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

2. Locate the micro-usb connector between 3rd and 2nd boards and connect the module 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. On the module's pcb, locate the small hole marked "prg" and the tiny button in there and press it with some thin plastic or wooden stick

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 the system on.