yin yoga & vipassanā

Yoga of Energy Flow, April 16, 2025

opening

mindfulness meditation, *yin* flow, *āsana*, breath, open awareness

the *yang·yin* of *haṭha-yoga*

~ awakening to your own bones, connecting to the grid ~
'damming up' & releasing *prāṇa*/*chi*
non-force

yin* flow…with a little *yang

down-facing dog (*adhomukha śvānāsana*), child, ankle stretch, toe stretch, butterfly, pentacle, dragonfly, pentacle, caterpillar, pentacle, snail (*hālāsana*), up caterpillar, twisted root, deer, twist (*bharadvājāsana*), crocodile, locust, sphinx, seal, child

creating an effortless *āsana*

sitting pose ≠ stretch!
lifting bones up out of soft tissues > non-resistance
the 'middle way' for the pelvis & spine

Patañjali's *prāṇāyāma*

samādhi is just a few hundred breaths away - descend step by step ~
breath energy / movement (*prāṇa*) lengthens in duration (*ayāma*) by itself
just observing, 1 phase or 'flow' at a time
phases gradually become longer, then more subtle and shorter
some experience a 'brightness' in mind (stay with the sensation, though)

mindfulness in motion

presence & noble silence during break: walking, eating, drinking, eliminating

coming to our senses

~ "in seeing there should be simply what's seen; in hearing...sensing...thinking" ~
from *prāṇa* > sound (*śabda*/*aum*) > the seen > 'thought-lets' > objectless awareness
~ becoming grounded in the groundless - mind like the sky ~

Closing words *Ganga Mahāmūdra* of Tilopa

22
What joy!
With the ways of the intellect you won't see beyond intellect.
With the ways of action you won't know non-action.
If you want to know what is beyond intellect and action,
Cut your mind at its root and rest in naked awareness.
23
Let the cloudy waters of thinking settle and clear.
Let appearances come and go on their own.
With nothing to change, the world you experience becomes mahamudra.
Because the basis of experience has no beginning, patterns and distortions fall away.
Rest in no beginning, with no self-interest or expectation.
Let what appears appear on its own and let conceptual ways subside.
24
The most majestic of outlooks is free of all reference.
The most majestic of practices is vast and deep without limit.
The most majestic of behaviors is open-minded and impartial.
The most majestic of fruitions is natural being, free of concern.
25
At first, practice is a river rushing through a gorge.
In the middle, it's the river Ganges, smooth and flowing.
In the end, it's where all rivers meet, mother and child.
26
When your mind is less acute and does not truly rest,
Work the essentials of energy and bring out the vitality of awareness.
Using gazes and techniques to take hold of mind
Train awareness until it does truly rest.

Six Words of Advice

	First short, literal translation	Later long, explanatory translation	Tibetan (Wylie transliteration)
1	Don't recall	Let go of what has passed	mi mno
2	Don't imagine	Let go of what may come	mi bsam
3	Don't think	Let go of what is happening now	mi shes
4	Don't examine	Don't try to figure anything out	mi dpyod
5	Don't control	Don't try to make anything happen	mi sgom
6	Rest	Relax, right now, and rest	rang sar bzhag