

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

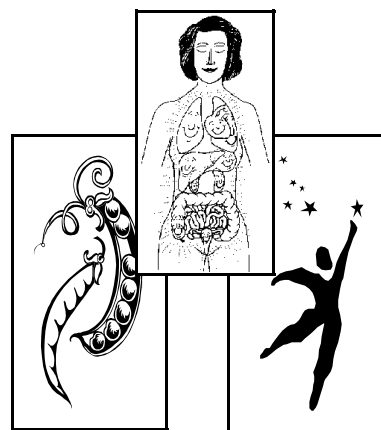
Tao Yin is floor exercises and movements which help relax, open, and strengthen tendons, spine, and the psoas muscle. Cost: \$80

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.



SIMPLICITY

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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, 2011



The Well



Keep up the good work

Volume 21, Issue 3

Greetings ~

I hope this finds you well and enjoying a *wonderful* and *relaxing* summer. As I write, we seem to be waiting, sometimes not so patiently, for the fullness of summer to arrive. Seasons have their own transition schedule, which may not always coincide with the calendar or what we want. I'm finding it easier to apply Radical Acceptance, even to a cool, cloudy and damp summer season. This is the reality of what is in front of us at the moment. It may change, it may not. Regardless, following the energy of the season, however it occurs, allows us access to balance that comes from being in harmony with the environment around us. It seems much simpler than my previous approaches of wanting it different than it is. Simpler. Easier. Balance. Harmony. More of this in the feature article titled: *Simplicity*.

Mantak Chia was here for one week in May. Beforehand I usually wonder about the expense and time involved. Afterwards I marvel at how much I learned. This year was no different. I am so grateful that he travels here to our own backyard. We are quite fortunate.

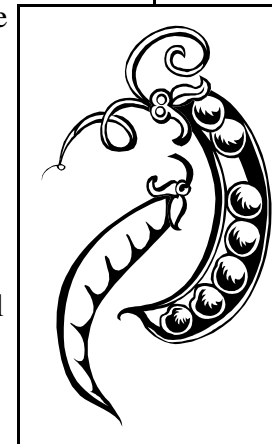
The fall schedule of classes is inside. We've been having some lovely potluck/meditations on **Solstice** and **Equinox**. It's a good way to stay in tune with the transitional energy of the seasons...plus have some great food together.

As we move into fall, the energy turns from the outward exuberance of summer to a more inward focus. The basic meditation and chi kung class can be a good support process. It starts in September on Monday evenings.

Best wishes to you and yours for a lovely end of summer and beginning of fall.

Cheers!

Kyle Cline, LMT



Simplicity

The more simple your life, the more time you have to live it.

A few years ago, a friend gave me a small figurine with this little quote attached. The Happy Buddha often elicits a natural smile. The deeper gift may be these few words, a small reminder during often busy, not so simple days.

Sitting with these words over the years, the meaning has deepened and found a resonant chord within. During retreat this year, a month-long sacred pause, a clear insight surfaced: simplicity allows for less obstacles that hinder a spontaneous, natural way of being, which is my translation of the *Tao* and *Taoism*. Nothing new, yet the echoes of this resonance have been strong ever since. I'm finding it easier to feel the natural way, the Tao, of many aspects of life following the guidance of simplicity. Letters

arranged on paper can be inspiring. It is the practical application to our daily lives that gives words deeper value and meaning. Here are a few examples of how I find a simple approach helpful.

Simple Diet

How we nourish ourselves with food is often a complex topic. It is curious that the historically unprecedented availability of food year-round brings with it so many dilemmas about what to eat, or not eat. So many dietary approaches can become confusing: calorie counting, zero carbs, 80-10-10, Paleolithic, blood type, vegetarian, vegan, macrobiotic, raw. Following a program may distract from the simple, basic purpose of nourishing body, mind and spirit. Often, it can be helpful to bring mindfulness to what and why we eat.

Local - Seasonal - Whole

Any diet may be helpful, but usually the focus is on a very detailed managing of content based on what is considered right. I've found many diets to be useful in some ways, and not so useful in others. Relaxing a content-managing approach has brought me to some simpler basic guidelines: local, seasonal, and whole foods.

Local focuses on the foods that naturally grow in the environment in which we live, connecting to the energy of place. *Seasonal* follows a natural sequence of food types based on the energy of the current time. *Whole* guides

(cont'd on next pg.)

me to choose less processed foods that retain more of their natural energy and balanced nutrition.

Food content is only one part of our diet. There are many other aspects to eating that influence nourishment. How fast I eat has consistently had more of an impact on digestion and assimilation than food content. Speed also relates to the amount of chewing for each mouthful.

Often, we're multitasking while eating: internet, texting, phone calls, meetings. What we do while we eat can significantly impact the digestive process. Over time, I've slowly phased out these activities as well as watching the news, reading newspapers and books. Just eating, being fully present with the food, the chewing, the swallowing. This leaves just this moment of eating and nourishment.

When we eat, how often, how early or late in the day, and how much time between meals is also very relevant. Not eating much in the morning and eating late at night may generate a cycle of undernourishment.

How much we eat, quantity, may also be as, or more, important than food content. Overloading the digestive system decreases its ability to function well.

Certainly we can pay attention to food content. It can also be useful to notice some of these other variables as well.



Simple Exercise

As with diets, there is an abundance of exercise methods, each with specific physical benefits: cardio, strengthening, stretching, balance, flexibility. We could easily spend all of the week just following the 'required' times for each.

