

Handout***The Joy of Being* Teacher Training Module Two****Class 10 Breath: Short; Long; Deepening. Engaging the Field of Perception and A Path of Transformation**

Chapter 8 “Being Present through Breath”

12th and 14th January, 2026

Note that are many practices in this chapter, too many to be covered in a single class. Indeed, there may even be too many practices and exercises suggested below.

Inspiring Quotations

Allow light to flow in and illumine ... then follow it as it flows out again, shining in space. Sense this light merging with your vital energy, awakening intensely joyful feelings. p.55

Nothing else is needed, there is nothing else you need to do. p.56

... activities have similar flavors in the all-embracing field of awareness. p.57

The flavor of experience can become celestial ambrosia, the source of joy that transports mind to the heavenly realms.p.57

Opening Quotation

A Path of Transformation:

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Kum Nye offers a path to transformation that does not depend on specific sadhanas or difficult yogic practices. Following the example of the great Arhats, we can use the body, mind, and senses as the foundations of our practice.

Through Kum Nye, we can use our ordinary senses and perceptions to tune into profound and expansive states of mind and achieve faster results. Wherever mind, senses and consciousness operate, we can get the flavor of experience, feel it deeply, and allow it to become one with the alert calmness of meditation. If we develop the properties of our own embodied being, we can ultimately arrive at the same sublime states as highly developed yogic masters and Bodhisattvas.” p.58

Posture and Movement Exercises

1. **J7 Opening the Flow** pp.202-3 [A Group One exercise; key instructions: *“Gently and slowly bend backward. Completely relax your neck. Notice the strong energies starting to flow through the body. Stand completely still for a while.”*] Suggestion: practise this 3 times, then sit for:
2. **Short Breath** pp.52-3 [perhaps just briefly for e.g. 5 minutes.]
3. **Then stand (or remain sitting, if preferred) for J11 Healing Inner Space** p.209 A Group Two exercise; key instructions: *“Hold this position a little while; release slowly.”* (The hands may be warmed first, if desired)
4. **Reading for J11**

... focus on the throat cakra, sense through flow of energy as it moves to the heart and navel and disperses throughout the nerves and muscles. In every place it touches, especially the

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sensitive areas of the body, you may feel soft warmth, a melting, buttery sensation that relaxes and heals. As you relish the flavor of this experience, the mind attunes itself to the senses and communicates pleasurable thoughts that intensify the feelings still more: ‘How wonderful it is to be so completely in touch with my body and feelings-so completely whole! How refreshing it is to just be still in this way!’ (p.55)

5. Continue with J12 Releasing Solidity, pp.210-1; key instructions: *“Keep the eyes open and look strongly outward.”* Then:

6. Long Breath pp.53-4 perhaps just briefly for e.g. 5-10 minutes. Key instructions: *“... there is stillness and meditation, a sense of continuity and connection of inner and outer. You are complete; you are perfect, just as you are.”*

Follow the energy as it flows like a deep inner shower under and over tissues, into the organs and cells, warming all parts of the body, sustaining your life, and stimulating the joy of being alive. Feel this energy touching and activating the senses; merge it with sensations, feeling-tones, and memories. Whatever thoughts or feelings this practice stirs up, let them merge into the breath. Breathe them out as you exhale, and bring them in as you inhale. Taste the feelings that wash over you; relish them and let them carry you along. Mind and senses are alert, filled with feelings of deep joy. At the same time, there is stillness and meditation, a sense of continuity and connection of inner and outer. You are complete; you are perfect, just as you are. p.54

7. Stand for J20 Circulating Energy pp.228-9 A Group Three, Stimulating Inner Energy exercise. Key instructions: *“Stretch your arms out in front of you palms down and spread the fingers widely, releasing the energy.”* And note that the final

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instruction of this exercise is to: “*Conclude by returning your hands to the starting position and release the energy*” i.e. to Step One. Sit for the main practice of this class:

8. Deepening through Breath working with:

... remember wonderfully happy times from your childhood. ... use your memory to bring them in to the present. Whatever good thoughts or imagery come up, add them like seasonings to your meditation to release the full juiciness of the feelings. The whole experience becomes sweet like nectar, melting all pockets of tension, smoothing and energizing all parts of the body. The senses come fully alive, adding their distinctive tones to the nectar of feeling. You can taste it and touch it. You can attune your ears to its silent melodies and fill your consciousness with bliss. When bliss fills body and mind, rest within it: there is no tension, no thoughts, no concepts—there is only bliss. Nothing else is needed, there is nothing else you need to do. p.56

9. Final Reading (in preparation for the following week)

Engaging the Field of Perception: As we develop the ability to relax deeply, our energy becomes gentle, almost tender, flowing more freely into the senses and bathing them in rich, flavorful experiences. Thoughts are attracted to share in the joy; they connect more completely with perceptions, lending their powers to open new fields of perception. Objects we see have deeper significance that nourishes us with meaning; sounds we hear resonate in our bodies and merge with our own inner rhythms; fragrances focus and still the mind more effectively, and tastes give more pleasure.

The more we enter into this wider and deeper field of perception, the more we dwell in awareness of abundance that is truly our own. We embody more of the fullness of experience, more of the dynamic momentum of life itself. The flavor of experience can become celestial ambrosia, the source of joy that transports mind to the heavenly realms.

Knowledge gained from this practice can become our armament for the spiritual path, and awareness, sustained by our field of perceptions, can protect us from losing our way. p.57

10. Closing Gesture

Assignments for the week

I. Reading

Chapter 8, Being Present through Breath, covers much more material than could possibly be presented in one class, so please spend time slowly reading and contemplating it, perhaps picking out a few sentences that especially speak to you. Contemplate them, and write your reflections about them in your journal.

Consult the suggestions from the complementary workbooks for the exercises in the chapter and handout.

II. Exercises and Meditations

Practice one breathing practice from the chapter, if you have time. Work with cakras, happy memories, and bliss if you can.

Also, this Chapter, Being Present through Breath, suggests:

From time to time during the day, pay attention to the breath. Practice observing the rhythms and pace of your inhalations and exhalations. If you feel emotional or anxious, allow the breath to slow down and go more deeply into the lower part of the chest. Allow the muscles of the lower abdomen to relax and come forward, making room for the breath to move lower into the body. Note what feelings arise; breathe into the feelings, and take note of how breath connects with feeling. p.52

III. Reflection and journaling

Reflect on what 'Being Present' means to you.

Can you experience 'Floating' in your daily life?

When you are just beginning to learn how to swim, as soon as you feel comfortable in the water, you can enjoy the feeling of floating or gentle movement without thinking about how to do it. Similarly, when you know how to get inside the feelings Kum Nye awakens, you can carry on the flavor of that experience without thinking about instructions. Eventually, as you walk or go about your work, your Kum Nye experience will remain steady, following along with you without bailing out. While you are engrossed in physical work or in making decisions, you could also be doing these breathing exercises, for both of these activities have similar flavors in the all-embracing field of awareness. p.56