

Handout***The Joy of Being* Teacher Training Module Two****Class 9 Attuning and Calming the Body and the Breath****Chapter 7 “Attuning Body and Breath”****5th and 7th January, 2026****Quotations and In-class Readings**

Body and breath are the foundation of our being, the basis for relaxation and meditation. Together, they serve as our meditation cushion, the support for our practice and also for our lives. The better they function, the more stable will be our practice and the more certain our development. So it is important to make the body comfortable and allow the breath to become gentle and relaxed. Then we can work with Kum Nye.

Chapter 7, Attuning Body and Breath p.47

On Tuning the Breath

Breath is our vital energy, the engine that powers our being. All our actions depend on the quality of our breath and the way it circulates in the body. The ability to calm and regulate the breath enables us to control emotions and thought; we call this process "tuning the breath." As yoga practitioners have demonstrated, breath can be used to quiet mental activity completely and transform it into bliss. The Ayurvedic traditions associate breath with longevity, noting that there have been yogic sages in the past who have lived a very long time, using breath as only source of nourishment.

Chapter 7, Attuning Body and Breath p.49

Tune the breath to a gentle, calm rhythm ... Allow the breath to soften and become very calm and slow. Within the breath, you may sense a quality of stillness; as your practice develops, this stillness becomes more noticeable as sweet, even joyful feelings of calm and peace. When that stage is fully established, tension dissipates, and the breath can be controlled without conscious effort. Breathing in and out becomes so smooth that you may not even notice you are breathing, and breathing itself becomes like space.

Chapter 7, Attuning Body and Breath p.47 pp.50-1

Posture and Movement Exercises

1. J2 Releasing Energy p.195: “Feel the energy flow in the hips and legs” and
J3 Freeing Energy p.196

2a. Settling into the Seven Gestures as described in first paragraph of p. 48 (featuring directions regarding neck, chin, eyes, tip of tongue, mouth, etc).

2b. Then: Light and gentle breathing

Take a few minutes to loosen up the body, letting tension drain away. Let your breath slow and ease into a gentle rhythm. Exhale gently, and inhale through the nose and the mouth, allowing the breath to come in very softly. Breathing may become so light and gentle that you may not even notice it flowing in and out. p.48

Class 9 JBTT 5/7 Jan 2026 Handout Module 2

3. In-class reading and discussion drawn from passage below and quotations above: theory and practice of breathing through both nose and mouth. Are you practicing breathing through nose and mouth during the day already? What to you is tuning and attuning? Tuning has featured in the titles of 3 of the first 7 chapters of *The Joy of Being*.

During the rest of the day, when you relax or meditate in the seven gestures position, continue to keep the mouth open and breathe through both nose and mouth. Breathing through the mouth is an esoteric technique that helps practitioners settle more easily into meditation. Although other meditation traditions may tell you to close the mouth, it is important that you become accustomed to keeping the mouth slightly open and breathing through both nose and mouth. The nostrils are sensitive and closely connected with the mind and nervous system. Breathing through the nose stimulates thoughts and emotions, activating the perceptual process, but most practitioners do not understand how this works or realize how easily their own thoughts can deceive them. They may feel they are getting somewhere, while actually there may be little progress. pp.48-49

4. J18 Extending Energy p.22 Key Points:

- Pay attention to the sensations in the lower spine and how energy flows up the spine. Pause for a moment.
- Return to the centre and exhale deeply. Relax completely; stand.

5. Tuning the breath: 25 times p.50

6. Movement exercise (J24) to be practiced as you continuing tuning the breath - with the breath becoming as light as possible. Is it the case that it comes in and out in a way hardly noticeable? When you exhale, feel all the tension while it is

Class 9 JBTT 5/7 Jan 2026 Handout Module 2

being released, passing completely out of the body. Sense the breath coming back in filling the body and senses with the healing nectar of relaxation (p. 49).

You may like to visualize the breath flowing in as a light sky-blue colour.

J24 Energy Freely Rising p.236 Key Points: “Relax your arms and stand still.”

[Optional] J21 Opening Energy p.230 Key Points: Take a deep breath and open the chest with HAA pronounced loudly. Loosen the belly.

7. Meditation Practice

Tuning the Breath pp.49-51

- Allow the breath to become as light as possible, with the breath coming in and out in a way that is hardly noticeable. The chest feels comfortable, and the body relaxes.
- Visualize that the breath flowing in is a light sky-blue color, with a gentle feeling-tone that flows inside and heals the body. You can also/instead visualize the breath coming into and passing out of your body (p.49)
- When you exhale, feel all the tension while it is being released, passing completely out of the body. As the breath comes back, it fills body and senses with the healing nectar of relaxation.
- Inhale, sensing a healing nourishment that supports a continual flow of energy through your senses, muscles, and organs; exhale gently, breathing out tension and letting it go. Do

Class 9 JBTT 5/7 Jan 2026 Handout Module 2

this twenty-five times, feeling the rhythm of the breathing, with just a little attention to counting.

- Relax further, the breath smoother and slower. The breath can become so slow and light that you may hardly notice it at all.
- Within the breath, you may sense a quality of stillness, noticeable as sweet, even joyful feelings of calm and peace. Tension dissipates, and the breath can be controlled without conscious effort. Breathing in and out becomes so smooth that you may not even notice you are breathing, and breathing itself becomes like space.
- Do this twenty-five times, feeling the rhythm of the breathing, with just a little attention to counting.

As you continue to develop the practice, you will relax further, with the breath smoother and slower. The breath can become so slow and light that you may hardly notice it at all. You are developing the experience of calming and relaxation.

Within the breath, you may sense a quality of stillness as your practice develops, noticeable as sweet, even joyful feelings of calm and peace ... Tension dissipates, and the breath can be controlled without conscious effort. Breathing in and out becomes so smooth that you may not even notice you are breathing, and breathing itself becomes like space.

Assignment for the week

I. Reading

1. Chapter 7: Attuning the Breath

2. J18 Extending Energy, J21 Opening Energy, J24 Energy Freely Rising in the 'Companion' and 'Complementary Suggestions' workbooks.

II. Exercises and Meditations

1. Practice the rhythmic breathing activity of tuning the breath twenty-five times a session. The text suggests "feeling the rhythm of the breathing, with just a little attention to counting" (p. 50).

After some time (the text mentions 2-3 weeks) you may observe "the breath flowing in is a light sky-blue colour, with a gentle feeling-tone that flows inside and heals the body" (p.49).

At a later date when you have extended time, you are encouraged to practice the following (perhaps even during a retreat):

Practice tuning the breath for two hours a day for two to three weeks to develop the experience of calming and relaxation. Remind yourself to inhale and exhale through nose and mouth equally, letting the breath come and go, modulating it with just a little control, yet loose enough to quiet the impulsiveness of mind and senses.

In being sensitive to the flow of breath, is it the case that " as this exercise develops, you will be increasingly able to relax the senses and thoughts" (p.50)?

III. Reflection and Journaling

Class 9 JBTT 5/7 Jan 2026 Handout Module 2

Are you able to practice nose and mouth breathing during your daily activities?
How comfortable are you with this? What are its effects?

Be interested in the following - without judgement. While tuning the breath:

—Can you sense the rhythm of the breath? Is a quality of stillness developing?

See pp. 50-51.

—What do you notice about the cycle of 25 breaths. How does this change with extended practice?

—While tuning the breath, can you sense (feel or visualize) that the breath coming in has a light sky-blue colour, and/or a gentle feeling-tone that flows inside and heals the body?

—Can you sense breathing becoming smooth like space?