





The Mind is **Naturally Pure** At present our mind is polluted with clouds of toxic emotions First, we must stop pumping in any more! Buddha found a way to do this and became enlightened The nature of our mind is the same as the Buddha's Therefore we also have this

The Power of a **Good Motivation**

- What drives us?
- The clearer the goal, the stronger our success
- Set a positive motivation in the morning to carry you throughout the day
- What would you be doing right now, if you know you could not fail?

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Two Types of Motivation

Causal Motivation (starts your

potential!

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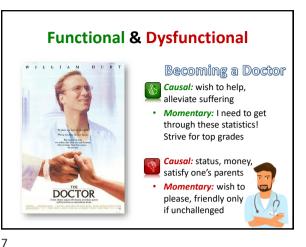
day)

Momentary Motivation (spur of the moment)

How to adjust your motivation each

- morning (to last the whole day) • "Today I am going to try to benefit
- whenever I can, and at the very least will not harm"
- "I will stay aware of every action of my body speech and mind, and not allow anything to upset me"
- "Whenever possible, I will show kindness. It is always possible"

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Setting a Safe Direction

- Ask three times to deepen your purpose "Why am I doing this?"
- Who are your people? Who are you living for?
- Connect with your support, refuge, lineage mentors

"Whenever possible, I will show kindness. It is always possible"



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ue to all the merits of the three times accumulated by me and by others,
Merely by seeing, hearing, remembering, touching or talking to me,
May any being be freed in that very second from all their sufferings, diseases, spirit harms, negative karmas, and obscurations,
And abide in the peerless happiness of full enlightenment forever.

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