

Class 15 Handout

***The Joy of Being* Teacher Training Module Three**

Class 15 The Six Senses: Visual—Eye II

Chapter 12 pp. 76-85

23rd and 25th February, 2026

Key Words, Phrases, Sentence

Exercises that nourish the faculties related to eye and eye-consciousness can awaken the light of awareness; simple, yet magical and uplifting, they can transform the quality of our lives. p.80

Class

1. Reading interspersed with practice in panoramic seeing:

Light and Awareness

1) The eye has a special affinity for light

The eye has a special affinity for light; awareness related to the eye illumines space and allows us to see shape and form; it connects with the tissues of the brain, opening a window that gives us access to a universe of unimaginable beauty. Before our eyes manifests an ever-shifting kaleidoscope of shapes and forms, an ongoing exhibition that gives interest and meaning to life. Exercises that nourish the faculties related to eye and eye-consciousness can awaken the light of awareness; simple, yet magical and uplifting, they can transform the quality of our lives. p.80

2) Invite the light to come in

From time to time, close your eyes a few moments, relax them, then open them, and invite the light to come into your awareness in a calm, meditative manner. Then carry the feeling of relaxed ease into your next activity. pp.81-2.

3) More light enters, inviting a quality of openness and pleasure in the simple act of seeing

As the eyes relax, more light enters, illumining awareness and inviting a quality of openness and pleasure in the simple act of seeing. With your eyes more fully open and seeing in a less forced, more neutral manner, your concentration and awareness become more steady. You may have a sense of light in, around, or behind the image, even if you cannot actually see light itself. p.83

4) Light and the Field of Awareness; Awareness related to the eye

When you begin to understand the interconnection of light and awareness, you can more easily soften tendencies to look at objects and allow them to simply be in your field of awareness. p.84

5) Meditative seeing

As your practice continues, you may find that seeing merges with meditation...this meditative seeing connects with objects in a different way. Day or night, objects are seen as having a luminous quality; they lose their solidity and appear almost translucent. Experiencing objects in this way transforms your way of being, softening judgmental and critical tendencies and allowing more openness for compassion and skillful action. p.84

6) Perceiving inherent dimensions of beauty

Eventually you may come to understand how awareness related to the eye enables you to perceive qualities inherent in objects around you, but that now pass you by without your noticing. Among them are dimensions of beauty: perfections of shape, color, movement, and proportions that can enrapture the mind, unfolding layers of meaning and purpose. pp. 84-5

(Passages 4-6 are in Panoramic Seeing pp. 84-5)

2. Movement and Contemplation Practices

Breathing lightly, we make contact with the depths of the breath. With soft eyes, we touch the depth of seeing. We can make direct contact with light, something we don't always notice, because we are too busy seeing the things around us with the aid of light. Hearing and smelling, touching and tasting may be the same. It may take time and patience to excavate them, but we can develop more and more knowledge of our senses, our experience, through

Class 15 JBTT 23/25 Feb 2026 Handout Module 3 Mon. AB/SP edited

gentleness. And, gentleness can take us to depths of feeling that forcing cannot reach. *Kum Nye Dancing* p.28

2a. Movement exercises (some of these will be done)

J8, Mind and Body in Space (Group One, Integrating Body and Mind) pp.204-5.

Key Instruction: Pay special attention to the space through which you are moving moment by moment (panoramic seeing).

J13 Hand Magic (Group Two, Embracing Space) pp.212-3. *Key Instruction:*

Sense energy or pressure between the hands; let the energy flow into the face, releasing all the tension in your face, head, and neck.

J12 Releasing Solidity (Group Two, Embracing Space) pp.210-1. *Key Instruction:*

Keep the eyes open and look strongly outward.

2b. Contemplation/ meditation: Deepening through Breath pp. 55-56

Ch. 8 Being Present through Breath

If you focus on the throat chakra, you can:

- Sense the flow of energy as it moves to the heart and navel and disperses throughout the nerves and muscles.
- Feel the tissues of the muscles and inner organs relax more with each breath, allowing more space to open, until the spaces between the cells become clear pathways for air and light.
- Allow light to flow in and illumine the cells of the muscles, heart, lungs, lower belly, then follow it as it flows out again, shining in space
- Sense this light merging with your vital energy, awakening intensely joyful feelings.

