



Kum Nye Teacher Training Level II

– Ask Mind –

April 23rd, May 28th and June 3rd-11th, 2016
8:30am – 12:30pm San Francisco time

**What is Kum Nye for the Mind,
How to Practice and How to Teach It
with Arnaud Maitland**

Based on Tarthang Tulku's book
Joy of Being

"Kum Nye awakens the knowledge we need to enrich our lives"

Tarthang Tulku Rinpoche

On Saturday April 23 and May 28th and every day from June 3rd to 11th 2016, four hours per day, we will continue with the second level of the Kum Nye Teachers Program based on Tarthang Tulku Rinpoche's book *Joy of Being* entitled: **Ask Mind**

The second book on Kum Nye is quite different from the first book. In level 1 we explored the first book and its methods to stimulate life's energies through body, senses and mind and cultivating a natural, rhythmic breathing. The result of awakening, stimulating and transforming the experience in the body is a vibrant aliveness that informs all actions and imbues our sensory experience with joyful, informative feelings. In level 2 we explore Tarthang Tulku Rinpoche's book *Joy of Being* as a Kum Nye offering with exercises specifically for the mind. In *Joy of Being* Kum Nye relaxation allows mind to reveal itself more directly. We will become quiet, enabling contact with our 'sensing mind', besides the inner dialogues that come and go. Mind has a kind of 'beingness' quality, silent and complete in itself. Nothing is missing, nothing needs interpreting. Simply resting, allowing ourselves to be directly in the calmness, we can expand this silent field of mind and let mind reveal itself. Now, we can ask mind to give us more pleasure, less pressure and negativity. We can ask mind for contentment and inner peace that does not depend on others. We can ask mind to show us our heart's desire.

Kum Nye for the mind is a way to soften the present patterns of mind and glimpse other possibilities for perceiving, thinking, and being. – *Joy of Being* –

In Level II of the Global Kum Nye Teacher Training you will learn:

1. Theory and exercises of Tarthang Tulku Rinpoche's second Kum Nye book, *Joy of Being* (many exercises are interspersed within the text).
2. Human Embodiment
3. Mindfulness of Breath
4. Being Present through the Breath
5. Mindfulness of Space
6. Non-dual sensory awareness
7. Massaging Mind
8. Make Mind your Friend
9. Ask Mind
10. Path of Disclosure
11. The Rhythms of Body, Breath, Mind and Chakras

The following topics will also be included for the purpose of being able to teach Kum Nye:

- A. How to control and direct subtle body energy of body and mind
- B. How to integrate body and mind deeply, eventually leading to Samadhi
- C. Develop perception of seeing, hearing and knowing student's needs and wishes

With Kum Nye practice, you will be able to enter calmness. Letting everything drop away, being totally open, you can touch the depths of mind. – *Joy of Being*

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You will receive the following materials:

- **Line by line reading of plus commentary by Arnaud Maitland of Tarthang Tulku's book *Joy of Being*.** This material will not be covered in the webinar as you are expected to study it on your own before the webinars. Approx. 30 hours. Available: March 15th, 2016.
- **Audio CDs:**
 1. Kum Nye *Joy of Being* retreat recordings: Damme 2013, 2014, and 2015
 2. *Healing Residues from the Past*
 3. *Learning Non-Dual Sensing*
 4. *Tibetan Meditations*
- ***Joy of Being* Workbooks**

In addition to participation in the webinar classes mentioned above, students enrolled in Level II of the Kum Nye Teachers Training program and wishing to become authorized Kum Nye teachers in Level II must also:

- Complete four eKum Nye levels: 8, 9, 10, 11 at \$79 each
- Write a paper on Speech Kum Nye or Kum Nye for the Mind
- Participate in occasional Skype consults and check-ins
- Final Interview
- Establish a practice group in your area

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If you took Kum Nye Teacher Training Level I: Vibrant Aliveness in October 2015 you can join us for Level II: Ask Mind provided you are enrolled in the eKum Nye levels required for Level I and are committed to completing Level I first before entertaining the idea of leading classes and programs in Level II. For those of you who love Kum Nye and merely wish to join us for Level II webinars, you are most welcome provided you have participated in any Kum Nye program based on the first Kum Nye book, *Kum Nye – Tibetan Yoga*. As a prospective authorized Kum Nye teacher in Level II you cannot miss any Level II webinar classes.

Program Leader - Level II: Ask Mind will be led by Director of Dharma Publishing, Arnaud Maitland, senior student of Tarthang Tulku Rinpoche since 1976.

Registration

Registration Cost: \$995 plus eKum Nye enrollments.

Once you have completed the program, written your paper and passed your final interview you will become authorized to teach Level II of Kum Nye. The one time authorization fee is \$250.

Participation in ongoing Kym Nye education retreats is required to maintain the status of authorized Kum Nye teacher Level II. Prospective teachers of Kym Nye Level II will sign a legal release form and an authorized teacher agreement. Then, you officially become an authorized teacher of *Joy of Being* and you will be free and encouraged to take the training materials to make your own practice and business of sharing Kym Nye with others.

Enrollment

If you would like to enroll in the Level II program please contact us at:
programs@dharmapublishing.com

We are looking forward to your participation in Global Kum Nye Teacher Training.