

**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****18th, 20th May 2026****Overview**

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 three exercises referred to center on the inner energy of feeling:

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  
(This one will be practiced in Class 27).

**Objectives**

We have practiced #1 Basic: Touching Energy of Feeling on Monday nights the last two classes and into this one. #2 Developing and working with the energy of feeling is introduced in Class 26 and prepares for the third and advanced practice.

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- Relaxing more deeply into a feeling itself, letting go of interpretations and labeling and contacting feeling more directly.
- Taking out words and getting inside the feeling, attuning to the intensity of the energy of feeling.
- Practicing intensifying and expanding feeling and sensations
- Discovering a way to understand and transform a source of negative patterns such as conflict, regret and dissatisfaction

## 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 understanding manifestations of embodiment—through engaging the energy of the field of perception, letting go of language and getting inside the feeling itself.

### **2a. Exercises to Prepare for Sitting**

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J2 Releasing Energy p. 195 and J3 Freeing Energy p.196 to feel the energy flow in the hips and legs

J13 Hand Magic variation p. 212. Place hands over the ears at the end, in preparation for *listening* to the body.

**2b. Meditation: Basic Touching Energy of Feeling with movement practices J15**  
Exploring first "at this moment" and second patterns that arise in challenging situations.

### **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

**3. Discussion** - where does this practice, Basic Energy of Feeling, go?

### **4. Developing: Working with Inner Energy of Feeling p.129**

Practiced in two steps with movement exercises

Touching the Heart of Space p.215 and J23 Embracing and Uplifting p.234.

Step 1: Differences are more like varying intensities of energy. Staying with the inner energy of feeling and observing its intensity.

J8 Mind and Body in Space p.204

Step 2: Observing intensity - soft or strong,

J38 Releasing Beauty p.280

Expanding and intensifying soft energy and attuning and feeling energy in navel, heart, throat, surrendering to it as much as possible.

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.

Note: the Monday class is saving Part 3 Advanced: Converting and Expanding Inner Energy of Feeling for Class 27 next week

## 5. Closing Gesture

### Assignments for the week

#### 1. Reading

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

#### 2. Exercises and Meditations

Continue practicing the Basic and Developing Working with Inner Energy of Feeling, especially observing and working with the intensity of the energy. You may like to choose a movement practice or two as well.

#### 3. Reflection and journaling

1. As you read the advanced practice, "Converting and Expanding Inner Energy of Feeling" on pp. 129-130. What resonates? What are you already "in"?

2. 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 on page 128?