

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: \$100.

Iron Shirt I includes standing meditations to develop rooting, structure and the ability to ground energy in your body. Cost: \$70

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: \$70

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$70

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: \$70

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: \$70

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: \$350.

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 \$70. 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 \$70/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: \$70/hr. \$140-280 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 \$70/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 \$70/hr.

Clinic Information:

Appointment Days: Tuesday, Wednesday, Friday, Saturday.

Phone Calls: Easiest to reach me directly and most messages returned between 12:15 - 2pm.

Cancellation Policy: More than 24hrs. -no charge; less than 24 hrs.- 50%; no notification (no show) 100%.

Fall, 2006



The Well



(I Ching) drawing on deep sources of nourishment

Volume 16, Issue 3

Fees Increase Sept. 1

Starting 9/1/06 some of my clinic and class tuition fees will increase:

- Adult massage and consultations: \$70/hr.
- Pediatric massage: initial \$55; follow up \$40.
- Class tuition: \$70/ 4 week class.



Cost of herbs and granules remain unchanged.

A complete list of all services and fees, as well as appointment days, phone information, and cancellation policy are on the back page.

Parking Strategy



The condo construction at NW 24th has made parking along Savier a little tight. If you find the street full, the building on the SW corner of NW 22nd & Savier is currently vacant. Entering from 22nd there are parking spots next to the building, currently called 'Aronson - Campbell Supply.' Until it is leased or gets posted no parking, I consider it fair game!

Chinese Pediatric Massage Update

A brief article on Chinese Pediatric Massage will appear in the October issue of Parenting Magazine. This is the first time, I am aware of, that a national magazine has profiled CPM.

Also, I'm in the final stages of making DVD copies available of an original CPM video tape. Cost: \$40 plus shipping.



Cheers!

Kyle Cline, LMT



Three Book Reviews

In a slight departure from previous feature articles, I would like to review three books. The titles explore different meditation styles: Vipassna and Zen Buddhism, and Taoism. They are written by experienced Western practitioners, they describe their own personal and others' experiences and they describe practical applications to daily life. I find myself repeatedly recommending these books during classes and consultations.

Radical Acceptance by Tara Brach

Brach is a Vipassna meditation teacher and a therapist. This is an easy to read exploration of how she utilizes simple Buddhist practices of mindfulness and compassion toward self acceptance. This is 'radical' because of our tendency to stay away from those parts of ourselves that most need attention and acceptance.

Excerpts:

The curious paradox is that when I accept myself just as I am, then I can change. Carl Rogers

Radical Acceptance reverses our habit of living at war with experiences that are unfamiliar, frightening or intense. It is the necessary antidote to years of neglecting ourselves, years of judging and treating ourselves harshly, years of rejecting this moment's experience. Radical Acceptance is the willingness to experience ourselves and our life as it is. A moment of Radical Acceptance is a moment of genuine freedom.

...we begin with the fears and wounds of our own life and discover that our heart of compassion widens endlessly. In holding ourselves with compassion, we become free to love this living world.

The way out of our cage begins with accepting absolutely everything about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience. ...we are aware of what is happening within our body and mind in any given moment, without trying to control or judge or pull away. I do not mean that we are putting up with harmful behavior-our own or another's. This is an inner process of accepting our actual, present-moment experience.

(Continued on page 2)

Brach's writing is amazing for interweaving personal experiences with basic Buddhist principles. Each chapter ends with a simple guided meditation to explore the information presented.

The Tao of Natural Breathing by Dennis Lewis

Here is a book which explores in complete and wonderful detail the simple, yet miraculous process of breathing. Lewis presents simple anatomical and physiological information as a basis for understanding emotional and energetic connections to breath.

Breathing practices are a foundation for almost every meditation and spiritual system. Even if we don't follow a system, it is well worthwhile to understand the importance of breathing to our physical, emotional and spiritual well being.

Excerpts:

The process of breathing, of the fundamental movement of inspiration and expiration, is one of the great miracles of existence. It not only unleashes the energies of life, but it also provides a healing pathway into the deepest recesses of our being. To inhale fully is to fill ourselves with the energies of life, to be inspired; to exhale fully is to empty ourselves, to open ourselves to the unknown, to be expired. It is through a deepening awareness of the ever-changing rhythms of this primal process that we begin to awaken our inner healing powers-the energy of wholeness.

The process of breathing is a living metaphor for understanding how to expand our narrow sense of ourselves and be present to the healing energies that are both in and around us.Every time we inhale, we absorb oxygen expelled into the atmosphere as a 'waste product' by the earth's plant life. Every time we exhale, we expel carbon dioxide as a 'waste product' into the atmosphere where it can eventually be absorbed by this same plant life. In nature, nothing is wasted. Our breath is a link in the cosmic ecology-in the conservation, transformation, and exchange of substances in nature's complex metabolism. It connects our so-called inner world with the vast scale of the outer world....

