

BRFWA – BREATHE, RELAX, FEEL, WATCH, ALLOW

BRFWA is a Kripalu model for allowing experience to move, integrate, and release at profound levels. Applying this technique during yoga can lead to experiences of transformation, cleansing, and release.

Breathe

Connect with the sensations in the body through attention to inhalation and exhalation.

This very act allows you to relax for that moment — you know you have enough life sustaining oxygen in your body to last another moment. With one breath occurring after another and another, it adds to the tranquility of a life.

Relax - Soften muscles. Reduce any effort around mental activity. Open to energy moving through resistance in the body/mind.

With another breath of life running through the body, a person can then focus on relaxing the muscles, tendons, ligaments, and the mind. The relaxation is counter to fight or flight and helps a person stay within their own realm of serenity.

Feel - Focus awareness on the sensations, feelings, emotions, flowing through the body/mind.

Feel

as the relaxation engages and the breath continues. We can then focus on our sensations connected with the moment. Is it peaceful, tranquil, alarming, concerning, funny or sad? Observe all that is happening in the moment. Stay with the moment.

Watch - Observe your experience on the stage of life with compassion as it occurs.

As the moment expands, we can watch our surroundings and see the events play out. Without judgment we can observe and see these steps of life developing before us.

Allow - Let an experience be just what it is without any need to understand it, judge it, or change it. Energy integrates on its own. With the allowing we all have an opportunity to express ourselves.

Oh yes, for us to allow means that others can offer their opinions, directions, thoughts, and ideas without interference. When we offer the "allow" it's really a gift to others that are involved for we choose not to interfere with them or with ourselves. Allowing also means we are conserving prana as the event unfolds.