



# The Well



(I Ching) drawing on deep sources of nourishment

Volume 15, Issue 1

## 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; awoken to true self. Cost: \$80.

**Iron Shirt I** includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$60

**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: \$60

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

**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: \$60

**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: \$60

**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: \$300.

**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 \$60. 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 \$50 first visit, \$35 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 \$60/hr. plus cost of herbs.

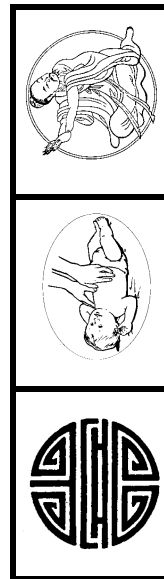
### Consultations:

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: \$60/hr. \$120-240 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 \$60/hr.

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ADDRESS CORRECTION REQUESTED



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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 \$25. Personal consultation based on \$60/hr.

### Chinese Herbal Steeping Teas

I have developed several Chinese herbal teas that can be a substitute for other hot beverages. These are simpler and better tasting than medicinal formulas and are made by steeping. Teas may be chosen by organ, season, or symptom.

- Nourish Brain (kidneys/Winter)*
- Jade Screen (lungs/Fall)*
- Heart Opening (Summer)*
- Kidney Yin/Yang (Winter)*
- Strengthen Center (Spleen)*
- Free Flowing Liver (Spring)*
- Cold & Flu*
- Basic Cough*
- Head & Sinus Pain*

### Summer Greetings,

I hope this finds you enjoying summer to the fullest. My herb garden is glorious at the peak of summer chi.

This issue is the debut of a new design format. A software upgrade allows me to do a little better desktop publishing. A few comments on the masthead symbols is below.

The approach of Fall brings a whole new round of Universal Tao meditation and chi kung classes. Besides the regular schedule, I will also offer a 10 week **Chi Nei Tsang** class. Details on page 3.

Thanks to everyone who commented on the goldfish diet story in the last issue. In 14 years of these newsletters, that article elicited the most response. By the way, the goldfish continue to thrive.

Cheers!  
*Kyle Cline, LMT*

### New Well Design

Here's a short explanation of the symbols used in the Well masthead.



This is the Chinese character for **The Well**. The reference is to the 48th hexagram in the *I Ching* (Book of Changes). This hexagram represents drawing on a deep source of inexhaustible nourishment, for those who can access it.



This is the hexagram for The Well from the I Ching.



This is a Chinese symbol for longevity. One aspect of drawing on the deep chi resources of the Well is improving health and cultivating a long life.

Beyond responding to illness and disease, the multidimensional aspects of Chinese medicine allows us to cultivate good health leading to a longer, better quality life. This combination of symbols represents the essence of what I hope to offer through bodywork, herbs, and classes.

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## Daily Practice

People frequently want to know when and how long to practice something, like meditation, in order to obtain the benefits. My recurring advice: Five minutes per day – everyday. It's not always the length of time we practice, but the accumulated benefits of practicing daily. This topic usually arises in the context of how we can take better care of ourselves. It seems to be an ongoing challenge for most of us to:

- 1) find something healthy that we enjoy doing and
- 2) be consistent at doing it.

The combined value of these two aspects brings us many benefits: less stress, irritability, tension; more circulation, energy, enjoyment.

Over the years I have studied many different subjects ranging from yoga to tai chi to meditation to chi kung to bodywork.

Without fail the books and teachers recommend (or demand) a daily one-hour practice. I recall very vividly how I would be so enthusiastic and determined at the beginning of each new subject.

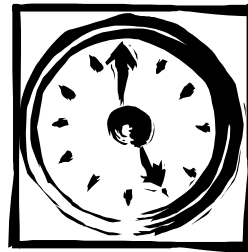
After a weekend workshop I would return home and plan a practice schedule. The first few days were easy - an hour each day. Then, invariably, sometime in the next few days I began to slip; maybe only 35 - 45 minutes one day, then 15 minutes another day. And slowly, usually unconsciously, the inner guilt began growing because I was not meeting the external and internal expectations. Usually within one or two weeks I had stopped practicing



(Continued on page 2)

altogether from the combined effects of not enough time and the guilt at not being successful.

Another variation on this theme is to only practice when attending a class. This may (or may not) work with a general cardiovascular style workout; hence the classic one hour three times a week routine. However, my experience has shown much greater chi (energy) benefit from that same three hours divided somewhat evenly across each day of the week. Hence, my oft-repeated encouragement: Begin with five minutes a day - everyday. Then let that time naturally increase based on your experience. The benefits seem to accumulate over time. The consistency seems to encourage a slow gradual accumulation which 'sticks' better than less frequent practice.



Looking back I am not quite sure how I stumbled into this approach. I remember repeating the cycle of beginning with one hour a day practices only to be unable to maintain them. One day I was inspired to make a commitment to hatha yoga. I decided to set my alarm clock

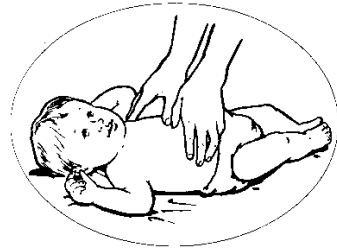
five minutes earlier than my usual wake up time. I'd get out of bed, do my five minutes of yoga and continue with my morning routine. (The key to this method is to ACTUALLY get up when the alarm goes off!) After a few days I noticed something unusual. I wasn't feeling a repeat of the usual cycle. Five minutes was a do-able amount of time. I felt better having done the exercise. And, I felt better being consistent. The previous downward spiral, which eventually led to no practice, wasn't even getting started.

