

**Handout*****The Joy of Being* Teacher Training Module Three****Class 17**

Chapter 14 “Feeling—Body” pp.91-96; Part 1

**9th and 11th March, 2026****Key phrases and Quotations**

Of all our sensory properties, feelings may be our most important. p.91

It is vitally important that we cultivate a stronger sense of feeling and learn to direct these powerful energies in positive ways. p.92

**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

Our fundamental human expressions—joy, love, eating, resting, comfort-seeking, sadness, numbness, excitement, exhilaration, even deep depression— are closely related to the body and its capacity for feeling. Of all our sensory properties, feelings may be our most important. Their tones resonate continually through our bodies, stimulated by our mental and sensory perceptions, and each kind of feeling has its specific character and power. Some are neutral, or so gentle that we may not notice them; others —as when we feel good or bad— affect our attitudes and actions more strongly. Still others —the more volatile emotions —can be so intense as to be uncontrollable. Their energies can flash through the body with electrical speed, constricting the navel, heart, and throat chakras, throwing thoughts into disarray, and distorting sensory perceptions. When strong feelings range out of control, the urge to respond can be overwhelming. Exhilaration, love, and joyous rapture can prompt impulsive and even extreme responses; grief can override the will to live; anger and hatred can blind us to our own best interests; and depression can blacken consciousness and paralyze our ability to act. pp.91-2

## **2. Movement exercises 1**

These exercises should be practised energetically, until *intense energy is coursing through the body*, as a preparation for the practice *Relieving Pressure* p.81 (see below)

From Group Three, Stimulating Inner Energy:

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J18 Extending Energy p.220. *Key Instructions: Pay attention to the sensations in the lower spine and how energy flows up the spine. Pause for a moment. Return to the centre and exhale deeply. Relax completely; stand.*

J22 Exercising Energy p.232. *Key Instructions: Widely open feet; let arms and head hang down.*

From Group Five, Harmonizing:

J34 Releasing Resistance p.267. *Key Instructions: Stretch your arm out, with the palm outward, pushing space.*

## **2a. Breathing exercise**

### **Relieving Pressure**

From time to time, when you feel pressured and frustrated, strong emotions may cause you to act in ways you might later regret. Now, with intense energy coursing through your body, is when you need to practice Kum Nye and embody it as fully as possible. Breathing softly through nose and mouth, relax your throat, chest, and abdomen, and allow your breathing to slow to a natural rhythm. Observe the breath moving smoothly in and out of the body, touching the agitation and helping it settle down. As you follow the movement of the breath, you may notice breath and feeling coming together, then merging into a single sensation. Gradually, breath and feeling become open and light, like space. Body and mind lighten and become calm, completely relaxed. You are not holding on to anything, not to feelings or sensations, not to external objects, and nothing is holding on to you.

## **3. Movement exercises 2**

Practise these *joyfully*, perhaps with music.

From Group One Integrating Body and Mind:

J7 Opening the Flow p.202. *Key Instructions: Gently and slowly bend backward. Completely relax your neck. Notice the strong energies starting to flow through the body. Stand completely still for a while.)*

In sequence with the Group Two Exercises:

J10 Relaxing into Space p. 208. *Key Instructions: Pull the stomach in and tighten the abdomen, leaving the mouth open. Release the neck and loosen the chest and belly. Focus on the border where the solidity of the body meets space and gently expand that feeling a few inches outside the body and into space.*

J11 Healing Inner Space p.209. *Key Instructions: Hold this position a little while; release slowly.*

## 4. Meditation Practice

### **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. p.92

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

### 3. Reflection and journaling

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