2c. Opening Seeing Practice p.83

Continue to relax, with eyes focusing lightly, and allow opportunity for stillness to develop. You may experience a softening sensation in the eyes, a gentling and calming quality. Whatever feelings come up, allow them to expand and relax deeply into them, until you are no longer the one seeing—there is only seeing.

As the eyes relax, more light enters, illumining awareness and inviting a quality of openness and pleasure in the simple act of seeing. With your eyes more fully open and seeing in a less forced, more neutral manner, your concentration and awareness become more steady. You may have a sense of light in, around, or behind the image, even if you cannot actually see light itself.

As relaxation continues to deepen, seeing takes on a gentler and more allowing quality that is not so tightly bound to I, me, or mine. As the sense of subject/object lessens, the edges of the image you are viewing may become less distinct, possibly translucent or even transparent.

3. Contemplation, Movement exercises and Panoramic Seeing Practice

3a. Movement exercises (some of these will be done)

Eye massage may be practiced in an intuitive way (or follow KNTY pp.77-9 as given in last week's handout), leading to relaxation.

J31 Balancing Inner and Outer (Group Five, Harmonizing) pp.258-61. *Key Instructions: Feel the quality of being completely stable and balanced, focusing especially on your connection with the ground. Focus on your inner centre of gravity. Gaze gently upward and feel the energy along the spine and your body contacting the ground. Sit quietly for a little while.*

Contemplation

Class 15 JBTT 23/25 Feb 2026 Handout Module 3 Mon. AB/SP edited

You may understand that ultimately there is no difference between space and the object that manifests within it. The distinction between form and the surrounding space no longer separates the two. Form may be perceived as space, and space as form. Understanding how this works is the key to developing your visual capacities further. p.82

J35 Vibrant Harmony (Group Five, Harmonizing) step three only, p.270. *Key Instructions: [Feel the tension in your face and neck if doing the first 2 steps]. With step 3, Exhale strongly. Sit quietly and feel the energy flow, especially in the throat.*

J36 Relinquishing Negativity (Group Five, Harmonizing) pp.271-2.

3b. Panoramic Seeing Practice p.84

When you begin to understand the interconnection of light and awareness, you can more easily soften tendencies to look at objects and allow them to simply be in your field of awareness. One day you may realize that you are not even focusing on a particular object. You may note your perception taking on a more rounded, three-dimensional aspect and become more aware of the relationship of objects and space. At some point, you may sense the field of awareness expanding to encompass all objects panoramically, as if you were looking at the reflection of a thousand stars in a pool of water, seeing each one distinctly, yet all of them simultaneously. It is important to exercise this capacity and develop it to the fullest.

As your practice continues, you may find that seeing merges with meditation: seeing becomes meditation, and meditation becomes seeing. This meditative seeing connects with objects in a different way. Day or night, objects are seen as having a

Class 15 JBTT 23/25 Feb 2026 Handout Module 3 Mon. AB/SP edited

luminous light quality; they lose their solidity and appear almost translucent. Experiencing objects in this way transforms your way of being, softening judgmental and critical tendencies and allowing more openness for compassion and skillful action.

4. Assignments & Dedication of Merit

Assignments for the Week

1. Read the chapter several times; consult the companion volumes.

2. Practise *Opening Seeing* and *Panoramic Seeing*.

Note: Every time you come to and move through a transition, you can practice panoramic seeing. For instance when you move through a doorway, go from indoors to outdoors, or enter or get out of a car.

3. Journal, paint, draw, sing and/or reflect about *Liberation Through Seeing* (See below).

Eventually you may come to understand how awareness related to the eye enables you to perceive qualities inherent in objects around you, but that now pass you by without your noticing. Among them are dimensions of beauty: perfections of shape, color, movement, and proportions that can enrapture the mind, unfolding layers of meaning and purpose. Uplifted by beauty and attuned to deeper purposes, consciousness transforms.

From this foundation, it is possible to benefit from the oral instructions of a qualified teacher, who can transmit the profound meanings encoded in mandalas and symbols.* In time, if you continue to develop this capacity, you may come to embody these meanings directly. Then you may understand what is meant by the phrase, *Liberation Through Seeing*. pp.84-5

Class 15 JBTT 23/25 Feb 2026 Handout Module 3 Mon. AB/SP edited

*Note that Jonathan Clewley understood Arnaud Maitland to say in the 2025 KN retreat that this can be through working deeply with Tarthang Tulku's books, as his writings are instructions from a qualified teacher.