

Deepening Our Kum Nye:
Bridges to *The Joy of Being*



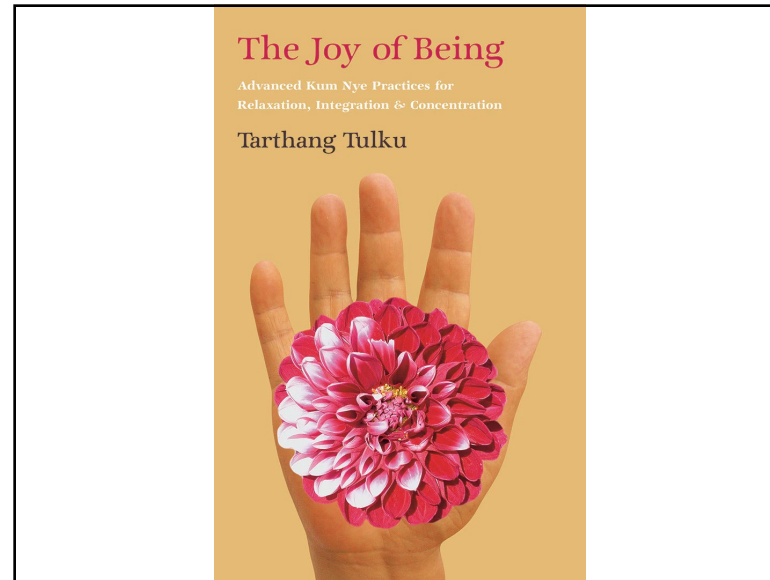
Ratna Ling Retreat Center June 7, 2025
Abbe Blum and Jonathan Clewley, Presenters

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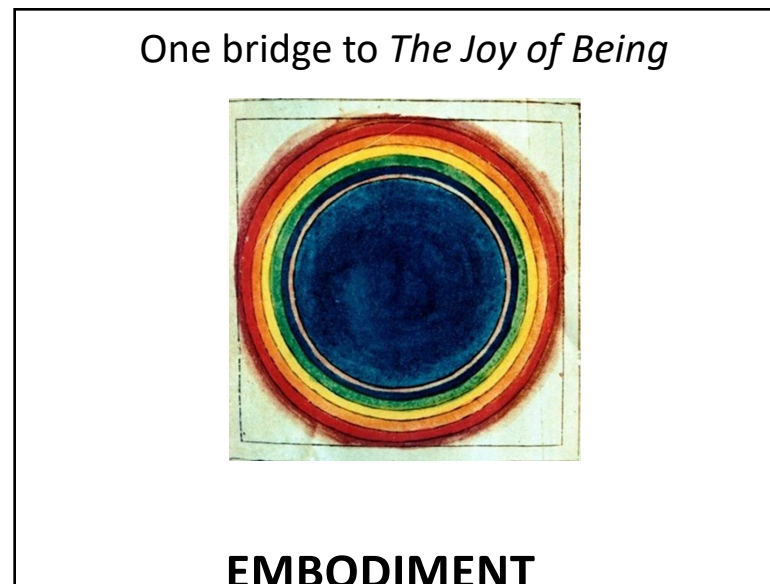


What does Kum Nye bring into your life, and
what do you wish to continue,
to develop, to transform?

2



3



4



This ongoing exercise of body, mind, and senses—**this interaction**— **is called embodiment:** a living, continuing process of **enjoyment** that informs all of our activities.

Guiding practice *Kum Nye Tibetan Yoga* p. 150

5



...We can expand this quality of enjoyment more and more, until, with time, every movement, every word, and every glance becomes subtle interaction, an exercise.

Guiding practice *Kum Nye Tibetan Yoga* p. 149

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KUM NYE as defined in *The Joy of Being*



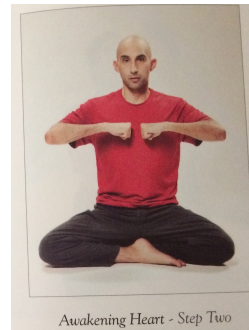
Kum (sku) in Tibetan refers to body as embodied being

...including & beyond physical body to all aspects of our being (chakras, channels) and ways we can develop and nurture ourselves as **embodiments of authentic existence.**

Joy of Being xiv



7



Awakening Heart - Step Two

Nye (mNye): in Tibetan means massage, or exercise that heals, integrates and invigorates.

Joy of Being xiv

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Together, the words Kum Nye refer to massage, postures, and exercises that enable us **to be comfortable in our embodiment** and inspired to awaken the full capacities of body and mind, senses and heart.

