

Handout

The Joy of Being Teacher Training Module Three

Class 13

Chapter 11 "Tuning Our Physical Senses" pp. 72-5

9th and 11th February, 2026

Key phrases and Quotations

We look at, but do we see? We hear, but how well? Of all the sensations that flow through our being each day, how many can we remember? p. 72

... we rarely give much thought to [our senses] or appreciate what joy and beauty they can give us. p. 73

Objective: To integrate the senses into one experience, tuned and in-harmony. In "Relax and Heal," as we relax deeply we can begin "to be fully within the flow of sensory experience" (p.73).

Class

1. Posture and Movement Exercises 1

1a. Cleansing Exercise (JB pp. 18-9)

- Keeping the back straight, with hands palms down on your knees, perform a series of strong exhalations: nine in all, grouped into three sets of three, allowing time to rest in between. Inhale normally, then exhale strongly through both nose and mouth. In each set, do the first two exhalations slowly and the third faster and more heavily. On the final

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three, exhale as forcibly as you can, as if you were emptying the stomach.

- Seated in the same posture, you may vary this exercise as follows: Inhale, then exhale forcefully through both nose and mouth, projecting both arms straight in front of you as you exclaim the syllable, AH! Repeat these movements nine times.
- As you perform this exercise, reflect on the residues that are being expelled from your body.
- You can visualize them as colours carried outward on the breath, residues with feeling tones:
 - **Dark red** carries the feeling tones of anger and revulsion;
 - **Dark black** carries anxiety, grasping, and neediness
 - **Dull mud** carries sluggishness, dullness, and apathy.
- All these residues—qualities that you feel pressured to express verbally but are emotionally hard to release—can be cleared away on the exhaling breath. With this in mind, exhale strongly and breathe them out completely.

1b. Movement Exercises (JB pp. 19-20)

Relax the shoulders; move them up and down, then rotate them, one side moving up as the other moves down. Loosen up your chest, and lift it upward a little; move your shoulders a little back to straighten the spine. The back of the neck is straight and aligned with the spine, and the chin is a little tucked in. Stretch the neck by tilting the head, first to one side, so that the right ear moves toward the right shoulder; then tilt to the other side so that the left ear moves toward the left shoulder. Then relax. Repeat these movements nine times, with the neck loosening a little more each time.

If you have no difficulties with your neck, you can include a series of head rotations. You may close your eyes, but keep

your mouth open. The breath needs to flow easily through open pathways of both the nose and mouth.

1c. Tuning the Breath pp. 49-50

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... with a gentle feeling-tone that flows inside and heals the body. 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.

If you have been practicing for a while, you may observe the breath flowing in a light sky-blue color - and/or with a gentle feeling tone that flows inside and heals the body. In any case, you can visualize the breath coming into and passing out of your body. Even as the breath moves in and out, it is never actually gone. As long as you live, your body has an abundance of this healing nourishment that supports a continual flow of energy through your senses, muscles, and organs. Inhale, sensing this stimulation; exhale gently, breathing out tension and letting it go. Do this twenty-five times each session, feeling the rhythm of the breathing, with just a little attention to counting.

As you develop this practice and become more attuned to the rhythms of your breathing, you will relax further, and the breath will be smoother and slower. The breath can become so slow and light that you may hardly notice it at all, perhaps as slow as one minute for each complete cycle of inhaling and exhaling. At first, inhalation and exhalation have distinct high and low points, but as the breath slows and calms, these points smooth out more and more, until there is no

interruption in the rhythm, and in and out merge into a single smooth cycle.

2. Cycle of Senses (see descriptions below). During this class selected instructions will be featured at different points.

