

Handout***The Joy of Being* Teacher Training Module Three****Class 19**

Chapter 15 "Taste—Tongue" pp.97-99

23rd and 25th March, 2026**Key Phrases and Quotations**

Taste has a tactile reality associated with touch and nurturing. p.97

Mouth touching breast, opening to receive milk flowing through the nipple, is one of human's earliest experiences. p.97

... a sense of connection that we continue to express by offering food as gestures of hospitality and friendship. p.97

Many respond nearly reflexively, looking for something that will ease these sensations [of hunger] with very little attention to what they are doing. p.97

All the food we eat, all the liquids we drink go through the mouth and are felt and savored by taste buds located along the edge of the tongue. These tactile sensations can encourage us to nourish ourselves in a deeper, more satisfying way. p.98

CLASS**1. In-class readings**

Taste has a tactile reality associated with touch and nurturing. Mouth touching breast, opening to receive milk flowing through the nipple, is one of human's earliest

experiences. It establishes a strong bond with the parent or caregiver, a sense of connection that we continue to express by offering food as gestures of hospitality and friendship. When we practice Kum Nye, we can draw upon this association to feed the senses and spirit and nourish a stronger interconnection among all aspects of our being.

Chapter 15 Taste and Tongue p.97

Sensory impulses have flavors, not flavors that you can readily identify in words, but subtle flavors we might associate with such qualities as sweetness, warmth, melting, or glowing.... When we contemplate the breath, these and other elements can be brought in to "season" our meditation, to stimulate it and make it richer....

....

...Whatever thoughts or feelings this practice stirs up, let them merge with the breath. Breathe them out as you exhale, and bring them in as you inhale. Taste the feelings that wash over you; relish them and let them carry you along. Mind and senses are alert, filled with feelings of deep joy. At the same time, there is stillness and meditation, a sense of continuity and connection. You are complete; you are perfect, just as you are.

...When you can taste and enjoy the flavor of experience, when you feel good about yourself and comfortable in your body, you can see for yourself the treasures that can be cultivated.

Ch. 8 Being Present through the Breath: Long Breath
p.54

Taste your experience as fully as you can, chewing, swallowing, digesting, assimilating, and distributing it to your whole body. You will discover different levels of feeling and experience and may become aware of the energy within every molecule and cell. You can increase your awareness and

contact with this energy until finally every part of your body acts as a source of energy. When you realize that energy has no location, no 'here' or 'there,' and is abundant and available at any time, then you can truly experience the integration of body and mind.

Preparation, Kum Nye Tibetan Yoga, pp. 22-23

Reading and short practice Monday class

Breathe deeply about ten times, and slowly relax your whole body. Relax your eyes, closing them if you wish, and let your mouth fall open. Let tension slip away from your forehead and scalp. Slowly sense every part of your head—your nose, your ears, your jaw, the inside of your mouth, your cheeks—until the whole head becomes completely relaxed. Then relax the back and sides of the neck, throat, and the underside of the chin. Whenever you find a tense place, enjoy the sensation of tension melting away. Move to the shoulders, chest, arms and hands, the belly, the back, the legs and feet, even the toes. Taste the feeling of relaxation, really feel it, enjoying it more and more until it nurtures every part of your body.

#3 Tasting Relaxation *Kum Nye Tibetan Yoga* p.35

2. Meditation and Visualisation Practice 1 An Offering of Taste

Now practise using the imagination (visualisation) - Lemon might be in here too. to create the sensations of eating a meal, based on *An Offering of Taste* pp. 98-9

Start by chanting Om Ah Hum three times as if doing it at the start of a meal.

Sit in a balanced, relaxed way. Allow the breath to become balanced and even. ... chant OM AH HUM slowly three times,

Class 19 JBTT 23/25 March 2026 Handout Module 3

making one complete exhalation as you chant each syllable.
Sit quietly a few moments, and then ...

[Imagine] Offering food to yourself in a joyful and respectful manner.

[Stimulate saliva flow by moving the tongue around the mouth.]

Feel [imagine] the texture and taste of the food in the mouth and on the tongue; savor the taste— does it come all at once? Is there a single taste, or does one follow another? Does the taste intensify as you breathe in? Does it change as you exhale? Practice touching each taste gently throughout the [imaginary] meal and savor the feelings of pleasure that arise and spread throughout your body. pp.98-9

Next, massage the mouth area, and encourage the flow of saliva, using the tongue massaging the inside of the mouth:

Place your fingers under your jaw and rest your thumbs on the chin. Both the elbows are pointing out to the sides. Using all your fingers at once, press up under the jawbone and work very thoroughly along the whole line of the jaw. Do not be afraid to press strongly and remember to release the pressure slowly. You will also be able to press along the top of the jawbone with your thumbs. Breathe gently through nose and mouth as you press.

