



The Well



(I Ching) drawing on deep sources of nourishment

Volume 19, Issue 1

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: \$75

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: \$75

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$75

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: \$75

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: \$75

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 of which has a particular focus or usage. Appointments are 75 mins. and cost \$75. 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.

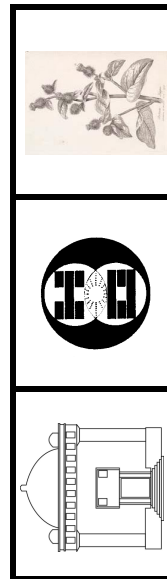
Chinese Herbology:

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 \$75/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 \$75/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 \$30. Personal consultation based on \$75/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%.

Winter Greetings!

I hope this finds you well and enjoying the best of the season. The feature article of this issue is about some of the energetic qualities of winter: stillness, quiet and listening.

February - On Retreat

I'm currently making plans for my annual meditation retreat, tentatively scheduled for February 1-28. Tentative is a key word as there are a number of upcoming changes that may influence this time.. Two key items are my father is under hospice care and I'm looking to move by April. As this is written in November, I can't precisely plan how these things will occur. So - I'll make these plans and keep you posted as the new year progresses.

During my retreat, it would be wise to stock up on any regular herbal formula that you may need during this month. If you take a constitutional formula, make sure to have enough to last through March 1. Also, be sure to have enough cold, cough, flu, sinus, formulas on hand, just in case.

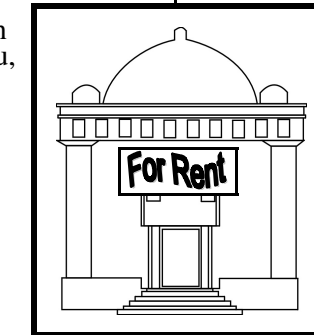
Rick Detroye, an acupuncturist and herbalist, will cover my herbal practice while I am away. If you have need of a formula or refill while I am gone, Rick will have access to your file and be able to help. He is located at NE Sandy and 20th and his phone number is **503-484-3513**. Rick is also available for acupuncture treatments.

New Place Update

My lease here on Savier St. ends in April and I'm still looking for a new place. Thank you so much to everyone who has given me leads and suggestions. After the first of the new year I plan on putting more concentrated time into this search. As I've talked with various people I found a little more clarity about my space needs. I'm most interested in finding a suitable house or building that facilitates my work and classes. This means something with a fairly open floor plan. If it is for rent, I'll rent. If it's for sale, and I can afford it, I'll buy. The location is probably secondary although within a somewhat central close-in area. If you know of a likely place, I'd greatly appreciate a call. The next newsletter will go out March 1st and will have the latest developments.

Cheers!

Kyle Cline, LMT



Winter Listening

A gray and drizzly day here in Portland. After a glorious fall, winter arrives with clouds, rain and...quiet. Things get noticeably quieter in winter. Quiet, stillness is one of the traditional Chinese energetic associations with winter.

The quiet of the winter season is part of a natural cycle of change. Spring is new growth sprouting. Summer is exuberant fruition. Fall is gradual softening and letting go. All are relatively noisier than winter. Winter is stillness...and quiet. We may prefer one season, energy or quality over another, but they all are necessary, they all are mutually supportive. It is the quiet of winter that allows for the nature of the other seasons to emerge.

These days it is easy, and oh so tempting, to cover over the natural quiet of winter with... anything. Noise: music, earphones, car stereos, cell phones, television, movies. We can cover over the quiet with busyness, projects and lots of doing. This hasn't always been true. Before the electronics age, our ancestors had little escape from the natural stillness of winter. With less distraction they could notice the response of nature to the qualities of winter. Birds sitting still on branches. The pauses between rain showers. The fall of light mist has such a subtle, quiet quality. At times, even the wind becomes very soft, almost still. The decrease in sunlight softens the edges of most things.

The quiet of winter allows. It allows spaciousness. It allows time. Quiet allows each and everything to be, just as it is. Quiet allows listening.

Not listening to something as distraction, covering up of quiet, but listening to whatever the quiet presents. Listening is one of those fluid, remarkable skills that may be used in many different ways. We can use listening to distract; we can also use listening to be fully present in the

Continued on next pg.

moment, with whatever is.

The quiet of winter allows us a chance to explore listening in a very different way. In some ways listening is similar to breathing. We may always be breathing because it is automatic, but what is the quality of our breathing? What is the depth, fullness, expansive and contractive nature of each inhale and exhale? How far does the breath reach, to every cell? Can we notice the letting come and letting go of each and every breath?

Like breathing we may assume we are always listening, but...are we really? I mean *really* listening. Or are we listening as one part of a complicated multitasking juggling act of doing too many things in too little time?

