

Class 30JBTT15,17June2026 Handout-Teaching Notes Module 4

Handout and Teaching Notes

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

Class 30

Introduction to Kum Nye for Mind: 2

Preparation for Part Four: Massaging Mind

15th, 17th June 2026

Overview

A further exploration of what Kum Nye for Mind might be.

Objective

A relaxed final class before the break.

Class

1a. Initial reading and discussion:

Kum Nye offers a way to support health, happiness, and inner peace, the foundation of meaning in life and the gateway to the most sublime meditative experience. Once we have internalized the experience of Kum Nye, we can carry it in our thoughts and allow it to brighten all that we see and hear. Kum Nye can lift our spirits with the joy of a beautiful day, with the sound of leaves rustling along a forest path, with the fragrance of flowers on a gentle breeze. Whatever kind of work we do, we can find ways to view it as a means of developing satisfaction. We can bring Kum Nye into all of our daily activities, taste the flavors of each experience, and blend their essence together into a rich nectar—a source of ongoing peace and happiness. pp.62-3

1b. Initial mediation after sitting loosening up, exhaling, general massage etc.

Energizing Flow of Feeling p.44

Energy flows into the heart cakra, and from there circulates to all parts of the body. As you breathe in through nose and mouth, with jaw loose and relaxed, feel the breath touching and opening the throat, relaxing any areas of tension in the throat and neck. When the throat feels relaxed, allow the breath to touch the heart, comforting it with warmth.

The heart deserves our care and compassion. It is a universal symbol of love, yet how often do we remember to replenish it by offering it our love? It beats faithfully for us hour after hour, day after day, sharing our joys and suffering our sorrows through good times and bad, always doing their best to fulfill our demands.

When you do this exercise, turn your thoughts to your heart and use this opportunity to offer it love and appreciation. Sense the feelings as they ebb and flow with the breath, touching the heart like a gentle massage. Relax deeply into the feelings; let them completely envelop you with gentle warmth. The sense of aliveness awakened through relaxation flows through the cakras, sense organs, and the body systems, radiating outside as well as inside the body. As you practice, you may sense the body becoming lighter, as if it were touching space of extending into space, beyond the physical form.; take the experience with you, do not leave it behind at your meditation cushion.

2a. Movement Practices (standing)

General massage, loosening up etc.

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J4 Inviting Feeling *Stand in a relaxed manner; relax your arms and stand completely still.*

J9 Mind & Body Touching *Arms relaxed loosely; relax your arms at your sides and remain in stillness.*

J11 Healing Inner Space *Hold this position a little while; release slowly.*

2b. Meditation Practice: Beam of Attention—Awareness of You

From 'Companion to *The Joy of Being*' pp.110-112 and instructions from eKum Nye Level 9, Lesson 4 (below)

See: "Calming Intense Energy' pp.93-5

Awareness of You

This attuning to the real you can be done as follows:

One of the capabilities within mind is its ability to direct its focus on anything. Usually however, this directionality of mind is left to its own devices. Patterns within mind determine what we focus on and for how long. This is often referred to as our monkey mind, leaping from branch to branch. In this exercise, you are going to direct your mind at your own free will and focus on you!

With precision instead of automatically, lead the directionality of mind to focus your attention. The directionality of mind is a beam of attention, like a flashlight, that you now use at free will. First, focus externally on an object of your choice, for example, a painting, a chair, a carpet or a pen on your table. Stay with it for about 3-4 seconds before moving on to the next object, and then the next, continue for some time (3-4 minutes), until you can easily direct this beam of attention. Do not start thinking about any of the objects you briefly focus on. Rather, let the beam of attention briefly rest on an object of your choice. After about five or six external objects, move your attention from an external object to the feeling of the breath and then to the beating of the heart. Like a flashlight, you direct your attention. After a couple of minutes, you become familiar with how the beam of attention feels.

Instead of rampant, jumping, rudderless movements, it becomes your decision where to shine the light on next. Now, you can turn this beam of attention further inward in order to make direct contact with the reality of your being. Look at yourself with the steady beam of attention and sense the real you.

Outside the scope of conceptual thinking, words cannot begin to describe the deepening of your experience of that which has always been there. Still, try to sense what the real you is like. It is not merely an experience but face-to-face contact with the reality of your self. We are not doing this to have another experience or to find your self or discover who you are. We look inwards with the beam of attention in an effort to relax the force of thoughts and melt the bonds of ego.

