

## 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.

## 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%.

**Kyle Cline, LMT – 1882  
1825 SE 7th Ave  
Portland, OR 97214  
503-222-1416**

SimplyTao.com

### IN THIS ISSUE:

- Something Strange .....1
- Chi Nei Tsang Class .....3
- Universal Tao Fall Classes.....3
- Class & Service Descriptions.....4

Fall, 2012



# The Well



Volume 22, Issue 3

## Summer & Fall Greetings ~

The exuberance of *fire*, the season of the *heart*. After a lingering, cool spring, summer, when it arrives, seems miraculous. Only a few consecutive days of warm and no rain and already the memory of cool and damp has all but faded.

Appreciation and gratitude to all of the kind feedback on the last newsletter article, *Yes*, and the New Year's Day river adventure. The current article, *Something Strange*, is a continuation of that story and the powerful natural forces at play during times of deep transformation.

In addition to the regular fall schedule classes, equinox and solstice gatherings, a **Chi Nei Tsang** class is forming to begin in October. See page 3. Another example of Something Strange follows below.

Cheers!

Kyle Cline, LMT

SimplyTao.com

Are you sitting down? I finally created a website. I know. I've been firmly internet-resistant for many years. As another example of some of the shifts occurring... well... there is now a website, www.SimplyTao.com.

The purpose of the website is to present information about my practice of Chinese medicine: bodywork, herbs and meditation. There are descriptions of the various forms of bodywork, information about herbs, background on meditation and chi kung classes. There is also how I approach this healing work and what people might expect from sessions and classes.

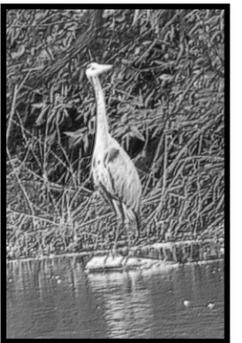
There is a writing archive of past newsletters, articles, chapters from forthcoming books and clinic handouts.

This website is not meant for communicating electronically with me about scheduling, rescheduling or canceling an appointment. Please call for these purposes. It is a way to re-read a newsletter, check a class schedule, or refer someone to get more information.

It's been an interesting creative process, giving an opportunity to put into words what I do. The call came to create something simple and beautiful, meaning resonant with the natural beauty of this Taoist lifestyle. Let me know if it does. Smiles.

## Something Strange

There are moments when we can sense some subtle... something... different, unusual... seemingly strange. It's like sensing a weather shift before it happens. Subtle, yet if paying attention and fully present in the moment, there are usually plentiful clues.



These last few months have felt that way. Difficult to put into words, only getting close with: something strange is going on.

## Work

This fall marks 30 years of doing Oriental bodywork. It is a calling. It is joyful and it is also a career, a job and work. Sometimes the work aspect overshadows the joy and love of it. There have been times when finances, scheduling, inventory, bookkeeping and taxes seem to block out the core essence of loving it.

I remember feeling this way, but it's drifting further back in memory, more difficult to immediately access. Now there's a sense of excitement each morning - what mystery will walk in the door? What marvelous example of body, mind and spirit healing will appear? Daily, with each person, there is a sense of amazement: look at that! What incredible creations these bodies are, with miraculous healing abilities built-in, factory supplied and standard equipment.

It's much easier to see now. *Much* easier. And much more simple to access, make contact, engage and embrace. Allow the body to find its natural healing process, to function by simply getting out of the way. Acknowledge it. Appreciation and gratitude it. Sit back and watch with wonder.

How does this happen? With confidence in my training and decades of experience, I'm learning to trust the body before me, in the moment. Listen to it's needs and signals through touch then, follow. It feels quite simple.

And with that simplicity, the effort of work diminishes daily replaced by... ease of work, and a corresponding increase in joy of work. Hmmm... that's a strange concept... joy of work.

(cont'd on next pg.)

## Sleeping/Waking

It's not just work, either. Last summer I started sleeping outside in the courtyard on hot nights. This continued into fall and, with a warmer sleeping bag, right through winter (it was a mild winter). Something happened during this process, something like acclimation, to the seasons, to the changing weather, to each day. I found myself waking earlier and earlier, easily and naturally getting up at dawn or even pre-dawn. In the past, I could easily sleep until noon and struggled to wake each morning. Hmmm... also strange.

## Diet

Something is also happening with food. I'm eating less quantity and, surprisingly, gaining a few pounds. I'm growing sprouts, making sunflower seed cheese and coconut milk yogurt. Warmer months are calling for regular gentle, mild liver and intestinal detoxes and cleanses - all things tried before with poor results. I'm listening to what the body needs, not thinking about it, or following a "right" diet. That feels very strange.

## Physical Activity

Kayaking adventures continue, seemingly with every river journey. Through the winter these were on the Willamette River. In spring other rivers began calling: Clackamas, Tualatin, Sandy, Columbia. Expanding scope, widening the lens has naturally increased physical activity and stamina. 27 river miles on the Tualatin, with a rough, bushwhacking 1/2 mile portage around a logjam. 26 biking miles to Kelly Point park (Willamette meets Columbia) and 12 kayak miles on the water. Leave home at 5 AM, Max/bus to Kelso, walk five miles to Oxbow, assemble kayak, paddle nine miles, disassemble kayak, paddle, disassemble kayak, bus home, have meditation class.