3. Reading, contemplation and discussion

Our senses open doors to the world around us. Fully attuned to the present moment, they invite us to participate in a world alive with the rhythms of light, color, texture, shape, fragrance, taste, and sound, ever changing, ever new, an ongoing celebration of life. As their presentations pulse through our nerves and vital centers, feelings surge through our bodies like music, with tones that merge and blend to become our experience. The more complete the sensations, the richer the feelings; the deeper the flow of feeling, the more profound the experience. Subtle, yet tightly held tensions melt; the gates to meaning open wide, transforming our understanding of love and compassion and conveying the quiet joy of contentment. p.72

The six sense organs eye, ear, nose, tongue, body, and mind—are important gateways for different kinds of experiences. Each of the six senses has its own faculty; each faculty has its distinctive character and field of operation. As we respond to experience, each faculty operates within its own territory, recording relevant data and shaping it into meaning. To get the maximum benefit from each moment of experience, we need to develop the full potential of each of our senses. So it is important to focus on exercising at least one of the six senses for forty-five minutes daily. If you spend two weeks on each of the senses in turn, you may notice a clear improvement in the quality of your perceptions. p. 74

Relax and Heal

Kum Nye is a way to relax and heal the gates of the senses, so that they also open inward, transmitting the full richness of experience and bringing more pleasure and joy into our lives. Kum Nye enables us to relax deeply and to be fully within the flow of sensory experience. When we do this, the senses soften their focus on externals and reveal what is before us in greater clarity and depth. A sense of intimacy develops that eases our restlessness and satisfies our hunger for meaning. If we take every opportunity to nourish the senses with love and appreciation, they will reward us with a continual flow of blessings that deepen into a reliable source of contentment and meaning. pp. 73-4

4. Walking meditation - with another introduction to Cycle of Senses

See Exercise 24 Being and Body *Kum Nye Tibetan Yoga* pp. 179-80

5. Posture and Movement Exercises

5a. J32 Harmonizing Opposites, (Group Five, Harmonizing), pp. 262-4. Sitting.

Key instruction: *Exhale slowly and relax.*

5b. J34 Releasing Resistance (Group Five, Harmonizing), pp. 266-7. Standing.

Key instruction: *Stretch your arm out, with the palm outward, pushing space.*

5c. J27 Awakening Heart (Group Four, Expanding Wholeness), pp. 246-7).

Standing. Key instructions: *Feel the energy of your hands and the sensations throughout the entire length of your arms. Push the energy of each fist intensely into the other, without letting the fists physically touch. Focus into the energy in the chest.*

6. Circle of the Senses

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Sitting still, let awareness go to each of the senses in turn. In your mind go from seeing to hearing, to smelling, to tasting, to feeling, and finally to thinking.

And again, repeat.

Gradually develop a rhythm in which awareness circulates through the senses, and make that rhythm faster. Over the course of several minutes, take the speed of this circulation just to the point of discomfort. Relax into this discomfort and open more fully to each sense in turn, letting the energy of this dynamic build toward greater awareness.

Now add two more elements to the circle of senses: awareness of the breath and the physical sensation in and behind the eyes. Start with awareness of the breath, then to the sensations in and behind the eyes, to seeing, hearing, etc. Be aware of the momentum of circulation; this is a separate element in the cycle as well.

Drop instructions. Remain quiet. Feel!

Abide in seeing, not someone that sees something. Remain in the stream of seeing, of hearing, of feeling, of breathing. Stillness in streaming.

Based on *Mastering Successful Work* Exercise 35 Circle of the Senses pp. 124-25.

7. Engage all Seasons and Situations

The Joy of Being on Retreat:

Which seasons and environments do you find most attractive and accommodating? Do you yearn to spend time in the forest or jungle, on beaches, near lakes and oceans, or do you feel

more at home in the mountains or desert? Whether you have strong preferences or can adapt to any kind of environment, you will benefit greatly from loosening up fixed attitudes and engaging all seasons and situations freshly (unless you have limitations that make this inadvisable). For example, even if you are not fond of city life, you can benefit from short periods of immersion in the stimulating dynamic of an urban environment. If you are not comfortable with open spaces, silence, and lack of modern conveniences, it can be helpful to suspend your judgments and preferences and spend some time in the rural countryside. pp. 74-5

8. Assignment and closing gesture

Assignment for the week

I. Reading

As usual, suggestions from the complementary workbooks
Chapter 11 "Tuning Our Physical Senses" pp. 72-5.

