

## **Handout and Teaching Notes**

### ***The Joy of Being* Teacher Training Module Four**

#### **Class 27**

#### **PART IV Chapter 18 “Getting the Juice of Experience”**

- The Fallacy of Reasons (pp. 130-131)
- Understanding and Using the Energy of Negativity (p.133)
- Advanced: Converting and Expanding Inner Energy of Feeling - Flexibility and Openness (pp.129-130)

#### **25th May 2026 Monday night class**

#### **Objectives**

- To continue to become more familiar with the inner energy of feeling, exploring its flexibility and openness.
- Playing with converting all kinds of experience into knowledge that can be transmitted in positive ways (p.130). Opening wide to experience, learning to alleviate tension and bring up joyful feelings (p. 129).
- Observing varying intensities of energy; practicing expanding energies and also melting down and using what has been shaped (cognized) "languaged" and identified as negativity (p 130; 133).

Note: Both Class 27 and Class 28 engage Chapter 18 in "observing the arising, identification, and passing away of agitating emotions" and feature different contemplations in order to "gain insight into how our way of naming and identifying reality works and how it might ease its hold on our consciousness" (p.132).

## Class

### 1. Sitting and practicing Basic Energy of Feeling (p. 128)

### 2. Reading: *The Fallacy of Reasons*

Once we understand how language works, we know that everything we have relied on as our reality— names, meaning, concepts, identity, and the polarity of self and others—has essentially been dictated to us from the time we were born. These structures are now essential to our ability to establish reality. We have learned how to build on this foundation, developing meaning through more conceptual labels as we establish new terms and identify their specific qualities and characteristics. When we begin to see where this way of thinking leads, we might well wonder how we became so committed to it.

We make statements as, "This feeling is uncomfortable." Can a feeling be uncomfortable? Or do we mean "We/I am uncomfortable?" When we go completely inside the feeling, awareness expands it further, and we touch the quality of the agitation more directly. If we ask what is causing this kind of agitation, mind begins to give reasons and justifications or perhaps goes on to review the history and the circumstances that led up to it. Finally, the story is complete: "That's why I'm agitated, that is the reason I am so angry." Reasons give us a sense of closure; the situation has not changed, but it has been explained. Often we feel better at this point. But reasons also harden our attitudes; we feel justified in our anger or

resentment, but we are also frozen into a position that can be very difficult to change. pp.130-1

Describing this way of thinking as agitation, the remedy is seen to be to go inside the feeling and expand it, touching the agitation, and thereby releasing it:

When we go completely inside the feeling, awareness expands it further, and we touch the quality of agitation more directly.  
p.131

Once we can find the point where we recognize the emerging flavor of agitation, we have to catch the point where we identify our feeling as "agitation." Supposedly this feeling also goes away. How does it disappear? Where does it go? What happens to all of its characteristics and the thoughts that were streaming through the mind as it was afflicted with agitation? At what point did they fall away? Observing the arising, identification, and passing away of agitating emotions, we gain insight into how our way of naming and identifying reality works and how we might ease its hold on our consciousness. p.132

### **3. Basic & Developing Inner Energy of Feeling**

Among the key instructions on pp. 128-29:

- Focus on the feeling, allowing feelings to be whatever they are without trying to encourage or suppress them. Let go of words of naming, identifying; relax more deeply into the feeling itself. Stay inside the feeling, just be there.
- Especially observing intensity and texture of energies - soft or strong? If it is soft, expand and intensify it.

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- Attuning senses to the energy and feeling it in the energy centers: navel, heart throat, surrendering to it as much as possible.

#### **4. Movement Practices and Contemplation: Using the Energy of Negativity**

One or more of these: 21 Opening Energy p. 230; 22. Exercising Energy p.232. Part-way through contemplation: 36 Relinquishing Negativity p. 271

When we go completely inside the feeling, awareness expands it further, and we touch the quality of agitation more directly.  
p.131

Anger, frustration, confusion, and fear all look different on the surface, but all are essentially of one flavor. Any time they arise, you can melt them down and use the essence of their energy. At first the shape is there—the recognition, "I am unhappy." The seeds of all the labels, meanings, and associations are present, ready to develop and spin their sad stories in the unsuspecting mind. But if you give ease to the mind, you can melt down the shape of unhappiness and dissolve its characteristics, associations, and meanings into a single flavor. Then you can call forth a more positive recognition—such as "I am so very happy,"—and bring pleasant, even blissful feelings into your field of perception. In a few short minutes, through the alchemy of Kum Nye, mind can be freed from words that identify and cause pain, from, from internal dialogues that give reasons and justifications, and from the emotional impact of past associations. Only the essence of the energy remains, purified of negativity, it goes into deepening and transformation, and the

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whole environment of the experience changes. When you compare the end result of this exercise with how you began, the value and power of this practice becomes obvious. pp.133-134

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

### **5a. Body dancing with space, and space with the body -**

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.

### **Series**

J19 Ground of Energy p.225

J 39 Expanding Joy p. 282

J40 Flowing into Space p. 284

Philip Glass Opening <https://www.youtube.com/watch?v=-nBE9U7q1Uc>

### **5b. Contemplation: Converting and Expanding Inner Energy of Feeling**

[ Introduced in 4a] 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**

Read Chapter 18 again, especially pages 130-3. Consult the workbooks about the movement exercises.

## **2. Exercises and Meditations**

1. Go completely inside the feeling, allowing awareness to expand it further. and we the quality of agitation more directly. p.131

2. Select practice that deepens relaxation including relaxing your mind (p.129). Continue developing and expanding the energy of feeling (pp. 129-130).

And/or engage in practice that melts and dissolves feelings of unhappiness into a single flavor; call forth a more positive recognition (p.133).

## **3. Reflection and journaling**

In daily life, observe with curiosity and kindness how the use of negative language (even in thinking) along with identification hardens attitudes and perpetuates negativity/agitation. Also reflect on how the alchemy of Kum Nye purifies negativity and promotes deepening and transformation (p. 133).