

Handout and Teaching Notes

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

Class 28

Chapter 18 “Getting the Juice of Experience”

Part V Using the Energy of Negativity; Give Ease to Body, Mind, and Senses pp.134-135

1st, 3rd June 2026

Overview

In the previous class, the energy of agitation was overcome by allowing it to run its course and melt away. In this class, negative energy is purified by giving ease to the mind.

Objectives

- To practise Kum Nye Alchemy
- To practise “easening”

Key Words, phrases, sentences:

Alchemy; Easening

Class

1. Initial reading and discussion: *Using the Energy of Negativity*

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 fields 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 internal dialogues that give reasons and justifications, and from the emotional impact of past associations. Only the essence of their energy remains; purified of negativity, it goes into deepening and transformation, and the 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.133-4

2. Opening practices:

General massage, loosening up etc.

Then, bring to mind an occasion when you had the negative emotion of unhappiness: “I am unhappy.” With that in mind, practise the following exercises (while saying to yourself the names of the exercises):

J2 Releasing Energy *Feel the energy flow in the hips and legs*

J3 Freeing Energy

J34 Releasing Resistance *Stretch your arm out, with the palm outward, pushing space*

J36 Relinquishing Negativity

Then, after those exercises, sit with the alchemy of Kum Nye:

... by giving ease to the mind, melting down the shape of unhappiness and dissolving its characteristics, associations, and meanings into a single flavor.

... call forth a more positive recognition— “I am so very happy,”—and bring pleasant, even blissful feelings into your fields of perception.

... let the mind be freed from words that identify and cause pain, from internal dialogues that give reasons and justifications, and from the emotional impact of past associations.

.... until only the essence of their energy remains; purified of negativity, it goes into deepening and transformation, and the whole environment of the experience changes.

Then compare the end result of this exercise with how you began, so that the value and power of this practice becomes obvious

3. Movement Practice Flow Routine (repeat several times for e.g. 20-30 minutes in all)

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Practise each exercise in the sequence three times, before moving onto the next exercise. Then practise the entire routine again, each exercise once, without any gaps. Note that there is one exercise from each of the six groups: Integrating Body and Mind; Embracing Space; Stimulating Inner Energy; Expanding Wholeness; Harmonizing; Opening Presence. This progression can help inform how the sequence is practised.

- **J7 Opening the Flow** *Gently and slowly bend backward. Completely relax your neck. Notice the strong energies starting to flow through the body.*
- **J12 Releasing Solidity.** *Keep the eyes open and look strongly outward.*
- **J18 Extending Energy** *Pay attention to the sensations in the lower spine and how energy flows up the spine.*
- **J30 Transparent Wholeness (standing) Step One only** *Arms folded across chest, hands on shoulders. Look up but do not tilt the head up. Gently let yourself notice that everything within the mind and body, sensations, feelings, thoughts, images, is light and empty.*
- **J35 Vibrant Harmony (standing)** *Feel the tension in your face and neck. Exhale strongly and feel the energy flow, especially in the throat.*
- **J37 Opening Mind & Body**
- **J41 Evoking Presence, Step Eight only** *Bend over at the waist, and let the neck relax and the head hang down loosely. Move the chin forward and back to release air. Gently return to a standing position and deeply relax into vividly present energy.*

4. Meditation Practice: Easening, Giving Ease to Body, Mind, and Senses (15 min)

So give ease to your mind, your senses, your body, your being. Let your practice become one of “easening,” allowing a feeling tone so complete, so full of balance and joy that it permeates body, mind, and senses and merges them into a unified field of being. Give ease so deep and vast that it dissolves all boundaries, passing beyond top, bottom, inside, and outside to completely fill all space, vast as the sky, beyond imagination. Give ease until the nature of Kum Nye is fully realized in your being, until there is no separation between being and Kum Nye. No longer identified with emotionality, anger, and pain, you become the experience of Kum Nye, and the blessings of Kum Nye shine through your embodiment. These are blessings we can express and share; these are blessings we can cultivate with compassion for all beings. p.134

5. Discussion of the entirety of Chapter 18, ‘Getting the Juice of Experience’, noting that much more could be done with the language and mistaking words for experience sections.

Closing Gesture

Assignments for the week

1. Reading

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Read the chapter, especially pages 133-4. Consult the workbooks about the movement exercises.

2. Exercises and Meditations

Practise giving ease to the mind by both movement and stillness.

3. Reflection and journaling

What is your understanding of the meaning of ‘the alchemy of Kum Nye’?

Is “easening” the same as relaxation in your own experience?