang earth of Dragon combines with yang water. When these two energies are paired, a powerful, swirling active nature, like a dragon, is the environment of this year, this phase. Change can be rapid and unpredictable. With awareness, flowing in harmony with Dragon, like a river, can be powerful support for healing and change. Trying to resist or act without heeding Dragon can produce turbulence and difficulties.

In addition to Dragon chi, Spring brings the seasonal emphasis on the liver-wood energy phase, which has it's own strong, growth aspects. This combination can be quite potent.

The feature article of this issue is a story about how I started this year on/in the river.

Deepest *appreciation* and *gratitude* to **Rick Detroye** for covering my herbal practice while I'm on retreat. Knowing that my herbal friends are in Rick's kind care allows me great freedom to embrace the retreat process. Ask Rick about birding. It feeds his spirit the way kayaking feeds mine. Which led me to birding. In some natural, mysterious way, it's all related.



Retreat Report

Each year's retreat has it's own natural unfolding, a process. This year I noticed much smoother transitions. It felt like a continuation of the previous retreat. Continuity. That's when the unique aspects found on retreat naturally become part of our daily lives. I was able to process and listen much more deeply to the ongoing teachings from my New Year's Day river adventure. Without this open time and spaciousness, depth and subtleties can be easily unexplored.

Most time was devoted to the advanced practices of Sleep, Eat, Meditate and Repeat (**SEM&R**®™). It's becoming a lost art, doing nothing. Thanks for supporting me to do this retreat each year.

Cheers!

Kyle Cline, LMT
A handwritten signature and a square red seal.

YES

It is a short, simple word. The simplicity may be an indicator of its true nature. Like a tiny acorn that contains a huge oak tree, Yes is a seed that contains great potential on many levels. I recently had a river adventure that leads to a deeper exploration and appreciation of what is possible with Yes. Here is the story.

New Year's Day, 2012. In the early morning hours, I hear the river calling. I respond, like many times before.

Each journey has its own teachings, often, maybe mostly, unknown until arriving on the river. It becomes apparent at a particular juncture of water and island, sunrise and moonset, eagle and heron and hawk. There is a rhythm of boat and paddle and water. At some natural, mysterious point they all merge. It's why I'm there. This day's lesson was a little different. I capsized. Going into the frigid January water was the last thing I wanted. It had been a noticeable fear for awhile. Before, capsizing seemed like my worst fear. Not so. What we spend so much energy in fear of rarely matches reality.

A surprisingly swift current slammed the kayak sideways into a dock. It pushed the boat underwater upside down with me wedged tightly inside, and pinned us under the dock. It took awhile to get untangled from the boat. I'm not sure how

long. Time does funny things in these situations. It was long enough that the body automatically prepared to take a breath. It was clear there was nothing I could do to stop it. It's hardwired into the system. I calmly knew the consequences of inhaling a lung full of water. Seconds before that happened, I somehow twisted enough out of the cockpit to change the water pressure dynamic and the current pushed me through to the other side of the dock. That was phase one.

Phase two instantly became apparent as I was moving quickly downstream, away from potential help. I was approximately 80 feet from shore. It seemed like a mile. I could barely move, dog paddling with a submerged kayak and wet, heavy layers of winter clothing. Reaching shore took all the energy I had. Then, phase three.

It was one-quarter mile back to the park, my bike and help. The hypothermic clock was loudly ticking,

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10-15 minutes, maybe, before serious results. Intense shaking and rapidly unclear thinking were dominant. Many extra pounds of wet clothing made walking a challenge. Walk. One step. One foot in front of the other. Hyperventilation began to block out almost everything else. Disorientation increased each moment.

Reaching the park seemed like a major accomplishment, yet I then remembered it was still pre-dawn on New Year's Day. No one was there. Brain sluggishly struggled to make sense, formulate a plan. Hypothermia continued to progress, the whole body focused on shivering and hyperventilating. There was not much available for anything else. I stumbled around and saw someone at a trash can. Peter, a city parks employee was cleaning up at 6 am. on New Year's Day. My brain couldn't form a coherent thought, much less a plan. We called 911.

The kind paramedics warmed me in the ambulance. Terry, Judith and Snidely arrived with dry clothes and warm liquids, retrieving bike and kayak and got us all to a warm home at sunrise on a new year.

There are an amazing number of dramatic, synchronistic and curious details that go with this story. However, this space requires something brief, concise and to the point. What is the nature of this adventure? What is the essence?

Pause (thank you, Tara Brach). Sit. Listen. Ah... there it is.

From the moment of the obvious and inevitable sequence of swift water, boat and dock, there was Yes without any resistance whatsoever. It was the only sane response as anything else - fear, panic, thinking - would produce deadly results. Hmm. So, without the usual fear and panic, without the incessant thinking, analyzing... what is there?

Awareness.

