

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: \$80

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: \$80

Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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: \$80

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: \$80

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.

What's this ...
a new address ?????

Yes...hard to believe,
but true. He's in a new
place!!!

Open House &
Potluck Sept. 20. See
inside for details



veranda
evening courtyard stillness
lazy taoist
rays of setting sun

Clinic Services

Oriental Bodywork:

I practice several different styles; each has a particular focus or usage. Appointments are 75 mins. and cost \$80. Chi Nei Tsang is abdominal massage. Tui Na is a Chinese form of physical therapy. Chinese Pediatric Massage is useful for infants and children. (Pediatric appointments are \$60 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 are 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 \$80/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 \$80/hr.

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 \$80/hr.

Clinic Information:

Appointment Days: Tuesday, Wednesday, Friday, Saturday.

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

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

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Fall, 2009



The Well



(I Ching) drawing on deep sources of nourishment

Volume 19, Issue 3

Greetings ~

Seems like a *very* long time since the last newsletter. Much has been happening and this issue will catch you up with the details.

New Location. With the generous help of many friends, I am now at a new location: 1825 SE 7th; halfway between Hawthorne and Division.

There is easy access from all directions: I-5 North and South - exit for OMSI; Highway 26 - either way on 405 to I-5... OR... straight through downtown to the Hawthorne Bridge; anywhere in SE – Belmont, Hawthorne, Division or McGloughlin to 7th. Call if you need more specific details. Parking is much easier than Savier St. There is a two-hour zone right in front of the house and also for the block to the north. The other side of the street has a small 30 min. zone and the rest is not posted. If these blocks are full, there are numerous other two-hour zones and un-posted areas around each block.

The house is absolutely wonderful; here are a few pictures. Please come visit to see a unique and special space in the middle of a very commercial/industrial neighborhood. Common remarks from visitors are: 'oasis', 'island' and 'retreat'... 'it feels like Bali, Indonesia or Thailand.' Hmmm... interesting that *I* would land here.



Among many lovely features is a veranda and a beautifully landscaped courtyard in the back. The goldfish are now meditating in a 300 gallon pond with a fountain. The herbal pharmacy has it's own room!! Ahhhh...

Appreciation and Gratitude. With settling in, and it is taking some time, I often find myself meditating in the courtyard, under the tree, gurgling water, soft breeze...

filled with appreciation and gratitude for everyone's support through this transition and move: Terry Anderson, Mike Nario, Prudence Marshall, Marilyn Joyce, Chi Ann Bakkensen, Lori Maymi, Collin Prasch, Evan Spiegler, Vasiliki Katrivanou, Scott Johnson, Laura Garnier, Judith Rose. Without the generous help from these and everyone's kind wishes, I'd still be packing at Savier St.. Thank you one and all!

Ongoing Appreciation and Gratitude to Martha Banyas and Michael Hoeye for providing this wonderful opportunity to play, grow, heal and work in

their lovely house. Martha has occasional weekend Apa Ini Gallery sales in her studio in the courtyard. Call me for more details..

Fee Increase. To financially support all of this, on April 1st I increased my appointment and class fees: \$80 per session/consult; \$60 for kids (\$40 follow-up). Class fees: \$80/month class (half-price for review). Please see the back page for specific details.

Cheers!

Kyle Cline, LMT

Open House ✨ Housewarming Fall Equinox Meditation

Sunday, September 20, 2-9 p.m.

Come visit this lovely place and help celebrate the process. It feels very clear to me that this is not just my house - this is our place to heal, meditate, tai chi; find herbs, support and maybe relax a little. Please call to RSVP for the potluck and let me know your food contribution (so there aren't 21 fruit salads). I will mail a reminder postcard after Labor Day. The house has wonderful chi, good karma, supportive guardian spirits and plenty of space to play. Come check it out.

There are several options to participate in the celebration:

2-5 p.m. Open House

5-7 p.m. Potluck

7-9 p.m. Fall Equinox Meditation

Moving Meditation

Tai chi, spirals, Tao Yin, sword form are usually referred to as moving meditations. The idea is that meditation does not have to be limited to sitting still. We can cultivate a meditative state during moving practices. This may be very helpful because we spend much of our day moving. Through these practices we can nourish meditative qualities - balance, harmony, peace - while physically moving through our day.

The last few months have expanded my definition of moving meditation. I've been attending a very advanced intensive months-long workshop in finding, cultivating and remembering meditation while moving home and work to a new location. This is another form of meditation while moving. It has been an interesting workshop. All previous moving meditation experience has been so helpful. I'm learning much in the process.

Things Change. I had the good fortune to spend 18 wonderful years at Savier St. The location and unique space allowed a place to cultivate and develop what I had learned in the previous decade while traveling and studying in Asia. When moving in there, my plan was to stay for one year and then find something else. Plans change.

After 17 years I found myself very settled at Savier St., someone used the word *entrenched*. It fits. Simple routines and comfortable habits. Easy walking in the neighborhood. As I began to notice signs and signals forecasting a move, a distinct resistance arose. Curious. Resistance to change.

Once into this new house, lots of change becomes apparent. Routines, habits, conditioned ways of getting the daily activities and chores done all changed, like throwing a deck of cards up into the air. The comfort of familiar ways changed to feelings of challenge, disruption and the unknown. Again, resistance to change surfaces.

Trees have changed, from chestnut and recently departed silk tree to bay laurel. Morning practice evolves. Neighborhoods change from trendy boutique NW 23rd to simple, bicycle-heaven SE. Views, neighbors and food stores change. Lots and lots of change. If, as Taoists point out, we recognize change as the only real constant, can we bring this resistance, curiosity and reaction to change into our meditation practice?

