

COSMOSIS



A Breathworkshop



"from a starting point of the mutual need for development, we try to abandon our castle where we are armoured, and seek to come into contact, in principle, with our own organism. From there, we seek the relationship with the other human being and with the environment so as to try and re-establish the channels affected by fear."

From a Mexican newspaper article on Grotowski



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Breath as Key

The Key to your body, the key to your mind, bridge between conscious and subconscious.

The mind and the body are intricately woven together, neither are static, influencing each other constantly in a dance between the physical and the cerebral, the energetic and emotional.

The breath is the one process (that is as yet widely understood and easily accessible) that can be passed between the autonomic and somatic nervous system, that is, between an automatic process that we do not need to think about just like digestion, and conscious control.

For this reason we can use it to access and tune the system as needed – by mirroring what it would do if we were to be naturally in that state:

To calm and reassure – slow, deep breathing,

To energise and cleanse – breath of fire (powerful, rhythmic exhales pumped by the diaphragm)

To diffuse and detox – exposed tongue

To tap into the strengths and qualities of our left and right brain – via the left and right nostrils.

A Practice to Explore

The One Minute Breath

Everything we could need to know and be exists in this moment on the inhale and exhale.

Find your comfortable seat, or lay down, spine straight, diaphragm relaxed.

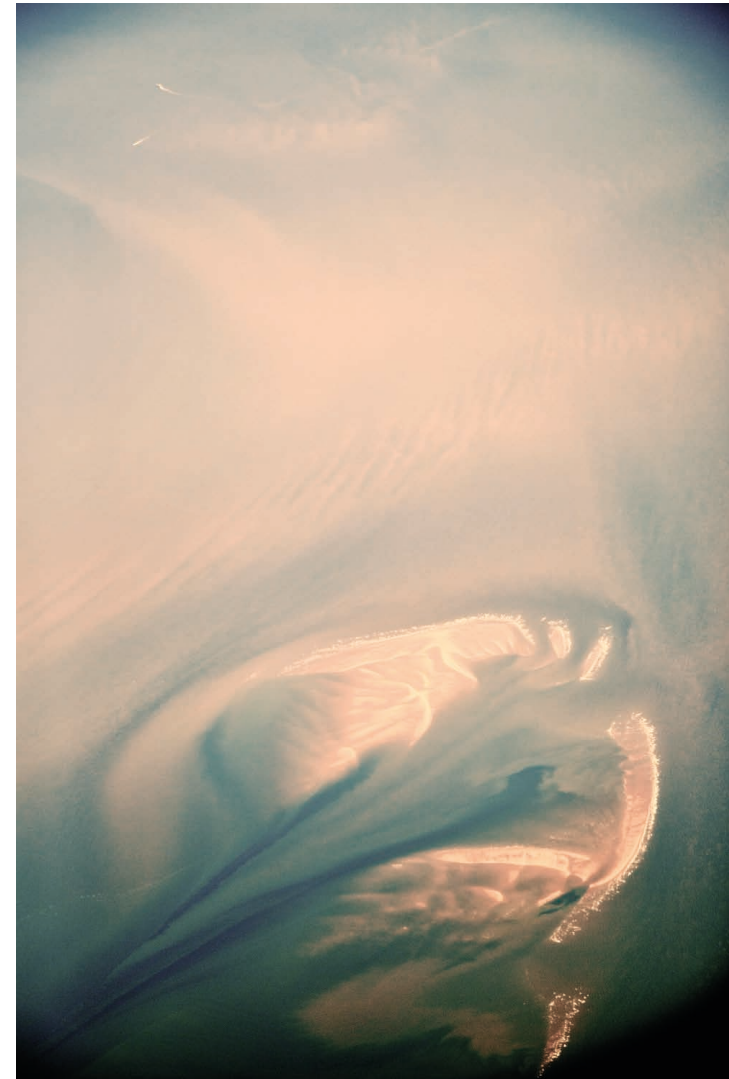
Take three minutes to settle. Watch your breath. Feel into your position – the tilt of your pelvis, the alignment of your vertebrae. Roll your shoulders, shedding an invisible cloak. Feel the lightness and space behind you fan out like wings.

Begin to inhale, slowly, so that it is almost imperceptible, just a fragment past holding your breath with your airways open. Let the air trickle in so finely it becomes like ether. Aim to make the inhale last 20 seconds. If this is too much begin with 15, 10 or even 5 and build up from there.

Retain the breath for 20 seconds (or the time of your inhale). Find a stillness that is not rigid. The sort of stillness that leaves space to feel that everything in you is moving, gently humming.

Exhale for the same amount of time again.

Take minimum three rounds for the first layer of effect, build up to 31 minutes.



“if in the infinite you wish to stride, explore the finite from every side”
Goethe

Moving Breath

The Practice Video

A short, semi-guided movement for you to connect movement to your breath whilst gently opening and toning the body.

Can be practiced alone, or in preparation for toning, to tune and sensitise your 'instrument'; your body and breath.

Opening space to explore your inner and outer landscape, playfully, weaving movement with inner theatre.



Nicolas Nunez, ANTHROPOCOSMIC THEATRE

What, for us, is a performer?

It is someone who accepts the commitment of learning, in as much depth as possible, about his psychophysical instrument.

If he understands it technically and organically, he becomes a doctor; if he learns about it behaviourally and emotionally, he becomes a psychologist; if he investigates it spiritually, he becomes a mystic; if he recognises it in his sensitive possibilities, he becomes a poet, painter, musician or dancer; if he discovers it in its entirety, he becomes a performer, a performer in the world which surrounds him, in which existing is being and being is performing.

