

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

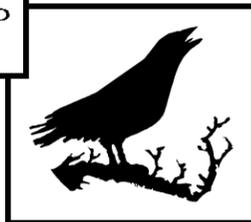
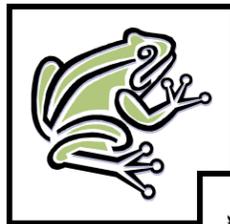
Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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.



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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, 2010



The Well



(I Ching) drawing on deep sources of nourishment

Volume 20, Issue 3

Summer Greetings ~

I hope this finds you enjoying whatever summer joys warm your spirit. The fire energy of summer is associated with the heart and represents the exuberant fruition of spring's new growth. Here we are!

In this issue the feature article describes a bit of summer experience on SE 7 Ave. Mantak Chia has scheduled another series of workshops here next year. There are upcoming classes in the Fall schedule that would be useful preparation for his visit. And, very reliably, the Equinox and Solstice meditations keep appearing/revolving.

The Bookstore Is Open

Well, not quite a store, more like a couple of bookshelves in the front room. I'm stocking the titles I recommend most: many of Mantak Chia's books on chi kung and meditation; Tara Brach's *Radical Acceptance* and three sets of CD's including guided meditations and emotional healing; and Toni Packer's *The Work of this Moment*, *The Light of Discovery*, *The Wonder of Presence*, *The Silent Question*.

...speaking of books

I'm continuing to explore self-publishing my next title on Taoist practices in a western culture: *Lao Tzu's Court*. I thought it would be finished by now, but it seems to have its own birthing process. One more round of editing and it will be available to read online. Then, if you want a beautiful hand-bound copy, I'll make it for you.

Cheers!

Kyle Cline, LMT

i n t h e

Summer Courtyard

With the return of warmer weather and light, gentle breezes often bring whispered voices... come out, come out and visit. It's the courtyard calling. Gentle. Insistent. Seductive. Let's play.

The calling is easier to hear in the quiet of dawn - sun just beginning to rise above the horizon. Playing tai chi to the accompaniment of this ascendant star feels magical bordering on miraculous, possibly heavenly. Stepping, circling, dancing around the bay laurel trees, slow even movements somehow match the internal rhythm of sunrise, tree, earth as we each find our way, separately and together, into the beginning of this day. Just this day, this moment, this tree, this breath, this indescribable conspiracy of light and movement and sky and water and feet planted in the earth. Hmmmm....



This morning there's another player, where typically it's a solo dance. Slanting sunrays provide a tai chi partner, shadow gracefully flowing across gravel, along dirt, even up the gallery wall. Amazingly fluid across uneven surfaces, different planes. And looking so familiar! A mirror doesn't come close to this.

Pause. Tai chi movement complete, breathing focuses on the center, returning to the core. Bubbling, gurgling fountain water flow becomes a simple musical structure on which the courtyard arranges itself. Insects flying intricate patterns in mid-air. Fish swimming graceful arcs in the pond. Birds swoop through, calling out their morning greetings, in search of food or just a sunny perch. The water music a consistent backdrop to an entire orchestra of morning sounds: chirping, traffic, buzzing, airplane,

(cont'd on next pg.)

dragon-tiger breathing, leafblower. Monkey giggles irrepressibly in delight with the whole symphony of summer sounds.

Standing tai chi gives way to tao yin, body on the ground. Not just the feet when standing, or the butt when sitting. The whole backside; the whole frontside. Arms and legs in full contact with earth. Chest breathing up against the ground. Being held, embraced. With such contact, postures spontaneously flow: bamboo swinging in the wind; river flows into the valley; dragon stretches tail. Ahhh... it is so good to be on the ground, feeling the earth energy spiraling up and through extended dragon claws - first right, then left, then again. Each inhale returns to center. Each exhale extending, spiraling, stretching. Dragons have it good in the morning courtyard.



Pause. Resting. Absorbing that chi of the completed movement, which includes the context, the environment: three protective cedars to west; three tall sentry firs to south; ivy masses enveloping brick wall to north; solid, old house to east; bay laurel trees with pond at center.

Winged dancers flow through: starlings, moths, sparrows, butterflies, bluejays, mosquitoes, hummingbirds, gnats and... crows. There is a crow's nest toward the top of a tall fir. It's a busy place at the beginning of summer. Lots of coming and going, swooping and curving, calling out loudly - CAW! Bring more food back! One day a small hawk brought its morning meal to a nearby tree branch. Intense raptor eyes following this funny creature playing at monkey, dragon and bamboo. Humans! Usually good for a laugh or two.

