

## 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: \$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 \$70/hr.

Kyle Cline, LMT - 1882  
2229 NW Savier #3  
Portland, OR 97210  
503-222-1416



### IN THIS ISSUE:

Anniversary Time! ..... 1  
Radical Acceptance ..... 1  
Universal Tao Fall Classes..... 3  
Class & Service Descriptions..... 4

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, 2007



# The Well



(I Ching) drawing on deep sources of nourishment

Volume 17, Issue 3

## Greetings!

I hope you are thoroughly enjoying this beautiful summer! My long hair and beard experiment of last winter disappeared as soon as the temperature rose over 100°!

As summer draws to a close, I begin looking forward to fall activities and classes. There is a meditation and class schedule on page 3.

The feature article in this issue marks an anniversary of mine. It's a little review of where I started and where I am with this work.

Also, there is some news on herb price changes and a discussion group for Radical Acceptance below.

Have a wonderful end of summer and beginning of fall season.

Cheers!  
Kyle Cline, LMT

## Seven Forest Herbs

There has been a small price increase for the Seven Forest herbal tablets. Bottles of 100 tablets are now \$14; bottles of 250 tablets are now \$28. This increase reflects the rise in shipping rates. I have not seen a price increase for granules yet, but I imagine it will not be far behind.

## Radical Acceptance Discussion Group

I've been recommending Radical Acceptance, by Tara Brach, during individual sessions and classes. I believe it is a very useful and easy to understand process to facilitate healing and meditation.

Some people have expressed interest in getting together as a group to discuss the book. On Sunday, November 11, from 3 to 5 p.m. I will facilitate an open discussion, small group for anyone interested. I highly recommend reading the book completely before attending.

My idea is to facilitate a discussion and maybe lead a few exercises, but not lecture or 'teach' the material. No cost. Please call by November 1 to register.

## Anniversary Time!

A little while ago it dawned on me that this Fall marks an anniversary. I've been in private practice in Portland for 20 years. And, it's been 25 years since I first began exploring bodywork and eventually other aspects of Oriental medicine. Hmmm ... this kind of snuck up on me! It's initiated a pause (big surprise!) to reflect on this journey.

My very first exposure to Oriental medicine occurred while living and working at Brietenbush Hot Springs. After receiving an amazing healing acupressure treatment, I began learning with Katsu, a Japanese resident. We were both as green and novice as possible. We had a book that showed point locations and gave simple recipe treatment plants. We worked on each other. We worked on community members (this was before treatments were offered to guests).



In some ways, I look back on this as the most idyllic time of my career. I did sessions in a small cabin, surrounded by large trees. The windows overlooked a small cliff and down to a beautiful river. The river sounds were a strong presence in that room. The Sun, Moon or grey rain filtered light in that room was another strong, living presence.

Those sessions seemed magical, then and now, because I had no idea what I was doing. Without understanding, it was the ultimate example of 'beginner's mind.'

(Continued on page 2)

I did not know theory. I did not know anatomy. I did not know the incredible depth of Chinese medicine. I didn't even know that I didn't know these things.

These sessions might have been my best work, precisely because my 'knowing' wasn't getting in the way of a very natural healing process: human touch, connecting with body/mind energy, embraced by the spaciousness and depth of nature.

As much as I wanted to stay in that idyllic environment, my path led back into 'the world.' A few years after leaving Brietenbush, I found myself traveling extensively, living in places like Taipei, Shanghai, Hong Kong and Portland. Big cities all, and not the idyllic nature I started in. But, I was learning. I was learning all those things I didn't know.

I had fantastic teachers, most of which I worked with as an apprentice. I studied with the founder of the acupressure system Katsu and I taught each other, Iona Teegarden. She opened my mind and heart to the magic of body/mind energetics and emotions.

I studied with Dr. Ting, at the time an 85 year old tui na master, from a family medical lineage that went back for generations. Dr. Ting was the epitome of the Chinese grandfather/master who I adored. He supervised our training through his students, who were in their 60s! It was then that I realized how long it takes to get good at this work, I mean really good. Humbly, I began telling people (and still do): check back with me when I'm 60. Maybe I'll know something then.

Fortune allowed me to learn from chi kung and meditation teachers, like Mantak Chia, who patiently pointed to the amazing chi wellspring that underlies all the ideas and techniques of Chinese medicine. They literally opened doorways to levels of experience and chi that I had only dreamed about.

