



Kum Nye for the Mind & Speech Kum Nye

Lesson 1: Introduction – Body Kum Nye part I

Kum Nye means embodying life. To make contact with the reality of your own nature is the goal of Kum Nye.

The word Kum (sKu) is the site where all experience takes place, it is your authentic presence— simply put: the real you! The real you is activated by Nye, which literally means ‘internal massage’, referring to life’s forces. If allowed to flow freely throughout the body they will interact, stimulate and transform one another into one complete whole. Through Nye we become self-sustaining, self-reliant and self-awakening.

Kum refers to the sense of space you encompass and Nye to the vitality awakened within this space. The greater the sense of space is, the larger the Kum manifests. It is said that the body of the Buddha was as large as infinite space, referring to the Buddha’s Kum. This space is not a void, not empty but rather imbued with life’s forces. Fully embodying life’s energies (Nye) we become an awakening presence – Kum Nye.

Many experienced Kum Nye’ers who expand and follow the feelings thoroughly eventually will get an experience of space, but this may be a dull, sleepy or ‘not much happening’ space – an experience without much awareness. Residuals of past experiences may cause density or opaqueness. Simply being unfamiliar with the experience of the openness of space, where thoughts do not roam much, it may be discarded outright. We may opine that floating in space is the climax of Kum Nye practice. However, this floating, often referred to in Kum Nye descriptions, is a transitory experience. Kum Nye practice is not complete until body awareness has become space awareness.

Kum Nye can be broken down in Body Kum Nye, Speech Kum Nye and Mind Kum Nye. It is always recommended to start with Body Kum Nye, to loosen up the body and stimulate the flow of feeling through the relaxing body. Therefore, before we go to Speech and Mind Kum Nye we will practice Body Kum Nye for two lessons, using the chapter in Joy of Being entitled: Feeling ~ Body (pp 91 – 96).

Feeling ~ Body

Kum Nye starts and ends with feelings, stimulating feeling and feeling—awareness. First and foremost we need to learn to feel!

Our fundamental human expressions— eating, resting, walking, comfort-seeking, intimacy, joy, love, sadness, numbness, excitement, exhilaration, even deep depression— are closely related to the body and its capacity for feeling.

Of all our sensory properties, feelings may be our most important. Their tones resonate continually through our bodies, stimulated by our mental and sensory perceptions. Each feeling has its own specific character and power, which give the feeling its **tone**. Their energies can flash through the body with electrical speed, constricting the navel, heart, and throat chakras, and distorting sensory perceptions. However, to feel feelings can always be rich and nourishing. If you follow them like you follow a pathway, they will eventually lead to a deep and abiding joy that calms the mind, opens the heart and stabilizes us in the midst of difficulties. Yet we do not seem able to manage our feelings well. *We do not take the time to listen to our feelings* or are simply unaware of them. Unattended, they get shoved aside, and so we miss their potential nourishment and insights. Because the ability to feel originates in the navel area, our abdominal area gets tense and our gravity shifts increasingly to the head, removing us farther and farther away from 'being in the body,' which is precisely what awareness in the navel area provides. Without an anchor in the navel area we feel insecure, are easily prone to fear and are more likely susceptible to getting sick. Developing body awareness and stimulating the flow of feeling through Kum Nye restores this balance.

It is vitally important that we cultivate a stronger sense of feeling and learn to direct these powerful energies in positive ways. Kum Nye exercises can help us *change our inner architecture from the ground up, loosening the body, refreshing the senses, and brightening the mind*. Wherever we are, whatever we are doing, we can connect mindfully with the feelings that are resonating in the body at that particular moment.

Main practices - During Kum Nye Sessions:

1. Whatever feeling we notice, we can listen for its tone, gently touching it with our breath, and allowing it to expand as far as possible. This one practice consists of 4 parts:
 - Noticing
 - Listening to its tone
 - Touching with the breath
 - Expanding

Do you tend to skip one? or is one of them simply not well developed?

2. Breathing lightly, we can melt into the center of the feeling and rest in that inner silence. This is an advanced Kum Nye practice and please become good at it.

