1. Switch off the buchla system and disconnect the module from the power bus

2. Connect it to the computer with the micro-usb cable

3. Start the Teensy app and activate an "Auto" mode

4. Load the firmware *.hex file into Teensy app

5. Locate the small button on the back of the module and press it.

In a couple of seconds the new firmware will be uploaded and the module will reboot automatically.
You may connect it back now and switch on.