

Be Your Own Therapist

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

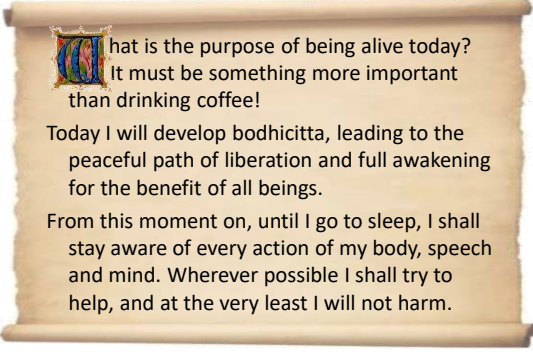
1



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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Lesser Happiness of Clinging

What we GET from
the world

1. Happiness of Sensual Pleasure

- Hedonism, pinnacle of life
for a materialist
- What what brings us happiness
also causes the most misery




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Lesser Happiness of Clinging

What we GET from
the world

2. Mental Happiness

- Mental stimulation
- Earning an honest living
- Depends on the conditions
- No matter how hard we strive,
things are out of our control



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Higher Sources of Happiness

What we BRING to the world

1. Renunciation:

- Dropping mundane concerns
- Something greater than ourselves
- Eudemonic happiness
- Sharing makes us feel happy
- Deeper than a mood or sensation

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DON'T SWEAT
THE SMALL
STUFF!

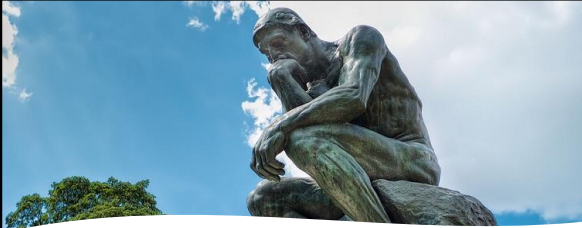
**Higher
Sources of
Happiness**

What we **BRING** to the world

2. Letting Go:

- Avoid rumination
- Following negativity is not worth it
- Focus on what really matters
- Stop worrying what others think

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**Higher
Sources of
Happiness**

What we **BRING** to the world

3. Deep Concentration:

- Painters, runners, mathematicians
- No sorrow – timeless, transcendent
- Pinnacle of a non-religious path
- But.. we must emerge at some stage

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**Bliss of the
Stages of
Enlightenment**

What we **BECOME**

Optimal State of Flourishing:

- Progressively less bound by disturbing emotions, we feel greater peace and freedom
- Not dependent on circumstances
- Attachment to outer pleasures distracts from lasting, inner peace!

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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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