

Be Your Own Therapist

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

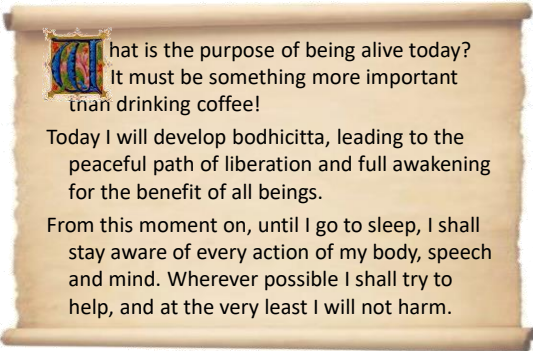
1



9-Round Breathing

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Motivation

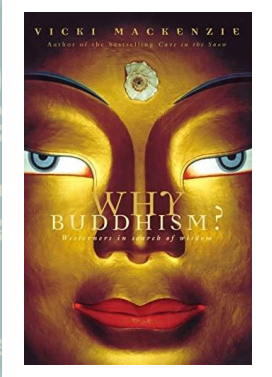


What is the purpose of being alive today?
It must be something more important
than drinking coffee!

Today I will develop bodhicitta, leading to the
peaceful path of liberation and full awakening
for the benefit of all beings.

From this moment on, until I go to sleep, I shall
stay aware of every action of my body, speech
and mind. Wherever possible I shall try to
help, and at the very least I will not harm.

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Why Buddhism?


Vicki Mackenzie interviews
LTC founder, Inta McKimm

What is the centre *for*?

- Spiritual guidance
- Question and analyse
- Community
- Inner emergencies....!

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Three Faults to Abandon



Upside-down vessel


Dirty vessel

Cracked vessel

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Approaching Study

- Enjoy your study, savour the journey
- Don't try understand it all at once
- Practice in slogans (use your words)
- Apply the teachings to your own situation
- Socratic questioning and follow up



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Approaching Problems

- Don't make the situation any worse
- Stop problems altogether at the root
- Use your problems to help others
- What problem? Path of pure awareness
- Use the energy of the problem to solve the problem

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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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