

Handout and Teaching Notes

The Joy of Being Teacher Training Module Four

Class 29

Introduction to Kum Nye for Mind: 1

Preparation for Part Four: Massaging Mind

8th, 10th June 2026

Class

1. Overview and initial readings

- Anything more from Chapter 18, Getting the Juice of Experience.
- Introduction to what we'll be working with after the summer recess.
- What is Kum Nye for Mind?

Part Three, Senses and Perception, has introduced this topic thoroughly through (principally) the six senses and their perceptions, leading to a greater exploration of the mind itself, in Chapters 17 and 18. The term 'Kum Nye for the Mind' is introduced in the 'Power of Imagination' section of the 'Mind and Perceptions' chapter:

To understand mind, it is helpful to look beneath the patterns woven into mind and experience more directly the sensing aspect of mind. This exploration can serve as a kind of Kum Nye for the mind, a way to soften the present patterns of mind and glimpse other possibilities for perceiving, thinking, and being.

Reflecting on a few problematic aspects of perception and communication can be a good place to begin.

p.111

Thus, Mind Kum Nye involves: (i) imagination, (ii) reflecting on the difficulties of perceiving, communicating and knowing, (iii) seeing other possible ways of perceiving, communicating and knowing, and (iv) softening mind's patterns (i.e. massaging mind) towards these ends.

How do we do this? Thorough relaxation, of course:

The practice of Kum Nye promotes deep relaxation, giving mind space to BE. From this, a new perceptual structure can grow up within the old, retaining the positive aspects of what is already there and allowing the negative ones to drop away.

Also, through relaxation:

Long-hidden treasures of mind begin to manifest, emerging like beautiful jewels from the depths of a clear pool. Kum Nye enables us to connect with these jewels, bring them into the light, and share them with others. p.60

Another important ingredient is 'Peace':

If we could give peace to our mind and illuminate it with the light of awareness, it is possible that the jumbled flow of perceptions and thoughts could fall

into a more harmonious and clearer progression.
p.114

And working with relaxation and peace softens the noise of the mind:

As the energy of high pitched, demanding thoughts calms down, you can deepen relaxation and surrender completely to peace and tranquility. p.25

Therefore, Kum Nye for the Mind:

1. Establishes peace of mind,
2. Creates space for mind to be, and
3. Enables us to begin harvesting the treasures of mind.

[Adapted from eKum Nye Level 9, Lesson 3, Kum Nye for the Mind]

- Is Kum Nye for Mind to be found in *Kum Nye Tibetan Yoga*?

Yes, experientially in exercises such as #68 Clearing Confusion, #69 Clear Mind, #70 Light Energy. What others can you identify?

- Additionally, the text in *Kum Nye Dancing* is a rich resource for this topic.

2a. Cleansing Exercise (JB pp. 18-9)

- Keeping the back straight, with hands palms down on your knees, perform a series of strong exhalations: nine in all, grouped into three sets of three, allowing time to rest in between. Inhale normally, then exhale strongly through both nose and mouth. In each set,

do the first two exhalations slowly and the third faster and more heavily. On the final three, exhale as forcibly as you can, as if you were emptying the stomach.

- Seated in the same posture, you may vary this exercise as follows: Inhale, then exhale forcefully through both nose and mouth, projecting both arms straight in front of you as you exclaim the syllable, AH! Repeat these movements nine times.
- As you perform this exercise, reflect on the residues that are being expelled from your body.
- You can visualize them as colours carried outward on the breath, residues with feeling tones:
- **Dark red** carries the feeling tones of anger and revulsion;
- **Dark black** carries anxiety, grasping, and neediness
- **Dull mud** carries sluggishness, dullness, and apathy.
- All these residues—qualities that you feel pressured to express verbally but are emotionally hard to release—can be cleared away on the exhaling breath. With this in mind, exhale strongly and breathe them out completely.

2b. Movement Exercises (JB pp. 19-20)

Relax the shoulders; move them up and down, then rotate them, one side moving up as the other moves down. Loosen up your chest, and lift it upward a little; move your shoulders a little back to straighten the spine. The back of the neck is straight and aligned with the spine, and the chin is a little tucked in. Stretch the neck by tilting the head, first to one side,

so that the right ear moves toward the right shoulder; then tilt to the other side so that the left ear moves toward the left shoulder. Then relax. Repeat these movements nine times, with the neck loosening a little more each time.

If you have no difficulties with your neck, you can include a series of head rotations. You may close your eyes, but keep your mouth open. The breath needs to flow easily through open pathways of both the nose and mouth.

