

Handout***The Joy of Being* Teacher Training Module Two****Class 11 Generating Happiness from Within****Chapter 9 "Generating Happiness from Within"****19th and 21st January, 2026****Key phrases and Quotations**

Generating happiness from within; Juice; Distil the pure juice of perceptions and experiences; Kum Nye can truly make your day; Long hidden treasure jewels; Ask mind and senses to give you more pleasure; Gateway to the most sublime meditative experience; We can bring Kum Nye into all our daily activities; Energy can manifest as qualities that begin to transform our way of being; Insight into our own spiritual qualities.

Note that the first presentation of Generating Happiness from Within in the Kum Nye teachings is #5 Expanding Feeling KNTY pp. 36-7 where it is found in the section "Sitting" after #3 Tasting Relaxation and #4 Following Sensation pp. 35-6.

1. Introductory reading from p.60:

The great Bodhisattvas unite karuna, enlightened compassion, with upaya, the skillful means that transform all substances and actions into a smooth and pleasant path. Although we are not at this level of spiritual understanding, we can use Kum Nye to experience beautiful thoughts and feelings.

Class 11 JBTT 19/21 Jan 2026 Handout Module 2

Day and night, in crowds or alone, we can use our senses to practice distilling the pure juice of all perceptions and experiences, and allowing all the dross to drop away. When we learn how this works, Kum Nye can truly make our day.

Through relaxation, all manner of mental and physical experience can be turned into a positive flow of energy that stimulates good feelings and abundant vitality. The experience of beauty, for example, can awaken thoughts and feelings laid down earlier in life and bring them into the present in a very powerful way. The experience of faith can connect with thoughts that magnify the experience and awaken a new dimension of spiritual sensitivity.

Long-hidden treasures of mind begin to manifest, emerging like beautiful jewels from the depths of a clear pool. Kum Nye enables us to connect with these jewels, bring them into the light, and share them with others.

Posture/Movement Exercises with related meditations

2. J17 Loosening Blockages, pp.218-9, Group Three, Stimulating Inner Energy

Key Instruction: *“Hold the position until energy is moving in the lower body. Deeply relax the hips and shoulders and let energy move.”*

3. J18 Extending Energy, pp.220-4, Group Three, Stimulating Inner Energy

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.”*

4. A guided meditation based on 'A Path of Transformation' and 'Engaging the Field of Perception'. pp.57-8 (Chapter 8)

Kum Nye offers a path to transformation that does not depend on specific sadhanas or difficult yogic practices, instead we can use the body, mind, and senses as the foundations of our practice. That is, we can use our ordinary senses and perceptions to tune into profound and expansive states of mind and achieve faster results. Wherever mind, senses and consciousness operate, we can get the flavor of experience, feel it deeply, and allow it to become one with the alert calmness of meditation. If we develop the properties of our own embodied being, we can ultimately arrive at the same sublime states as highly developed yogic masters and Bodhisattvas.

The Practice:

- Start by relaxing deeply, so that your energy becomes gentle, almost tender, flowing more freely into the senses and bathing them in rich, flavorful experiences. Look around at the objects in your room and sense their deep significance that nourishes you with meaning.
- Listen to the sounds you hear, and let them resonate in your bodies and merge with your own inner rhythms.
- And any fragrances you can smell will focus and still the mind effectively, and any taste you have will give you pleasure.
- Thoughts are attracted to share in this joy; notice how they connect more completely with perceptions, lending their powers to open new fields of perception.

- Enter more into this wider and deeper field of perception; dwell in awareness of abundance that is truly your own.
- Embody more of the fullness of experience, more of the dynamic momentum of life itself.
- These flavors of experience can become celestial ambrosia, the source of joy that transports mind to the heavenly realms.

5. J23 Embracing & Uplifting pp.234-5, Group Three, Stimulating Inner Energy

Key Instruction: *“Breathe lightly, pulling the stomach in a little. Visualise the flow of energy in your arms, hands, and fingers.”*

6. J19 Ground of Energy, p.225, Group Three, Stimulating Inner Energy followed

by once only **Step Two of J23 Embracing & Uplifting**—arms folded above head, stand for a while with the instruction: *“Breathe lightly, pulling the stomach in a little. Visualize the flow of energy in your arms, hands, and fingers.”*

7. Meditation Practice: Ask Mind, based on

Everyone wants happiness, but few know how to generate it independently from within. Our bodies, minds, and sense organs are the source of our vital energies, but all too often these energies are directed into pain, complaints, and dissatisfaction that work from within to close our hearts and isolate us from others. We have only to look around us to see where this negative current leads. Can seeing this inspire us to develop a more positive orientation? Can we ask mind and senses to give us more pleasure and less pressure? Can we ask ourselves for contentment and inner peace,

Class 11 JBTT 19/21 Jan 2026 Handout Module 2

the foundation for satisfaction and joy that does not depend upon others? p. 61

- Therefore, say to yourself silently, in your mother tongue:
- *“Mind, give me more pleasure”*
- *“Mind, show me contentment, inner peace, the foundation for satisfaction, and joy that does not depend upon others”*
- Silence, stillness for a while.

8. Concluding contemplation p. 63:

Although this may not be the ordinary Buddhist way, Kum Nye practices clearly reveal dimensions of experience concealed within the ordinary and routine. Even physical postures and movements can heal and energize at a very deep level, and this energy can manifest as qualities that begin to transform our way of being. The sharp edges that separate us from others begin to soften; we become more appreciative of our embodiment and respect the embodiment of others in a new light. Frustration melts into forbearance, and forbearance into patience.

In establishing this foundation, we gain some insight into our own spiritual qualities and how they can be further developed. As we mature in this practice, we may come to understand better the frustration and fears common to all human beings. Appreciating the benefits of Kum Nye, we may be inspired to share this knowledge with others. If so, the seeds of wisdom and compassion can take root and develop.

9. Discussion, Assignment, Closing Gesture

Assignment for the week

I. Reading

Chapter 9 'Generating Happiness from Within'.

Look at the suggestions from the complementary workbooks for the exercises that were practiced in class.

Look at (practise) KNTY #5 **Expanding Feeling** pp. 36-7

II. Exercises and Meditations

Practice 'Ask Mind': see how you can understand and develop this as a resource to use to generate happiness from within.

III. Reflection and journaling

Contemplate generating happiness from within, and asking mind; journal about your contemplations.