Suffering. Throughout this marathon of a move, I frequently encountered an experience of familiar suffering. Long hours, heavy boxes, too much driving and too many trips to the hardware store, and... cleaning, lots of cleaning.

In themselves, these are just the ongoing activities of daily life. Somehow, moving compresses and intensifies all of these activities with predictable results: suffering.

This familiar process was quite noticeable as I haven't moved in so long, never had so much stuff (pharmacy = 100 boxes!) But what was quite unusual was noticing the experience of suffering without denial, pushing it away or distracting. I often felt the overwhelmed-too-much-feeling and just sat with it.

It didn't take long or much effort to see a regular pattern. Suffering was strongest when I felt I was doing this move by myself, when I felt alone and separate. As soon as I remembered the support, friends, phone calls, offers of help, the aloneness faded, separation shifted, suffering decreased. The frustration, fatigue and overwhelmed remained - they're just a natural part of the moving process. The suffering part, though, isn't mandatory. A deep bow of appreciation to everyone who helped in this process, not just physically moving, but also support in letting go of separation and suffering.

This 2. Approaching this move as meditation does not mean every moment was a slow, relaxed, thoughtful experience, like sitting at some mountain retreat. Nope. This was a very urban, hectic, detail-and-chore-filled marathon, like any move. At various points I felt familiar pain and suffering. So many boxes. So much to clean. Where *is* that special pot, pen, file and book?

Bringing moving into the meditation process can become a way of recognizing when frustration, push, exhaustion and overwhelm arise (and... they *will* arise) and notice how we relate to each. Is there a way to bring kindness to just this human response to moving - whatever it is: worry, obsessive lists and planning, too much to do in too little time.

Whenever I bump up against these, which happens often, I can more easily recognize the story - it's all very familiar - take a deep breath, pause and say... this, too. This frustration, it too can be related to kindly. This overwhelmed, it too can be brought into the fullness and spaciousness of meditation. This late night/early morning, this unable to sleep, this "I have no idea what this unmarked jar of herbs is," can also be related to with acceptance rather than resistance. It's a different approach, some might say radically different.

Of course, as I write this, I'm still moving. Half the boxes are still sealed. Compost, water filter and Internet still need to be set up, etc. etc., etc. So, I have plenty more time to practice moving as meditation. And with each day, each practice, the meditative qualities of harmony, balance and flow become more and more a part of daily life, even while moving.

I'm out of space to write and this is just the first layer, there is always more. We'll continue the discussion in future newsletters, books, classes and our ongoing conversations together.



Keep up the good work.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Chi Nei Tsang Class

Chi Nei Tsang (CNT) is an abdominal and organ bodywork process from Mantak Chia's Healing Tao meditation and chi kung system. I feel it is 50% massage technique and 50% chi kung, which provides for a very unique and powerful way to support and nourish body, mind and spirit. There are many and diverse bodywork styles and techniques out there; this one is quite special. Accessing the sophisticated and intricate energetic system of Chinese medicine through hands-on touch of abdominal organs feels elegant, simple and often magical. This class is for anyone, whether you are a professional bodyworker or just love to explore the natural way of these marvelous human bodies. The focus is very experiential; most of each class will be devoted to trading treatments.

A prerequisite for CNT is the Microcosmic Orbit class, which starts in September for eight weeks. Any and all of the other chi kung/meditation classes are highly encouraged to cultivate internal and energetic aspects, allowing them a natural presence during CNT sessions.

Class will be three hours, once a week for 10 weeks. The day and time will be determined according to par-

ticipant's schedules. Call well in advance to let me know you're interested and what day and times work or do not work. Class fee: \$400; ½ price to review. LMT's can receive 30 CEU hours (plus 16 hours for the Microcosmic Orbit.)

This class happens whenever enough people express interest, usually every 2-3 years. I'm very excited to offer it in a new space, which is a wonderful setting for this work.



Expanded Meditation Schedule: Mornings & Holidays

I'm considering adding a morning meditation class with a similar format as Thursday evening, mainly to practice and review what we've already learned. Details

will evolve over time and according to who attends. I'm considering Tuesday or Thursday, 7:30-9 am. If mornings are better for you than evenings, give me a call.

Last year's experiment with meditation sessions on the holidays was quite enjoyable. Keep this in mind for this year: Thanksgiving, Christmas Day and New Year's Day; times to be determined.

UNIVERSAL TAO FALL 2009 CLASS SCHEDULE

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

AUGUST:

- 3 **Tai Chi I Evening Class**
(cont'd 10, 17, 24, 31)
- 6 Weekly Meditation
(cont'd 13, 20, 27)

SEPTEMBER:

- 3 Weekly Meditation
(cont'd 10, 17, 24)
- 14 **Introduction to Universal Tao Classes**
- 14 **Microcosmic Orbit Evening Class**
(cont'd 21, 28, Oct 5, 12, 19, 26, Nov. 2)
- 20 **Fall Equinox Meditation & Potluck**

OCTOBER:

- 1 Weekly Meditation
(cont'd 8, 15, 22, 29)
- TBA **Chi Nei Tsang I Class** (10 weeks)

NOVEMBER:

- 5 Weekly Meditation
(cont'd 12, 19)
- 9 **Iron Shirt I**
(cont'd 16, 23, 30)
- 26 **Thanksgiving Day Meditation**

DECEMBER:

- 3 Weekly Meditation
(cont'd 10, 17, 24)
- 7 **Fusion I Class**
(cont'd 14, 21, 28)
- 20 Winter Solstice Meditation
- 25 **Christmas Day Meditation**
- 28 Fusion Reunion