

Handout

The Joy of Being Teacher Training Module Three

Class 14 The Six Senses: Visual—Eye I

Chapter 12 pp. 76-85

16th and 18th February, 2026

Key phrases and Quotations

The eye contacts an object and projects the image to consciousness. ... The eye does not notice that the background is empty space, or that the colors of the rainbow are refractions of light waves passing through mist. It simply sees and accepts what presents itself, as if the rainbow were somehow painted in space.
p.79

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

... try to minimize blinking. You can do this by relaxing the area around the eyes and moving your awareness inward. KNTY p.31

Class

1. Two experiential exercises and in-class readings

Normally - seeing and responding

Normally, when we look around us, we see objects that we recognize and can name. This kind of response has become so

automatic that we rarely have reason to consider just how we see and examine more closely the process of seeing. Although most of this process unfolds below the horizon of our conscious awareness, when we slow it down, we can break it into stages that may give us some insight into how eye and mind work together to establish our sense of reality. First comes light, then awareness of shapes and forms that we recognize through associations with past experiences. p.76

We have named the object, so now we have a general idea of what it is. Often that general idea is sufficient. Once the primary impulse to identify the object has served its purpose, the energy of perception tends to wane, and the eye moves on to another object. But very little information has actually been transmitted; the perceptive impulse has not been strong enough to imprint on our memory or to stimulate a response. Of the innumerable objects perceived in any one day, how many can we actually remember? p. 77

1a. Ordinary - 'normal' seeing experiment: Turn your head smoothly and slowly; you will notice that your eye will jump from object to object (it will not match the smoothness of your head movement)

The very speed of our visual perception enables us to take in a wealth of information at a glance. Yet the eye jumps so quickly from one object to another that we rarely benefit fully from what its impressions convey. We may not know exactly what we are looking at, but we make assumptions based on what we have been told or experienced. This pattern has been developed and transmitted for centuries and now operates nearly automatically. As a result, most people take countless objects for granted: this is a horse, a car, a train that is a man, a woman, a child; those are

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stars, this is the moon, that is the sun; these are books, this is food. There is no need to analyze or question further: nothing more needs to be said. p.77

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...We use language to give everything an identity and endow it with characteristics and associations. We do not know why we use these words for this shape and form; they just come to mind and we use them automatically—this is what the object is. We have no other way to think about it. Very little in this process leads to adjusting or deepening our initial perceptions: "things are what they are." Familiar objects are essentially frozen in consciousness, along with associations and assumptions. p. 80

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Squeezed and pressured in these ways, our eye consciousness has become too jumpy and erratic to allow awareness to operate steadily. Dialogues and other distractions that pop into mind increase this jumpiness. p.80

1b. Exercise: Instead of looking at things, let light come into the eye and go all the way to the back of the eye.

...[W]e may not notice that our visual senses might be capable of far more than we realize. 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

...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. p.82

Touching the depth of sensing

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

2. Movement and integration exercises

J4, Inviting Feeling (Group One, Integrating Body and Mind) p.198. *Key Instruction: Stand in a relaxed manner; relax your arms and stand completely still.*

J6 Connecting Feeling (Group One, Integrating Body and Mind) pp.200-1. *Key Instruction: Gently notice the energy in your shoulders and arms, and in your legs and feet. Relax deeply.*

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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.

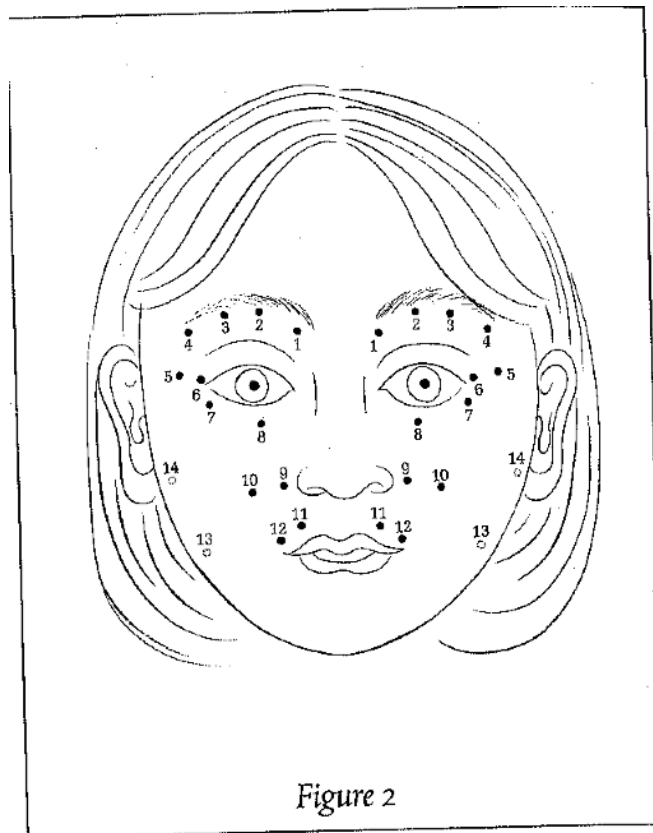
J12 Releasing Solidity (Group Two, Embracing Space) pp.210-1. *Key*

Instruction: Keep the eyes open and look strongly outward. Hold a little while, and then release.