For example, what happens when we hear a strange, unknown noise? Don't we immediately stop everything – talking, moving, thinking – and apply *all* of our attention to listening. When we really need to listen carefully, we naturally create stillness. We don't have to wait for a strange noise to experience this. Try pausing for a moment here and notice the quality of listening just now, in this present moment.

What do you notice? What are the qualities of listening as you pause, bringing awareness to the listening? Not just the objects, the noises, the things we listen to. What is listening itself?

Winter is a good time to explore these questions. Sitting in the stillness and quiet a few observations surface.

Listening is not talking. We might listen to ourselves talk, but it is incredibly difficult to talk and listen to somebody or something else at the same time. Letting go of a need to be heard, insert an opinion, prove oneself right allows space for a deeper quality of listening.

Listening is not thinking. While listening to someone, our voice may be quiet, but internal thinking may be quite loud; formulating a response, what we'd rather be doing, judging or criticizing. Is that really listening? The thinking mind/voice dominates, taking up an incredible amount of space that could be fully engaged in listening.

Listening is not knowing. If someone is speaking about their experience of cooking carrots and my mind jumps in with all I know about cooking carrots, there's not much room for real listening. Even with listening to

something familiar, we can still listen from a place of not knowing. Like, while listening to raindrops, an immediate reaction of, oh, I know that - it's raindrops, defines, categorizes and directs listening somewhere else. Noticing that automatic and habitual response to familiar sounds may allow it to drop. Then, instantly full listening can occur without effort.

Listening is only itself, nothing but quiet, awareness, hearing, observing, and feeling what is happening in present time.

Deep listening seems to not be limited to the auditory senses. I notice listening when I feel someone's pulse. If I'm quiet, I hear the pulse as if it is talking to me, expressing itself, communicating something about the bodymind.

When someone is sick, really listening to a cough tells me more about its nature: dry, constricted, damp, phlegm, surface, deep, swollen. Sometimes getting sick is a great time to listen because we often don't have the energy to sustain our typical defenses and resistance to fully listening to the moment. A ticking clock, the furnace turning on and off, air moving, the sound of footsteps echoing in the hallway.

Listening to another person talking may also go deeply, more than just audible recognition of words, sentences and ideas. It extends to a more subtle level of communication. Full listening is without distraction, noise or self-centered concern; it is without thinking or knowing that which is being heard. It could be anything: raindrops, wind in the trees, a bird's small chirp, an infant's sigh, the sound of laughter.

You don't have to believe me or anybody's words about listening. The beauty of this is that you can easily find out for yourself. Pause. Listen. What do you notice?

Starting with a gray and drizzly day, ending with deep listening and presence. Ah...thank you, winter.



Arctium lappa, Niu Bang

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Mantak Chia Workshop May, 2009

We are fortunate to have another opportunity to meditate with Mantak Chia in Portland next May. There will be two workshops: Basic Practices, May 22, 23rd, 24th and Healing Love, May 25 and 26. Like last year, this is Memorial Day weekend. If you don't have travel plans, this would be a great way to spend the holiday weekend! Jon Weston will again be organizing these workshops. He can be reached at 503-794-2717.

Fusion Reunion

If you can't make all of the Monday evening classes in December, please consider attending the last class, Monday, December 29, for a Fusion Reunion. This class is available to anyone who has previously taken a Fusion class. Come practice Fusion together, learning and supporting each other in the process as we say farewell to 2008 and welcome 2009. No fee!



Winter Solstice Sunday 12/21

Spring Equinox Thursday 3/19

Holiday Meditations

Since Christmas and New Year's Day are on Thursday this year, we'll have a special meditation each day. The time is not yet set, so - if you're interested, please give me a call. I can't think of a better way to spend the holidays than to get together for a nice meditation session.

UNIVERSAL TAO WINTER 2008 CLASS SCHEDULE

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

DECEMBER:

- 1 **Fusion I Class**
(cont'd 8, 15, 22, 29)
- 4 Weekly Meditation
(cont'd 11, 18,)
- 21 Winter Solstice Meditation
- 25 **Holiday Meditation** (call for time)
- 29 **Fusion Reunion**

JANUARY

- 1 **Holiday Meditation** (call for time)
- 5 **Tao Yin Evening Class**
(cont'd 12, 19, 26)
- 8 Weekly Meditation
(cont'd 15, 22, 28)

FEBRUARY:

On Retreat - No Classes

MARCH:

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

APRIL:

- (Mar.30)**Microcosmic Orbit Evening Class**
(cont'd Apr.6, 13, 20, 27 May 4, 11, 18)
- 2 Weekly Meditation
(cont'd 9, 16, 23, 30)