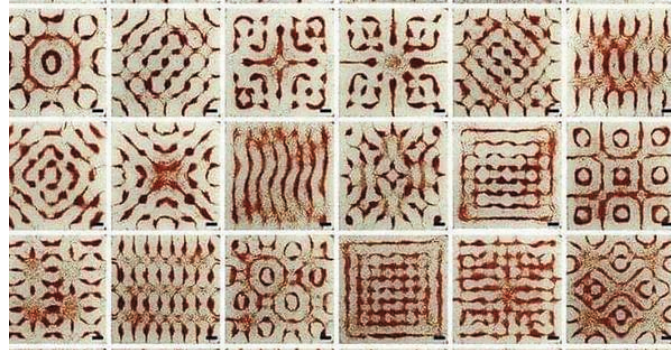
Rhythm & Resonance

The breath sets the tone.

The body is a beautiful instrument to gently tune and love into free expression, entering the natural grace and evolving patterns innate to everything in our known universe.

Allow the smoke to rise unbound from stillness and watch as invisible currents dance it into intricate spiral patterns on the air.

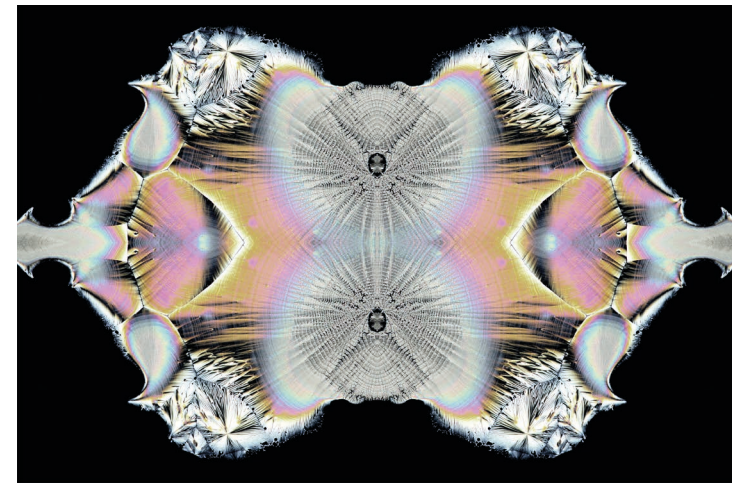
Our voice is audible breath, our body is dancing inside and out to its own internal rhythms which in turn are woven through those of the planet and onwards spiralling inwards and outwards eternally, to the atoms to the stars.



Cymatics in Heart Cells

“This image shows the ‘cymatics’, or geometric patterns in heart cells when applying various sounds. Bio-acoustic sound medicine teaches us that sounds are imprinting every cell and science continues to support this axiom.”

<https://imgur.com/gallery/xXzSL7E>



Reworked stock image of Vitamin C crystals under a microscope

The Alchemy of Voice

Riding on the breath, our voice is intimately connected to our mental, emotional and physiological state, and as with breath if we learn to consciously play with our voice, it can become an access point to different states of being and feeling.

Like a sound bath from the inside.

A PRACTICE.

Toning for Tone

This practice opens, tones and conditions your vocal chords, physically sending resonance to different parts of your body via the direction of the sound emitted from each different vowel.

This can be combined with the Chakra System as a tool to connect symbolically to the practice

THE CHAKRA SYSTEM

Also relating to the endocrine system and the cross connection between the physical body and the subtle world/mental, emotional and energetic influences.

There is lots of information online about the Chakra System, and if you feel called, there is much more to be found.

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Vowel: Uh, like “huh” – the sound that comes out from simply opening your mouth and relaxing your throat

Location: Root Chakra, Perineum

Relates to: Security, survival, stability (think root of a tree)

Element: Earth

Note: Do (the 1st note in an octave)

Vowel: Ooo, like “too”

Location: Sacral Chakra, Genitals, sacrum

Relates to: Creativity, life energy

Element: Water

Note: Re (2nd)

Vowel: Oh, like “go”

Location: Solar Plexus

Relates to: Ego, personal power, self-esteem

Element: Fire

Note: Mi (the 3rd)

Vowel: Ah, between “saw” and “bar”

Location: Heart, Thymus Gland

Relates to: unconditional love, compassion, healing, personal light

Element: Air

Note: Fa (the 4th) Vowel: i, like “my”, “fly”

Location: Throat Chakra, base of throat

Relates to: self-expression (in and out – speaking and listening), truth

Element: Ether

Note: So (the 5th)

Vowel: Ay, like “play”

Location: Third Eye Chakra, Pineal Gland

Relates to: inner vision, intuition

Note: La (the 6th)

Vowel: Ee, like “be”, “see”

Location: Crown Chakra, top of head and above

Relates to: cosmic connection, pure consciousness, transcendence

Note: Ti (the 7th)



Eee

Ay

Aye

Ah

Oh

Ooo

Uh

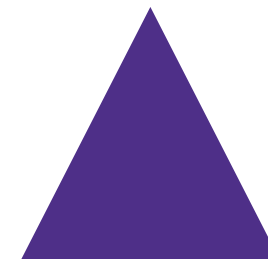
Toning & Droning: l'Harmonie Practice

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Like peeling off layers, move through however you wish, go straight in with wild airy improv, welcoming all harmony and dissonance as it rises, or spend time on one note, cultivating grounding and space from which to rise, connected to something stable and earthy at the core.

There is no right or wrong way, everything is permitted, and nothing is final, experiment to find what fits.

Practice the movement video first to loosen and connect to your body. Find a comfortable position sitting, standing or laying, and move through the vowels, allowing the sound to rise from each corresponding part of the body.



Move from the bottom up

more coming soon

Stay tuned for the tone
along drone video

rainemag.com

the umbrella for Mud Palace & l'Harmonie Process