3. Eye Massage KNTY pp.77-9

... try to minimize blinking. You can do this by relaxing the area around the eyes and moving your awareness inward.

KNTY p.31



Massage around the orbit of your eyes, touching each point firmly and gently. Massage both eyes at the same time. Begin at the inner upper edge of the eye socket, and use your thumbs to find a notch in the bone just under the eyebrow (points 1 in Figure 2, page 78). Press up, gradually increasing the pressure, and hold. Keep your head erect. Close your eyes and go into the feelings; they may be quite powerful. Release the pressure very gradually and stay with the feelings which are produced.

With your first or middle finger, trace under the upper ridge a short distance from the first point to the next small valley or notch (points 2 in Figure 2), and press and massage it gently. You may want to close your eyes as you do this. Trace under the upper ridge to the third small valley or notch, near the eyebrow's arch. Spend extra time here, pressing and massaging gently with your first or middle finger. Experiment with different degrees of pressure. At the upper outside corner of the eye-socket there is another place that deserves special attention (points 4). Use the tip of your first or middle finger to locate and massage this small crater in the bone.

Follow the curve of the eye socket down to a little bump in the bone, a finger-width from the corner of the eye (points 5). Press with your forefingers, increasing and decreasing the pressure.

Use your forefinger to move just inside the corner of the eye socket to the sixth point. Press gently breathing softly through both nose and mouth.

Trace with your forefingers a short distance to the seventh point, just inside the eye-socket, a little below the sixth point. Press gently.

Follow the lower curve of the eye-socket to a notch in the bone below the center of the eye (points 8). Press gently and delicately. Give particular care to the area where the lower eye socket meets the bone of the nose.

Hold your eyebrows between thumb and forefinger, at the inner edge. Press your thumbs up a little so they rest against the bone and give support from below. Lightly squeeze the eyebrow between thumb and forefinger and rub slowly back and forth with the forefinger. Work out to the outer edge of the eyebrow; then return to the inner edge and repeat the massage.

4. Meditation Practice

Opening and Relaxing: Just Seeing

Sitting quietly, choose something you find pleasant to look at. Perhaps the color of something around you attracts your eye, or you notice a natural form, such as a flower or a tree. Gaze softly at the color and form, letting your attention trace the contours of the shape and vibrate with the energy of the color. Gradually, you will sense the color and form very simply.

If you wish, you could look at a traditional symbol sometimes used in meditation, such as the Tibetan letter A. With your attention, trace the outline of the form, starting at the top left corner and ending with the top right corner.

As you sit longer with just seeing, note areas of tension within the body and relax them one by one, until your body feels loose and comfortable. The eyes too will relax their tendencies to stare at the object and look more gently, observing, but not necessarily focusing on it. Even the attention tracing the shape gradually relaxes into the feeling of the shape.

Simply be aware that the object or meditation letter is there; see it in its entirety, without paying attention to specific details or seeking to grasp or understand it. Any effort to think about, analyze, or interpret the object directs your senses outward in a grasping way and constricts awareness. There is nothing specific that you need to do. Just remain quiet and relaxed, and allow what is before you to present itself. Any tension that remains will eventually relax, and you will experience the openness of simply seeing. If you have difficulty understanding this meditative way of seeing, you can ease into it by just softening the eyes and looking more gently, not necessarily focusing on anything. Develop this practice in sessions of twenty to twenty-five minutes twice each day for at least one week.

As much as possible, as you go about your daily activities, be aware when your eyes are open that they are not "hunter's eyes," looking with strong, outward-directed focus for whatever they can catch. 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.

5. Discussion and Dedication of Merit

Assignments for the week

1. Read Chapter 12, "The Six Senses: Visual-Eye" several times; consult the companion volumes.
2. Practise the eye massage from KNTY pp.77-9
3. Practise *Just Seeing* (above). Especially include the following in your daily activities:

As much as possible, as you go about your daily activities, be aware when your eyes are open that they are not "hunter's eyes," looking with strong, outward-directed focus for whatever they can catch. 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.

4. Journal and reflect. If you like drawing or painting, make your own image for *Just Seeing* e.g. the Tibetan letter A.