Joy of Being xiv



Releasing Beauty - Step Two

9

The Joy of Being goes more deeply into **the inner aspects of our embodiment.**

It emphasizes the inner massage of feeling, **using the senses to revitalize our capacity of seeing, hearing, sensing, touching, relishing, and cognizing** and creates the basis for a satisfying and meaningful life.

Introduction The Joy of Being p. xv

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**It is intended to help you feel
at home in your embodiment,**
so you will appreciate your
inner treasures and be inspired
to cultivate them further.

Introduction The Joy of Being p. xv

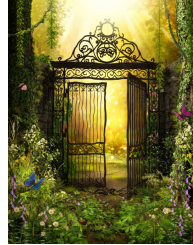
11

Another bridge to *The Joy of Being*



Relaxing and Healing
the Gates of the Senses

12



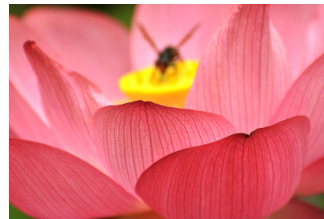
Ch. 11 Tuning our
Physical Senses p.73

Kum Nye is a way to relax and heal the gates of the senses, so that they can open inward, transmitting the full richness of experience and bringing more pleasure and joy into our lives.

Kum Nye enables us to relax deeply and to be fully within the flow of sensory experience...

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Feeding and nourishing ourselves



...A sense of intimacy develops that eases our restlessness and satisfies our hunger for meaning.

If we take every opportunity to nourish the senses with love and appreciation, they will reward us with a continuous flow of blessings that deepen into a reliable source of contentment and meaning.

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Relaxation and Embodiment

Being relaxed in this way does not mean denial or annihilation..... Rather, Kum Nye is **based on full acceptance of the truth of our embodiment, our human being.**

It is our foundation, **our meditation cushion that we can use to open sensory experience from within and introduce our consciousness to the power of beauty.**

p. 165 Finding our foundation

15

This joy is our birthright. If we can understand how it arises, we have a resource we can rely upon no matter what comes; this treasure cannot be taken from us.

But since understanding plays a crucial role in whether we have access to this treasure, ultimately the main emphasis of this book is on Kum Nye for the mind.

The Joy of Being, Preface to the 3rd edition xxii

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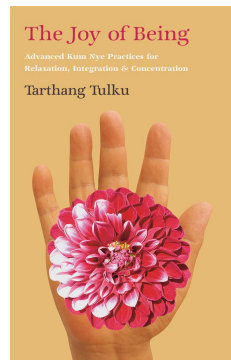
Kum Nye relaxes the regime of mind; it has the potential to bring forth a quality of shining openness that gives mind time and space to BE. New powers of mind naturally emerge, and we discover that in our nature, we are already complete: there is nothing missing.

....

It is helpful to view this entire book as exercises for the mind.

The Joy of Being, Preface to the 3rd edition xxii; xxiii

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Kum Nye embodiment might unfold,
like a lotus (or a dahlia)

18



Life of Buddha. The birth of infant Siddhartha as a prince who pointing to the North, walked seven steps on lotuses. Wat Maniratanaram monastery. Wall fresco. Phnom Penh. Cambodia.

19

Abbe:

Major themes

1. Contemplate your present relationship to Kum Nye nad what you wish to develop through it in terms of practice and your life
2. Presentation on embodying Kum Nye as it is set out in *The Joy of Being*
3. Importance of integrating the senses into Kum Nye practice
4. What is opened through the presentation of 7 gestures in *The Joy of Being*

From KN Tibetan Yoga

28 Body of Knowledge with inquiries:

1) What does Kum Nye bring into your life, and what do you wish to continue, to develop, to transform?

2) 2nd time: respond to the cover of JB

Joy of Being

12 Releasing Solidity

11 Healing Inner Space

13 Hand Magic

Selected practice from Ch.12 Visual-eye

7 gestures from ch. 3 Tuning into Relaxation and Meditation Melting into Calmness p. 25

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Jonathan

The Four Foundations of Mindfulness p.150

Finding Our Foundation p.164-5

Cultivating the Foundation p.165-7

Of Body—KNR

Of Feeling—KNR

Of Mind—JoB

Of Mental Events—JoB (Seeing Objects; Hearing Sounds; Tasting Flavours; Smelling
Odours; Thinking Thoughts)

Kum Nye Mindfulness Practices

Finding Our Foundation p.164

J27 Awakening Heart

Cultivating the Foundation p.165

J29 Expanding Joy

J10 Relaxing into Space

J25 Releasing Positions

J30 Transparent Wholeness