

## Subtle Sense of energy in the body

The body reveals what we feel. But it also feels in many ways. And feels to be different things. We can shape what appears by how we attend. And we can shape what appears by how we conceive what the body is.

Related to another sense door: proprioception—the sense of our body location in space—we can open to the body perception as energetics, as being made of breath energy

Accessing this via the breath we can see there are many varieties of a breath to feel.

We can feel the breath as air coming into and out of the anatomy.

From this we might try not to change the rhythm or depth of the breathing, like watching a bird without disturbing it.

Equally we could consider how the breath is affected by the mood of the heart-mind, and breath in ways that contribute well.

Calming and soothing with the out breath, giving more attention to it, or even lengthening it—either breathing slower, giving more time; or moving more air.

Or energising and vitalising with the in breath, giving more attention or lengthening that similarly.

We can also feel the breath as an energy, decoupled from the anatomy.

We might feel, à la prana, chi, or other breath energy traditions, the energy of breath in the palm of the hands, or other places that anatomically don't normally breathe.

This subtler conception leads to a freer perception of breathing. Wherein we might breath into or out of areas that feel like they need more attention, or more kindness. Or direct the breath away from areas that are getting too much attention.