

Week One

Basic Concepts

Feelings

1. The most important aspect of practice is contacting feeling.
2. We aspire to direct contact; feelings without labels, stories, or grasping for meaning.
3. Feelings have tones, or qualities, like temperature, weight, aroma, density. They are vibratory, and a form of energy.
4. Learning to describe feelings without labels is an important skill, especially at first. Use sensory, even poetic language. However, avoid getting caught up in meanings. A label might be, "I'm depressed." A description might be, "deep blue, fluid, sinking."
5. We develop a kind of open curiosity, interest and appreciation for whatever is presenting itself. Rather than observe feelings, we enter into them, and allow them to expand and deepen.
6. Entering feelings gives the opportunity for them to transform.

The Body

1. The practice of Kum Nye balances the energy systems of the body, first by stimulating feelings through sound, massage, movement or gestures and then entering.
2. The body centers are lower frequencies, therefore slower. We slow the movement.
3. We create opportunity for mind to be interested in the body.
4. Because in general we give little attention to the body, it accumulates blocks. Kind, loving attention dissolves blocks.
5. Kum Nye balances four main energy centers, of mind, throat, heart and navel.
6. We first open the throat to create space for connecting mind and heart(and body).

KUM NYE TIBETAN YOGA

The Seven Gestures

We create a foundation sitting cross legged or in a chair, with our attention on the knees or the whole lower body.

Hands are placed palm down on the knees, softening up to the shoulders.

Spine is fluid support.

Lengthen the neck, lower the chin, relax the jaw.

Slightly open the mouth, tip of tongue on the palate.

Soften the breath, breathing evenly through nose and mouth.

Soften the eyes, center of head.