



Be Your Own Therapist

An 8-week balancing emotions discussion with registered
FPMT teacher Miffi Maxmillion

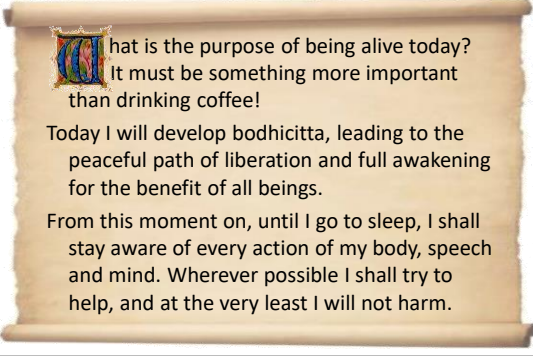
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9-Round Breathing

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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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Compassion


A virtuous mind that wishes
others to **be free from suffering**

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Empathy is Not Compassion!


Affective Empathy

- Feel for
them



Cognitive Empathy

- Think it
through



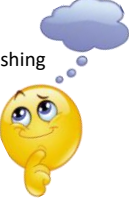
1. Use existing feelings

2. Expand them using reasoning and logic

3. Include everyone!

• Compassion is wishing them to be free of suffering


• Compassion an *activity*, not just a feeling!



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Great Compassion

A virtuous mind
that wishes to
**protect all living
beings** from
their suffering



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Equanimity

Without equanimity, even our compassion leads to conflict

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Types of Equanimity

		
Small Scope <p>We wish that all beings have overcome their afflictions towards one another</p>	Middle Scope <p>We overcome our attachment and anger towards others</p>	Great Scope <p>We overcome favouritism when directing our love and compassion towards others</p>

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Equanimity's Near and Far Enemies

The Near Enemy

- Indifference based on worldly life
- Apathy based on worldly life
- Not noticing the faults or qualities of others




The Far Enemy

- Anger and malice
- Jealousy
- Partiality and prejudice



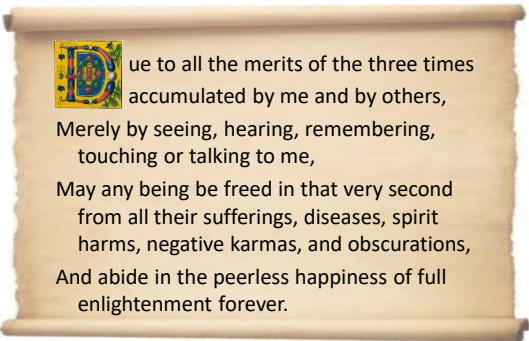
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Feeling Equal Care Towards All

		
Feeling affection towards friends Expand your love to everyone	Feeling warmly towards strangers Raise the bar	Feeling concern for enemies Judge the behaviour, not person

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Dedication



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