Practice during the day

Wherever we are, whatever we are doing, we can connect mindfully with the feelings that are resonating in the body at that particular moment.



Practice Suggestions

At the beginning of each practice, every exercise or any new activity at home or at work, make one, three or nine long exhales, expelling the energy from the abdominal region. At this moment emphasizing the exhale is more important than taking in a deep inhale; stay with the exhale as long as you can. This moment of rest enables the abdominal area to

relax and catch up with what is happening. The rhythms and frequencies of the lower body are much slower than in the head area; therefore, allow a brief moment for the navel area to catch up. Energetically, this area is possibly the most complex of all regions in the body, with multiple interconnections; it needs a few moments for the body and mind to connect, enabling feelings and thoughts to be in one world.

Body – Awareness

Start with:

- 1. Seven Gestures**, complemented with
- 2. Eight Awareness Points**

In order - bring awareness to:

- The soles of the feet
- The knees
- The base of the trunk
- The navel
- The center of the chest
- The throat
- The forehead
- The top of the head

Do them one by one but maintain awareness of the previous points. For example while you bring awareness to the knees, maintain awareness in the soles of the feet. At completion you maintain awareness in all seven gestures and eight points of awareness. Awareness is able to be in more than one place at a time.

3. Space – Awareness

Since Kum Nye has a great affinity with space, while you are doing the postures and movements remain aware of the space you are in. While you are doing the bodily postures and movements, making contact with the feelings and breathe within, also keep awareness of the surrounding space: fill the room with your awareness. You are exercising in space. Thus: seven gestures and eight points in an extended awareness of space, at least as big as the room you are in.

4. Kum Nye # J p 225 Ground of Energy

While you are doing this exercise communicate with the body. Simply ask: what is meant by Ground? And what could Ground of Energy be? The Body knows the ground of energy. Your thoughts may not reach there, but the body might know. Ask and sense.

Before you go to the next exercise take a few deep exhales, expelling the energy from the abdominal area. Then decide: do you rest in between each exercise or do you continue with the next exercise building on what was happening in the previous exercise? This is an important choice.

Usually, we rest in between the exercises because the exercise is continuing for quite some time, even if you finish the posture or movements. How long? At least 5 -10 minutes, but sometime it can last a whole day or night. So pausing in between gives the beginning of Nye time to expand, accumulate and begin to circulate.

If you decide to go on right away, still take a few deep exhales and then on the rhythm of the breath add to the previous one. You do not stop, break off the previous one and start a

new one, but when you do the next practice, you are in fact exercising the previous one; it is intended to massage, stimulate and extend what is already happening. This strengthens the underlying main theme of Kum Nye: restore and stabilize continuity. The underlying principle of Kum Nye is to restore continuity. Imbalances, stress, confusion, lack of clarity and confidence all originate in a disruption of our natural ongoing process of becoming: *continuity!*

Exercise Set 1

5. Kum Nye # J p 198 Inviting Feeling

Take a deep exhale before you start. Commence on the rhythm of the breath. When you are experienced you notice your being is naturally expanding and condensing. Start on an expanding mode, always furthering what is already happening, without gaps.

While you do the exercise, silently repeat the title. Instead of thinking something else or over-instructing your self, gently say: Inviting Feeling, Inviting Feeling....

Then take at least ten minutes for the first Main Practice (see page 2):

The next set of exercises needs to deepen your current experience of the first practice. Do you understand how to do that? Rather than focusing on the body when you do the next exercises, work with the Nye that is happening and imagine the postures are extending, massaging the clusters of feeling tones

Exercise Set 2

6. Kum Nye # J p 202 Opening the Flow

Remain in contact with your awareness in space. Do the exercises in space. Your body awareness and space awareness are both 100% awareness. You remain very quiet, silent within, unmoving, while the body movements seemingly go by themselves.

7. Kum Nye # J p 200 Connecting the Flow

Now focus on the second Main Practice (see page 2):

Breathing lightly, we can melt into the center of the feeling and rest in that inner silence.



Practice during the Day

Wherever we are, whatever we are doing, we can connect mindfully with the feelings that are resonating in the body at that particular moment.

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