

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: \$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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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

Fall, 2005



The Well



(I Ching) drawing on deep sources of nourishment

Volume 15, Issue 3

Greetings!

I hope this finds you enjoying the fullness of summer. It has been an interesting year, so far, for seasonal transitions. A short article on the energetics of unseasonable weather follows.

The feature article is on the energetic aspects of clearing clutter. The exuberance and fire qualities of summer might give an extra needed boost to address noticeable clutter in our lives.

The fall season initiates another series of meditation and chi kung classes. The microcosmic orbit class is the introduction to this series, which begins in September. If you have taken iron shirt or tai chi there will be a one-day retreat in November where you can hone those skills.

Cheers!

Kyle Cline, LMT



Unseasonable Weather

We've had an interesting seasonal weather cycle this year. I am an admitted weather fanatic and tend to notice these things. So far, there seems to have been an unusually warm and dry winter, followed by an unusually cool, wet, and prolonged spring (into the second week of July, so far!).

These types of changes impact our lives. There are already obvious detrimental effects on fruit trees and some crops. I've also noticed people with unusual colds and flu for this time of year, some leading to pneumonia.

There are always fluctuations in the cycles of nature. Observing these cycles provides insight on the natural ebb and flow of life. Staying in touch with nature can be challenging given the pace of modern life. But, even in the city, we can observe nature and adjust our lives accordingly to find a balanced and harmonious way to live.

Clearing Clutter

One of the most widely read feng shui books in the west is called *Clearing the Clutter with Feng Shui*. Its popularity is probably due to how easily we identify with the main theme: how clutter gets in the way of our lives. In this article we will explore how clutter can influence us in our physical surroundings, internal organs, and mind.

A dictionary defines clutter as a disordered state or collection. Like beauty, clutter is ultimately in the eye of the beholder. People have widely varying definitions of what constitutes clutter, but by our own instincts we know it when we see it. That is, we can experience the state of disorder clutter engenders. When we walk into a cluttered space, if we are paying attention, we notice the change or difference. It feels uncomfortable, restricted, cramped, crowded...disordered.

This is an important element of feng shui, the Chinese energetic art of place and space. Noticing the intuitive feel of a place is a crucial, although not the only, aspect of a feng shui evaluation. Obviously we don't have to be formally trained in feng shui to recognize clutter. The principles of feng shui can help us understand how a generalized sense of disorder in a cluttered environment translates into energetic terms.

Feng shui is based on the Taoist arts of observing nature. While attentively observing nature a sense of orderly flow emerges: seasons follow one to another; water moves from lakes to streams to oceans; winds, clouds and weather orchestrate a complex, balanced dance.

The cycles of plants, animals and land constantly display a natural flow, a rhythmic process, which demonstrates harmony when in balance; disorder when out of balance. What we notice on a larger scale in nature may be applied to a smaller scale in our environments. This is

(Continued on page 2)



the foundation of feng shui. Harmony follows when there is a sense of balance flow within a space. Clutter, by its definition disorderly, disrupts balance, reduces harmony, eventually negatively influencing the people within the space.

Clutter is about things, material things. Things we buy, collect, sort, store, pile, and dump. Sometimes a room is cluttered only because things are not ordered, not organized in a harmonious way. Possible solutions to this situation might involve shelves, closets, file cabinets, hooks, racks, or display cases. Bringing things into a state of order, **which makes sense to you**, changes the disorder of clutter into harmony.

More often than not, physical clutter is brought on by having **too much stuff**. All of the organizational consultants and storage solutions in the world can't cure a room of too much stuff. There is only one solution in this situation: less stuff. Recycling, garage sales, give away parties, donations to thrift stores all can reduce a room (or house) of clutter to a more orderly, harmonious state.

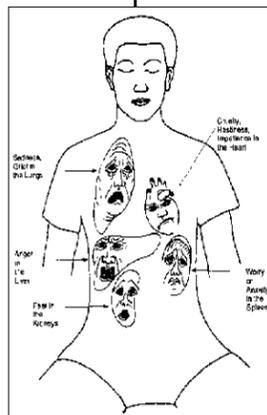
There seem to be advantageous times to take on the clutter in our environments: spring-cleaning, before moving, summer garage sale season. Clutter clearing also seems to naturally occur during transition phases of our lives: moving, adolescence, marriage, menopause and mid life transitions.

Taking the time and opportunity to clear clutter from our lives can go a long way toward improving the energetic flow within our physical surroundings. It doesn't have to stop there.

What we've just learned about clutter in physical surroundings may also be applied to our body's internal environment, particularly the organs. Chinese medicine uses the organ systems as a foundation for maintaining health and treating disease. One definition of disease might be disorder within the organs – that is, clutter. Clearing the clutter from our organs has the same positive impacts as clearing clutter from our rooms. Rather than material things, more subtle energetic clutter tends to internally accumulate. These may be emotions, memories, grudges, plans, past hurts, future worries, etc. Just like dealing with material things, these subtle energetic aspects may need to be explored in order to put them into a more harmonious order. And, like material things, there may be just too much energetic stuff around. Rather than carry it around, the time could be ripe for letting go. There is nothing more freeing than creating spaciousness within our own body/organs. While this might

not be as simple as recycling material things, learning some simple meditation or emotional processing can give us plenty of tools to clear this clutter. Good examples include the six healing sounds and the inner smile.