Do What You Enjoy

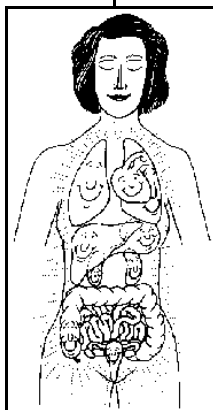
A simpler, and probably more effective, approach may be to find something we enjoy doing. It could be a traditional exercise like yoga, running or aerobics. Or, it could be something like dancing or gardening. Playing with kids can be a great form of exercise. Walking is the simplest and provides many benefits without the need for equipment, classes or a special place.

I've learned many exercise routines and most consistently do the simplest: a short 13 step tai chi form that takes five minutes and very little room to complete.

Simple Mind

Our minds also need regular care and attention. Again, there are a multitude of approaches: therapy, meditation, relaxation techniques, religion. Each promises a calmer, more peaceful mind. In my explorations I've found the simpler techniques tend to be most effective.

Smiling, to others and ourselves, is one of the most useful energy practices I've learned. Conscious breathing is a foundation of almost every meditation system. The Dalai Lama is often quoted, via bumper stickers, as saying "Kindness is my religion." Simple. Powerful. Effective.



Sometimes the simplicity of daily life blends together in spontaneous ways. These activities don't have to be separate. Gentle stretching in the backyard on a warm, summer morning. Laying on the earth and breathing to the navel. Gazing up through the trees, branches and deep green leaves, shifting dawn colors and blue sky as background. Pausing in the garden to pick a snap pea, at just the right size, admiring the simple curves, full of morning crisp and sweetness. A simple life. Like this. The alchemy of these blended moments brings a joy that words struggle to fully convey.

'tis the gift to be simple, 'tis the gift to be free, 'tis the gift to come down where we ought to be, and when we find ourselves in the place just right, it will be in the valley of love and delight. - Traditional Shaker song

One suggestion for 'where we ought to be,' is the present moment. Whatever is happening in our lives, becomes a simple starting point.

A simpler life brings us into the presence of that natural childlike state we were born into and which we are never really apart from. There may be times when it feels like a lengthy, insurmountable distance yet it is always within. This is not childish, with its negative slant of immaturity, but childlike wonder, curiosity and enjoyment of the moment without interest, concern or care for what has happened or what will happen next. Just this... this moment... this slice of life right in front of us. Much of Taoist philosophy can be summarized by the phrase: Return to being a child. Simplicity provides us this access.

Simple is Beautiful

E.F Schumacher wrote a book in 1973 titled *Small is Beautiful*. At the time, this concept was contrary to the general trend. Everything was getting bigger: economies, governments, cities, buildings, interstates, corporations. Bigger became better. Schumacher tried to remind us of the value and need for small, local and decentralized. .

Simple is beautiful. One aspect of this beauty is access to a more natural life bringing along balance and harmony, which influence each aspect of our lives, every connection we have with nature, the earth, and people - our community.

In these times when the world seems more complicated and less easy to navigate than ever before, utilizing a simple approach can allow an unfolding into a more natural life. We don't have to withdraw from the world to do this, joining a monastery, becoming a hermit, moving to some small village way off the grid. Embarking on a simpler life can begin with what is in front of us - right now. Whether it is parenting or gardening, work life or relationships, healing or singing, can we sit and feel for a simple, natural way of living/being that can illuminate each aspect as a gift, as a gateway to love and delight?

Another practical application example. I'm returning to the piano after a 40+ year pause. It is starting very simply with row, row, row your boat. And, twinkle, twinkle, little star. Sitting at the piano, simply, joy and delight.

Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

Microcosmic Orbit

Another introductory chi kung/meditation class will start Monday, Sept. 12 and continue for eight weeks through October. This class introduces basic chi kung practices: **Six Healing Sounds, Inner Smile, and Microcosmic Orbit**. I consistently find them to be the simplest and most effective way to cultivate balance and harmony in all aspects of life. They have become steady and reliable friends that I learn from daily.

Given the intensity of the times - politics, economics, living and dying - I know of no better support than to find some form of self-care and healing practice for ourselves. It doesn't much matter the details of *what* it is, just that we show up and do it/be it regularly.

If you're interested in a Taoist approach, this class is a good introduction. If you've taken it before and want to review and find somewhere to strengthen your practice, this is a good place. If you know someone who is interested, feel free to have them call me.



Equinox Meditation & Potluck

Fall equinox meditation will be on Sunday, Sept. 25, 4:30-6pm. Following there will be an optional potluck dinner, 6-7 pm. 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.

Discount Fees for Review Classes

When you review a Universal Tao Class with me the class 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.

UNIVERSAL TAO FALL 2011 CLASS SCHEDULE

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

AUGUST:

- 4 Weekly Meditation (cont'd 11, 18, 25)
- 8 **Tai Chi I Evening Class** (cont'd 15, 22, 28)

SEPTEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 12 **Introduction to Universal Tao Classes**
- 12 **Microcosmic Orbit Evening Class** (cont'd 19, 26, Oct 3, 10, 17, 24, 31)
- 25 **Fall Equinox Meditation & Potluck**

OCTOBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)

NOVEMBER:

- 3 Weekly Meditation (cont'd 10, 17)
- 7 **Iron Shirt I** (cont'd 14, 21, 28)
- 24 **Thanksgiving Day Meditation**

DECEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 22, 29)
- 5 **Fusion I Class** (cont'd 12, 19, 26)
- 18 Winter Solstice Meditation
- 25 **Christmas Day Meditation**
- 26 Fusion Reunion