In the moment it was quite obvious. There was no effort, no trying. Just awaring (thank you, Toni Packer). It appears naturally with Yes to the reality of the moment, even when that moment includes the possibility of death. With natural, unfolding awareness there is an energy that provides clarity even as the brain declines into a stupor. It's not about thinking. It's about... being. Being in the moment. Being in the present. The power of now (thank you, Eckhart Tolle). The wonder of presence (again, thank you Toni Packer). Hypothermia as a gateway to presence, awareness and being. Life is hilarious! *Yes.*

Curiosity continues about this amazing process of

awareness and its simple initiation with Yes. And, that clarity of awareness doesn't end with the conclusion of the drama. Or at least it doesn't have to. Even weeks afterwards, there is awareness of the tendency to think about, recall, relive all the details that happened, which takes me away from this present moment. There is also a tendency to think, plan and strategize for the future to prevent this from happening again. Also, taking me away from this present moment.



There is awareness of the kindness of so many people: Peter, Terry, Judith, the paramedics, 911, meditating friends, teachers of Boy Scouts, YMCA, swimming lessons, life-saving, scuba, martial arts, chi kung, meditation. All came into play. All were instantly accessible, even those from 50 years ago. Again, time does funny things. Without the kindness of others....

Also, awaring how good it feels when people say, *I'm glad you're alive.* Maybe we could say that more frequently to each other.



On a practical level, I've made some changes to how I kayak and my safety gear. But, as this episode demonstrates, we can't anticipate, plan and prepare for all the different variables and ways kayak journeys and life happen. Another aspect of preparation and training involves the ability to be fully present in each moment, to be able to say Yes to whatever arises. This deeper skill is then available for wherever we are in our lives: under a dock or parenting; confronting cancer or a vicious stomach virus; commuting to work or committing to marriage.

While it is easy to see this process at work during high drama, the exact same potential is available in each and every moment of our lives, from the mundane and boring, the laundry of life, to the intense adventure that unexpectedly appears.

As Rumi reminds us in *The Guesthouse*, saying Yes, welcome, to all guests who enter, provides access to this energy of awareness and the resulting guides from beyond, teachings. Sometimes, this includes the dramatic and violent sweeping out. Can we also say Yes to these?

Life has been different since New Year's Day. Priorities are more clear. Life is simpler, happier. Saying Yes to it all allows qualities of spaciousness, stillness, harmony and balance that seem like natural states of being. All from a short, simple word applied to whatever arises on this day. *Yes*

Thank you for reading this story.

The Guest House

*This being human is a guesthouse.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

~ Rumi, translated by Coleman Barks

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Chi Nei Tsang Class

Chi Nei Tsang (CNT) combines hands on techniques with basic chi kung practices to create a dynamic Oriental bodywork system. The emphasis is on working directly on the organs using both physical and energetic techniques learned from Universal Tao classes. The Microcosmic Orbit class is a prerequisite as these basic practices form the energetic basis of CNT.

Class will be three hours, once a week for 10 weeks, probably beginning in September. The day and time will be determined according to participant's schedules.

Class fee: \$400; ½ price to review. LMT's can receive 30 CEU hours (plus 16 hours for the Microcosmic Orbit).

CNT is not limited to professional bodyworkers. Anyone with an interest in exploring the natural way of bodies, organs and healing can participate. Please call if you are interested.

Chia Workshop Cancelled

Master Chia had a scheduling conflict and cancelled his Portland workshop this year. He will be in California during May. You can see his tour schedule at www.universal-tao.com. Chia plans to return to Portland in Spring, 2013.

Iron Shirt

In the continuing sequence of classes, Microcosmic Orbit focuses on internal sitting practices; Tai Chi on movement. Iron Shirt focuses on structure. Standing Iron Shirt postures provide a context to learn about the interplay between physical and energetic structure.

Alignment of bones and joints, relaxation of muscles, spiraling of tendons and ligaments all support internal energetic movement and balance. When physical structure is in natural alignment and rooted to the earth, internal energetics occur easily and naturally. Without this, the internal aspects take much effort, which interferes with the natural process. The next Iron Shirt class begins on Monday evenings in June. The Microcosmic Orbit class is prerequisite.



Spring Equinox Sun. Mar. 18
Summer Solstice Sun. June 17

4:30-7 pm
Celebrate! Meditate! Pot Luck!

UNIVERSAL TAO SPRING/SUMMER 2012 CLASS SCHEDULE

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

MARCH:

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

APRIL:

- 2 **Microcosmic Orbit** Evening Class (cont'd 9, 16, 23, 30; May 7, 14, 21)
- 5 Weekly Meditation (cont'd 12, 19, 26)

MAY:

- 3 Weekly Meditation (cont'd 10, 17, 24, 31)

JUNE:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 4 **Iron Shirt I Evening Class** (cont'd 11, 18, 25)
- 17 **Summer Solstice Meditation**

JULY:

- 5 Weekly Meditation (cont'd 12, 19, 26)
- 2 **Healing Love Evening Class** (cont'd 9, 16, 23, 30)

AUGUST:

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