2 Monday night class practice - Exploring What Kum Nye for Mind Might Be (instead of Awareness of You)

2a. Movement practices

J4 Inviting Feeling *Stand in a relaxed manner; relax your arms and stand completely still.*

J13 Hand Magic *Place both hands over your eyes and let the energy flow into the face, releasing tension in your face, head, neck.*

2b. Meditation PART ONE

Close your eyes relax and open them, allow light to come into your awareness in a calm meditative manner - carry a feeling of relaxed ease into this practice p. 82 Seeing -eye

Be with any objects that present themselves to you - 3-4 seconds, also if you'd like with space around object - space around and between p. 82

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You may have a sense of light in around or behind the image; edges may become less distinct, possibly translucent p. 83

Allow objects simply to be in your field of awareness p.84

The field of awareness may expand to encompass all objects panoramically -each one distinct and all simultaneous

2c. Movement Practices

J9 Mind & Body Touching *Arms relaxed loosely; relax your arms at your sides and remain in stillness.*

J11 Healing Inner Space *Hold this position a little while; release slowly.*

Meditation Part Two - Beingness Quality of Mind

Allow mind and body to become quiet.

Let go of internal dialogues, “reminders,” and other kinds of mental noise.

There is no need for instructions, no need to remember, no need to monitor what is happening. Thoughts may keep cycling on, but if you pay them no attention, they will fade into the background, as if they were part of a radio program you have no interest in, but have forgotten to turn off.

Let go also of the urge to understand and interpret.

Follow the sense of feeling as it arises, and let it reveal what the present is offering.

Whatever comes up, just let it be.

Allow the petals of the senses to unfold, layer by layer, until the light of awareness begins to shine through.

Relax completely; loosen the jaw muscles, the shoulders, the chest, and the abdomen, and let everything fall into the right place.

When mind and body settle down in a relaxed, balanced way, sink more deeply into relaxation.

The petals of the senses may open further —the light of awareness and the flow of feeling will relax your throat, warm your heart, and lead you more deeply into the calm of deep relaxation.

Letting everything drop away, being totally open, you can touch the depths of mind. Rest in that openness as much as you can.

Practice - Expanding Silent Field of Mind [Touching the Positive Energy of Thought]

Ch. 21 Making Mind Our Friend pp. 155-57

Likes and dislikes, accepting and rejecting, judgments of good and bad all melt and become one with the bliss flooding your being. When you are able to stay in this energized state of relaxation for twenty to thirty minutes at a time, feelings of relief and joy may begin to arise spontaneously, not only during your practice, but also in your work and other daily activities. Eventually, you may become aware of a new, more vital sense of love that seems to come from deep within your being. You feel good about yourself and see others in a gentler, more compassionate light. You are not so quick to judge their actions or feel defensive when they challenge you. As love grows in your heart, it expands in all directions, embracing others and nourishing yourself. p.95

At the end, feel your hands, sense the body.

3a. Movement Practices (sitting)

General massage; breath release

J29 Being in Time *Push the belly in tight, as if touching the spine. Loosen the neck and throat, and feel the air in the chest. Sit completely still and feel the flow of breath in time.*

J26 Body of Rhythm *Contract (i.e. compact) and condense your energy; extend the leg completely, while expanding and lightening your energy. Pay attention to the beginning, middle, and end of each movement. Stay in touch with your sense of stability and groundedness. When you come to a stop, let everything be completely still.*

3b. Meditation / Relaxation Practice: Mind is Free to Be (sitting or lying down)

See separate pdf from 'Companion to *The Joy of Being*' pp.105-7

Take time over this practice; it may be experienced lying down.

4. Discussion

What are we going to do on our holidays?

Closing Gesture**Assignments for the week****1. Reading**

Read one or more of the chapters exercises were drawn from such as Ch. 6 "Breath, Energy, Feeling" and Ch.14 "Feeling - Body." Consult the workbooks about the movement exercises.

2. Exercises and Meditations

Practice in nature:

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

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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.
Fragrance and Feeling, The Six Senses Ch. 16 Smell - Nose p.103

3. Reflection and journaling

On your Kum Nye journey so far; and what you imagine for the next stages.