

### Be Your Own Therapist

A 6-week balancing emotions course  
with registered FPMT teacher Miffi Maxmillion

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### welcome

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### 9-Round Breathing

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### 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 potential!



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### 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 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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Functional & Dysfunctional



Becoming a Doctor



**Causal:** wish to help, alleviate suffering

- **Momentary:** I need to get through these statistics! Strive for top grades



**Causal:** status, money, satisfy one's parents

- **Momentary:** wish to please, friendly only if unchallenged



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Functional & Dysfunctional

Sexuality



**Causal:** to give pleasure, share emotion, connect

- **Momentary:** desire, lust!



**Causal:** pleasure, power, narcissism, neediness

- **Momentary:** may be romantic, attentive



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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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Dedication



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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