

Week Two

Basic Concepts

The Outer Breath

1. The breath conveys prana, life force that radiates, permeates, and flows through the body.
2. The purely physical aspect of breathing can open up energy channels, for example, when we breath into the belly, we awaken the navel center, and the ways prana flows in those centers.
3. Energy follows attention, and each center of the body has a different feel and flow.
4. Breath and attention help to expand or open the flow of energy.
5. In Kum Nye, we use the outer breath to explore and enhance energy flow.
6. Quite often, synchronization of breathing and moving enhances flow, and helps to merge feeling, breath and movement.

The Subtle Or Inner Breath

1. If the outer breath activates feeling or energy, the subtle breath enters, expands or transmutes feeling. Breathing evenly through nose and mouth, let the breath slow down on its own.
2. Let inhale and exhale grow even.
3. Breath becomes soft and gentle, and gradually, over time, so subtle that it's barely evident.
4. Let breath enter feelings and merge with feelings.

Feelings Are Shy

1. We mostly find ways to distract from intense, dense or uncomfortable feelings, and as a result, these feelings become hidden, silent or numb.
2. We can develop a quality of deep listening or wordless listening for the feelings beneath the surface sensation.
3. We are likely to go into thinking or daydreaming, but we can gently reorient to the body feelings.
4. Practice light concentration, a gentle interested focus, and bring the subtle breath to feelings.

Joyful Breath

A light breath between the mid sternum and the throat will help activate upward moving energy in the throat. Once we have established this light and upward moving energy, we can also begin to expand the energy flow. See Exercise#6 The Subtle Breath