II. Practices

1. Continue Cycle of Senses sitting, during walking meditation, or outside.
2. Go outdoors if you can, and practice breathing for whatever time you have: Gently open your mouth and nostrils, and breathe very, very slowly, holding your belly in a little. Open all your senses as an invitation to the living energies around you to enter your body. Let your whole body, even your toes and hair, sensitively feel the energies of the cosmos—the light, air, earth, plants, water, and sky. Be as sensitive as a fish in water.

Feel the energies flow into you. Visualize the positive healing qualities of all living energies collected in your body. Mix your feelings with these wholesome energies, then let the feelings and energies stream outward from you to the

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cosmos in an ongoing exercise, a continuing interaction, a circular dance of energy.

See the extended passage in KNTY p.413 included below..

III. Reflection and Journaling:

1. Write, paint, draw, sing etc. creatively about the above practice from KNTY.

2. How in touch are you with all of your senses? Contemplate this:

We look at, but do we see? We hear, but how well? Of all the sensations that flow through our being each day, how many can we remember? p. 72

3.mHow does your Kum Nye practice vary with the seasons, what is it like now, in February, compared with practicing when the course started in late summer?

IV. For completeness, here are alternate Instructions for the Circle/Cycle of the Senses Practice

Cycle of Senses 1

About one minute each on seeing, hearing, smelling, tasting, feeling, and mind sensing/ cognizing/ thinking.

Bring your attention to each of the senses in turn – to seeing (not seeing something) but be in the ability inside you that enables you to see. Another example: Let seeing go (it will continue) and focus on hearing. You may actually hear specific sounds but don't label them or engage in liking, disliking, etc. Sound is coming into space, growing and disappearing - it starts with the ears but there is an internal ability to hear...maybe with the ears, throat.

Cycle of Senses 2

Add alertness to the seeing, hearing etc. – a quality of quiet attentiveness, alert but not grasping for thoughts or fixing on perceptions. Let alertness become inseparable from seeing, hearing, etc.

Cycle of Senses 3

Applying a calmer, subtler sensitivity. Breathe very, very lightly so that you make contact with the depth of breath. Gentleness and light breath with each of the senses, making contact with depths of seeing – with light. Etc.

Do three rounds of this practice once or twice a day, directions above. Single out each sense and activate the flow of feeling – cycling through the senses, adding breath, alertness, and awareness successively to each round to open and cleanse them. You can build up to dwelling 10 minutes or more per sense. Gentleness is key.

This Circle/ Cycle of senses is drawn in part from 2016 Kum Nye Teacher Training 2 Joy of Being: Complete Within—Nothing is Missing.

The practice there is introduced in terms of the 8th way we fall away from being complete : Not Present- Not "In" and how we can come back—cultivating being present in the present. We do so by tuning the senses to make experience a vivid awareness.

See Day 8 July, 2016 and June 16, 2016 audio recording by Arnaud Maitland. His audio recording and commentary on JB Chapter 11 is also very helpful.

Quotation Kum Nye Tibetan Yoga on Retreat

Everything you do can be a beautiful ceremony, a dance of appreciation.

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Once or even several times a year, a retreat in a natural setting, however brief, can greatly expand your practice of Kum Nye. Spending four days every season or one week a year in the mountains, or perhaps near the ocean or a river, are beneficial to deepen the Kum Nye relaxation.

During the retreat, be outside as much as you can. In the morning, practice breathing for about an hour. Sit in the sitting posture, gently open your mouth and nostrils, and breathe very, very slowly, holding your belly in a little. Open all your senses as an invitation to the living energies around you to enter your body. Let your whole body, even your toes and hair, sensitively feel the energies of the cosmos—the light, air, earth, plants, water, and sky. Be as sensitive as a fish in water.

Feel the energies flow into you. Visualize the positive healing qualities of all living energies collected in your body. Mix your feelings with these wholesome energies, then let the feelings and energies stream outward from you to the cosmos in an ongoing exercise, a continuing interaction, a circular dance of energy.

Kum Nye Tibetan Yoga p. 413