



e-KUM NYE YOGA

e-Kum Nye Yoga – Kum Nye per email – consists of five levels. The separate levels are structured in ten weekly segments. After finishing Level I in ten weeks, one may proceed to Level II for another ten weeks. All together, the five levels of e-Kum Nye Yoga provide a year long intensive Kum Nye training.

The titles of the Five Levels of e-Kum Nye Yoga are:

- 1) *Outer Kum Nye Relaxation*: Opening to feeling and to the power of breath.
- 2) *Transformation*: Wholeness through stimulating and transforming energies.
- 3) *Inner Balance*: Integrating body and mind to engender wellness.
- 4) *The Cream of Kum Nye*: Advanced Kum Nye to liberate the senses and mind.
- 5) *Extracting the Juice of Experience*: the Joy of Being.

e-Kum Nye lessons consist of one email per week with reading assignments, three practices, some specific additional suggestions and practical applications in daily life, providing a forum for discussion.

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Level I - Outer Kum Nye Relaxation:

Lesson 1 Opening to feeling and to the power of breath

* The three pillars of spiritual practice are:

Relaxation – Meditation – Concentration

Each of these three aspects has skillful methods for transforming the qualities of life, energizing body and mind, dissolving obstacles to understanding, and awakening the full capabilities of human being!

Kum Nye Relaxation is the first pillar.

Kum Nye is a method that helps to relax body and mind, awaken the senses and nurture ourselves with enjoyment. Kum Nye develops our ability to heal and energize the whole of our being, creating a foundation for all life's activities.

Kum Nye's purpose is to become at ease in our human embodiment, and inspired to awaken the full capabilities of body and mind. The Tibetan word **sKu** means embodied being, authentic existence; and **mNye** refers to internal massage, the exercises that heal, integrate and invigorate.

Human beings are on-going embodiments of energies; breath is the motor of our being. The in-breath gives us energy to live, and on the out-breath, the used energy leaves the body. The moment we exhale for the last time, this life has come to an end.

While we live the breath comes and goes, constantly becoming, constantly changing us. We ARE change. This flowing energy is the nature of our being. Stress in body and mind are signs that life's energy is not flowing evenly throughout the body and is obstructed. Kum Nye yoga uproots these blockages, restoring the smooth and even flow through our entire inner landscape.

The key to both internal integration and a balanced relationship with the world lies within our feelings and sensations. Feelings and sensations are bodily experiences, as provoked by the wind in our hair, a hand on our shoulder, a trembling when we speak, a holding in our belly, pressure in our chest, a fluttering in the throat, the gasp when the phone rings at night, the stillness before a storm.

Mindfulness of body and mindfulness of feelings are the foundation of this e-Kum Nye Yoga program. All the exercises are intended to increase awareness of the body, and stimulate feelings and sensations. So focus on the body and the experience within, without judgment or evaluation.

Suggested practices60-90 min

1- KN # 1: Letting Go -----5 min

If you are unaccustomed to sitting still, you may feel some discomfort at first, until you learn to relax all unnecessary tension. Maybe the

difficulty is located in the knees, but most likely the thigh joints are stiff. In this exercise, please make sure to place your feet close to the trunk and pay special attention to the upward movement.

2 – KN # 2: Melting Tension-----5 min

This exercise is also intended to help loosen the thigh joints. Repeat three times with one leg, then with the other leg, keeping your back straight.

3 –Seven gestures: pages KN I p 26-28 -----10 min

Kum Nye – Tibetan Yoga (new edition – 2007) – pp. 29-31

At first, stillness of the body is most important; encourage yourself to sit *through* the restlessness, without turning it into a physical strain. After each exercise come back to the seven gestures.

4 - KN ex. (#) 15: Loosening up -----10 min

Use the hand of the straight arm that is resting on the knee, to pull the shoulder forwards more. Meanwhile the other hand slides up the thigh. Try to *feel* one shoulder being forward and the other shoulder being backwards; can you feel both shoulders at the same time? Hold the shoulders in this position for a while, before you move them back, in opposite directions. It seems like you move around the spine, as if it is an axel. Here the most important energy channels are located.

The exercise suggests distributing any sensations you may experience, to your whole body. That may be a little too quick a suggestion; first focus on becoming aware of sensations, familiar with feelings, and next on feeling them. Not by observing them, but by actually sensing them. The distribution will be for later, once we enter the feelings. Remember this is a practice: when the mind drifts off, kindly encourage yourself to return to doing (= feeling) the exercise. You can also do this exercise more casually, while working.

5 -KN # 4 Following Sensations ----- 5 min

This text describes what we are suggested to do after each exercise, certainly in level I of e-Kum Nye Yoga. In the beginning, for now: develop mindfulness of sensations in the body, feel them and allow them to continue as long as possible. Most of the further suggestions mentioned in this exercise are premature, unless it is to discover what it means to relax during the day. But not to worry, this will be treated extensively and will eventually be the main practice of Kum Nye Yoga. You will become real 'professional' at locating, following and eventually expanding sensations.

6 - KN # 19: Revitalizing Energy -----15 min

When beginning to reach forward begin with the lower back, then the middle back, then the upper back and shoulders, and finally the head. With each exhale you can move slightly more forward, without straining. When physically you cannot move forward anymore, do continue reaching forward with your energy. Stay in this position (while continuing to allow your energy to reach forward) for a couple of minutes. As you come back up, move the head up first, etc, go through the middle and shift your weight backward, avoiding your lower back to be supported by the meditation pillow behind you. Stop in a position where the belly probably begins to tremble, hold for a couple of minutes and come back up again, moving the lower back

forwards first, etcetera, as you begin to reach forward again. Repeat three times.

7 - KN # 4 Following Sensations ----- 5 min

8- KN # 21: Healing Body & Mind -----10 min

The only additional suggestions for now are: when you reach up stretch higher and higher. Extend the holding of the breath at the end of the inhale (before the exhale) and extend the time at the end of the exhale (before inhaling again).

9 - KN # 4 Following Sensations ----- 5 min

Suggestions to practice during the day:

- a. Breathe through both nose and mouth
 - b. 3 x 5 minutes a day sit still and focus on the entire body
 - c. Look up at the sky: see the movement of the clouds against the grey or blue background
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Suggested readings:

Kum Nye I pages 1-7 (The Inner and Outer Massage of Feeling), 16-25 (Preparation), or:

Kum Nye – Tibetan Yoga (new edition – 2007) – pp. 1 -9, 19-28



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Guided Kum Nye yoga exercises and the entire book *Joy of Being* can be downloaded from the web.