Place your thumbs under your jaws, near the throat, resting your fingers on your chin. Open your mouth slightly, and gently press your thumbs up under the jaw. Manipulate this whole area with your thumbs, pushing up, especially near the root of the tongue and tonsils. This area may feel thick and

gunky; notice if you feel reluctant to touch it. Create a dialogue between your thumbs and these neglected muscles and see if you can bring this area alive. Relax into whatever feelings come up as you press. The musculature of the jaw holds tight habit patterns of thought and behavior, and massage here may release a variety of feelings. With your hands in the same position as above, use your fingers to massage along the upper line of the jaw.

Smile, and manipulate the corners of your smile with your thumbs. You will discover habitual muscle tightenings which you can relieve with this massage. As you rub, you may also be able to massage the gum and the base of some upper teeth through your flesh. When you finish rubbing, slowly relieve the pressure. How does your {mouth} feel? KNTY pp.84-6

Movement and Integration exercises

From Group One, Integrating Body and Mind,

J4 Inviting Feeling p.198. *Key Instructions: Stand in a relaxed manner; relax your arms and stand completely still.*

From Group Six, Opening Presence

J38 Releasing Beauty p.280. *Key Instructions: Loosen the chest and throat and always breathe gently.*

J39 Expanding Joy p.282. *Key Instructions: Feel the sensations in the chest. Release the arms slowly and stand still.*

Emphasise *pleasurable feelings* p.99 when practising these exercises, for the *Healing Taste of Kum Nye* (p.99) practice below.

4. Contemplation / Meditation / Visualisation

2. Healing Taste of Kum Nye (Monday class used real food)

.. intensify the pleasure of tasting by easing into flavors more fully and sensitively. As you notice a taste, stay with it—Is it sweet, sour, salty, or bitter, or a combination? Taste it carefully there may be many layers of flavor there, and the tongue may be capable of picking up more of them than you have been able to notice before.

Each layer of flavor connects with nerves that can send messages of relaxation and pleasure throughout the body. Reach out to these flavors, breathe in their essence, drink their juice. Taste them in the lining of your mouth, on the edges and back of your tongue. Sense their essence entering your body, sending ripples of pleasurable feelings through the nerves of the tongue. Allow these feelings to penetrate deeply into the body, connecting the cakras and bathing them in the gentle warmth of healing energy. p.99

5. Movement and Integration exercise

From Group Six, Opening Presence:

J37 p.277 Opening Mind and Body, especially working with the instruction:

Gently breathe, mixing sensations into feelings. Step Four.

Take this *mixing* into *Nourishing Your Being* pp.99-100

6. Contemplation / Meditation / Visualisation: 3 Nourishing Your Being

As your senses become more attuned to the pleasurable sensations of taste, your ability to sink into them deeply will increase. At this point, feelings can relax you more deeply and lead you to meditation. [Imagine] taking food and drink in a mindful, relaxed way, swallowing and drinking, breathing naturally, and relishing taste and texture. Notice the kind of tastes you are savoring. Make each taste more distinct; gently touch one after the other, creating a mandala of flavor — an offering for transforming your body. Breathe in the flavor,

sense it in both nostrils and mouth, and savor it as deeply as possible. If pleasurable feelings come, breathe into them; intensify them as much as possible, and follow them as they fade away. In the calm that follows, nourishment permeates the entire body like a transforming elixir; the whole body becomes part of these substances.

Assignments for the week

1. Reading

As always, read the chapter again and again, and consult the workbooks.

2. Exercises and Meditations

Preparing food, eating and drinking in the ways described in the chapter, especially *ceremonially*.

When you apply these Kum Nye practices mindfully, day after day, the now mundane task of food preparation and eating can become a ceremony, an offering of appreciation for this precious human embodiment. These practices can help restore a sense of wholeness that we may have been missing a long time. p.100

Monday class particular assignment

During the week, practise 1 An Offering of Taste (p. 98) and/or 2. Healing Taste of Kum Nye (p. 99) each day as you can. We will start the next class with #3 Nourishing your Being pp, 99-100 before going into Ch. 16 Smell Nose. also bring fragrance next week....

3. Reflection and journaling

About eating and drinking in a ceremonial, mindful manner. You can also explore Kum Nye tasting experience.

4. Preparation for next Class, which is on Smell—Nose

Put some flowers in your practice space; also some fragrances e.g. incense, perfume, spices. Bring fragrance to class.