For the Taoist, the conscious cultivation of breath offers a powerful way not only to extract energies from the outside world but also to regulate the energetic pathways of our inner world, helping to bring our body, mind, and emotions into harmonious balance.

'The True (person) breathes with his heels; the mass of (people) breathe with their throats.' Chuang Tzu

Those familiar with Taoist chi kung, will find here many useful correlations with well know techniques.

Lotus in the Fire by Jim Bedard

This book is about a long time Zen practitioner's experience once he was diagnosed with leukemia. It is a

compelling and detailed account of the crippling effects of both disease and treatment. It is also an inspiring story of the practical application of meditation to real life.

A word of caution: this book is not for the faint-hearted. Bedard gives very personal and graphic details about his medical experiences. And that is also part of the power of this book. It gives us direct insight into both the severity of dis-ease and the healing power of spiritual practice. Along the way, Bedard shares how he developed the meditation practice that helped him stay present with his own healing process.

Excerpts:

'If it is true gold,' I had heard my teacher say, 'test it in fire.' Spiritual insight must be tested in the fire of our everyday life. It is one thing to sit quietly and undisturbed in spiritual retreats, experiencing peace and happiness; it is quite another to take this practice into the world in order to reify it in the midst of activity.

Several times over the next year or so I would sense what felt to me like a sudden shift of responsibility: the doctors would imply that the responsibility for my welfare was in my own hands..... While it seemed to me at the time that I was being handed a huge burden, it was just the simple truth, an acknowledgment of the facts, modern medicine realizing its limitations.

With serious illness one is quickly stripped naked for all to see. The different masks we hide behind dissolve. All I identified with as my self was breaking up and dispersing....I had no guarantee of a future, my past identity had been eradicated, and the present was demanding one hundred percent of my attention. However grim that sounds, I was now free....The leukemia had forced me to live in the present, here and now. This is the way of Zen: the ever changing entity called 'myself' responding fully to conditions of the moment, flowing from one thing to the next.

For me illness was indeed a spiritual practice, as it still is, as is good health. How can we separate our life from our spiritual practice? Spiritual practice does not begin or end with sitting in meditation, chanting, or saying a prayer.

This is the kind of personal story that moves me to tears, opens my heart in compassion, and motivates me to continue my own practice – following wherever it may lead.



We don't have to consider ourselves committed Vipassna or Zen Buddhists, or Taoists to learn and gain benefit from these meditation practices. These three books give easy access to centuries old traditions that we may utilize in a very practical way in our daily life. All three titles are available at the county library.

~ Enjoy ~



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. 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.

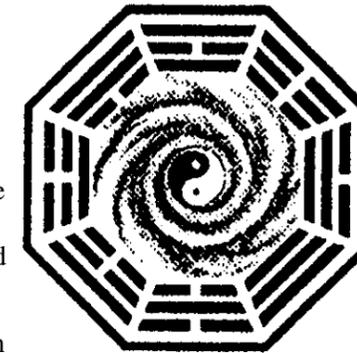
A major portion of each class is devoted to hands on practice with supervision and feedback. We will also learn a chi kung practice to amplify healing energy through the hands.

LMT's may use this class for 30 continuing education credits.

This class will meet for three hours, one day per week for ten weeks, tentatively Wed., 9:30am-12:30pm starting in mid October. Cost: \$350; \$175 if reviewing. Reviewing students may assist with class and be given personal instruction. Please call by **Sept. 1** if you are interested.

Discount Fees for Review Classes

When you review a Universal Tao Class with me the fee is reduced 50%. This reflects the importance I place on reviewing previously taken classes. There is so much depth to each subject that I learn something no matter how many times I've taken a class. This might be a good way to deepen your own practice.



Fusion I Class

Fusion is a class for those who have spent some time practicing the Microcosmic Orbit and want to take that practice deeper. Fusion is a process of gathering chi from the organs (and elsewhere) and condensing that chi into a higher quantity and denser quality. Class will meet on Monday evenings in December. Please call to register. Cost: \$70.

UNIVERSAL TAO FALL 2006 CLASS SCHEDULE

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

AUGUST:

- 3 Weekly Meditation (cont'd 10, 17, 24)
- 7 **Tai Chi Chi Kung** (cont'd 14, 21, 28)

SEPTEMBER:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 11 **Introduction to Universal Tao Classes**
- 11 **Microcosmic Orbit Evening Class** (cont'd 18, 25, Oct 2, 9, 17, 23, 30)
- 21 Fall Equinox Meditation

OCTOBER:

- 5 Weekly Meditation (cont'd 12, 19, 26)
- 7 **One Day Retreat: Tai Chi**
- TBA **Chi Nei Tsang** (10 week class)

NOVEMBER:

- 2 Weekly Meditation (cont'd 9, 16, 30)
- 6 **Iron Shirt I** (cont'd 13, 20, 27)

DECEMBER:

- 7 Weekly Meditation (cont'd 14, 21, 28)
- 4 **Fusion I Class** (cont'd 11, 18)
- 21 Winter Solstice Meditation