2c. Movement Exercises:

J25 Releasing Positions *Relax your arms completely and feel the energy flow from shoulder to hand. Let the energy in the upper body completely melt and flow into space.*

J27 Awakening Heart *Feel the energy of your hands and the sensations throughout the entire length of your arms. Push the energy of each fist intensely into the other, without letting the fists physically touch. Focus into the energy in the chest.*

3. Meditation Practice

Awakening Feeling

Where, then, are the seeds or the roots of our energy? The way to this knowledge is through relaxation. Sit quietly, and allow mind to relax deeply, as if you were looking into a deep pool, pure as crystal and blue as the open sky. See the pool as very still and calm; invite this deep calming quality into your body.

Breathe it in, and allow it to pass through the throat and into the lungs; feel it warming the heart and relaxing the abdomen. When sounds come, listen for the stillness that continues on, as sound itself comes and goes. Allow mind and body to enter that stillness, following it as it deepens and expands. When feeling arises, surrender to it, relaxing completely. Let go of words, let go of concepts, let go of interpretations, and simply be one with whatever feeling comes. Melt into the feeling, taste the calmness, and relish the stillness enveloping mind and body. Sounds come and go; thoughts may drift through the mind like clouds through the sky, but the calmness remains. Rest in that tranquil, yet dynamic space, open to communication from within and without. p.44

4. Movement Practice

J21 Opening Energy *Take a deep breath and open the chest with HAA pronounced loudly. Loosen the belly.*

J20 Circulating Energy Stretch your arms out in front of you palms down and spread the fingers widely, releasing the energy.

J37 Opening Mind & Body *Feel the energy flow in the neck and back, and gently connect those sensations through your shoulders into your arms. Pay attention to the sensations in the shoulders, elbows, and wrists and the flow of feeling in the chest. As you lower your arms, stay closely in touch with the sensations in the lower body as well. Stretch your fingers out widely, touching air and space. Gently breathe, mixing sensations into feelings. Stay in touch with the*

energy of the shoulders and arms, the back of the neck, and the spine. Feel the tension in the shoulders as you push one arm forward and pull one arm back. When you become more experienced, you can practice the whole series with more vigour.

5 Meditation Practice:

Awareness of Infinite Space—giving Mind space to Be.

For this exercise it is helpful to close your eyes. Bring your awareness into your right hand. Can you sense the hand, the palm and the fingers? Are there sensations and feelings in the right hand? Place your awareness in the left hand. How does the left hand feel, warm, cold? Place your 100% awareness equally in both hands. Now, place your awareness into your chest. Bring your awareness into your right eye. Bring your awareness into the left eye. Bring your awareness into both eyes. By now, your awareness is in both hands, the chest, and both eyes. Continue by bringing your awareness into the right knee, into the left knee. Bring your awareness into your right foot, into your left foot, in both feet. Awareness fills the entire body, even on top of the head. Extend your awareness to just outside the physical body, maybe five inches or ten cm. Bring your awareness into the entire room you are in, into all the corners. Bring your awareness into the entire house or building you are in. Extend your awareness into the space immediately surrounding the house or the building. Place your awareness into the entire property or the

land that house or building is on. Place your awareness to include the entire town or city you are in. Bring your attention further out, into the county or province, or state. Bring your awareness into the entire country, and further into the continent you are on. Extend your awareness further into the entire world. Place your awareness in the atmosphere around the earth. Now, we go further out. Bring your awareness into our solar system. The earth and now also the sun and the moon become like distant stars. Go further into space and actually place your awareness into the vast sky with all its stars. Imagine the entire creation is like the shape of an egg and your awareness goes further out. Use your imagination to not only extend your sense of space but to actually place your awareness inside this sense of space. Remain in this state of mind in which your awareness is in infinite space and even in beyond infinity, place your awareness there too. Remain with this awareness in space for some time. After ten minutes or so, bring this awareness within the vastness of space into the body. You are embodying infinite space awareness. This is your potential Kum, and this is probably what is meant when it is said that the Buddha's Body is as limitless as space. Gently open your eyes while you sense awareness of vast, infinite space within the body.

From eKum Nye Level 9, Lesson 3, Kum Nye for the Mind

Closing Gesture

Assignments for the week

1. Reading

Read the chapter. Consult the workbooks about the movement exercises.

2. Exercises and Meditations

Practise 'The Awareness of Infinite Space—giving Mind space to Be' exercise. Perhaps record the instructions on your phone, and play them back while you practise with your eyes closed.

3. Reflection and journaling

About *Kum Nye for Mind*.