

How to Use This Workbook

Welcome to your workbook towards

liberation! This booklet contains all the information you will need for the course. Read ahead if you like, or enjoy the material presented comprehensively during each class.

Included in this workbook:

1. Summary sheet
 2. Self-reflection questions
 3. Powerpoint summaries
1. **The summary sheets** can be referred to later as a refresher. They contain the main points and topics discussed during the class.
 2. **Self-reflection questions** (on the coloured paper) are a great way to integrate the teachings into your life. The Buddha's wisdom may be very interesting, but it becomes life-changing if you fill in the worksheets!
 3. **The powerpoint summaries** have space for you to take notes on during the class presentation.

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Keep Yourself Nice

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Happiness Worksheet

- Over the page, fill in the happiness journal each morning.
- Bring it with and be ready to discuss at least one point in class next week (don't worry - you don't have to hand it in! Just share what you are comfortable with).

What is happiness?

1. Write down your personal definition of happiness.

2. What type of things bring you happiness? What causes you to be happy?

3. Anything to add? Anything to change or remove?

Infinite "why?" regression

4. List some things you want or need:

5. Then, in the spirit of a child who constantly asks "but why?" ask yourself why you want these things. To each answer, ask "why?" again.

6. How many "why?"s did it take for you to reach happiness? _____

Happiness Journal

Every morning before you get out of bed, write down 5 things that make you happy, things for which you are grateful for. They can be big or little, profound or ordinary. Make sure they are a different five things each time! If you cannot think of any, here are some questions to get you started:

- Are there areas of your life where you are frequently complimented?
- What aspects of your life are you most proud of?
- Is there something you always try to do even if you're feeling unwell or busy?
- What skills have you learned very easily?
- Which activities do you get a real sense of satisfaction and fulfilment from
- Are there tasks others assume you will do well?
- When do you feel most yourself, most alive?
- What activities completely absorb you, so much so that you lose track of time?

Wednesday

1. _____
2. _____
3. _____
4. _____
5. _____

Thursday

1. _____
2. _____
3. _____
4. _____
5. _____

Friday

1. _____
2. _____
3. _____
4. _____
5. _____

Saturday

1. _____
2. _____
3. _____
4. _____
5. _____

Sunday

1. _____
2. _____
3. _____
4. _____
5. _____

Monday

1. _____
2. _____
3. _____
4. _____
5. _____

Tuesday

1. _____
2. _____
3. _____
4. _____
5. _____

Habits Worksheet

What are you doing that you want to stop?

What are you NOT doing that you would like to?

How will accomplishing these two things benefit the people around you?

Going Dotty! Three Habits for Happiness

Smile or laugh every day. If you don't feel it, do it anyway, as a practice.

Do 20 minutes exercise a day. It doesn't have to be going to the gym, it can simply be walking, preferably in nature, just 2,000 more steps!

Put coloured dots around the house and at work. Every time you see one think of a positive memory, event or possibility. Make a list to refer to if you get stuck:

Three Happy memories:

1. _____
2. _____
3. _____

Three people who love you:

1. _____
2. _____
3. _____

Three things that could make you happy in the future:

1. _____
2. _____
3. _____

--from Paul McKenna "I Can Make You Happy" pages 53-63

Understanding Our Habits

What are your primary emotional habits or habitual responses? The things you worry about most, stress over, long for or desire?

In an unfamiliar environment or situation, what is your usual emotional response? How does change or a new environment affect your state of mind?

How often do you check your motivation - did I intend to do/say this? - or it usually an unconscious or habitual response?

What are your strongest negative physical habits? What do you do at the moment to curb them? What else could you do?

What is your strongest negative verbal habit? What steps have you taken to overcome it? What could you do as well?

What is positive habit could you start cultivating this week?

Describe a situation in which you have confidence in your own response.

Identify three positive habits you already have:

1.

2.

3.

Combining the 4R's in a Simple Meditation

RELIANCE - Imagine you are in your own room at home, it is miraculously clean and tidy, and you feel peaceful and safe. A light begins to glow in front of you, and in that light, the Buddha begins to shimmer into existence. Feel the unconditional love of this enlightened being, accepting you just as you are. Feel his limitless compassion and unbounded wisdom emanate from him in the form of radiant light. Allow your heart to open. Ask the Buddha to guide and protect you so you can overcome your negativities and problems. Ask the Buddha for help.

REGRET - Ask, what am I doing at the moment that I would like to stop? _____

How does it affect me personally? _____

How does it harm others around me? _____

Have the courage to feel deep regret. Think that you will do this meditation for everyone else with the same problem, for 'your people', as well as for all beings experiencing suffering, wherever they may be.

REMEDY - White light streams across space from the Buddha's heart, pouring down through the crown of your head, washing away your negativities.

TAYATA OM MUNE MUNE MAHA MUNIYE SOHA (x7)

The white light washes your heart of disturbing emotions, and your body feels clean clear, like crystal. You feel blissful and light, completely free of negativity. Notice how different this feels. Stay with this with your full attention.

RESTRAINT - Ask yourself, is the action you are purifying, an activity of body, speech or mind? Can you identify the motivating disturbing emotion? Do you know what the Buddhist psychological antidote is? Determine: I will refrain from _____

_____ for _____ period of time.

Now ask yourself, what positive activity can I do instead, to redress the balance? That is both enjoyable and beneficial in the long-term? Make a promise to the Buddha: In the coming week/month/year I will: _____

_____ Ask the Buddha for help and support in keeping your resolution strong. The Buddha accepts your request, and golden light radiates from the Buddha's heart, flowing down through the crown of your head, and filling your clean-clear body with enlightened qualities in the form of light.

