



Bram Williams: Gestures of Balance



Explore Kum Nye Tibetan meditation techniques which employ sensation to settle, direct, and calm the body with Bram Williams, founder of Bodhi-Yoga UK, Senior Yoga Teacher (Yoga Alliance Professionals), Yoga Elder (Independent Yoga Network) and Diploma Course Tutor (British Wheel of Life). Bram is also a qualified Lip Reading Tutor.

TOP EMBODIMENT TIP: Relax

Introduction: **We never practice without appreciating the opportunities we have, our access to the teachers, the teachings, the knowledge, the books written about meditation that contain a quality of transmission.**

The Seven Gestures of Sitting:

- **Drop into your seat, your base, your contact with the earth:** pour the sitz bones of the pelvis into your seat or cushion, legs with a sense of falling away; the base is very settled and stable.
- **Resting of the hands:** Keep the hands neutral and relaxed; let the legs feel the contact with the hands.
- **The ascending of the spine:** Feel a quality of length in the spine, a continual process of unfolding
- **Settling of the shoulders into a fine poise with the head:** chin may draw in a fraction
- **Relaxed quality to jaw and placement of the tongue:** tongue resting lightly behind the top teeth
- **The mouth falls very slightly open:** this might feel unusual but go with it
- **Soften the eyes, soften gaze downwards, eyes open.** Note if you close your eyes to help you feel, or if it's out of habit
- **Experience the whole body together**

Establish a Quality of Feeling: **Your posture can be a kind of meditation in its own right, a postural meditation**

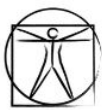
- Let what you are feeling nourish you; you are not just feeling it, you are assimilating it, coming home to the body.
Trust your experience. Wake up your human potential. Wake up who you are. If you give your mind time and space to be, you allow a greater sense of space to your experience.

Develop a Present Immediacy: **Feel the body moment by moment. Whatever we are feeling, physical or emotive, has a feeling tone or quality to it; as you feel, trust your experience and relax/ soften into the experience as it unravels, a continual unfolding. "Feel and relax where you feel."**

- What the movements do is create sensation; sensation allows us to feel. Move slowly to really feel what you are doing, and relax into what you are feeling, letting go of unnecessary effort. Allow yourself to drop into an area of the body, and rest your attention there with feeling: the raw sensation, the texture, the flavor in the body.

References

- ❖ **Books:** *Kum Nye Tibetan Yoga*, and *The Joy of Being: Advanced Kum Nye Practices for Relaxation, Integration, and Concentration*, both by Tarthang Tulku
- ❖ **Website:** www.bodhi-yoga.co.uk



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