

Handout***The Joy of Being* Teacher Training Module Three****Class 20**

Chapter 16 “Smell—Nose” pp.101-3

30th March, 1 April 2026**Key phrases and Quotations**

Good smells inspire and delight; they can ... call forth fond memories ... p.101

Simply note the quality of fragrance and the feeling tones that different fragrances stimulate ... scent can relax the nerves and loosen up the body. p.102

Class**1a. Calming Body and Breath - 7 Gestures**

Take a few minutes to loosen up the body, letting tension drain away. Let your breath slow and ease into a gentle rhythm. Exhale gently, and inhale through the nose and the mouth, allowing the breath to come in very softly. Breathing may become so light and gentle that you may not even notice it flowing in and out.

Ch. 7 Attuning Body and Breath p.48

1b. 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. Ch. 15 Tongue - Taste pp.99-100

2. Short reading

Scents and fragrances enter the body on the current of the breath: we notice and identify them almost immediately as pleasant or foul. Passing through the nostrils, they activate the olfactory glands that connect directly to the brain and stimulate a specific area of the brain that other senses cannot reach. Almost immediately, this activity creates an entire environment, awakening the nerves of eye, ear, tongue and stimulating thoughts and associations in the mind.

Good smells inspire and delight; they can release tension and call forth fond memories, brighten attitudes, and transform an indifferent or negative mind into a pleasant and inviting field of experience. The eye might perceive images of open fields or specific kinds of flowers; the ear might be reminded of the sound of wind in the trees, and the tongue might anticipate some delicious taste. Even if no associations have yet developed for a specific fragrance, or the fragrance is new and unfamiliar, its scent can relax the nerves and loosen up the body.

Dirty, stale-smelling, or messy surroundings oppress the senses, lower our sense of confidence and self-esteem, and depress our motivation, while fresh, clean smells brighten and calm the mind, lightening feelings and thoughts. Nature has a powerful healing quality, not only through the beauty of its creations but also through the energy of the smells that pervade the natural environment, especially the scents of flowers and trees. These fragrances are nature's gift to us, conveyed through the air and presented freely to us as a precious treasure. Flowers communicate an immediacy of life and vitality that uplifts and refreshes. They awaken appreciation and make us feel good. So it is important for our sense of well-being to refresh our living and working areas from time to time with fresh flowers, incense, and other pleasant fragrances.

Ch. 16 The Six Senses: Smell - Nose pp.101-2

3. Movement exercise: from KNTY #43 Sensing Body energy KNTY p.235

4. Nose-Smell sequence (includes Attuning to Fragrance)

4a. Activating smell through simple things - skin, clothing, etc.

4b. A different way of perceiving the world - plume of molecules. Wolf/ dog ...
dog park

4c. Sensing, smelling around you, walking around the room. Smell space, itself, air itself.

Attuning to Fragrance (either moving around the space you're in, or while standing or sitting):

[P]lay close attention to the smells of your surroundings. ... Simply note the quality of fragrance and the feeling tones that different

Class 20 JBTT 30 March/1April Month 2026 Handout Module 2026

fragrances stimulate. Breathe deeply for a few breaths, then allow your breathing to settle into a slow, relaxed movement.

When feelings come up, stay with them, letting go of associations and images. You can do this while seated or while standing or walking. p.102

5. Movement 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.

6. Fragrance and Feeling -with flowers, incense, spices, chemical scents

Practice attention to fragrance ... in [your] surroundings ... Allow your awareness to touch the fragrance lightly. Note the connection between fragrance and memories, between fragrance and feelings. Just note how they connect, without dwelling on specific memories or feelings. Then relax deeply into the feelings. p.103

7. Continuing practice outside - smells in space, in garden

8. Reading and discussion

Kum Nye relieves the tension that closed the senses and deprived the mind of calmness and satisfaction. It opens the senses more widely to beauty and joy and restores our inner light, enabling us to get the juice of all kinds of experience. As our practice develops, our perceptions may provide us with very pleasant surprises. Sounds, sights, smells, colors, objects, memories, positive feelings, and wishes, even negative thoughts and emotions may come up, sometimes very intensely. Kum Nye

enables us to melt the qualities of all experiences, squeeze out the juice, and transform it into pure energy. Even qualities we may have been trained to restrain, such as passion, anger, and agitation, can be rich sources of energy. If we learn how to take away the words and dialogues, and stay with the energy itself, we can experience even this strong energy purely, as powerful vitality.

Ch. 9 Generating Happiness from Within p.62

8. Assignment and Closing Gesture

Assignments for the week

1. Reading

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

2. Exercises and Meditations

Go for a walk and practise this Kum Nye version of 'Forest Bathing', if you are able to find some trees or woods (especially coniferous ones) near you:

Certain parts of the world have trees and plants that communicate distinctive qualities and create unusually attractive and beneficial environments, as if they had been prepared by the nagas to demonstrate the wondrous powers of nature. This is why meditating in a forest can instill such a strong sense of peace and tranquility. It is good to locate such special places where you are able to feel especially open and at ease, where you can enjoy the pleasures of the senses and experience deep enjoyment. Walk where fresh air can touch your body, washing away tension and stress, where earthy fragrances can give pleasure and bring up good memories, and where awareness of the abundance of life can nourish your soul.

p.103

3. Reflection and journaling

About the importance of odours, aromas, fragrances, and smells in your life.