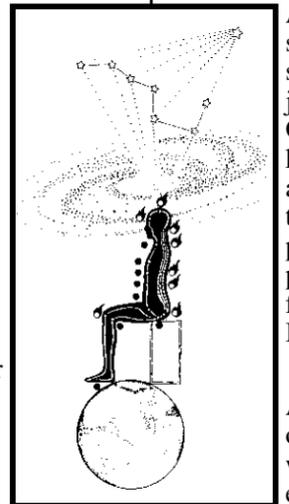
After extensive traveling, studying and absorbing I returned to Portland to practice. This was where the real learning and training happened. Each person, whether they sought help through bodywork, herbs, meditation, chi kung or tai chi helped deepen my understanding and knowledge. The seeds planted by gifted teachers were watered and nourished by the daily practice of whoever and whatever walked through the door.



In the last few years I've recognized a subtle shift in my work practice. Not anything I've consciously tried to change, add or delete as in techniques. I sense a return of the original feelings and desires to do this work which started 25 years ago. It's taken this much time to come full circle. Starting with not knowing anything, growing through learning and knowing, and then practicing until a natural 'not knowing' surfaces again. It feels magical and it feels totally natural and spontaneous. I certainly didn't plan it this way at all!

This feeling is one of arriving, of doing/being what I first set out to do, to be in those idyllic Oregon mountains.

It seems like after 25 years, I can now begin.



And along with this feeling has come a very spontaneous interest to write. It feels like I have something worthwhile to say, to share from this journey. There are several books in process. One is about doing Taoist meditation and chi kung in a Western cultural context. Another is about bodywork, exploring beyond physical techniques into the amazing natural wisdom and processes our body/mind/spirit reveal when properly attended to. Like my practice, this feels different than anything I've written before. It feels very creative, inspiring and fun!

And so, I share this with you as a little snapshot of a resting point along the journey. I am filled with immense appreciation and gratitude for every person I've had the pleasure and honor to meet along the way.

Interestingly, in this year of anniversary, I also turned 50 years old. Check back with me in 10 years or so. I may know something by then. I may have something worthwhile to say.

*If you want to do a certain thing,  
you first have to be a certain person.*

*Once you have become that certain person,  
you will not care any more about doing that certain thing.*

**Zen Master Dogen**

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Mantak Chia Workshop Update

Master Chia's Portland workshop (6/22-24) was very inspiring. It was well attended by 50-60 interested Taoists of all levels. I enjoyed spending time with Chia and also with the eclectic and diverse group of meditators.

Master Chia was pleased with the turnout and is planning on returning to Portland next year, probably around the same time. He is tentatively planning to do the introductory basic classes over a weekend and follow with 1-3 daytime intermediate classes - like Fusion or Cosmic Healing.

Thank you to everyone who attended!

## Tai Chi Chi Kung

### Monday Evening Class in August.

This class is for anyone interested in learning a short, relatively simple tai chi form with an emphasis on incorporating chi kung structure and internal

practices. No pre-requisites. Cost: \$70, review \$35.

### One Day Retreat/Class Sat., Oct. 20

This is a review class for anyone who has already taken Tai Chi Chi Kung. Come spend a day focused on improving your form, integrating iron shirt, and sharing a group tai chi experience. Cost: \$70



## Fall Equinox Meditation

Sept. 20, 7-9 pm

## Winter Solstice Meditation

Dec. 20, 7-9 pm

The equinox and solstice give us opportunities to stay connected with the energetic cyclical changes of the seasons. This is a wonderful time to get together as a group, meditate and feel the energetic shifts that happen with the seasonal changes. It is a simple way to align our body, mind and spirit with the transformational changes occurring in nature.

## UNIVERSAL TAO FALL 2007 CLASS SCHEDULE

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

### AUGUST:

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

### SEPTEMBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 10 **Introduction to Universal Tao Classes**
- 10 **Microcosmic Orbit Evening Class** (cont'd 17, 24, Oct 1, 8, 15, 22, 29)
- 20 Fall Equinox Meditation

### OCTOBER:

- 4 Weekly Meditation (cont'd 11, 18, 25)
- 20 **One Day Retreat: Tai Chi**

### NOVEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 29)
- 5 **Iron Shirt I** (cont'd 12, 19, 26)
- 11 **Radical Acceptance** Discussion Group

### DECEMBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 3 **Fusion I Class** (cont'd 10, 17, TBA)
- 20 Winter Solstice Meditation