

## Handout

### *The Joy of Being* Teacher Training Module Two

#### Class 12

Chapter 10 “Re-engineering the System” pp. 64-71

**26th and 28th January, 2026**

#### Key phrases and Quotations

We have no time for ourselves. We have no time to be. ... the mind slips into despair. p.66

The Buddha and the great Arhats, able to perfectly regulate their breath and balance their physical systems, did not have such disturbances. pp.66-7

Breath is the primary vehicle of mental and physical vitality. p.67

The key to change and transformation lies in the mind. ... we need to work with mind. p.70

Kum Nye ... connects us with the living pulse of real time, the source of confidence that comes from the center of our being. p.71

#### Class

##### 1. Posture and Movement Exercises 1

#43 Sensing Body Energy (KNTY pp. 235-6) and #38 Enjoying Sensation (KNTY p. 38) followed by:

##### 2. In-class readings and contemplation

## 2a. Contemplation: Samsaric pressure of time

Keeping in touch with the flowing and relaxing of these two practices from book 1, remember the last time you felt that your time was completely taken up - or there was tight planning and scheduling. The memory might be there and might stir up a sense of a conditioned response - but by just turning to 7 gestures and opening space, flowing, you might not be so subject to this demanding pressure. (p. 63-64)

## 2b. Reading and discussion

Patterns [in our inner architecture] have formed that tend to operate automatically, but as we know from personal experience, the architecture itself may not hold up under all conditions. Imbalances and upsets are inevitable, but lacking knowledge of their root cause, we have difficulty understanding what has happened and regaining a sense of control. p.68

While we may not like to think of ourselves as bound to a program, we seem to be conditioned in ways that make us vulnerable to negativity. We may not be able to perceive alternatives, and our choices are limited. But if we knew the source code-if we understood how our energy centers function, how all their fields of perception were interconnected, and the way readouts happen— we would understand how to connect the parts and make the energy flow smoothly through our systems. Seeing where adjustments were needed, we could reverse engineer the program and redesign it to accord better with who we are and support our ability to accomplish what we wish with our lives. Then we, not the programming, would be in control, and we would be able to tune the engines of our body systems more effectively. pp.68-69

### 3. Movement exercise and Meditation Practice 1

**3a. J21 Opening Energy** (pp.230-1), Group Three, Stimulating Inner Energy (Key Instructions: Take a deep breath and open the chest with HAA pronounced loudly. Loosen the belly.)

#### 3b.

##### **Meditation Practice 1 - Change the Program!** (p.69)

Sitting relaxed in the 7 Gestures:

- Each of your senses has properties that can be gentled, balanced, and attuned to relaxation. We will work with the breath to develop each of the senses in turn.
- Therefore, now attend to the simple act of inhaling and exhaling (for a while)
- Let the flow of feeling stimulate, refresh and open each the senses (visual, auditory, smell and taste, thinking).
- As the senses open, let pleasant feelings carry you into deeper relaxation.
- Let fresh, expansive energy courses through body and mind, dispelling pressure and transforming tension into bliss.
- Let this energy radiate outward as creativity, opening pathways to new knowledge
- Sit in silence and stillness for a while.

#### **Related passage**

**Relax Completely:** It is not too late to open a space in our tight, pressured lives so we can make a new home and create a new life. When we know how to relax completely, we can rest in the realm of joy and bliss, where we can evaluate all

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the elements of the program objectively. Then we can gain the knowledge we need to shape it in positive ways and establish more control of our time and our lives. p.69

#### 4. Movement exercises and Meditation Practice 2

4a. #35 Loosening up the Mind (KNTY pp. 218-20) and/or #37 Balancing the Senses (KNTY pp. 224-5)

4b. J37 Opening Mind and Body (pp. 274-9) Group Six, Opening Presence (*Key Instructions: Feel the energy flow in the neck and back, and gently connect those sensations through your shoulders into your arms. Pay attention to the sensations in the shoulders, elbows, and wrists and the flow of feeling in the chest. As you lower your arms, stay closely in touch with the sensations in the lower body as well. Stretch your fingers out widely, touching air and space. Gently breathe, mixing sensations into feelings. Stay in touch with the energy of the shoulders and arms, the back of the neck, and the spine. Feel the tension in the shoulders as you push one arm forward and pull one arm back. When you become more experienced, you can practice the whole series with more vigor.*)

4c.

#### Meditation Practice 2

Relaxing the Senses and Giving Ease to Mind in a New Home p.71



Kum Nye relaxes the senses and gives ease to the mind, relieving emotionality and providing the openness mind needs to establish new connections and create a new way of being. It cuts through the inner dialogues and dramas of artificial existence and connects us with the living pulse of real time, the source of confidence that comes from the center of our being. It replaces the pressure of shoulds and woulds, the restrictions and obligations imposed from outside, with an inner discipline grounded in knowledge, good feelings, and goodwill. Mind and perceptions feel clean and clear—our whole being is brighter and more joyous. We are happy, free at last of secret fears, no longer so vulnerable to feelings of unworthiness or rejection. We can breathe more freely, as if we had acquired a spacious new home with beautiful vistas, filled with light and the fragrance of incense and flowers. p.71

## 5. Assignment for the week and Dedication of Merit

### Assignment for the week

#### I. Reading

There is a lot of information in Chapter 10—therefore read it several times and make notes in your journal. As always, consult the companion volumes.

#### II. Exercises and Meditations

Practice any exercises that you feel open space for you, and which bring you joy. Just sit, in relaxation.

#### III. Reflection and journaling

Reflect whether knowledge of the body's subtle body system (vayu, nadi, cakras, etc.) is necessary or helpful for your Kum Nye practice. Would your practice be equally effective without such knowledge? [*hint: think placebo*]

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*effect*] Or perhaps you find it more helpful to think in Western terms of nerves, blood vessels, energy, feelings and emotions?

You may also like to reflect on how you feel about combining exercises from the first KN book, KNTY, with those from the second, JB. Will you do this, or not, when you are teaching? Where do you stand in this debate?