For the very adventurous we can even extend clearing the clutter to another level, the mind.



Clutter accumulates in minds as easily as homes or organs. This type of clutter may be even subtler, but just as disruptive to a smooth and harmonious energetic flow. Sometimes it is difficult to recognize mind clutter, as it tends to be so prevalent. We don't realize the existence of anything but the cluttered mind, as if there were no other possibilities. Mind clutter may manifest in a myriad of ways. Typically, it is conditioned thinking, a way we were taught or learned to view ourselves, our world. Reinforced by repetition, this clutter seems to expand until it is impossible to find a place without it within the mind. In extreme situations this may be a

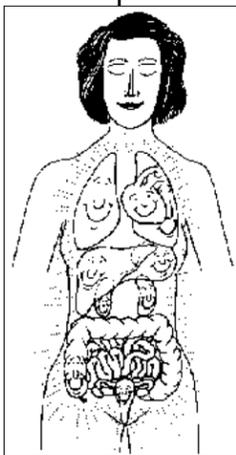
part of mental illness. However, even 'healthy and successful' people may have serious clutter occupying valuable mind real estate.

Meditation has long been used to clear mind clutter. At some point along a meditative path, people begin to recognize how mind clutter impedes their progress, whether they meditate for physical, emotional, or spiritual well-being. When I first become interested in meditation I tried, without instruction, to sit and quiet my

mind. Even today I vividly recall how those initial attempts were difficult and physically painful. The constant mind chatter was so overwhelming I couldn't sit for more than a few minutes. While I abandoned this approach fairly quickly, I did explore other techniques and forms of meditation, which gradually gave me tools and skill. Now, sitting quietly and calming the mind, clearing the clutter, is one of my most enjoyable and rewarding activities. It is not always easy, but the results more than make up for the difficulty.

Clutter may take on many forms in our lives, in our physical surroundings, in our organs, and in our mind. Frequently we'll take action when we recognize our physical surroundings become cluttered. We may also take that to deeper levels by clearing clutter both from our organs and our mind. The resulting unobstructed, balanced energetic flow leads to a more harmonious way of life.

I offer a beginning class in Taoist meditation techniques, that are helpful for clearing internal clutter. The next class begins in September. See the class schedule on the following page.



Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Introduction to Taoist Meditation

The Microcosmic Orbit class presents introductory techniques of meditation and chi kung as taught by Mantak Chia and the Universal Tao System. Four practices are taught: Six Healing Sounds, Inner Smile, Chi Self Massage, and Microcosmic Orbit. In addition we learn several simple warm-up exercises and breathing techniques. These practices form the foundation for the Taoist approach to exploring our internal landscape.

Meditation may be used by people for different reasons. Usually it is for some combination of physical, emotional, or spiritual well being. The beauty of these basic practices is their simplicity and adaptability to each person according to their interest. Presenting four practices gives students choices to follow their natural interests and allows for using different techniques in different situations.

The eight week class begins Monday, Sept. 12, 7-9 pm. The first night is a free introduction for anyone interested, but not sure about registering for the entire class. Please call by Sept. 5 if you plan to attend.



One-Day Retreats

Chi Nei Tsang: Oct. 22
Iron Shirt/Tai Chi: Nov. 12

The purpose of these classes is to review previously learned techniques and refine skills in a full day format. Unlike many other subjects taught in schools, meditation and chi kung skills require taking basic information to deeper levels. I am continually amazed at how this natural process evolves and guides me to 'new' areas of my mind, body, and spirit. The one-day retreat provides a supportive context to do this deeper exploration.

Please register at least one week in advance. Cost: \$60.

Fall Equinox Sept. 22
Winter Solstice Dec. 22

Mark the transitioning seasons through meditation. Basic guided meditation followed by tea: 7-9 pm. Call to let me know you will attend.

UNIVERSAL TAO FALL 2005 CLASS SCHEDULE

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

AUGUST:

- 4 Weekly Meditation (cont'd 11, 18, 25)
- 1 **Tai Chi Chi Kung** (cont'd 8, 15, 22, 29)

SEPTEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 12 **Introduction to Universal Tao Classes**
- 12 **Microcosmic Orbit Evening Class** (cont'd 19, 26, Oct 3, 10, 17, 24, 31)
- 22 Fall Equinox Meditation

OCTOBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 22 **One Day Retreat: Chi Nei Tsang**

NOVEMBER:

- 3 Weekly Meditation (cont'd 10, 17)
- 7 **Iron Shirt I** (cont'd 14, 21, 28)
- 12 **One Day Retreat: Iron Shirt/Tai Chi**

DECEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 5 **Fusion I Class** (cont'd 12, 19, 26)
- 22 Winter Solstice Meditation