

Life Breathing Life

Week #1 Present with the Breath

We begin/continue our study of Breathing with some essential distinctions to guide us forward in understanding and in practice.

3 Domains of the Breath:

- ☯ Physical/Anatomical Breathing
- ☯ Physiological Breathing
- ☯ Energetic/Spiritual Breath

3 Historical Pathways of Breath Cultivation:

- ☯ Buddhist Mindfulness, from the Anapanasati
- ☯ Daoist Breathing forms
 - Natural Abdominal Breathing
 - Reverse Abdominal Breathing
 - Embryonic Breathing
- ☯ Yogic Pathway of Pranayama

3 Meditation forms of Breath Cultivation:

- ☯ Learning to Breathe with NAB (Natural Abdominal Breathing)
 - Practicing with the 4 Phases of the Breath
- ☯ Whole Body Breathing
 - Seated
 - Standing forms
- ☯ Interval Breath Training

This Week's Practice forms:

Natural Abdominal Breath Practice (seated form)

- Practicing with the 4 Phases of the Breath
Feeling/Awareness
- Cultivating the 'Qualities' of the Breath
 - Natural
 - Quiet
 - Soft
 - Fine
 - Relatively deep
 - Relatively equal in/out
 - Relatively slow
- Feeling the sensations of the Breath
- Locations for the feeling the regions of the Breath
- Lower/mid/upper lungs, Feeling/Awareness
- Upper and Lower (whole body feeling awareness)
- Inner and Outer, Feeling/Awareness
- Anterior and Posterior, Feeling/Awareness
- Kidney Breathing, Feeling/Awareness
- Lower Dan Tian Breath and Feeling/Awareness
- Non-Dual Field Awareness
- Awareness of and Letting Go of Awareness of...
Letting go of 'direct awareness of', is not zoning out, but releases the conscious direction, cultivation and the subject/object relationship of awareness to presence.

Seated Qigong with Breath Focus

- ☯ Yin Yang / Opening Closing Breath

Standing Qigong with Breath Focus

- ☯ Radiant Body Breathing
 - Pulling Down the Heavens (Vertical)
 - Central Channel Breathing (Vertical)
 - Yin Yang / Opening Closing Breath (Lateral)

Working with Interval Breath Training sequences

Your Specific Training Variations and how to modify the process

- ☯ Beginning with 5, 6, 7 second intervals
- ☯ Commitment to the practice
- ☯ Keeping a practice journal
- ☯ The process for genuine progress

Seated and/or Standing Meditation with Breath Cultivation Focus

- ☯ Staying with natural concentration and breath focus
- ☯ Letting go of concentration and breath focus and settling into meditation without an object