

**Handout and Teaching Notes*****The Joy of Being* Teacher Training Module Four****Class 26**

## Chapter 18 “Getting the Juice of Experience”

**Part III The Energy of Feeling****20th May 2026****Overview and Objectives**

The previous section, *Tuning in to the Field of Perception*, finishes with:

With practice, relaxation calls forth concern and cooperation in place of anger or rejection, or suggests productive new courses of action in place of discouragement. If you reflect on this line of thought and practice the following exercises whenever the opportunity arises, you will free yourself of major source of conflict, regret, and nagging dissatisfaction. p.128

The exercises referred to are:

1. *Basic: Touching Energy of Feeling*: What is meant by the essence of feeling? p.129

2. *Developing: Working with Inner Energy of Feeling*: Listen to your body; attune your senses to the energy; surrender. p.129-130

### 3. *Advanced: Converting and Expanding Inner Energy of Feeling:*

Convert all kinds of experience into knowledge that can be transmitted in positive ways. p.130-131

Therefore, the objective for this class is to practise these exercises, and to appreciate what more they bring to our practice of Kum Nye, above and beyond what we have already learned.

## Class

### **1. Initial Reading: A reminder from the Introduction about the centrality of feeling to our Kum Nye practice:**

Eventually, when you are familiar with the Kum Nye way of intensifying feelings and sensations, you will not need any reminder—relaxation will come naturally, because you embody the knowledge and attitudes cultivated through Kum Nye. Whatever you are looking for—power, positive feelings, a companion, or love—these are nothing in comparison to the richness of spirit Kum Nye can provide. There is no need to renounce or to give up what you cherish. You can accommodate all manifestations of mind and make joy out of whatever you do.

Your body/mind embodiment is your personal treasure house, a source of beautiful feelings and profound satisfaction. If you appreciate its value and learn how to nurture it well, Kum Nye will show you how to enter the heart of your being and cultivate

your inner riches more fully. Kum Nye will awaken the joy of being; Kum Nye will bring you home. p.xix

The practices that follow will show one way of developing this.

### **3. Contemplation (for 10- 20 minutes) 1. Basic: Touching Energy of Feeling**

Sit quietly for a few minutes, then listen to your body. What feelings are you experiencing at this very moment? Are they feelings of happiness, sadness, or loneliness? Are they feelings of agitation or frustration? Or are they warm and joyful? Focus on the feeling, just allowing the sensations to be whatever they are, without trying to encourage or suppress them.

Let go of the words; whatever names you have given to what you are feeling, let them go. Whatever thoughts about the feeling may arise, whatever reasons may come up to explain it, just let it go. These inner interpreters are not helpful, and you do not have to deal with them now.

Relax more deeply into the feeling itself. If you can stay inside the feeling, just being there, without dwelling on being anything or doing anything, you may gain some valuable insight into what is meant by the essence of feeling. p.128

**4. Movement Practice Flow Routine from Group Ones and Two Integrating Body & Mind, and Embracing Space (repeat several times for e.g. 20-30 minutes in all)** to activate the navel, heart, throat as these are mentioned in the contemplation below (and the head, although it is not mentioned).

- **J7 Opening the Flow** For all energy centres: *Notice the strong energies starting to flow through the body.*
- **J8 Mind and Body in Space** For the navel
- **J15 Touching the Heart of Space** For the heart.
- **J12 Releasing Solidity** For the throat.
- **J23 Embracing & Uplifting** For the heart, throat, and head.
- **J9 Mind & Body Touching** For all energy centres.
- **J13 Hand Magic** Place hands over the ears at the end, in preparation for *listening* to the body.

**5. Contemplation (for 10- 20 minutes) 2. Developing: Working with Inner Energy of Feeling**

After you have practiced with various kinds of feelings for two or more weeks, you may notice that feelings appear different on the surface, where you have words to name and describe them. But when you take out the words and get more inside the feeling itself, you may find these differences are more like varying intensities of energy.

Continue to listen to your body and stay with this inner energy of feeling. Observe its intensity—is it

strong or soft? If it is soft, expand and intensify it. Attune your senses to this energy; feel it in your navel, your heart, and your throat. Surrender to it as much as possible.

**6. Movement Practice** for the body to dance with space, and space with the body, as indicated below.

Creatively combine:

**J16 Space of Joy** and **J38 Releasing Beauty**

**7. Final Contemplation Practice (for 10- 20 minutes)** 3. Advanced: Converting and Expanding Inner Energy of Feeling

Once we become familiar with the inner energy of feeling, we find that this energy is flexible and open. We can touch it any time we wish to bring up joyful feelings, and we can use it to alleviate tension and stimulate creativity.

Accomplishment comes with practice and understanding develops with experience. As we become familiar with the physical benefits of Kum Nye, we begin to appreciate the value of relaxation to your mind as well. We may begin to notice a new brightness to our perceptions and a clean, fresh clarity to your thoughts. A quality of enjoyment may begin to pervade all our actions. At this point, we can move beyond the physical application of Kum Nye and

use what we have learned to tune consciousness and awareness to a higher level of well-being.

When senses open wide to experience, blissful feelings flow freely throughout the body, loosening up concepts, melting restrictions and limitations, and opening wide the field of perceptions. The body dances with space, and space with the body; all parts of our being interact joyfully, in perfect harmony. Beauty shines through our hearts, refreshing our senses and minds with feelings of love and appreciation. Words, gestures, and postures project aesthetic qualities rich in meaning, expressions of life manifesting itself.

Eventually, it may become possible to convert all kinds of experience into knowledge that can be transmitted in positive ways. When we are able to do this, life can become an ongoing celebration, free of irritation and rough places. Agitation, pressures, and negativities that have been so difficult to control in the past can be transformed into bliss. We can begin anew and develop our own curriculum for a happy, productive life. Developing this kind of knowledge is well worth the effort. pp.129-30

### **Closing Gesture**

### **Assignments for the week**

#### **1. Reading**

Class 26JBTT-18,20May2026 Handout-Teaching Notes Module 4

Read the chapter, especially pages 128-130. Consult the workbooks about the movement exercises.

## **2. Exercises and Meditations**

Choose 2 or 3 exercises to combine in a routine that expresses the body dancing with space, and space with the body. Then celebrate that all kinds of experience can be converted into knowledge that can be transmitted in positive ways.

## **3. Reflection and journaling**

Reflect how the presentation of working with feelings in this chapter differs from that given earlier in the book (and that in *Kum Nye Tibetan Yoga*). For example, what is meant by the essence of feeling (p.128)?