

Handout***The Joy of Being* Teacher Training Module Three****Class 18**

Chapter 14 “Feeling—Body” pp.91-96; Part 2

16th and 18th March, 2026**Key phrases and Quotations**

Eventually you will be able to lighten and direct feelings at will. p.96

Class**1. In-class readings**

It is vitally important that we cultivate a stronger sense of feeling and learn to direct these powerful energies in positive ways. Kum Nye exercises can help us change our inner architecture from the ground up, loosening the body, refreshing the senses, and brightening the mind. Wherever we are, whatever we are doing, we can connect mindfully with the feelings that are resonating in the body at that particular moment. Whatever feeling we notice, we can listen for its tone, gently touching it with our breath, and allowing it to expand as far as possible. Breathing lightly, we can melt into the center of the feeling and rest in that inner silence. pp.92-3

Feelings can be rich and nourishing, vital pathways to a deep and abiding joy that calms the mind, balances the ups and downs of life, and stabilizes us in the midst of difficulties. Yet we do not seem able to manage our feelings well. Too often we are

influenced by pressures and negativity assaulting us from within and without, feeding fears and insecurities and heightening feelings of isolation and hopelessness. We do our best to suppress the harsher effects of negative thoughts and emotions, but ultimately it seems we have little control over what we feel or do not feel. Our bodies bear residues of negative emotions; pressures accumulate in our organs, robbing them of vitality, and tension takes hold deep in muscles and circulatory systems. Perhaps out of despair or desperation, many individuals intensify their difficulties by taking refuge in extremes. Even those who appear to be doing well may be inwardly impoverished, unable to feel deeply, and out of touch with the joy and creativity that gives life meaning. p.92

2. Movement exercises 1

It is suggested that these exercises are interspersed with the practice *Calming Intense Energy* p.93, as this practice has several parts to it.

From Group Four, Expanding Wholeness:

J25 Releasing Positions p.238. *Key Instructions: 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 p.246. *Key Instructions: 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.*

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J29 Being in Time p.250. *Key Instructions: Push the belly in tight, as if touching the spine. Loosen the neck and throat, and feel the air in the chest. Sit completely still and feel the flow of breath in time.*

2a. Breathing exercise

Calming Intense Energy

Kum Nye can smooth out the wild, almost uncontrollable surge of exhilaration and transform it into a deep and steady flow of feeling. It can also stabilize strong reactive tendencies and transform the energy they stimulate from negativity into ecstatic bliss. This practice can become a reliable source of healing for both body and mind, a foundation for meditation and a source of inner freedom.

Part 1 after e.g. **J25 Releasing Positions:**

Breathing through nose and mouth, relax into the feelings as much as possible. If the strong energy of exhilaration stimulates a current of thoughts, breathe into the current and let the thoughts stream by. As feelings arise, touch them gently with the breath, gather them together, and let them ride on the flow of breath. Without thinking about who is getting the experience, taste the feelings and savor them deeply. Let them nourish the heart with aliveness.

Part 2 after e.g. **J27 Awakening Heart:**

Using the flow of breath, turn up your inner heat and intensify the feelings—really get into them and be with that strong energy as it peaks. Then completely relax. Let everything go and

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surrender completely to the experience. Without focusing on anything, just BE. Let your entire being become openness-just breath moving back and forth through empty space. Stay with that relaxation for twenty to thirty minutes, allowing the breath to become slow and light.

Part 3 after **J29 Being in Time**:

Merged with awareness of space, the energy of exhilaration flows through heart, body, and senses like amrita, the nectar of immortality, relaxing the force of thoughts and melting the bonds of ego. Likes and dislikes, accepting and rejecting, judgments of good and bad all melt and become one with the bliss flooding your being.

When you are able to stay in this energized state of relaxation for twenty to thirty minutes at a time, feelings of relief and joy may begin arising spontaneously, not only during your practice, but also in your work and other daily activities. Eventually, you may become aware of a new, more vital sense of love that seems to come from deep within your being. You feel good about yourself and see others in a gentler, more compassionate light. You are not so quick to judge their actions or feel defensive when they challenge you. As love grows in your heart, it expands in all directions, embracing others and nourishing yourself.

As you practice, you can touch your memory of blissful feelings and ring them alive in the present. This will calm and satisfy the mind, and the mind will cooperate by relaxing gently into meditation. pp.93-5

3. Movement exercises 2

Practise these *joyfully*, perhaps with music

Monday night Dvorak Dvořák - String Quartet No. 12 in F Major, Op. 96

<https://www.youtube.com/watch?v=unQdotuAn3I>

From Group Six Opening Presence:

J37 Opening Mind and Body, p. 174. *Key Instructions:* Step One - *Feel the energy flow in the neck and back, and gently connect those sensations through your shoulders into your arms.* Step Two - *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.* Step 4- *Stretch your fingers out widely, touching air and space. Gently breathe, mixing sensations into feelings.* Step 5 -*Stay in touch with the energy of the shoulders and arms, the back of the neck, and the spine.* Step 6 - *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.*

J39 Expanding Joy, p. 282 *Key Instructions:* Step One: Raise the shoulders and feel the sensations in the chest. Step 2 - Tighten the back muscles pulling both sides in toward the spine, and let the arms move back, leaving the palms facing out. Tilt the head up slightly...Release the arms slowly and stand still.

J40 p.284 Flowing into Space, *Key Instructions:* *Feel the energy flow through the arched side of the body. Finish by standing still with your arms at your sides.*

4. Meditation Practice (also practised in the previous Class)

Allowing Feeling to Touch Meditation

Eventually, you will find that whatever feelings are present, whether soft or strong, you can relax into them and allow them to merge and come into balance. Breathing through both nose

and mouth, sense your breath floating gently on top of the current of feeling, rising and sinking slightly as you inhale and exhale. If the underlying feeling-tones are agitated or sad, touch memories of beauty, and allow those feelings to merge gently into your feeling-stream. When the feelings lighten, touch memories of joy, and bring those feelings into your stream also. Let the stream of feeling broaden and expand, gradually broadening out into space. Follow it with the breath, breathing into space, until even the sense of feeling dissipates and there is only space. Eventually you will be able to lighten and direct feelings at will. pp.95-6

Assignments for the week

1. Reading

As always, read the chapter again and again, and consult the workbooks.

2. Exercises and Meditations

During the day, in any convenient moments, practise:

Whatever feeling we notice, we can listen for its tone, gently touching it with our breath, and allowing it to expand as far as possible. Breathing lightly, we can melt into the center of the feeling and rest in that inner silence.

Also, practise any of the exercises and meditations that were done in the class, ones that you find helpful.

3. Reflection and journaling

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Reflect on the centrality of *feelings* in Kum Nye and express that in your own artistic way.