I stayed with that five minutes/day routine for awhile until I very naturally and spontaneously realized that I liked the results so much I wanted to expand to 10 minutes a day and set the alarm accordingly. Several weeks later I wanted to expand to 15 minutes a day. At the peak of that yoga phase I found myself enthusiastically AND consistently, getting up two hours before my normal morning routine to practice.

Since that time my daily practice has naturally evolved in many ways. What hasn't changed is the consistency of doing something each day. And through experience I learned that it wasn't how long I practiced, but that I did something each day. This has been a valuable lesson that

I now regularly apply to all kinds of exercises and practices that I enjoy.

You may already know an exercise or practice that you can experiment with. If not, try the following Tao Yin exercise. It is simple, easy and fun.



## Baby Laughing & Playing

from Mantak Chia, *Tao Yin: Exercises for Revitalization, Health and Longevity*

We often see infants joyfully laughing while rolling on their backs, legs and arms shaking loose and free. This uninhibited and spontaneous movement seems to activate the lymph system, endorphins, and blood oxygenation. Together this seems to improve cardiac, respiratory and immune functions. Another way to say it is: it moves chi. Besides, it's fun.

1) Lie on your back, raise your legs and arms into the air and shake them like a loose rag doll. You can start by breathing deeply and allow any spontaneous tension releasing sounds to occur. Feel the abdomen activate with the combination of breathing and moving.

2) Next, add laughing. Experiment with all varieties of laughing: little to big, chuckles to belly laughs. Go back and forth. Allow the laughing to happen in whatever form it feels like. Be playful.

3) Try this for a few minutes and then rest, focusing on breathing into the abdomen. Pay attention to the sensations in your body. Repeat as many times as you like.

I find that five minutes of playing and laughing like a baby in the morning allows my natural laugh to bubble forth more easily during the rest of the day.

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Chi Nei Tsang I Class

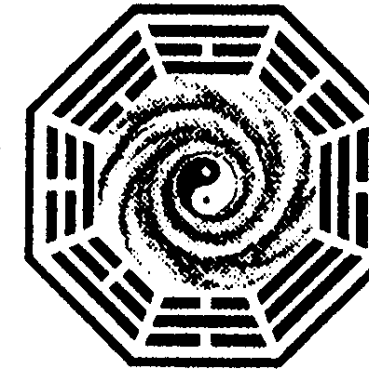
Chi Nei Tsang (CNT) combines hands on techniques with basic chi kung practices to create a dynamic Oriental bodywork system. The emphasis is on working directly on the organs using both physical and energetic techniques. CNT utilizes meditation and chi kung techniques learned from the Universal Tao classes. The Microcosmic Orbit class is a prerequisite; Iron Shirt is highly recommended; Tai Chi and Fusion.... well, all the classes are relevant.

The major portion of each class is devoted to hands on practice with supervision and feedback. We will also learn a chi kung practice to amplify healing energy through the hands.

LMT's may use this class for continuing education credit.

This class will meet for three hours, one day per week for 10 weeks. We will begin in September and those registering for the class will determine the day. Please call by Sept. 1 if you are interested.

## One-Day Retreats Tao Yin; Iron Shirt & Tai Chi



Each season I plan to offer one or two one-day retreats focused on Universal Tao practices. On Oct. 9 I will offer Tao Yin; Nov. 13 will be Tai Chi. Each retreat will be from 9:30 a.m. to 5 p.m. with an hour lunch break. Please register at least one week prior to the retreat. Cost: \$60 (no review discount, but does include any other class that month!).

To attend you must have already taken the class. The purpose of these one-day retreats is to go deeper into each practice and refine the skills in an extended class time. The value of these classes is not necessarily to learn something new, but to take what we already know to a deeper level. The feedback from previous one-day retreats has been very positive.

**Fall Equinox: Sept. 23**  
**Winter Solstice: Dec. 21**

### UNIVERSAL TAO FALL 2004 CLASS SCHEDULE

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

#### AUGUST:

- 5 Weekly Meditation (cont'd 12, 19, 26)
- 2 **Tai Chi Chi Kung** (cont'd 9, 16, 23, 30)

#### SEPTEMBER:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 13 **Introduction to Universal Tao Classes**
- 13 **Microcosmic Orbit Evening Class** (cont'd 20, 27, Oct 4, 11, 18, 25, Nov. 1)
- TBA **Chi Nei Tsang I** 10 Weeks
- 23 Fall Equinox Meditation

#### OCTOBER:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 9 **One Day Retreat: Tao Yin**

#### NOVEMBER:

- 4 Weekly Meditation (cont'd 11, 18)
- 8 **Iron Shirt I** (cont'd 15, 22, 29)
- 13 **One Day Retreat: Iron Shirt/Tai Chi**

#### DECEMBER:

- 2 Weekly Meditation (cont'd 9, 16, 23, 30)
- 6 **Fusion I Class** (cont'd 13, 20, 27)
- 21 Winter Solstice Meditation