Monkey on his back, now resting with knees in air, the perspective shifts; sky between the branches. It becomes obvious how the courtyard extends upward as well. Bay laurel limbs branch out gracefully in an overhead canopy. Sunlight glints off spiderwebs strung trunk to branch, their shape a reminder of the ba gua symbol of the eight forces of

nature. Spiders naturally know this, designing, building, creating based on this fundamental pattern. Tree branches reach skyward, spreading green in all directions. Sun cresting house roofline, light and warmth begin replacing cool and shadow. At treetop, light joyously bounces around as neon iridescent green. In shade below, leaves are much deeper, darker, richer green. As the sun comes and goes, clouds a choreographed dance, the colors shift in a wondrous display of the process of change - transformation. So intricate and yet so amazingly simple. Always happening, always available, there for the seeing - in the morning summer courtyard.

Between and beyond the branches and green is blue, with occasional cotton white clouds slowly passing through. Sometimes the blue is crystalline, so vibrant and deep that it seems without end. Endless blue. Forever blue. Spine merging with ground joins deep roots into earth, eyes and spirit follow endless blue sky wherever it may lead. Sky as a blanket, earth a pillow. This being human...ahhh!

Another shape shift, this time to frog and the perspective shifts to the ground. Close-up, common gravel provides a mosaic of intricate patterns and colors that could be explored all day. Ants intently moving, search for food, possibly truth - maybe enlightenment. *Hmmm...* probably food. Forehead resting on cool gravel. A moment between inhale and exhale while the universe expands by another breath. The coolness of the ground, earth rises up as the warmth of the sun, sky flows down. The contrast, interchange, mingling - the thermodynamics of the macrocosm, the universe, playing out in this simple, physical body. Is it time to breathe? Is there a need? It happens and with a slow inhale frog raises its head, spine arching toward the sky. Appreciation for the cool earth at its belly, gratitude for the warm sky above. Peacefully at home here, whole and at one with the morning summer courtyard.

Appreciation and Gratitude: to Martha and Michael for providing this opportunity to share their courtyard; to the gambusia fish for their love of eating mosquito larva in the pond; and to each and every one of you for the ongoing support that allows me such freedom in the courtyard... and to write about it. **Thank you!**



Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Mantak Chia Classes

I thoroughly enjoyed the recent Cosmic Healing and Kan & Li workshops with Mantak Chia. It's such a pleasure to sit with him and the always interesting and diverse people who attend. Chia has scheduled two different classes for next year, May 18-25: Chi Nei Tsang and Cosmic Fusion. (He'll also be doing Basic Practices and Healing Love in Seattle, May 13-17.)

If you are interested in these classes, I highly recommend doing some preparation before his visit. The Microcosmic Orbit class is a basic foundation for each subject. I'll be teaching Fusion in December.

Why not just wait and take these classes with Chia? I've found, through much experience, that I learn and retain so much more from time with Chia when I've first had basic exposure and some practice time with the techniques. Then, when he teaches, I don't have to take notes, try to understand the theory or remember the sequence of steps. I can just sit back and enjoy his chi inspired guidance. With that approach, I got



more out of this year's classes than ever before.

The ongoing class schedule is listed below. Call if you have questions.

Equinox Meditation & Potluck

Fall equinox meditation will be on Sunday, Sept. 19, 4-6pm. Following there will be an optional potluck dinner, 6-8pm. Weather permitting, we'll be outside in the courtyard. Please call to let me know you'll attend and your food contribution. Also, please bring a place setting for yourself and any necessary serving utensils for your dish.

Fusion Reunion

If you can't make all of the Monday evening classes in December, please consider attending the last class, Monday, December 27, for a Fusion Reunion. This class is available to anyone who has previously taken a Fusion class. Come practice together, learning and supporting each other in the process as we say farewell to 2010 and welcome 2011. No fee!

UNIVERSAL TAO FALL 2010 CLASS SCHEDULE

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

AUGUST:

- 2 **Tai Chi I Evening Class**
(cont'd 9, 16, 23, 30)
- 5 Weekly Meditation
(cont'd 12, 19, 26)

SEPTEMBER:

- 2 Weekly Meditation
(cont'd 9, 16, 23, 30)
- 13 **Introduction to Universal Tao Classes**
- 13 **Microcosmic Orbit Evening Class**
(cont'd 20, 27, Oct 4, 11, 18, 25, Nov. 1)
- 19 **Fall Equinox Meditation & Potluck**

OCTOBER:

- 7 Weekly Meditation
(cont'd 14, 21, 28)

NOVEMBER:

- 4 Weekly Meditation
(cont'd 11, 18)
- 8 **Iron Shirt I**
(cont'd 15, 22, 29)
- 25 **Thanksgiving Day Meditation**

DECEMBER:

- 2 Weekly Meditation
(cont'd 9, 16, 23, 30)
- 6 **Fusion I Class**
(cont'd 13, 20, 27)
- 19 **Winter Solstice Meditation**
- 25 **Christmas Day Meditation**
- 27 **Fusion Reunion**