

Be Your Own Therapist

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

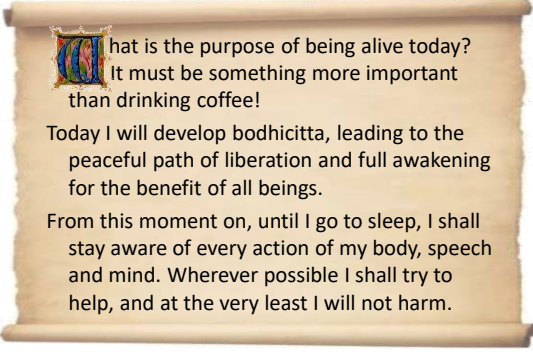
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9-Round Breathing

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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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Seeking Refuge From What?

1. Uncertainty
2. Dissatisfaction
3. Continuous
dissolution
4. Uncontrolled
rebirth
5. Highs and lows
6. Loneliness

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Qualities of a Valid Refuge

1. Fearless
2. Skilled
3. Compassionate
4. Pleased by
practice



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1. Being Fearless

Being free
from all faults
and fear,
having the
power and
ability to
fearlessly help
others

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2. Skilled

An expert in the techniques of protecting and saving others.

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3. Great Compassion

Being completely bound by great compassion, a buddha does not discriminate between beings

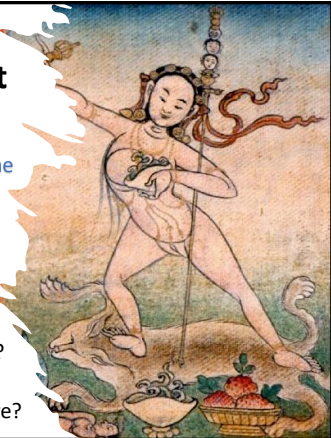
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4. Pleased with Practice

They work for the benefit of others regardless of whether they have benefitted them in the past or not

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Inspired, or Just Going Crazy?

- Everything arises from the Dharmakaya
- The real refuge is your wisdom realizing the ultimate nature
- Check with the Dharma
- Is it against the laws of the land? Refuge vows?
 - Scriptural reference?
 - Interpretive or definitive?

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Dedication



Due 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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