



**James Bae: Tibetan Yoga And Meditation For Trauma And Resilience**



James Bae is the Director of Bae Acupuncture in Brooklyn New York, and a Traditional Asian Medicine specialist. He is also an Educator of Yoga, Contemplative Medicine and the Healing Arts. This session gives an overview of mindbody, and Tibetan Yoga practices for self healing. Explore these practices through the lens of neuroscience, Asian medicine and trauma.

**TOP EMBODIMENT TIP:** For those who work in the area of trauma: find practices that teach this connection between the mind and the energy. It is vital to autonomic regulation. Let's bring this understanding of the subtle body into integrative methodologies. Mind and energy connection.

Channel Purification: **Body, Speech, Mind Practicum.**

- A lot of Tibetan Yoga focuses on the subtle body.
- **Through visualisation this is the practice of integrating three areas**, known as the body, the speech related to the breath mantra, or the vital energy, and the mind, open awareness and the mind's capacity towards stillness.

Alternate Nostril Breathing: **Guide Internal Sensation With External Movement.**

- Bring body energy and mind together. With each inhale and exhalation begin to fill the lower abdomen (4 finger widths below and behind the navel). Relax Prana or Lung, which in Tibetan means wind/ breath.

Wind Purification: **Coordinating Breath, Visualisation And The Movement Of The Inner Subtle Energy.**

- Inhale; visualise white light. Retain breath, resting on the internal retention; visualise red light. Exhale; visualise blue light.

Body Practices:

- Vairochana, seven point posture; Most important for accessing these internal sensations of the subtle body and channels.
- **The subtle body is the cross roads for understanding the medical body and tantric body in trauma healing.**

Stewardship: **Understanding Trauma's Impact On Our Lives, and Transforming The Experience of Suffering.**

- How do we build a community network of support?

Indigenous Context for Emergence of Practices: **Understand These Practices and Have A Relationship With Them.**

- Many constructs get lost in translation, and it is important to understand how to apply these in a traditional context.
- There **must be a process of integration for those providing these practices for others in a healthcare context**, and the easiest way is to begin to **learn these disciplines ourselves and embody them.**

Resources:

- ❖ **Courses:** [Online introduction to Tibetan Meditation, Trauma and Resilience, webinars and online classes.](#)
- ❖ **Website:** [Bae Acupuncture.](#)
- ❖ **References:** Dr Ian Baker; Tibetan Yoga Principles and Practices.



## James Bae





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[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

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