TAYATA OM MUNE MUNE MAHA MUNIYE SOHA (x7)

The Buddha gradually begins to grow smaller and brighter, gently coming to the crown of your head, and then melting down to rest at your heart. Your ordinary sense of self, usually so limited, completely dissolves, and you become one with enlightened energy, in the aspect of vast, spacious radiance. Rest in this without distraction.

Then out of that radiance you become aware of your freshly purified body and mind, radiant and filled with energy, with the Buddha at your heart. Imagine yourself going through a few activities of the coming week, how you would speak? What would your body language be like? What would Buddha do? Determine to act from your inner Buddha. At the very least to not harm (either oneself or others), and to help whenever possible, in whatever small way, with joy and kindness.

Overcoming Harmful Mental Attitudes

1. How has CRAVING or desire failed you and actually worked against you?

2. What things do you find yourself craving? _____

3. If you get those things, does your craving diminish? _____
4. What long-term goals do you put off because of feeding short-term desires?

5. Instead of craving what other people have, describe how you could rejoice at their good fortune. _____

6. Instead of focussing on what you don't have, what things can you take satisfaction in *already* owning? _____

7. How do thoughts of MALICE, harming or revenge make you feel, affect you?

8. How long does your negative self-talk last for? _____
9. How would a caring, loving person talk? How would they encourage you?

10. When you find yourself dwelling on negative thoughts, what activity can you do right then to turn your attention towards something beneficial?

11. When you are CONFUSED, don't understand something or know how to do it, what do you need to remember in order to *enjoy* learning?

12. What routine events of the day can you use as 'temple bells' to remind you to become present - to re-focus your motivation and inner goals?

Worksheet on the Four Opponent Powers - MIND

	Covetousness, craving	Ill-will, malice	Wrong views, prejudice
Give specific examples			
Antidotes (Use these as examples to target specific negative activities)	First, <u>abandon the mind of attachment</u> . Stop thinking about wealth. Then, rejoice at other's fortune, see the faults of following lesser happiness. *Keep a gratitude journal.	First, <u>abandon thoughts of harming others</u> . Then, cultivate thoughts of love and compassion for others. *Find the common ground.	First, try to <u>overcome feelings of indifference to others</u> . Then, respect rules and ethics of society, investigate other cultures. *Remember, how things appear is not how they are!
What I <u>will</u> do			
Who I can do it for			
What I <u>won't</u> do			
Length of time			

Dealing with Destructive Speech Patterns

1. Instead of GOSSIPING, how could you engage in small-talk beneficially? What topics could you explore? What phrases could you use?

2. Are there situations when LYING is easier? What are you frightened will happen if you *don't* lie, if you tell the truth?

3. What would be a skilful (kind, true) way to put it?

4. What have you SAID BEHIND SOMEONE'S BACK that you wouldn't say to their face? Why wouldn't you say it?

5. What would you bring to mind, so you *could* rephrase it and say it to them?

6. How can you ensure you taste HARSH WORDS before you spit them out?

7. What's the best way to apologise? Give a few short, effective examples!

8. Do you have habitual speech pattern (nagging, sarcasm, having the last word, swearing) that hurts others? What situations trigger this response?

9. What is a better way to achieve this result? Write some new scripts here.

10. How would you *like* to communicate with others? Who would you like to copy?

Worksheet on the Four Opponent Powers - SPEECH

	Lying	Divisive talk	Harsh speech	Gossip
Give specific examples				
Antidotes (Use these as examples to target specific negative actions)	First, <u>abandon telling lies</u> . Then, focus on telling the truth and saying what will benefit others.	First, <u>abandon divisive talk</u> . Then, enhance good relationships between others, assist in resolves disputes, unite people, encourage virtue.	First, <u>abandon speech that distresses others</u> . Then, engage in pleasurable speech that brings them happiness.	First, <u>abandon idle chatter</u> . Then, try to always say things that have meaning.
What I <u>will</u> do				
Who I can do it for				
What I <u>won't</u> do				
Length of time				

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Analysing a Harmful Physical Behaviour

1. What is one of the worst destructive physical habits or addictions you have?

2. What is the trigger (people, environment, location)? How do you respond?

3. What physical sensations do you experience? What emotional sensations?

4. How would you rate the distress or anxiety level from 1-10? _____

5. How does this behaviour harm you? _____

6. How does it affect others? _____

7. What is the deceptive brain message telling you? What do you think or feel you need to do? What story is it telling you? _____

8. What would a caring, loving person say about this situation?

9. What enjoyable activity could you do instead? What could you do right now?

10. What is the psychological antidote? _____

11. What is a realistic time period you can restrain yourself for? _____

12. Who can you do it for/give it up for? _____

13. What would you like to be doing, but aren't, because of this behaviour?

What is this activity depriving you of? _____

Worksheet on the Four Opponent Powers - BODY

	Killing or violence	Stealing	Sexual misconduct
Give specific examples			
Antidotes (Use these as examples to target specific negative actions)	First, <u>abandon killing</u> . Then, try to save lives, protect people, help them improve their situation, live healthier, longer lives.	First, <u>abandon stealing</u> . Then, try to be content with our own situation, share your resources with others, give material aid and the Dharma.	First, <u>abandon sexual misconduct</u> . Then, cultivate trust and treat others with respect.
What I <u>will</u> do			
Who I can do it for			
What I <u>won't</u> do			
Length of time			