A year ago it was a struggle to do a mile or two on the Willamette. Even 5-10 years ago I couldn't sustain this kind of activity, especially each week. That is strange-and a surprise. It's also quite clear that it is not just physical capacity. This thin body is lean on muscle. There's an energy that permeates these river journeys, pilgrimages. The capacity of this energy far surpasses physical ability.

In these and all other areas of daily life there is a common thread. Pause, a moment or longer of stillness, listen. What appears? What arises? What calls in this moment? Then... follow. Simple. Whether work or paddle. Diet or exercise. Career changes or doing laundry. There is a natural way to each. Pause, listen, follow.

How to describe this quality? Are there any words for it, something that at least comes close? How about... ease. Not necessarily easy... just a sense of naturalness, flowing effortlessly, spontaneously.

Much time, effort and energy is directed toward reducing disease, trying to prevent, manage, mitigate. Just a little bit of allowing ease in our daily lives may be a valuable and effortless approach to balance the natural occurrence of disease that goes along with these human bodies.



Paddling along the Columbia Slough. Taking a small, narrow side channel up to Smith and Bybee Lakes. Rounded banks with plentiful trees, many arching over the channel. Quiet. Still. It feels similar to creeks

and bayous in the South, without the humidity, biting flies, mosquitoes and poisonous snakes. In other words, much nicer.

Mystic kayak glides easily along the still surface, paddle dipping effortlessly, one side, then the other. Air bubbles float up from very large carp circling just below the surface, small groups every 15 yards. They jump, tails slapping the surface just as the boat approaches.

At channel's end an embankment demands a short portage over to Smith Lake. Standing on the bank, legs enjoy a needed stretch feeling the solidity of rocky bank and earth... earth... earth. Taking in a 360 degree panoramic view of two large lakes, and trees and sky and earth, seemingly in the middle of nowhere, actually within Portland city limits. Ah....

Turning to pull the kayak out, looking back at 200 yards of straight channel, framed exquisitely by rounded banks, rolling hills, arching trees. A large blue heron takes graceful leave from nearby trees gliding a few feet above the water receding silently down channel midline. Every 15 yards or so, heron passes over a school of carp that jump, ripples breaking the surface in an exquisitely choreographed dance of nature, continuing the entire length of the channel until it curves out of sight. Ah... there it is... this... just this moment. As direct and

clear as any teacher, master, sage pointing to the truth, reality, Dharma, Tao. Right here. Right now.

Enchanted, speechless, wordless—the Tao that can't be spoken. Mesmerized, totally absorbed and present. Channel and water, banks and trees, blue sky and wind, herons and jumping carp, and me... no separation.

Yes. Something strange is going on. Heartfelt appreciation and gratitude for something strange as it continues to unfold.

# Universal Tao

Taoist Chi Kung • Meditation • Tai Chi

## Chi Nei Tsang Class

Chi Nei Tsang (CNT) combines hands on techniques with basic chi kung practices to create a dynamic Oriental bodywork system. The emphasis is on working directly on the organs using both physical and energetic techniques learned from Universal Tao classes. *The Microcosmic Orbit class is a prerequisite* as these basic practices form the energetic basis of CNT.

Class will be three hours, once a week for 10 weeks, probably beginning in October. The day and time will be determined according to participant's schedules.

Class fee: \$450; 1/2 price to review. LMT's can receive 30 CEU hours (plus 16 hours for the Microcosmic Orbit).

CNT is not limited to professional bodyworkers. Anyone with an interest in exploring the natural way of bodies, organs and healing can participate. Class size is limited to 10 so, please call by **Sept. 1** to reserve a space.

**Fall Equinox Sun. Sept. 23**  
4:30-7 pm

*Celebrate! Meditate! Pot Luck!*

## Microcosmic Orbit

Another introductory chi kung/meditation class will start Monday, Sept. 10 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 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, or visit [SimplyTao.com](http://SimplyTao.com).



## UNIVERSAL TAO FALL 2012 CLASS SCHEDULE

See class descriptions on back page or visit [SimplyTao.com](http://SimplyTao.com)  
(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)
- 23 **Fall Equinox Meditation & Potluck**

### OCTOBER:

- 4 Weekly Meditation (cont'd 11, 18, 25)

### NOVEMBER:

- 1 Weekly Meditation (cont'd 8, 15, 29)
- 5 **Iron Shirt I** (cont'd 12, 19, 26)
- 22 **Thanksgiving Day Meditation**

### DECEMBER:

- 6 Weekly Meditation (cont'd 13, 20, 27)
- 3 **Fusion I Class** (cont'd 10, 17, 24)
- 23 Winter Solstice Meditation
- 25 **Christmas Day Meditation**